



SOLUTIONS TO INNOVATE TEACHING METHODS FOR PHYSICAL EDUCATION SUBJECT FOR STUDENTS AT BAC NINH SPORT UNIVERSITY OF VIETNAM

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Abstract:

Using standard scientific research methods, the project has selected 05 solutions to innovate teaching methods for the Physical Education subject for students at Bac Ninh Sport University of Vietnam in the near future.

Keywords: solutions, innovation, teaching methods, physical education, students, Bac Ninh Sport University of Vietnam

1. Introduction

Bac Ninh Sport University of Vietnam has seriously and promptly implemented the curriculum for Physical Education in the general subjects in the intermediate and college-level training program, as stated in the Circular:

- The Ministry of Education and Training (2015), *Circular No. 25/2015/TT-BGDT regulating the PE curriculum in undergraduate training program dated October 14, 2015, of the Ministry of Education and Training.*
- The Prime Minister (2016), *Decision No. 1076/QĐ-TTg dated June 17, 2016 approving the overall project for the development of Physical Education and Sports in schools for the period 2016-2020 with a vision to 2025.*

Developing lecturers, investing in building gymnasiums, upgrading football fields and volleyball yards, renovating badminton practice fields and establishing physical education and sports clubs, etc., in the college have all been focused. However, actual teaching, learning situation showed that although many efforts have been taken and

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certain successes have achieved, the physical education (PE) still has had many shortcomings such as the college's facilities have not met the needs of extracurricular activities and sports training of students; the PE curriculum still has had many shortcomings; students' awareness of the role and effects of physical education and sports have been still inadequate; especially no many innovations in teaching methods of lecturers have been seen, etc. Therefore, this research was conducted, and accordingly, the solutions were proposed to innovate the teaching methods for the PE subject for the students at Bac Ninh Sport University of Vietnam.

2. Research Methods

During the research on the project, the following research methods were applied:

- Data analysis and synthesis,
- Interview,
- Pedagogical testing,
- Expert method, and
- Mathematical statistics methods.

3. Research Results and Discussion

3.1 Basis and principles for proposing the solutions to innovate teaching methods for the Physical Education subject at Bac Ninh Sport University of Vietnam

The solutions were selected on the following basis: The first, Views of the Party and State on PE innovation in the school system and the current status of teaching methods for PE subject at Bac Ninh Sport University of Vietnam, as the second basis.

The solutions selected to innovate the teaching methods for the PE subject at Bac Ninh Sport University of Vietnam must meet the following principles:

- Principle of Practicality;
- Principle of Conformity with Wishes;
- Principle of self-Conscious Selection of Sports, and
- Principle of Suitability and Individualization.

3.2 Selecting and developing the solutions to innovate teaching methods for PE modules at Bac Ninh Sport University of Vietnam

3.2.1 Selecting the solutions

After reviewing the documents, references in combination with interviews with 08 PE managers, experts and lecturers at Bac Ninh Sport University of Vietnam, 06 following solutions has been selected with a number of votes in favour at a very necessary level (from 80% or more), specifically:

- 1) Strengthening propaganda and education about the significance of the role of Physical Education and Sports for health and society;

- 2) Actively using visual methods in teaching and organizing the teaching.
- 3) Regularly using the suitability and individualization method in each specific class session;
- 4) Actively applying game and competition methods in the teaching process;
- 5) Using progressive overload training.

3.2.2 Developing the contents of solutions

Solution 1: Strengthening propaganda and education about the significance of the role of Physical Education and Sports for health and society

- **Goal:** To equip the students with knowledge about the role of physical education and sports for health and society, thereby shaping their right, positive and proactive learning motivation to acquire the knowledge of the PE subject.
- **Contents:** Using the lectures, the PE lecturers connected with reality to help the students understand the role, significance, effects and benefits of physical education and sports; Organized competitions to learn about physical education and sports, communicated scientific knowledge about physical education and sports through seminars and discussions; Observed the mass media about physical education and sports information of our country and the world.
- **How to implement:** Coordinated with functional departments, especially the PE and National Defense Department, Training Department, Student Affairs Department and the Youth Union, etc.; to strictly comply with the directives and resolutions of the Party and the State on physical education and sports and PE subject; Diversified educational propaganda forms such as: Using class hours, extracurricular hours, weekend activities, sports bulletin boards, club activities, PE seminars and competitions; Coordinated with functional departments to develop a reward system for students with good behavior during the class and Coordinated with the College to include the final exam score of PE subject to the grade point average like other subjects.
- **How to evaluate the results:** Based on parameters on the number of propaganda sessions, propaganda forms and the number of students who have been propagandized; criteria for evaluating students' awareness of the position, role and importance of the PE subject

Solution 2: Actively using visual methods in teaching and organizing the teaching

- **Goal:** To help the students form their movement skills and techniques
- **Contents:** Using visual methods in teaching and organizing the teaching in the form of "Teaching skills" to introduce movement techniques, helping the students form their movement skills and techniques
- **How to implement:** The lecturers, in teaching, used harmonious and reasonable methods for each lesson plan and the objectives of each lecture. Because the visibility is a necessary prerequisite for the students to understand the moves and is an inseparable condition in perfecting the movements, the lecturers must apply

the principle of suitability when using visual methods, when to use direct visual method (modeling, demonstration combined with verbal analysis to create feelings and visualizations of exercise techniques for the students) or indirect visual method (pictures, photos and videos) that means to bring the students from vivid visualization to abstract thinking to help them feel the process and stages of performing movement techniques; the lecturers always paid attention to harmoniously when applying this method to different contents of the PE subject.

- **How to evaluate the results:** Using the number of students' participations and active participation in practice during and after the PE class.

Solution 3: Regularly using the suitability and individualization method in each specific class session

- **Goal:** To choose a teaching method that is suitable for the student's abilities
- **Contents:** This method requires the lecturers to understand and grasp the characteristics of each student in their class to choose suitable exercises and training methods, to assign tasks to the students, and then choose teaching and training that is suitable for the students' abilities
- **How to implement:** The lecturers must understand, grasp the characteristics of each student in their class to choose suitable exercises and training methods for the students (please note that both their physical and mental characteristics) to assign the tasks to the students; This principle is a particularly important to pay attention because the process of teaching and learning will have a strong effect on important functions in the living body. If the exercise amount exceeds the body's tolerance, it can cause negative health risks for the students, causing consequences for health, spirit and vice versa. Therefore, it required the lecturers to be cautious and active in the teaching and learning process.
- **How to evaluate the results:** Using a number of methods and forms of practices that the lecturers apply, in addition to using the students' diligence.

Solution 4: Actively applying game and competition methods in the teaching process

- **Goal:** To change the atmosphere of the lesson, offer excitement, and positive psychology for the students
- **Contents:** The lecturers chose the games suitable for the psychological conditions and intended purpose of organizing the lesson to change the atmosphere of the lesson, offer excitement, and positive psychology for the students
- **Implementation methods:** The lecturers must choose the games suitable for the conditions and psychology, the intended purpose of organizing the lesson; when to apply games that require the lecturers before teaching must have a firm grasp, for example: for teaching the basic module, if applying the game method at the start of the lesson, the lecturers choose the games to develop quick and strong strength, if applying the game method at the end of the lesson, they choose the games to provide relaxation and calming. For teaching part 1, collective games

that require ingenuity skills were chosen. Applying the competition method in the teaching process must ensure that it is a method of organizing and stimulating sports activities. When choosing the competition method in the teaching process, only a simple form was chosen and applying it practically to the lecture contents was chosen.

- **How to evaluate the results:** Using the number of games applied; in addition, using the parameters of positivity and enthusiasm in the practice of the students.

Solution 5. Using the progressive overload training

- **Goal:** To improve the student's skills of performing movements by continuously increasing the requirements when performing exercises during the learning.
- **Contents:** The lecturers used the progressive overload training method to increase the requirements to stimulate the adaptive changes in the body under the impact of the amount of physical exercise within certain limits proportional to the intensity and volume.
- **How to implement:** This method is mandatory for performing the physical education task of the lecturers. It required the lecturers to be really clear-headed in applying the progressive overload training method to increase the requirements appropriately (including the intensity of exercise, the volume of exercise) to achieve high efficiency in physical education; Using this method required the lecturers to regularly innovate the tasks under the general trend of increasing the amount of movements, difficulty, technical and tactical requirements...etc. from one training session to another, increasing the complexity of the exercises. Because the large number of exercises will create a large adaptive change and an increasingly high recovery process, if a certain amount of exercise is applied for a long time, it will form adaptive reactions of the body, hindering the formation of new adaptations.
- **How to evaluate the results:** Using the number of exercises performed by the lecturers, students' performance of selected exercises.

2.3 Verifying the feasibility of proposed solutions to innovate the teaching methods for the PE subject at Bac Ninh Sport University of Vietnam

After selecting and developing the contents of 05 solutions to innovate the teaching methods for the PE subject at Bac Ninh Sport University of Viet Nam, an interview questionnaire method was applied to 19 subjects (including 06 PE experts accounting for 31.57%, 05 PE managers accounting for 26.31% and 08 PE lecturers accounting for 42.10%). The subjects gave their answers by scoring on a Likert scale (5-point). According to a research convention, only the solution with an answer rate of agree or higher, equivalent to an average rate (3.41-5.00) was selected:

- Strongly disagree: from 1.00-1.80 points,
- Disagree: from 1.81-2.60 points,
- Neutral: from 2.61-3.40 points,

- Agree: from 3.41-4.20 points,
- Strongly agree: from 4.21-5.00 points.

The interview questionnaire method results are presented in Table 1.

Table 1: The interview questionnaire results to verify the solutions to innovate the teaching methods of PE subject at Bac Ninh Sport University of Vietnam (n = 19)

Solution	Description						Total points	Average rate
		5	4	3	2	1		
Solution 1	Strengthening propaganda and education about the significance of the role of Physical Education and Sports for health and society	15	3	1	0	0	90	4.73
Solution 2	Actively using visual methods in teaching and organizing the teaching	14	3	2	0	0	88	4.63
Solution 3	Regularly using the suitability and individualization method in each specific class session	15	2	2	0	0	89	4.68
Solution 4	Actively applying game and competition methods in the teaching process	14	1	4	0	0	86	4.52
Solution 5	Using the progressive overload training	15	1	3	0	0	88	4.63

Table 1 showed that all 5/5 solutions of the project presented for the interview were approved by the experts at the Agree and Strongly Agree answers (scored from 4.52 -4.73 points). The experts assessed that the contents of the solutions were highly feasible when applied.

The process of developing the contents of the solutions ensured the scientific nature of the innovation process, which was consistent with the objective reality in higher education and the conditions of facilities and professional qualifications of lecturers.

However, the experts also recommend that to affirm the superiority of such solutions, verifying their effectiveness in the practice of PE teaching is required. Each solution has a different position, role, value and meaning, but it is very important. No solution should therefore be separated, absolutized or overlooked. Synchronously implementing the above solutions will bring a combined strength to innovate the teaching methods for the PE subject at Bac Ninh Sport University of Vietnam in the current context.

3. Conclusion

The project selected and developed 05 solutions to innovate teaching methods for the PE subject at Bac Ninh Sport University of Vietnam, specifically: (

- 1) Strengthening propaganda and education about the significance of the role of Physical Education and Sports for health and society;
- 2) Actively using visual methods in teaching and organizing the teaching;

- 3) Regularly using the suitability and individualization method in each specific class session;
- 4) Actively applying game and competition methods in the teaching process;
- 5) Using progressive overload training. Such solutions have been verified by the experts to offer high feasibility when applied in practice.

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Conflict of Interest Statement

The authors declare no conflicts of interest.

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