



## EXTRACURRICULAR SPORTS: POPULAR CONTENTS AND FORMS AMONG STUDENTS IN THE DORMITORY OF VIETNAM NATIONAL UNIVERSITY HO CHI MINH CITY

Mai Van Ngoan<sup>1</sup>,  
Nguyen Quang Son<sup>2i</sup>,  
Le Vu Ngoc Toan<sup>3</sup>,  
Tran Anh Hao<sup>4</sup>

<sup>1</sup>Vietnam National University Ho Chi Minh City Center for Sport,  
Vietnam

<sup>2</sup>University of Economic Ho Chi Minh City (UEH),  
Vietnam

<sup>3</sup>Saigon University,  
Vietnam

<sup>4</sup>Dong Thap University,  
Vietnam

### Abstract:

This article is written to provide thorough information about popular contents and forms of extracurricular sports performed by university students at a dormitory of Vietnam National University Ho Chi Minh City (VNUHCMC). The study uses document references, surveys, and statistical mathematics to investigate what extracurricular sports are favored by the students and how they organize their practices. The results indicate that the majority of students choose to practice football, volleyball, badminton, athletics, and martial arts. They play with themselves and/or in teams, without instructors, from 30 minutes to 02 hours in the afternoon after school time and/or in the morning, at the dormitory and/or sports centers.

**Keywords:** contents, forms, extracurricular sports, dormitory, Vietnam National University Ho Chi Minh City

### 1. Introduction

Physical education (PE), including formal PE and extracurricular activities, is the foundation of mass physical education. PE attempts to help the young break their sedentary lifestyle in order to spend more time doing exercise and playing sports, thereby

---

<sup>i</sup> Correspondence: [ngoanmaixhmv@gmail.com](mailto:ngoanmaixhmv@gmail.com)

enhancing their physical fitness. This benefit can only be achieved when they sufficiently participate in regular physical activities [1], [2], [3].

In PE, it cannot fail to mention the significance of extracurricular sports as they make a large contribution to the complete school educational system. Extracurricular sports or extracurricular activities, together with academic classrooms, parallelly exist to support and complement each other in order to optimize students' learning experiences. Therefore, it can be said that PE would not be satisfactorily completed without extracurricular sports [4], [5].

Another fact is that class time is not enough for learners to grasp all theories, hence, an extracurricular activity is carried out to offer them an opportunity to relate what they are taught to their real life. Such an activity helps them not only acquire knowledge but also develop their communication, problem-solving skills, and other necessary skills. This has led to more and more attention being paid to extracurricular activities, especially extracurricular sports today [6], [7], [8].

Extracurricular sports are physical activities that "*match the interests, gender, age, and health of students*", and are voluntary, organized, and conducted outside of regular school hours [9], [10]. Participation in extracurricular activities is considered an important educational experience for learners (Cole, Rubin, Feild and Giles, 2007) [11], because through these activities they can practice their interpersonal skills (Rubin, Bommer and Baldwin, 2002) [12], leadership and social communication skills (Rynes, Trank, Lawson & Ilies, 2003) [13] to deal with their friends and solve problems occurring during the activities. Barnett (2007) describes an extracurricular activity as "*... sports, academic clubs, student unions and special interest groups*" [14]. Fredricks and Eccles (2006) also suggest that "*engaging in a satisfactory extracurricular sport is an effective use of leisure time...*" [15]. Therefore, it can be concluded that extracurricular sports are an extremely meaningful after-school activity where students can entertain and practice to increase their physical health and endurance. Given the subject's importance, our team managed to research on: "Extracurricular sports: popular contents and forms among students in the dormitory of Vietnam National University Ho Chi Minh City"

The study aims to provide accurate information about the popular contents and forms to organize extracurricular sports at VNUHCMC dormitory.

## 2. Materials & Methods

### 2.1 Participants

The total number of students at VNUHCMC dormitory is 27.803, and 14.01% of them agreed to participate in the research, equivalent to 3895 students. Of those, 878 students are the ones frequently participating in extracurricular sports whereas 3017 students occasionally participate in the activities.

## 2.2 Methods

The study utilized the following method:

Documents reference aims to synthesize theories and scientific articles in the sports field to build a solid theoretical foundation for the study and items in a questionnaire, as well as selecting appropriate research methods.

The survey is applied to 3895 students in order to collect large quantitative data about their popular contents and forms of extracurricular sports at VNUHCMC dormitory.

Statistical analysis is utilized to process the collected data. All data is calculated with the assistance of SPSS 22.0. The outcomes include mean (M), and standard deviation (SD).

## 3. Results and Discussions

The team has proposed a survey and delivered it to 3895 students (878 and 3017 students who regularly and occasionally participate in extracurricular sports respectively), obtaining the following results:

### 3.1 Contents of extracurricular sports

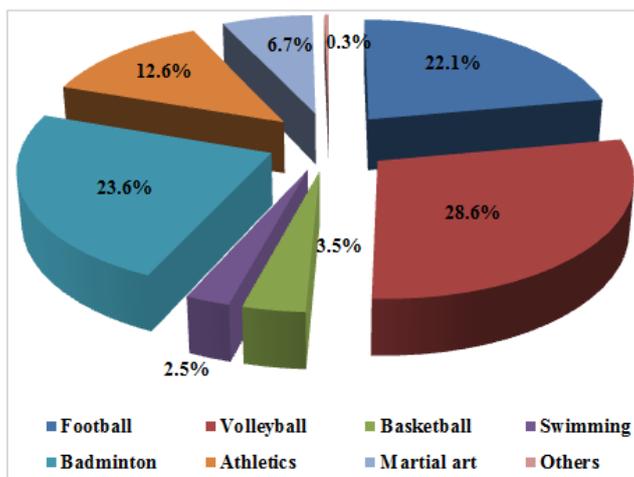
Survey results on extracurricular sports contents of Students at VNUHCMC are presented in Table 1.

**Table 1:** Results of student survey at VNUHCMC dormitory on extracurricular sports contents

Sports Categories			Football	Volleyball	Basket-ball	Swimming	Badminton	Athletics	Martial art	Others	Sum
Regularly	Male	Quantity	182	166	18	11	95	58	36	0	566
		%	32.2	29.3	3.2	1.9	16.8	10.2	6.4	0.0	100.0
	Female	Quantity	12	85	13	11	112	53	23	3	312
		%	3.8	27.2	4.2	3.5	35.9	17.0	7.4	1.0	100.0
Σ	Quantity	194	251	31	22	207	111	59	3	878	
	%	22.1	28.6	3.5	2.5	23.6	12.6	6.7	0.3	100.0	
Occasionally	Male	Quantity	501	494	26	62	285	167	112	32	1679
		%	29.8	29.4	1.5	3.7	17.0	9.9	6.7	1.9	100.0
	Female	Quantity	42	255	20	14	432	399	78	98	1338
		%	3.1	19.1	1.5	1.0	32.3	29.8	5.8	7.3	100.0
Σ	Quantity	543	749	46	76	717	566	190	130	3017	
	%	18.0	24.8	1.5	2.5	23.8	18.8	6.3	4.3	100.0	
Sum	Male	Quantity	683	660	44	73	380	225	148	32	2245
		%	30.4	29.4	2.0	3.3	16.9	10.0	6.6	1.4	100.0
	Female	Quantity	54	340	33	25	544	452	101	101	1650
		%	3.3	20.6	2.0	1.5	33.0	27.4	6.1	6.1	100.0
Σ	Quantity	737	1000	77	98	924	677	249	133	3895	
	%	18.9	25.7	2.0	2.5	23.7	17.4	6.4	3.4	100.0	

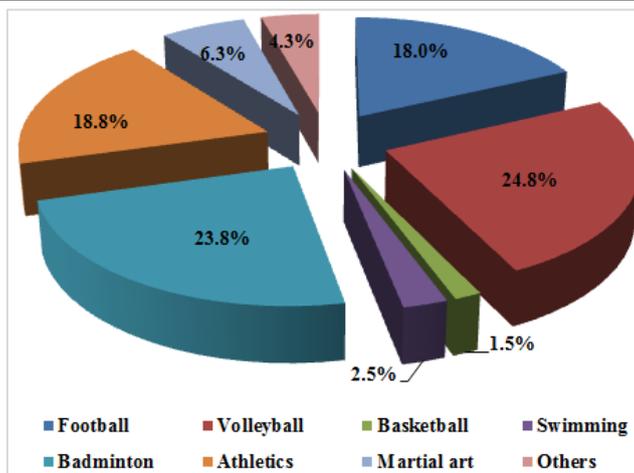
Table 1 shows that:

Favored sports among the students who frequently join in extracurricular sports from high to low are volleyball 28.6%, badminton 23.6%, football 22.1%, athletics 12.6%, martial arts 6.7%, swimming 2.5%, basketball 3.5%, and others 0.3%. On the one hand, male students are most likely to practice football 32.2%, followed by volleyball 29.3%, badminton 16.8%, athletics 10.2%, martial arts, swimming, and basketball less than 5%. Female students, on the other hand, tend to play badminton 35.9%, volleyball 27.2%, athletics 12.6%, martial arts 6.7%, soccer, swimming, basketball under 5%, and others 1.0%. Figure 1 below illustrates the percentage of the popular content of extracurricular sports among VNUHCMC students with regular participation.



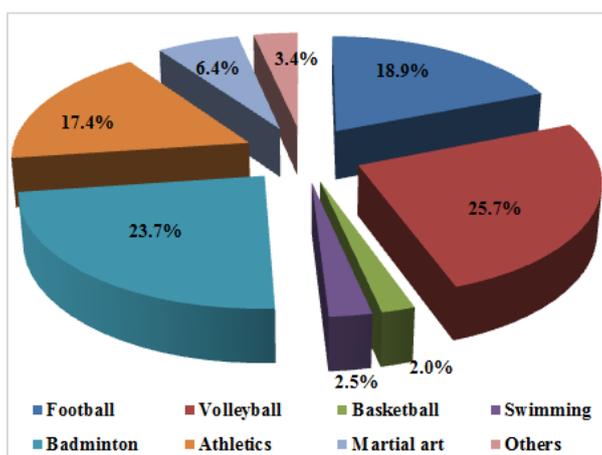
**Figure 1:** Extracurricular sports among VNUHCMC students with regular participation

Favored sports among the students who occasionally join in extracurricular sports from high to low are volleyball 24.8%, badminton 23.9%, football 18.0%, athletics 18.8%, martial arts 6.3%, other contents 4.3% and swimming 2.5%, and basketball 1.5%. On the one hand, male students are most likely to practice football 29.8%, followed by volleyball 29.4%, badminton 17.0%, athletics 9.9%, martial arts 6.7%, swimming and others less than 5%, and basketball 1.5%. Female students, on the other hand, favor badminton 32.3%, volleyball 19.1%, athletics 29.8%, others 7.3%, martial arts 5.8%, football and basketball less than 5%, and swimming 1.0%. Figure 2 below illustrates the percentage of the popular content of extracurricular sports among VNUHCMC students with occasional participation.



**Figure 2:** Extracurricular sports among VNUHCMC students with occasional participation

Overview, the most popular extracurricular sport of the students at VNUHCMC is volleyball 25.7% and the last one is basketball 2.0%. Other sports include badminton 23.7%, football 18.9%, athletics 17.4%, martial arts 6.4%, others 3.4% and swimming 2.5%. On the one hand, male students are most likely to favor football 30.4% and least likely to choose other sports 1.4%. In addition, they are into volleyball 29.4%, badminton 16.9%, athletics 10.0%, martial arts 6.6%, swimming and basketball less than 5%. On the other hand, female students mostly play badminton 33.0%, while very few of them practice swimming 2.0%. In addition, they like volleyball 20.6%, athletics 27.4%, others and martial arts 6.1%, football and basketball less than 5%. Figure 3 below illustrates the percentage of popular sports for extracurricular activities among the students in VNUHCMC dormitory.



**Figure 3:** Content of extracurricular sports among the students at VNUHCMC dormitory

The quantitative analysis indicates that the most popular extracurricular sports among male students at VNUHCMC dormitory is football, followed by volleyball, badminton, athletics, and martial arts, while female students tend to like playing badminton the best, followed by volleyball, athletics, martial arts.

Interestingly, the students who occasionally participate in extracurricular sports tend to choose volleyball, badminton, athletics, and martial arts more than the students with regular participation.

### 3.2 Forms of extracurricular sports

The survey results on the forms of extracurricular sports among the students at VNUHCMC dormitory are presented in Table 2.

**Table 2:** Forms of extracurricular sports among students at VNUHCMC dormitory (n = 3895)

No.	Contents		Frequency of participating in extracurricular sports			
			Frequently		Occasionally	
			Quantity	Percentage %	Quantity	Percentage %
1	Practicing forms	Talented teams	0	0.00	0	0.00
		Groups/classes	371	42.26	1358	45.01
		Clubs	40	4.56	0	0.00
		Individual	467	53.19	1659	54.99
		<b>Sum</b>	878	100.00	3017	100.00
2	Instruction forms	Instructor-led	40	4.56	148	4.91
		No instructor	838	95.44	2869	95.09
		Both	0	0.00	0	0.00
		<b>Sum</b>	878	100.00	3017	100.00
3	Length	Less than 30 minutes	65	7.40	215	7.13
		30 minutes – 01 hour	370	42.14	1289	42.72
		01 hour – 02 hours	380	43.28	1307	43.32
		Over 02 hours	63	7.18	206	6.83
		<b>Sum</b>	878	100.00	3017	100.00
4	Places	Dormitory	383	43.62	1280	42.43
		Sports center	328	37.36	1128	37.39
		Park	140	15.95	507	16.80
		Others	27	3.08	102	3.38
		<b>Sum</b>	878	100.00	3017	100.00
5	Time	Morning	213	24.26	728	24.13
		Midday	82	9.34	276	9.15
		Afternoon	433	49.32	1513	50.15
		Leisure time	150	17.08	500	16.57
		<b>Sum</b>	878	100.00	3017	100.00

Table 2 indicates:

- The forms of extracurricular sports among the students who regularly participate in extracurricular activities at VNUHCMC dormitory are as follows:
  - **Practicing forms:** The majority of the students in VNUHCMC dormitory play extracurricular sports individually 53.18%, and no one plays for talented teams 0.0%. Besides self-practicing, they also play in teams or classes 42.26%, and clubs 4.56%.
  - **Instruction forms:** Almost all of the students play extracurricular sports without coaches 95.44%. The number of students practicing such sports with

instructors accounts for only 4.56%, and there is no combination of the two forms 0.00%.

- **Length:** The majority of students exercise from one to two hours 43.28%, or from 30 minutes to one hour 42.14%. A small number of them practicing under 30 minutes accounts for 7.40%, and over two hours accounts for 7.18%.
- **Places:** Most of the students carry out extracurricular sports at the dormitory 43.62%, fitness centers 37.36% and a park 15.95%. A few choose to practice elsewhere 3.08%.
- **Time:** Most of the students practice in the afternoon after school 49.32%, or in the morning 24.26%. Some people take advantage of their spare time 17.08%, and few people choose to practice at noon 9.34%.

The above analysis shows the students with regular participation in extracurricular sports mostly practice with themselves or in teams (95.44%), without instructors (95.44%), from 30 minutes to two hours (85.42%) at the dormitory and sports center (80.98%), practice in the afternoon after school and in the morning (73.58%).

- The forms of extracurricular sports organization of students who occasionally participate in extracurricular activities at VNUHCMC dormitory are as follows:
  - **Practicing forms:** The students of VNUHCMC dormitory tend to practice extracurricular sports on their own 54.99%, or in teams 45.01%, and none participate in talented teams or clubs 0.0%.
  - **Instruction forms:** Almost all of the students play extracurricular sports without coaches 95.09%. The number of students practicing such sports with instructors accounts for only 4.91%, and there is no combination of the two forms 0.00%.
  - **Length:** The majority of students practice from one to two hours 43.32%, or from 30 minutes to one hour 42.72%. A small number of them practicing under 30 minutes accounts for 7.13%, and over two hours accounts for 6.83%.
  - **Places:** Most of the students carry out extracurricular sports at the dormitory 42.43%, fitness centers 37.39% and a park 16.80%. A few choose to practice elsewhere 3.38%.
  - **Time:** Most of the students practice in the afternoon after school 50.15%, or in the morning 24.13%. Some people take advantage of their spare time 16.57%, and few people choose to practice at noon 9.15%.

The analysis shows that in extracurricular sports the students at the dormitory play individually and in teams (100.0%), without instructors (95.09%), practicing from 30 minutes to two hours (86.04%) at the dormitory and sports centers (79.82%), in the afternoon after school and the morning (74.28%).

#### 4. Conclusion

It is found that football, volleyball, badminton, athletics, and martial arts are the most popular extracurricular sports that the students at VNUHCMC dormitory practice.

They have a tendency to play individually and in teams, without instructors, from 30 minutes to two hours at the dormitory and sports centers, in the afternoon after school and the morning.

### **Conflict of Interest Statement**

The authors declare no conflicts of interest.

### **About the Author(s)**

**Mai Van Ngoan** is Deputy Head of Administration Office, Vietnam National University Ho Chi Minh City Center for Sport, Vietnam.

**Nguyen Quang Son** is the Vice Director of Centre of Physical Training, University of Economic Ho Chi Minh City (UEH), Vietnam.

**Le Vu Ngoc Toan** is lecturer of physical training of Saigon University, Vietnam.

**Tran Anh Hao** is Dean of Faculty of Physical Training, Dong Thap University, Vietnam.

### **References**

1. The Central Committee of the Communist Party of Vietnam (2011), *Resolution No. 08- NQ/TW, December 1, 2011, on strengthening the leadership of the Party, creating strong development in physical education, and sports by 2020*.
2. Central Committee of the Communist Party of Vietnam (2006), *Document of the 10th National Party Congress*, National Political Publishing House, Hanoi
3. Central Committee of the Communist Party of Vietnam (2011), *Documents of the 11th National Party Congress*, National Political Publishing House, Hanoi.
4. Le Van Lam - Pham Xuan Thanh (2008), *PE textbook*, Sports Publishing House, Hanoi.
5. Vu Duc Thu, Nguyen Xuan Sinh, Luu Quang Hiep, Truong Anh Tuan (1998), *PE theory and methods*, Education Publishing House, Hanoi.
6. Ministry of Education and Training (2001), Regulation on PE and School Health, issued under Decision No. 14/2001/QĐ-BGDĐT dated 03/05/2001.
7. Ministry of Education and Training (2003), Elective teaching in high schools (internal documents), Hanoi.
8. Ministry of Education and Training (2006), General Education Program in Physical Education, Education Publishing House, Hanoi.
9. <http://www.thefreedictionary.com/extracurricular>
10. Vu Duc Thu – Truong Anh Tuan (2009), *Textbook of Theory and Methods of Physical Education*, University Publishing House, Hanoi.
11. Cole, M.S., Rubin, R.S., Feild, H.S. & Giles, W.F. (2007). Recruiters' perceptions and use of applicant résumé information: Screening the recent graduate. *Applied Psychology: An International Review*, 56(2) 319-343.

12. Rubin, R.S., Bommer, W.H., & Baldwin, T.T. (2002). Using extracurricular activity as an indicator of interpersonal skill: Prudent evaluation or recruiting malpractice? *Human Resource Management*, (41) 441–454.
13. Rynes, S.L., Trank, C.Q., Lawson, A.M., & Ilies, R. (2003). Behavioral coursework in business education: Growing evidence of a legitimacy crisis. *Academy of Management Learning & Education*, (2) 269–283.
14. Barnett, L. (2007). “Winners” and “losers”: The effects of being allowed or denied entry into competitive extracurricular activities. *Journal of Leisure Research*. 39 316-341.
15. Fredricks, J. A., & Eccles, J. S. (2006a). Is extracurricular participation associated with beneficial outcomes: Concurrent and longitudinal relations? *Developmental Psychology*, (42) 698–713.

Creative Commons licensing terms

Authors will retain the copyright of their published articles agreeing that a Creative Commons Attribution 4.0 International License (CC BY 4.0) terms will be applied to their work. Under the terms of this license, no permission is required from the author(s) or publisher for members of the community to copy, distribute, transmit or adapt the article content, providing a proper, prominent and unambiguous attribution to the authors in a manner that makes clear that the materials are being reused under permission of a Creative Commons License. Views, opinions and conclusions expressed in this research article are views, opinions and conclusions of the author(s). Open Access Publishing Group and European Journal of Physical Education and Sport Science shall not be responsible or answerable for any loss, damage or liability caused in relation to/arising out of conflict of interests, copyright violations and inappropriate or inaccurate use of any kind content related or integrated on the research work. All the published works are meeting the Open Access Publishing requirements and can be freely accessed, shared, modified, distributed and used in educational, commercial and non-commercial purposes under a [Creative Commons attribution 4.0 International License \(CC BY 4.0\)](https://creativecommons.org/licenses/by/4.0/).