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SOLUTIONS TO ENHANCE THE IMPLEMENTATION OF SPORTS CLUB ACTIVITIES IN HOCHIMINH CITY HIGH SCHOOLS, VIETNAM

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Abstract:
The purpose of this study was to develop solutions for enhancing the implementation of sports club activities in Hochiminh City high schools in Vietnam. 40 experts in coaching and teaching in sports clubs participate to find out solutions for enhancing the implementation of sports club activities. Through the practical basis and assurance conditions, as well as meeting the requirements when developing solutions, interviewing experts and the reliability, results have been developed 10 solutions, they were (1) develop a specific and suitable plan, (2) implement policies to increase funding, (3) strengthen the inspection, (4) organize and diversify sports, (5) strengthening sports activities in clubs, (6) develop appropriate supplementary exercises, (7) enhance the quantity/ quality of human resources, (8) ensure facilities, equipment, and training tools, (9) awareness the importance of sports club, and (10) build the fitness assessment and classification. In conclusion, 10 solutions were set up which have contributed to improving the implementation of sports club activities in Hochiminh City high schools, Vietnam; however, they need to be applied in practice to get better evaluation results.

Keywords: sports club, high schools, solutions, implementation

1. Introduction

Sports club is a special type of sport that aims to satisfy the needs of physical training and entertainment, with special appeal, especially for young people, not only bringing joy when defeating opponents in competitions or overcoming difficulties but also increasing physical fitness and health. Besides, people may participate in sports clubs at home

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through online training and competition instructions on virtual reality platforms with simulated sports, e-sports, etc. Therefore, sports clubs are widely developed, from countries with developed economies to developing or underdeveloped countries. Bing (2005) indicated the importance of sports club activities in promoting student motivation and interest. In addition, sports clubs have been shown to have a positive impact on students' overall health and mental health (Kim *et al.*, 2022; Gorski, 2021). Sports clubs also provide a pathway for appropriate exercise and might contribute to improving physical fitness levels and reducing stress after studying (Morrissey, 2005).

Furthermore, many studies have shown that participating in sports clubs could improve students' academic performance (Turner, 2010; Gardner *et al.*, 2008). In addition, participating in sports clubs might teach students valuable skills such as discipline, teamwork, and goal setting, which can improve academic performance in the regular classroom (McNeal, 1999). Gilman (2004) noted that the impact of sports club activities could help educators and policymakers understand the potential benefits and limitations of training programs, allowing them to make informed decisions about implementation, appropriate and timely support (Gilman, 2004), and reduce bullying in schools (Cho *et al.*, 2023).

Obviously, the needs and motivation of students are very high in sports clubs today; however, the implementation still has many limitations and shortcomings. Pursuant to Decision no. 80/2008/QD-BGDDT dated December 30, 2008, of the Ministry of Education and Training about "the regulations on standards for assessing the quality of education in high schools" as well as Decree no. 11/2015/ND-CP dated January 31, 2015, of the Vietnam government, regulates physical education and sports activities in schools about "improving the quality of physical education, organizing extracurricular sports club in the 2011-2030 period", required research on solutions to enhance the implementation of sports club activities in Hochiminh City high schools, Vietnam.

2. Methodology

2.1. Participants

40 experts (including teachers, coaches, and managers) have been participating in sports clubs at Hochiminh City high schools, i.e. soccer, basketball, badminton, volleyball, table tennis, handball, etc. Almost all of the courses in the sports club were in the afternoon, around 4pm to 8pm, from Monday to Friday.

2.2. Design

It was a cross-sectional study based on surveys that used the questionnaire system to collect the necessary variables. All variables were defined in classification, and information could be marked using the chosen answers by self-assessment. Table 1 shows the structure of the scale.

Table 1: Structure of the scale

Left assessment	N.	Solutions	Right assessment
① ② ③	1	Develop a specific and suitable plan.	① ② ③ ④ ⑤
	2	Implement policies to increase funding.	
	3	Strengthen the inspection.	
	4	Organize and diversify sports.	
	5	Participation advising in a sports club.	
	6	Strengthening sports activities in clubs.	
	7	Develop appropriate supplementary exercises.	
	8	Enhance the quantity/ quality of human resources.	
	9	Ensure facilities, equipment, and training tools.	
	10	Awareness of the importance of sports clubs.	
	11	Create links with other clubs.	
	12	Build the fitness assessment and classification.	

The interview process was built based on the following steps:

- Step 1: Screening the literature review to create solutions (survey form).
- Step 2: Interview experts.
- Step 3: Statistical processing of collected data.
- Step 4: Evaluate the reliability of selected solutions.

The survey form was designed with two assessment parts on the left and right. The respondents needed to conduct the assessment on the left first and then assess the right. The left part was designed with 3 assessment levels (Disagree - Uncertain - Agree). If the assessment part on the left got "Agree", then continue to assess on the right part, with 5 levels of feasibility of the criteria (Very unfeasible - Unfeasible - Uncertain - Feasible - Very feasible) rated from 1 to 5 points in the corresponding order). If the left part had an assessment level of "Disagree" or "Uncertain", then it was not necessary to assess the feasibility of the right part.

2.3. Statistical analysis

Descriptive analysis was used to evaluate the selection rate based on the opinions of experts. The SWOT analysis method was used to find out the strengths, weaknesses, opportunities, and threats of solutions. The reliability analysis was used to identify the reliability of the selected solutions. Data were presented as percentage (%) and mean±standard deviation (SD). The collected data were analyzed by using SPSS version 20 for Windows and Microsoft Excel programs.

3. Results and discussions

3.1. Characteristics of participant

Participants have experience ranging from 5 to 20 years, with the majority concentrated in the 5–10-year range. Besides, participants were 27 male (67.5%) and 13 female (32.5%), as well as the majority had bachelor's degrees (75%), and the rest was in Master's degrees.

Table 2: Characteristics of participants (n=40)

Training years				
< 5 years	5-10 years	10-15 years	15-20 years	> 20 years
0	23 (57.5%)	11 (27.5%)	6 (15%)	0
Numbers in each high school				
Nguyen Khuyen	Tran Huu Trang	Nguyen An Ninh	Trung hoc Thuc Hanh	Nguyen Du
9 (22.5%)	4 (10%)	10 (25%)	7 (17.5%)	10 (25%)
Gender				
Male		Female		
27 (67.5%)		13 (32.5%)		
Academic level				
Bachelor	Master	PhD	Professional	
30 (75%)	10 (25%)	0	0	

3.2. The reliability of solutions (the left part)

The study gave out 40 interview questionnaires, collected all 40 questionnaires, and collected no other opinions, achieving a response rate of 100%. Solutions with a percentage of 90% or more assessed by experts at the level of "Agree" would be synthesized into solutions to improve sports club activities in some Hochiminh City high schools. Results from Table 3 showed that there were 10 solutions that achieved a level of over 90%, as assessed by experts (eliminating solution 5 and solution 11).

Table 3: Level of evaluation of expert's solution selection

Solutions	**Evaluation**		
	Disagree	**Uncertain**	**Agree**
1	0	1 (2.5%)	39 (97.5%)
2	0	0	40 (100%)
3	1 (2.5%)	1 (2.5%)	38 (95%)
4	0	2 (5%)	38 (95%)
5	2 (5%)	12 (30%)	26 (65%)
6	0	1 (2.5%)	39 (97.5%)
7	0	3 (7.5%)	37 (92.5%)
8	0	0	40 (100%)
9	0	0	40 (100%)
10	0	1 (2.5%)	39 (97.5%)
11	1 (2.5%)	9 (22.5%)	30 (75%)
12	1 (2.5%)	2 (5%)	37 (92.5%)

From the results of evaluating the level of selecting solutions from experts (the left part), continued to evaluate the reliability of the solutions (the right part) through the feasibility levels from the experts' assessments. Accordingly, the study has been encoded and converted into scores in the above order, from 1 to 5. Thus, the feasibility level will be higher when the score is higher. Cronbach's Alpha (CA) index was used to test the reliability of the solutions, and the results are described in Table 4.

Table 4: The reliability of solutions

Solutions	Reliability level	Corrected Item-Total Correlation	Cronbach's Alpha index
1	4.53±0.88	0.701	0.873
2	4.7±0.65	0.619	
3	4.58±0.68	0.683	
4	4.63±0.67	0.743	
5	4.65±0.58	0.702	
6	4.68±0.69	0.6	
7	4.75±0.44	0.312	
8	4.67±0.41	0.438	
9	4.68±0.53	0.609	
10	4.55±0.68	0.526	

The results of the reliability test by the Cronbach's Alpha index (CA) reached 0.873>0.6. According to Tho & Trang (2007), the reliability of the scale is assessed by the method of internal consistency through the CA coefficient. Using Cronbach's Alpha method of reliability coefficients to eliminate unsuitable variables because of the possibility of creating dummy factors. Besides, the variable-total correlation coefficient in all criteria is greater than 0.3. This proves that the solutions selected in the study were appropriate. Moreover, the feasibility level of each solution ranged from 4.53 to 4.75 points according to the assessment of experts, which meant reaching the level of "Very feasible" for each specific solution. This indicated that the solutions built and selected were highly feasible and would be applied to improve the implementation of sports club activities in Hochiminh City high schools, Vietnam.

Research from Jeong (2021) identified factors that greatly influence the implementation of sports clubs, such as training programs, appropriate operating budgets, qualifications for teachers/coaches, management & and renovation of training facilities and equipment, and expansion of school sports club events (organizing more competitions and linking with other local sports club). Small sports clubs might improve their implementation by focusing on factors such as excellent training experience, good facilities, responsiveness, and crowdsourcing (Musso *et al.*, 2019). Bradbury *et al.* (2020) suggested that having clear strategic goals, financial capacity, leadership, and community connections were the keys to developing a sports club. Furthermore, although participating in sports club activities helps to increase physical activity and create a friendly training environment, sports clubs often face limitations such as short-term activities and lack of diversity in organized sports (Jeong & Jin, 2023), as well as lack of interaction between families, learners, and sports clubs. To improve this problem, Kim *et al.* (2022) recommended establishing a symbiotic relationship between school sports clubs and sports teams in schools, as well as having appropriate reward and support mechanisms. Meanwhile, digitalization will help to better connect information between parents and clubs (Marcenko & Nikiforova, 2021). In this study, we also proposed and selected 10 solutions that are similar to the criteria in the above studies.

Through the practical basis and assurance conditions, as well as meeting the requirements when developing solutions, interviewing experts and the reliability, results have been developed 10 solutions; they were:

1) Develop a specific and suitable plan,
2) Implement policies to increase funding,
3) Strengthen the inspection,
4) Organize and diversify sports,
5) Strengthening sports activities in clubs,
6) Develop appropriate supplementary exercises,
7) Enhance the quantity/ quality of human resources,
8) Ensure facilities, equipment, and training tools,
9) Awareness of the importance of sports clubs, and
10) Build the fitness assessment and classification.

4. Conclusion

In short, through the practical basis and literature review, as well as meeting the requirements when developing solutions, the study also interviewed experts and assessed the reliability of solutions. Results have been developed 10 solutions which have contributed to improving the implementation of sports club activities in Hochiminh City high schools, Vietnam.

Conflict of interest statement

The authors declare that they have no competing interests.

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