



SELECTION OF SOLUTIONS TO IMPROVE THE EFFICIENCY OF PHYSICAL EDUCATION FOR STUDENTS OF UNIVERSITY OF FINANCE – MARKETING, VIETNAM

Cung Duc Liem,

Nguyen Tuⁱ

University of Finance - Marketing,
Vietnam

Abstract:

Using the method of references, methods of observation, sociological surveys, direct interviews and statistical mathematics of the selected topic, creating a basis and premise for the practical application of the process of education and training to improve the effectiveness of physical education for students of the University of Finance - Marketing.

Keywords: solution; physical education; student; University of Finance - Marketing

1. Introduction

Improving the quality of physical education (PE) and university sports is the top task, the focus of each educational and training institution. In fact, there have been many research projects in this field, especially many solutions have been proposed to improve the quality and effectiveness of the PE. But the application of these solutions to practice to bring efficiency is a matter of debate. Especially selecting the solutions to suit the practical conditions of each university, the physical basis of the students, the operation mechanism and the facilities are very important.

Stemming from the necessities in improving the quality of training in general, conducting research: "Selection of solutions to improve the effectiveness of physical education for students of the University of Finance - Marketing" is very necessary.

2. Research Methods

In the research process, the thesis uses methods:

- the method of reference,
- the method of pedagogical observation,

ⁱ Correspondence: email ducliem@ufu.edu.vn, nguyentu@ufu.edu.vn

- the method of interview,
- pedagogical experiment,
- social investigation, and
- the method of statistical mathematics.

3. Research Results and Discussion

3.1 Selection of Solutions to Improve the Effectiveness of the PE for Students of the University of Finance - Marketing

On the basis of practical and theoretical grounds, selecting solutions through reference to documents, pedagogical observations and direct interviews with the lecturers currently working in the field of education at the University of Finance - Marketing and Universities, College nearby. At the same time, referring to the scientific research on solutions to improve the quality of education and university sports, the topic has proposed 12 solutions to improve the quality of PE for students of the University of Finance - Marketing. After that, 40 lecturers were interviewed at the Faculty of PE - University of Finance - Marketing, university leaders, Union leaders, Training Department, Student Affairs Department, etc.

The interview results showed that the thesis identified the contents reaching 80% of the opinions at the necessary level or more to choose solutions to improve the effectiveness of PE, including the following 5 solutions:

- **Solution 1:** Improve the content of the program and innovate the method of teaching PE.
- **Solution 2:** Organize extracurricular sports activities for students regularly, focusing on sports that are popular with many students.
- **Solution 3:** Strengthen physical education, willpower, as well as awareness of the importance of sports in the university hours.
- **Solution 4:** Develop training and retraining plans to improve the qualifications of the university's lecturers.
- **Solution 5:** Strengthen socialization in investment in infrastructure to serve education in university.

3.2 Development of Content for the Selected Solution

3.2.1 Solution 1: Improve the content of the program and innovate the method of teaching PE.

- **The purpose of the solution:**
 - To adjust the content of the program in accordance with the psychological, physiological and favorite characteristics of students, the professional characteristics and the specific conditions of the university.

- **Content:**
 - Improve the content of the program in the direction of increasing the number of theoretical lessons, focusing on the quality of practical lessons, omitting those that are no longer appropriate, and adding some new content to increase the attractiveness and create excitement for students, in learning and practicing sports.
 - Include standard content of physical training during class and the content of assessment and subject examination.
- **Method:**
 - The whole solution team is assigned to educators in the subject of PE.

3.2.2 Solution 2: Organize extracurricular sports activities for students regularly, focusing on sports that are popular with many students.

- **The purpose of the solution:**
 - Help students gain technology in a better way, and the training process will lead to efficiency.
 - Create and attract students to practice.
 - Help students understand how to organize practice.
- **Content:**
 - Instruct students to grasp the basic technical principles for some sports.
 - Develop some additional exercises to improve technology and develop physical fitness for students.
 - Establish clubs, organize mass sports activities.
 - Expand and strengthen sports competitions for students, engaging students in participating and cheering. Build sports teams for the university.
- **Method:**
 - Communicate with a PE teacher with the ability and enthusiasm to voluntarily participate in guiding the students to practice sports outside of formal time.
 - Organize training for collaborators on how to implement extracurricular physical training activities, programs and plans for 1 week/subject, from 5:00 pm to 6:00 pm, from Monday to Saturday, before conducting experiments. Assign each training session, there is a coach who takes part in teaching, helping, ensuring and being an arbiter for University of Finance - Marketing students to participate in extra-curricular sport training.
 - Besides, compiling some sports games and instructions on how to play, some tactical and physical exercises for some sports and instructions on how to practice the exercises.

- **Implementation results:**

- After the implementation of this solution, the results achieved in Table 1 are as follows:

Table 1: Comparing the development of some club indicators, tournaments, competition content, before and after the solution application

No.	Content	Quantity	
		Academic year 2015 - 2016	Academic year 2016 - 2017
1	Number of sports clubs established	2	6
2	Number of internal sports competitions in the university	2	4
3	The number of tournaments outside the university	3	5
4	Number of students who practice sports regularly (number)	100	250
5	Number of sports competition contents in tournaments	2	5

The results of Table 1 show that: the index of the number of clubs, the number of students practicing regularly, clubs, tournaments inside and outside the university, and the sports competition contents of the University of Finance - Marketing, after conducting the application of solutions into experiments, are of greater value than before the experiments.

Table 2: Comparing the number of students doing extracurricular sports follow their favorite sports before and after the solution application

No.	Club	Number of students		Growth rates W(%)
		Academic year 2015 – 2016	Academic year 2016 – 2017	
1	Table Tennis Club	15	27	57.1
2	Volleyball Club	15	32	72.3
3	Badminton Club	10	25	85.7
4	Football club	5	12	82.3
5	Basketball Club	5	11	75.0

The results in Table 2 show that the index of the number of students of the University of Finance - Marketing participating in Sports Clubs increased significantly compared with before implementing the solutions selected and developed by the thesis, as shown more clearly in Figure 1.

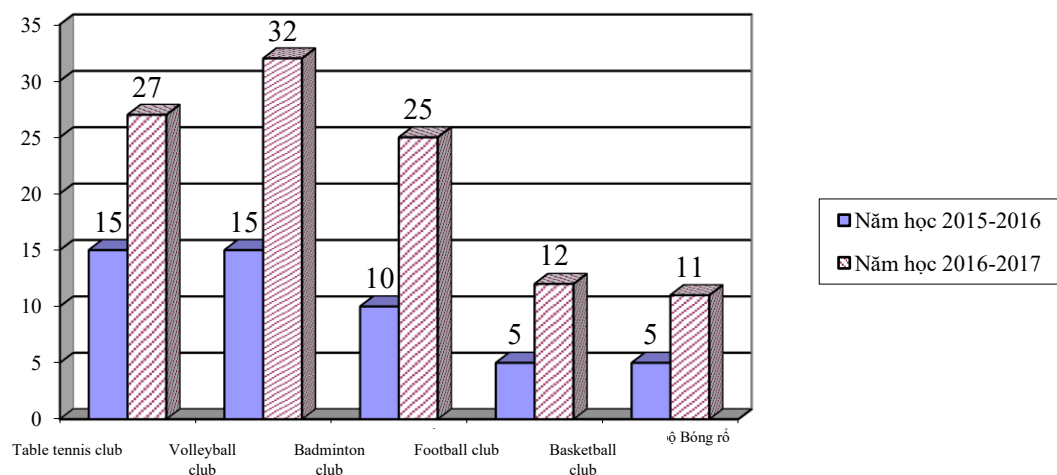


Chart 1: Comparing the number of students doing extracurricular activities sports fans follow their favorite sports after the solution application

3.2.3 Solution 3: Strengthen ethical education, willpower, as well as awareness of the importance of sports in the university hours.

- **The purpose of the solution:**
 - In order to raise students' awareness and responsibility about the role, meaning and importance of PE in university, and to widely popularize the knowledge of sports and physical education for students.
 - In order to increase the activeness of daily physical training and exercise to protect and enhance health, improve the physical fitness of learning.
- **Content:**
 - Propagating knowledge about the PE's work: training method, practice forms, how to practice for sports, as well as competition rules for sports.
- **Method:**
 - Propagate the whole university: Use posters and hang around the campus, dormitories, such as the bulletin boards of the faculties (convenient, easy to observe) by real collaborators.
 - Collaborate with the Youth Union in propaganda through: Pictures, documentaries, by integrating with theoretical lessons in the main lessons and after each extracurricular physical training and sport activity to supplement knowledge about PE for students.

3.2.4 Solution 4: Develop training and retraining plans to improve the qualifications of the university's lecturers.

- **The purpose of the solution:**
 - Help teachers constantly improve their learning to better serve the teaching. This is also the basis for assessing the pedagogical capacity of the university's teaching staff, serving the development of planning, retraining plans and the use of the contingent of lecturers.
- **Content and method of implementation:**
 - Send cadres to attend professional training courses and study at the University.
 - Participate in class observation of colleagues, study, exchange and share experiences with colleagues.
 - Participate in pedagogical training for lectures.

3.2.5 Solution 5: Strengthen socialization in investment in infrastructure to serve education in the university.

- **The purpose of the solution:**
 - In order to ensure sufficient quantity and improve the quality of facilities, training equipment and other resources to meet the teaching needs of the PE lecturers, practice of sport and physical training of students, and movement activities of extracurricular physical training of the university.
- **Content:**
 - Propagate and call enterprises and businesses in the area in writing and through direct meetings, inviting leaders to participate in a number of friendly tournaments and suggesting sponsorship.
 - Renovating yards to serve elective sports and develop sports movement among students.
 - Buy more equipment for teaching and exercise movements.
- **Method:**
 - Mobilize all human and material resources to renovate and repair yards and sports tools for the university.
 - Invest in increasing funding for the university's campus re-planning in order to make good use of the university's existing facilities to build sports facilities and create space for students to practice.

The results are shown in Table 3.

Table 3: Comparing the development of some criteria for funding for infrastructure and funding for PE before and after experimenting with solutions

No.	Club	Academic year		Increase
		2016 - 2017	2017 - 2018	
1	Funding for repairing infrastructure, purchasing teaching equipment	15 million	38 million	18 million
2	Funding for training and other work	9 million	23 million	14 million
3	Funding for movement prizes in the university	28 million	40 million	12 million
4	Total funding for training and competitions outside the university	35 million	55 million	20 million
5	Remuneration for lectures in charge of the team competing outside the university VND/1 time	VND 60,000	VND 120,000	
Increase				64 million

Table 3 shows that the criteria for funding for infrastructure and funding for PE increased significantly to meet the needs after implementing the application of experimental solutions, increasing more than before the experiment.

4. Conclusions

The research results have selected five solutions to improve the effectiveness of the PE for university students, including:

- Improve the content of the program and innovate the method of teaching PE;
- Organize extracurricular sports activities for students regularly, focusing on sports that are popular with many students;
- Strengthen physical education, willpower, as well as awareness of the importance of sports in university hours;
- Develop training and retraining plans to improve the qualifications of the university's lecturers;
- Strengthen socialization in investment in infrastructure to serve education in the university.

Creative Commons License Statement

This research work is licensed under a Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License. To view a copy of this license, visit <https://creativecommons.org/licenses/by-nc-nd/4.0>. To view the complete legal code, visit <https://creativecommons.org/licenses/by-nc-nd/4.0/legalcode.en>. Under the terms of this license, members of the community may copy, distribute, and transmit the article, provided that proper, prominent, and unambiguous attribution is given to the authors, and the material is not used for commercial purposes or modified in any way. Reuse is

only allowed under the terms of the Creative Commons Attribution-NonCommercial-NoDerivatives 4.0 International License.

Conflict of Interest Statement

The article has no conflicts of interest.

About the Author(s)

Position: Lecturer

Department: Law and Foreign Languages - University of Finance – Marketing.

Research interests in the field of physical education and sports coaching in schools.

References

- 1) Nguyen Toan, Pham Danh Ton (2006), *Theory and Method of Physical Training and Sports*, Sports Publishing House, Hanoi.
- 2) Prime Minister (2015), *Decree No. 11/2015/ND-CP, Regulations on physical education and sport activities in university*.
- 3) Nguyen Duc Van (2001), *Statistical Method in Physical Training*, Sports Publishing House, Hanoi.