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THE PHYSICAL CONDITION OF MALE UNIVERSITY STUDENTS IN QUANG NGAI PROVINCE, VIETNAM

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Abstract:
Physical fitness plays an important role for students, contributing to improved health, learning ability, and adaptation to life's pressures. Regular physical training helps students develop comprehensively in terms of physical and mental health and fosters a healthy lifestyle during their university years. The purpose of the research is to identify the criteria for evaluating the physical fitness status of students at universities in Quang Ngai Province, Vietnam. The purpose of the research is to determine the criteria for evaluating the physical fitness status of university students in Quang Ngai Province, Vietnam. The study uses standard methods in the field of Physical Education research, such as literature review and analysis, interviews, pedagogical testing, and statistical mathematics to achieve the research objectives. Research subjects: 12 managers and experts with experience in the field of Physical Education and Sports, and 920 male students from three universities in Quang Ngai province. The research results have identified 04 physical fitness tests for male university students in Quang Ngai province, including: Standing long jump (cm), 30m high start running (seconds), Shuttle run 4 x 10 m (seconds), and 5-minute free run (meters). The percentage of physical fitness classification for second-year male students at universities in Quang Ngai province, according to the physical fitness assessment regulations for students by the Ministry of Education and Training, is as follows: Good (3.37%), Satisfactory (38.37%), and Unsatisfactory (58.26%). The physical condition of second-year male university students in Quang Ngai province is similar to the average physical condition of Vietnamese people published in 2003 and to students of some domestic universities of the same age and gender.

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Keywords: current situation, physical fitness, male students, Quang Ngai province, Vietnam

1. Introduction

In the current trend of reforming higher education and developing high-quality human resources, the health and physical fitness of students are increasingly regarded as one of the important conditions to ensure effective learning, labor, and career adaptation in the future. Students are the young intellectual force, playing an important role in the socio-economic development of the country; therefore, enhancing physical fitness not only has personal significance but also holds strategic value for the sustainable development of the nation. According to the World Health Organization (WHO, 2020) [1], regular physical activity contributes to improving cardiovascular function, enhancing mental health, preventing non-communicable diseases, and improving the quality of life for young people.

However, along with the development of digital technology and the trend of sedentary learning and entertainment, the decline in physical activity among university students is occurring in many countries. Many international studies show that the rate of students not meeting the recommended level of physical activity is increasing, leading to a decline in physical fitness qualities such as endurance, strength, and coordination (Keating et al., 2005; Pengpid & Peltzer, 2019) [2], [3]. In addition, academic pressure, unscientific living habits, and limited physical activity environments have also been identified as direct factors affecting the physical development of university students (Cocca et al., 2020) [4].

In Vietnam, the Party and the State always place the importance of education and training as the top national policy to develop the Vietnamese people [5]. Vietnamese people must be healthy and strong; therefore, caring for health and improving the physical condition of the people is an important task of the Party and the State [6]. Resolution No. 08-NQ/TW affirms that the development of physical education and sports contributes to improving health, the quality of human resources, cultivating willpower and ethics, and building a healthy lifestyle [7]. Directive No. 133-TTg dated March 7, 1995, by the Prime Minister also emphasizes the need to prioritize physical education in schools, improve content, ensure facilities, and train instructors to meet educational requirements [8]. The Sports Law (2019) defines Physical Education as a core subject, contributing to the goal of comprehensive education; extracurricular sports activities are voluntary forms suitable for learners [9]. Resolution No. 29-NQ/TW on fundamental and comprehensive reform of education and training has emphasized the requirement to develop the comprehensive qualities and capabilities of learners [10]. Decree No. 11/2015/ND-CP continues to affirm that physical education is a mandatory subject, contributing to the formation of habits of training and physical development for students [11]. Decision No. 1076/QĐ-TTg (2016) emphasizes that physical education is the foundation of national sports and needs to be developed in a synchronized, scientific manner that aligns with practical realities [12]. This is an important legal basis to enhance

the responsibility of all levels toward physical education, thereby ensuring that physical education and physical fitness development for students are always prioritized by the Party and the State in the strategy for comprehensive human development [13].

To achieve the goals of physical education and school sports, the Ministry of Education and Training has paid great attention and created conditions for schools and educational institutions within the national education system to conduct research, apply, and disseminate scientific advancements in physical education. The Ministry of Education and Training has issued several directives, such as Decision 53/2008/QĐ-BGDĐT on the assessment of students' physical fitness [14], Circular 25/2015 regulating the physical education program at the university level [15], and Circular 48/2020 on sports activities in schools [16, p. 4].

Through the Party and State's viewpoint has clearly affirmed the position and role of physical education in training the younger generation, contributing to the development of high-quality human resources and achieving the goal of comprehensive education. This affirms the Party and State's attention to the development of physical education and sports in the strategy for developing high-quality human resources.

However, the results of many domestic studies show that the physical fitness of Vietnamese students is still limited, failing to meet the requirements for human resource development in the new context. The studies by Nguyen Thanh Hung (2017) [17], Vo Dinh Hop (2022) [18], Nguyen Quoc Tram (2021) [19], Nguyen Van Tuan (2015), Tran Minh Duc and colleagues (2021) [20], Nguyen Huu Tri (2023) [21], and Mai Van Ngoan (2025) [22] all show that the percentage of students achieving good physical fitness levels is still low, especially in endurance and speed strength activities. The average height of Vietnamese people is also lower (10 - 13 cm) compared to international standards; the physical fitness, endurance, and strength of Vietnamese youth are rated as poor and very poor compared to the standards [23].

In addition, the differences in socio-economic conditions, learning environments, and facilities for physical education between localities also create disparities in the physical fitness status of students. For Quang Ngai province, a locality in the Central Coastal region, the higher education system is gradually developing to meet the demand for human resource training for the locality and the region. However, the conditions of sports facilities, the environment for physical training, and the school sports movement at some universities are still not synchronized. Meanwhile, in-depth studies on the physical fitness status of students in Quang Ngai province are currently limited, failing to fully reflect the physical characteristics of students under the specific conditions of the locality. Most previous studies primarily focused on major cities such as Hanoi, Ho Chi Minh City, or specialized schools, leading to a lack of scientific databases to support management and develop solutions to enhance students' physical fitness in this area.

The above issues indicate that the research on "The current state of physical fitness of university students in Quang Ngai province, Vietnam" is necessary and has clear scientific and practical significance. The research results not only contribute to an objective assessment of the physical fitness status of students in the locality but also provide a scientific basis for developing solutions to enhance the effectiveness of physical

education, improve health, and develop physical fitness for students in the current period. With the above importance, we chose to conduct research with the title: "The physical condition of male university students in Quang Ngai Province, Vietnam".

2. Methodology

2.1 Research methods

2.1.1 Document analysis and synthesis method

This method helps researchers collect, analyze, and synthesize sources of information through reading and recording documents related to physical fitness tests for students. This is a method widely used in scientific research projects. This method helps researchers form the theoretical basis, construct scientific hypotheses, identify research objectives, and verify results during the course of their research.

2.1.2 Interview method

This research method is used to survey the opinions of experts, professionals, and experienced lecturers in the field of Physical Education regarding fitness assessment tests for university students in Quang Ngai province.

2.1.3 Pedagogical testing methods

This method aims to test the physical fitness assessment tests for the research subjects. In this study, the tests selected by experts, specialists, and lecturers include determining 4 physical fitness tests for male university students in Quang Ngai province, including standing long jump (cm), 30m high start running (seconds), 4 x 10m shuttle run (seconds), and 5-minute free run (meters).

2.1.4 Statistical mathematical methods

This method is used for analyzing and processing the data collected during the research process. The data in the study were entered and processed using Excel software and SPSS for Windows version 20.0 [24], [25].

2.2 Research subjects

- Survey to select criteria for evaluating physical fitness for students: 12 managers and experts with experience in the field of physical education and sports were selected using judgmental and convenience sampling methods.
- The subjects for the physical fitness assessment of the initial status: 920 male students from 3 universities in Quang Ngai province, 19 years old in their second year, including: PVĐ University (402 students), University of Finance and Accounting (201 students), and Ho Chi Minh City University of Industry - Quang Ngai branch (317 students), were selected using simple random and convenient sampling methods.

3. Results and Discussion

To accurately assess the physical condition of university students in Quang Ngai province, a scientific and comprehensive evaluation criterion is needed. Through the synthesis of evaluation criteria from the research works of the authors: Duong Nghiep Chi et al. (2013) [26], the Ministry of Education and Training (2008) [27], Nguyen Thanh Trung (2015) [28]; Mai thi Nu (2017) [29]; Nguyen Viet Hoa (2019) [30]; Le Anh Dung, Ngo Hong Viet (2024) [31]; Nguyen Thi Hong Loan (2024) [32] and Consulting experts, based on practical experience and personal knowledge, the study selects a set of physical fitness evaluation criteria according to the regulations of the Ministry of Education and Training in Decision No. 53/2008/QĐ-BGDĐT, dated September 18, 2008, which stipulates the evaluation and classification of students' physical fitness, including: Standing long jump (cm), 30m high start running (seconds), shuttle run 4 x 10m (seconds), 5-minute free run (m).

Assessing the physical fitness status of university students in Quang Ngai province. The study conducted tests on 920 second-year male students according to the physical fitness evaluation criteria for students as per Decision 53/2008/QĐ-BGDĐT of the Ministry of Education and Training, with the results presented in Table 3.1.

Table 3.1: Summary of physical fitness evaluation criteria for second-year male university students in Quang Ngai province (n=920)

	Parameter / Criteria	$\overline{X}$	S	Cv	ε
Male (n= 920)	Standing long jump (cm)	206.64	16.61	8.04	0.01
	30m high start running (seconds)	5.54	0.44	7.86	0.01
	shuttle run 4 x 10m (seconds)	11.63	0.98	8.46	0.01
	5-minute free run (m)	968.37	74.90	7.73	0.01

The data in Table 3.1 show the coefficient of variation (C_V), a parameter reflecting the variability among individuals in the sample set, population across all indicators of the research subjects, indicating: In the 4 test components, the physical fitness of second-year male university students in Quang Ngai province showed high consistency (indicating low variability) among the study participants (C_V < 10%) in all 4 components: the 5-minute free run test with 7.73%, the 30m high start running test with 7.86%, the standing long jump test with 8.04%, and the 4 x 10m shuttle run test with 8.46%.

Although the variation fluctuates among individuals in the sample set, the population has an average index, and all sample mean values are sufficiently representative (ε < 0.05) to be able to base further analyses and evaluations on it.

3.1 Evaluation of physical fitness classification for second-year male university students in Quang Ngai province according to Decision No. 53/2008/QD-BGDĐT of the Ministry of Education and Training

3.1.1 Method of organizing the evaluation:

- Each student is evaluated on 4 out of the 6 contents mentioned in Article 5 of this document, with the Standing Long Jump and 5-Minute Endurance Run being mandatory.
- Method of organizing the evaluation + Organize the evaluation by gender (Male, Female). Do not test more than two subjects in one class hour.

Organize group assessments consisting of 10 students, who will sequentially perform four tasks as follows:

- General warm-up, perform the activities as specified in Clause 1 of this Article, relax, and recover.

3.1.2 Classification

Students are classified into three categories based on their physical fitness:

- **Good:** The results of the age-specific criteria test have three Good criteria and one Pass criterion or higher.
- **Achieved:** The results of the age-specific indicators are at the Achieved level or higher.
- **Not achieved:** The test results for age-specific criteria have one criterion below the acceptable level.

The study selects 4 criteria to assess the physical fitness of the research subjects:

- **Mandatory criteria:** Standing long jump (cm) and 5-minute endurance run (m);
- **Optional criteria:** 30m high start running (seconds) and 4 x 10m shuttle run (seconds).

The evaluation results are presented in Table 3.2.

Table 3.2: Evaluation of the physical fitness of second-year male university students in Quang Ngai province according to Regulation 53/2008/BGD&DT

Gender	Classification	Standing long jump (cm)	30m high start running (seconds)	4 x 10m shuttle run (seconds)	5-minute endurance run (m)	Endurance
Male (n = 920)	**Good**	**115 12.50%**	**31 3.37%**	**482 52.39%**	**92 10%**	**31 3.37%**
	Achieved	403 43.80%	610 66.30%	218 23.70%	487 52.93%	353 38.37%
	Not achieved	**402 43.70%**	**279 30.33%**	**220 23.91%**	**341 30.07%**	**536 58.26%**

The percentage of physical fitness classification for second-year male students at universities in Quang Ngai province, according to the physical fitness assessment regulations for students set by the Ministry of Education and Training, is as follows: the

percentage of Good is 3.37%, the percentage of Satisfactory is 38.37%, and the percentage of Unsatisfactory is 58.26%.

3.2 Regarding the physical fitness situation of university students in Quang Ngai province

The evaluation of the current state of any phenomenon or object must always be conducted based on a comparison with a standard or another object of the same type. In this study, the research subjects were compared with the average physical standards of Vietnamese people [26], students of the Vietnam National University, Ho Chi Minh City (VNU-HCM) [22], students of Can Tho University (CTU) [21], students of An Giang University (AGU) [33], and students of Phu Yen University (PYU) [19] through a one-sample t-test (theoretical mean value test), with results presented in Table 3.3.

Table 3.3: Comparison of physical fitness evaluation criteria for 19-year-old male students at QNU with the average physical fitness of Vietnamese people, students at VNU-HCM, students at Can Tho University, students at An Giang University, and students at Phu Yen University of the same age and gender

	Criteria	$\overline{X}$	S	$\overline{X}_1$	$\overline{X}_2$	$\overline{X}_3$	$\overline{X}_4$	$\overline{X}_5$	|d1|	|d2|	|d3|	|d4|	|d5|	P1	P2	P3	P4	P5
Male (n= 920)	Standing long jump (cm)	206.64	16.61	218.0	218.73	218.36	206.47	216.75	11.36	12.09	11.72	0.17	10.11	<0.05	<0.05	<0.05	<0.05	<0.05
	30m high start running (seconds)	5.54	0.44	4.85	5.00	4.90	5.40	5.40	0.69	0.54	0.64	0.14	0.14	<0.05	<0.05	<0.05	<0.05	<0.05
	4 x 10m shuttle run (seconds)	11.63	0.98	10.59	10.82	10.65	-	-	1.04	0.81	0.98	-	-	<0.05	<0.05	<0.05	-	-
	5-minute endurance run (m)	968.37	74.90	954.0	956.65	944.89	940.38	960.10	14.37	11.72	23.48	27.99	8.27	<0.05	<0.05	<0.05	<0.05	<0.05

Average criteria for evaluating the physical fitness of Vietnamese people ($\overline{X}_1$); Students of VNU-HCM ($\overline{X}_2$); CTU students ($\overline{X}_3$); AGU students ($\overline{X}_4$); PYU students ($\overline{X}_5$); The difference in average values between the physical fitness assessment criteria of students at QNU and the physical fitness assessment criteria of Vietnamese people (d1); HCM University of Science (d2); Can Tho University (d3); An Giang University (d4); Phu Yen University (d5).

The data in Table 3.3 shows: The standing long jump performance of male university students in Quảng Ngãi province is 206.64 cm, which is 11.36 cm less than the national average for 19-year-olds, 12.09 cm less than students from the National University of Ho Chi Minh City, 11.72 cm less than students from Can Tho University, 10.11 cm less than students from Phu Yen University, and equivalent to students from An Giang University. The 30m high start running performance of male university

students in Quang Ngai province is 5.54 seconds, which is 0.69 seconds worse than the national average for 19-year-olds, 0.54 seconds worse than students from HCM National University, 0.64 seconds worse than students from Can Tho University, and 0.14 seconds worse than students from An Giang University and Phu Yen University.

The 4 x 10m shuttle run performance of male students from universities in Quang Ngai province is 11.63 seconds, which is 1.04 seconds slower than the national average for 19-year-olds; 0.81 seconds slower than students from the National University of Ho Chi Minh City, and 0.98 seconds slower than students from Can Tho University. The 5-minute free running performance of male students from universities in Quang Ngai province is 968.37 meters, better than the national average for 19-year-olds by 14.37 meters; better than students from VNU-HCM by 11.72 meters, students from CTU by 23.48 meters, students from PYU by 27.99 meters, and students from AGU by 8.27 meters. Through the assessment results of the physical fitness status of second-year university students in Quang Ngai province, according to the general physical fitness standards of Vietnamese people and students from some domestic universities of the same age and gender, the physical fitness test results of QNU students show some better fitness indicators, but not significantly. In general, the physical fitness of male students from QNU is equivalent to that of students from An Giang University in terms of leg strength; lower than the average physical fitness of Vietnamese males aged 19, students from HCMC National University, students from Can Tho University, and students from Phu Yen University in terms of leg strength, speed, and agility; and better in terms of overall endurance. Thus, the physical fitness of second-year male university students in Quang Ngai province is comparable to the average physical condition of Vietnamese people published in 2003 and to students of some domestic universities of the same age and gender.

4. Conclusion

The research results have identified 04 physical fitness tests for male university students in Quang Ngai province, including: Standing long jump (cm), 30m high start sprint (seconds), 4 x 10m shuttle run (seconds), 5-minute free run (m).

The evaluation results show that the percentage of physical fitness classification for second-year male university students in Quang Ngai province, according to the physical fitness assessment regulations for students by the Ministry of Education and Training, is 3.37% for the "Good" category, 38.37% for the "Pass" category, and 58.26% for the "Fail" category.

The physical condition of second-year male university students in Quang Ngai province is similar to the average physical condition of Vietnamese people published in 2003 and to students of some domestic universities of the same age and gender.

Conflict of Interest Statement

The authors declare no conflicts of interest.

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