



## DETERMINE THE CRITERIA FOR EVALUATING THE CURRENT STATE OF THE SPORTS ACTIVITIES FOR STUDENTS AT VINH LONG UNIVERSITY OF TECHNOLOGY EDUCATION, VIETNAM

Vo Minh Trung<sup>1</sup>,  
Huynh Hoang Buu<sup>1</sup>,  
Nguyen Nhut Khang<sup>1</sup>,  
Nguyen Quoc Duy<sup>1</sup>,  
Huynh Hai Son<sup>1</sup>,  
Nguyen Thi Hong Trang<sup>1</sup>,  
Tran Thong Minh<sup>1</sup>,  
Huynh Tan Binh<sup>1</sup>,  
Nguyen Quang Sang<sup>2</sup>,  
Nguyen Quang Vinh<sup>2i</sup>

<sup>1</sup>Vinh Long University of Technology Education,  
Vietnam

<sup>2</sup>Ho Chi Minh City University of Physical Education and Sport,  
Vietnam

### Abstract:

The sports movement plays an important role for students. Sports contribute to improving health, developing physical fitness, and perfecting personality and social skills. At the same time, they also create a positive training environment, effectively supporting the learning process and comprehensive development. The evaluation criteria play a role in objectively reflecting the level of development, organizational effectiveness, and educational impact. Moreover, they simultaneously serve as a scientific basis for management, policy planning, and improving the quality of operations. The purpose of the research is to identify the criteria for evaluating the current status of sports activities for students at Vinh Long University of Technology Education, Vietnam. The research employs methods such as literature review, interviews, and statistical analysis to effectively address the research content. The research subjects include 200 sophomores from Vinh Long University of Technology Education, Vietnam, and 12 individuals who are management staff and experts with experience and long-standing service in the field of school sports. The research results have identified the criteria for evaluating the sports movement for students at Vinh Long University of Technology Education with 07 quantitative evaluation criteria and 11 qualitative evaluation criteria.

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<sup>i</sup> Correspondence: email [vinhqn@upes.edu.vn](mailto:vinhqn@upes.edu.vn)

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## 1. Introduction

Humans are the driving force behind the socialist construction. Humans are the subject of all creativity, material and cultural wealth, and building a just and humane society. Thus, humans need to be comprehensively developed, with high intellectual development, strong physical health, rich spiritual life, and pure morality. To improve the health of the people in the new era, on October 25, 2017, the XII Central Party Committee proposed the solution "*Fundamentally reform physical education, psychology, increase the number of elective sports in schools, and closely combine school and extracurricular training.*" Strongly develop physical training movements... [1]. At the XIII Congress of the Party, it continued to emphasize that to develop the country, "*human resources are the most important*" and it is necessary to "*develop people comprehensively*" and "*make breakthroughs in fundamentally and comprehensively renewing education and training, developing high-quality human resources, attracting and valuing talents.*" [2]. In the era of Industry 4.0. In the era of Industry 4.0, the Party continues to affirm that education and training are the top national policies, determining the future of the nation [3], and they are the foundation for the rapid and sustainable development of the country. The Party identifies that "*Health is the most valuable asset of a person, the most important foundation for everyone's happiness, for the survival of the nation, and for the prosperous and sustainable development of the country.*" The goal, motivation, and top political task is to protect, care for, and improve the health of the people; this responsibility lies with the entire political system, society as a whole, and every citizen. [4] Developing school sports is an objective requirement, an important aspect of social policy, and a proactive measure to maintain and enhance the health of students in particular and the entire population in general. It serves the political tasks, economic and social development, national security, and defense of the country, while also meeting the cultural and spiritual needs of the people. School physical education must be national, scientific, and popular. Promote the traditional cultural capital of the nation and ensure scientific rigor in training and competition, suitable for all student groups, in all areas [5], [6]. Sports activities in schools are voluntary activities organized in an extracurricular manner, suitable for students' interests, gender, age, and health, aimed at creating conditions for students to exercise their right to play, entertain, and develop sports talents [7].

The sports development strategy outlines that "*schools have underemphasized physical education and extracurricular sports, which has failed to maintain and improve students' health, contributing to the significantly inferior physical fitness and stature of Vietnamese people compared to some countries in the region...*" [8]. Decision No. 641/QĐ-TTg, Regarding the approval of the overall scheme for the development of physical fitness and stature of Vietnamese people for the period 2011–2030 [9]. Decree Regulating Physical Education

and Sports Activities in Schools: "*Physical education in schools is an educational content, a compulsory subject, part of the educational program at all levels and training stages, aimed at equipping children, students, and pupils with basic movement knowledge and skills, forming the habit of exercising and playing sports to enhance health, developing physical fitness, stature, and contributing to the goal of comprehensive education*" [10]. Approval of the "Overall Plan for the Development of Physical Education and School Sports for the period 2016–2020 and orientation toward 2025" [11]. The Vietnam Health Program, which is one of the professional solutions, has been approved. The goal is to enhance physical activity for children, students, and pupils: + Organize physical education programs in schools effectively; ensure adequate space, facilities, and equipment for students' physical training and sports activities in educational institutions in accordance with regulations. Maintain physical exercise activities at the beginning and middle of the school day and ensure the number of physical education hours in the main curriculum. Organize various extracurricular physical activities, enhance physical exercise through movement-based recreational activities at school, and limit prolonged sitting time. Ensure that each student engages in at least 60 minutes of physical activity each day [12]. The School Health Program, consisting of 5 contents, 07 tasks, and solutions, has been approved to enhance health care for students [13]. The strategy for the development of sports and physical education in Vietnam until 2030, with a vision for 2045, aims to "*build a sustainable and professional sports and physical education foundation.*" All citizens have access to and benefit from sports and physical training services; they voluntarily exercise to improve their health, fitness, and quality of life... [14].

The sports movement among students is not just a supplementary activity but also an organic component of the higher education process, contributing to the realization of the goal of training individuals to develop comprehensively in terms of physical, intellectual, and moral aspects. In the context of high study intensity and increasing competitive pressure, maintaining regular physical activity helps improve cardiovascular and respiratory function, increase endurance, strength, agility, and coordination. Thanks to that, students have a solid physical foundation, reducing the risk of school-related health issues while enhancing their concentration, academic performance, and resilience to the pressures of studying, internships, and future professional work.

In terms of social education, the sports movement is a practical environment for cultivating qualities and skills. The process of participating in training and competitions requires students to adhere to regulations, maintain discipline, respect the rules of the game and opponents, thereby fostering a sense of organization and a spirit of upholding regulations. Collective activities such as tournaments, clubs, and inter-school exchanges create opportunities to develop communication, teamwork, leadership, and problem-solving skills. The common goals of the collective reinforce the spirit of solidarity, responsibility, and cooperation.

At the same time, the sports movement also contributes to building a positive, dynamic, and healthy school cultural environment. The presence of regular sports activities enriches the spiritual life, reduces negative behaviors, and strengthens the bond between students, lecturers, and the school. In the long term, this is an important factor in enhancing the quality of education, affirming the prestige and image of the educational institution within the higher education system. With the above importance, we chose the research direction titled "Determine the criteria for evaluating the current state of the sports activities for students at Vinh Long University of Technology Education, Vietnam."

## **2. Materials and methods**

### **2.1 Methods**

Documentary research method: This method is used to collect information related to the research issue through sources such as books, scientific articles, and published scientific works. The results of consulting and gathering information from various documents are used to build a theoretical foundation, formulate scientific hypotheses, determine objectives, and analyze and discuss research results based on the criteria for evaluating the sports movement for students at Vinh Long University of Technology Education.

Interview method: aimed at gathering information via the opinions of experts and professionals on selecting criteria for evaluating the sports movement for students at Vinh Long University of Technology Education.

Statistical methods were used to handle and examine the data collected during the research, using SPSS 22.0 software, by applying basic statistical formulas and checking how reliable the scale is with the Cronbach's Alpha index.

### **2.2 Participants**

200 sophomores from Vinh Long University of Technology Education, Vietnam. 12 managers and specialists with experience and long-standing service in the field of school sports.

## **3. Results**

To assess the current state of the physical education and sports movement for students at Vinh Long University of Technology Education, precise, scientific, and comprehensive evaluation criteria are needed. The study proceeds to determine evaluation criteria in two groups: the quantitative evaluation criteria group and the qualitative evaluation criteria group.

### 3.1. Determine quantitative evaluation criteria

The research was conducted in two steps:

- **Step 1:** Compile the criteria for evaluating the sports movement from documents, literature, and research works by both domestic and international authors.
- **Step 2:** Interview experts, managers, and specialists.

#### 3.1.1. Compile the criteria for evaluating the sports movement from documents, literature, and research works by both domestic and international authors

Reference results, a compilation of documents on the criteria for evaluating sports movements by some authors, such as Nguyễn Đức Thành (2013) the author uses quantitative criteria to evaluate the form and content of extracurricular sports training for students at several universities in Ho Chi Minh City, which include 60 m high start run(s), standing long jump (cm), hand grip strength (kg), sit-ups (number/30 s), pull-ups (male) (number of times)/ chin-ups (female) (number of times), 4x10 m shuttle run (s), standing flexibility (cm), and average run—1500 m (men) and 800 m (women) (s) [15].

Phùng Xuân Dũng (2017) used quantitative criteria to evaluate physical education activities for students, such as sit-ups (repetitions/30 s), standing long jumps (cm), 4 x 10 m shuttle runs (s), 60 m high start runs (s), hand grip strength (kg), pull-ups (number of times), standing flexibility (cm), and average runs (800 m for females and 1500 m for males) [16].

Đặng Minh Thành (2018) used numbers to assess how extracurricular sports training for students in Sóc Trăng province meets the physical fitness standards set by the Ministry of Education and Training (Decision 53/2008/QĐ-BGDĐT), including the number of students involved in training, the number of sports teams and clubs, the number of students in school sports competitions, and how well the sports teams perform [17].

Đặng Minh Thắng (2019): The author identified quantitative criteria to assess the current status of extracurricular sports activities at the People's Police College II: the conditions of facilities serving extracurricular sports activities, the budget for extracurricular sports activities, the physical fitness level of students, and academic performance. Physical Education [18].

Nguyễn Quốc Trâm (2021) selected quantitative criteria to assess the current situation of extracurricular sports training for students at Phu Yen University, including: funding allocated for organizing extracurricular sports training for students; academic results, morphology, and physical fitness of students [19].

Mai Văn Ngoan (2025) chose six criteria to assess the extracurricular sports program for students at the National University of Ho Chi Minh City, which are: the number of students who meet the physical fitness standards, the number of students who regularly take part in extracurricular sports training, the number of helpers, coaches, and sports lecturers, the number of extracurricular sports clubs, the number of sports facilities, and the number of sports competitions held each year.

The above summary shows that the authors mainly use the physical fitness evaluation criteria according to Decision 53/2008/QĐ-BGDĐT, and the thesis additionally references the evaluation criteria for the mass sports movement as follows:

According to Clause 2, Article 12 of the Sports Law: The mass physical education and sports movement has established criteria for evaluating the mass physical education and sports movement, which are "*the number of people regularly practicing physical exercise and sports, number of sports families, number of sports collaborators, number of sports clubs, number of sports facilities, and number of sports competitions organized annually*" [21].

The Ministry of Culture, Sports and Tourism (2019) issued Circular No. 01/2019/TT-BVHTTDL on January 17, 2019, which outlines the regulations for evaluating the mass sports movement. In Chapter II. Content of the criteria for evaluating the mass sports movement; evaluation according to basic criteria: Criteria for the number of people regularly practicing physical exercise and sports; Criteria for the number of sports families; Criterion for the number of physical education and sports collaborators; Criterion for the number of sports clubs; The criteria also encompass the quantity of sports facilities and the annual number of organized sports events [22].

Consulting experts, based on practical experience and personal research, the following quantitative evaluation criteria have been selected:

**Criterion 1:** The number of students meeting the physical fitness standards as prescribed.

- The physical fitness standards are regulated by Decision 53/2008/BGDĐT of the Ministry of Education and Training.
- Evaluation method: The percentage of students meeting the physical fitness standards according to Decision 53/2008/BGDĐT of the Ministry of Education and Training out of the total number of students at Vinh Long University of Technology Education (calculated by each cohort).

**Criterion 2:** The number of students participating in regular sports training.

- Students who participate in regular physical training are those who train at least 3 times a week; each session lasts at least 30 minutes and continues for at least 3 months.
- Evaluation method: The percentage of students participating in regular physical training out of the total number of students at Vinh Long University of Technology Education (calculated by each cohort).

**Criterion 3:** Number of collaborators, coaches, and physical education teachers.

- Collaborators, coaches, and physical education teachers are individuals with expertise in physical education who are responsible for organizing, training, and guiding students at Vinh Long University of Technology Education in physical training.

- Evaluation method: The percentage of collaborators, coaches, and physical education teachers participating in organizing, training, and guiding students of Vinh Long University of Technology Education in physical training, compared to the total number of students.

**Criterion 4:** Number of sports teams, groups, clubs, and sports teams

- Sports teams, groups, and clubs are established according to regulations to propagate and encourage students with similar interests to organize, disseminate, and guide sports activities that satisfy their needs for physical training, entertainment, health improvement, cultural and spiritual life enhancement, and improved sports achievements.
- Evaluation method: Total number of sports teams, groups, sports clubs, and sports teams for students at Vinh Long University of Technology Education.

**Criterion 5:** Number of sports facilities.

The number of extracurricular sports facilities includes:

- The total number of sports training and competition facilities includes the total number of multi-purpose sports training and competition facilities and the total number of single-sport training and competition facilities.
- The total number of swimming pools includes the total number of swimming pools with a length of 50 meters, the total number of swimming pools with a length of 25 meters, and the total number of other types of swimming pools.
- The total number of outdoor sports training and competition fields includes the total number of stadiums with stands, the total number of stadiums without stands, the total number of mini football fields, the total number of volleyball courts, the total number of basketball courts, the total number of badminton courts, the total number of tennis courts, and the total number of other types of sports training and competition fields.
- Evaluation method: The total number of sports facilities currently used for physical education activities for students at Vinh Long University of Technology Education.

**Criterion 6:** The number of tournaments and sports events organized annually.

- Evaluation method: Total number of tournaments and sports events organized annually for students of Vinh Long University of Technology Education.

**Criterion 7:** The number of medals achieved in regional, national, and international sports competitions.

- Evaluation method: The total number of medals won by students of Vinh Long University of Technology Education at regional, national, and international sports competitions.

### 3.1.2 Interview experts, managers, and specialists

Conduct the construction of the survey and interview 12 experts and professionals in physical education nationwide on a scale of 1 to 5 (1 strongly disagree, 2 disagree, 3 neutral, 4 agree, and 5 strongly agree) with the results presented in Table 1.

**Table 1:** Results of the interview on quantitative evaluation criteria for the sports movement for students at Vinh Long University of Technology Education (n = 12)

	Criteria	Interview result	
		ΣScore	Percentage
1	The number of students meeting the physical fitness standards as prescribed	55	91.67
2	The number of students participating in regular sports training.	54	90.00
3	Number of collaborators, coaches, and physical education teachers	57	95.00
4	Number of sports teams, groups, clubs, and sports teams	58	96.67
5	Number of sports facilities	57	95.00
6	The number of tournaments and sports events organized annually	56	93.33
7	The number of medals achieved in regional, national, and international sports competitions	56	93.33

The interview results in Table 1 of the study show that the selected criteria were chosen by experts at over 80%. The result selected 7 criteria for quantitatively evaluating the sports movement for students at Vinh Long University of Technology Education:

- **Criterion 1:** The number of students meeting the physical fitness standards as prescribed.
- **Criterion 2:** The number of students participating in regular sports training.
- **Criterion 3:** Number of collaborators, coaches, and physical education teachers.
- **Criterion 4:** Number of sports teams, groups, clubs, and sports teams
- **Criterion 5:** Number of sports facilities.
- **Criterion 6:** The number of tournaments and sports events organized annually.
- **Criterion 7:** The number of medals achieved in regional, national, and international sports competitions.

### 3.2 Determine qualitative evaluation criteria

The study conducted a qualitative evaluation of the sports movement for students at Vinh Long University of Technology Education through a questionnaire.

As we know, in quantitative research, researchers use various precise measurement scales that have high reliability. In the field of educational psychology and sociology research (qualitative research), such as a thesis, the criteria levels are very complex, requiring meticulously measured scales and reliability testing before application.

To test the reliability of the scale in the thesis, the following three steps are carried out:

**Step 1:** Draft the initial preliminary questionnaire.

The study synthesizes qualitative assessment scales from several research works such as: Đặng Minh Thành (2018) [17]; Đặng Minh Thắng (2019) [18]; Phạm Thanh Lương (2020) [23]; Nguyễn Quốc Trầm (2021) [19].

The research initially developed a preliminary questionnaire and sought the opinions of 12 experts and professionals in physical education nationwide to review the structure, format, content, and purpose of the interview questionnaire to contribute and supplement opinions for the validation of the measurement scale of the current status of the survey criteria, as follows:

- 3 out of 12 experts, accounting for 25% agreed with the questionnaire template
- 2 out of 12 experts, accounting for 16.67%, suggested removing one question and adjusting the wording in two questions.
- 4 out of 12 experts, accounting for 33.33%, suggested adding one question and adjusting the wording in two questions.
- 3 out of 12 experts, accounting for 25%, suggested adjusting the wording in 6 questions.

**Step 2:** Adjust the measurement scale questionnaire template and determine the response format.

Following the survey results and additional opinions from thesis experts, the questions were adjusted accordingly, and data collection was carried out using SPSS 22.0 software.

The questionnaire sample, which consists of 11 items, measures the sports movement for students at Vinh Long University of Technology Education.

Determine the response format: In the thesis, a 5-point Likert scale response format is applied to conduct a survey on 200 sophomores at Vinh Long University of Technology Education, focusing on content related to the sports movement for students.

**Step 3:** Use the Cronbach's Alpha index to check how reliable the questionnaire is.

To accurately assess the reliability of the survey questionnaire, the study evaluates the scale using Cronbach's Alpha reliability coefficient. The scale for evaluating the sports movement for students at Vinh Long University of Technology Education (11 items) includes:

- **Item 1:** Quality of the physical education training program
- **Item 2:** Quality of sports fields, training equipment and tools
- **Item 3:** The professional qualifications in physical education of the team of coaches, teachers, and sports collaborators
- **Item 4:** The quality of organizing annual sports competitions and events (at the departmental and university levels)
- **Item 5:** The connection between the sports movement and the activities of the Youth Union and Student Association
- **Item 6:** Spreading the culture of physical education and sports in schools

- **Item 7:** Impact on soft skills (teamwork, discipline, collective spirit)
- **Item 8:** An environment for training to improve physical health
- **Item 9:** An environment for play and entertainment that enhances spiritual life
- **Item 10:** Detailed, specific, and clear action plan
- **Item 11:** Managing student registration and participation in physical training

The results of the measurement scale evaluation for the sports movement for students at Vinh Long University of Technology Education using the Cronbach's Alpha index are presented in Table 2.

**Table 2:** Description of the Cronbach's Alpha reliability coefficient of the questionnaire measuring the sports movement for students at Vinh Long University of Technology Education

Items	Average scale if variable type	Variance of the scale if the variable type	Total variable correlation	Cronbach's Alpha if variable type
Item 1	38.98	13.987	.427	.848
Item 2	39.30	13.889	.452	.846
Item 3	39.06	13.688	.437	.848
Item 4	39.62	13.796	.427	.848
Item 5	39.89	13.711	.489	.843
Item 6	39.25	13.184	.612	.833
Item 7	39.57	13.659	.531	.840
Item 8	39.88	13.090	.703	.827
Item 9	39.78	13.477	.589	.835
Item 10	39.88	13.090	.703	.827
Cronbach's Alpha = 0.852				
N of Items = 11				

The results of the Cronbach's Alpha test of the scales shown in Table 3.2 indicate: The overall Cronbach's Alpha coefficient is  $0.852 > 0.6$ , and all items have a corrected item-total correlation greater than the acceptable standard ( $>0.3$ ). The study has developed a scale to evaluate the extracurricular sports movement for students at Vinh Long University of Technology Education, with 11 items as follows:

- **Item 1:** Quality of the physical education training program
- **Item 2:** Quality of sports fields, training equipment and tools
- **Item 3:** The professional qualifications in physical education of the team of coaches, teachers, and sports collaborators
- **Item 4:** The quality of organizing annual sports competitions and events (at the departmental and university levels)
- **Item 5:** The connection between the sports movement and the activities of the Youth Union and Student Association
- **Item 6:** Spreading the culture of physical education and sports in schools
- **Item 7:** Impact on soft skills (teamwork, discipline, collective spirit)
- **Item 8:** An environment for training to improve physical health
- **Item 9:** An environment for play and entertainment that enhances spiritual life

- **Item 10:** Detailed, specific, and clear action plan
- **Item 11:** Managing student registration and participation in physical training

#### 4. Conclusion

The research results have identified 7 quantitative evaluation criteria and 11 qualitative evaluation criteria for assessing the sports movement among students at Vinh Long University of Technology Education.

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#### Conflict of Interest Statement

The authors declare no conflicts of interest.

#### About the Author(s)

**Vo Minh Trung**, Head of Center for Physical Education and National Defense and Security, Vinh Long University of Technology and Education, Vietnam.

**Huynh Hoang Buu**, Vice Head of Center for Physical Education and National Defense and Security, Vinh Long University of Technology and Education, Vietnam.

**Nguyen Nhut Khang**, Lecturer at Center for Physical Education and National Defense and Security, Vinh Long University of Technology and Education, Vietnam.

**Nguyen Quoc Duy**, Lecturer at Center for Physical Education and National Defense and Security, Vinh Long University of Technology and Education, Vietnam.

**Huynh Hai Son**, Lecturer at Center for Physical Education and National Defense and Security, Vinh Long University of Technology and Education, Vietnam.

**Nguyen Thi Hong Trang**, Lecturer at Center for Physical Education and National Defense and Security, Vinh Long University of Technology and Education, Vietnam.

**Tran Thong Minh**, Lecturer at Center for Physical Education and National Defense and Security, Vinh Long University of Technology and Education, Vietnam.

**Huynh Tan Binh**, Lecturer at Center for Physical Education and National Defense and Security, Vinh Long University of Technology and Education, Vietnam.

**Nguyen Quang Sang**, has been Communication Specialist, Department of Science, Technology and International Cooperation at Ho Chi Minh City University of Physical Education and Sports, Vietnam.

**Nguyen Quang Vinh**, Vice Principal, Ho Chi Minh City University of Physical Education and Sports, Vietnam.

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