



BUILDING A YOGA CLUB MODEL FOR STUDENTS OF HANOI UNIVERSITY OF PHYSICAL EDUCATION AND SPORTS

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Abstract:

Through research, the author has selected criteria with a scientific basis to build a Yoga club model for school students. The project has built a Yoga club model with a full organizational structure and fully guaranteed the content of the criteria chosen by the project. To evaluate the effectiveness of the Yoga club model built for school students, the project was selected and tested through 03 evaluation criteria to ensure scientificity. From the experimental results of the Yoga club model, it shows that the Yoga club model that the project has proposed to build has a good effect in developing the Yoga practice movement of students in schools in particular, and developing extracurricular sports movements of school students in general, contributing to improving students' physical health and learning efficiency.

Keywords: models, clubs, yoga, students, sports, education

1. Introduction

Currently, the trend of organizing sports training and competition activities in the form of clubs is not only popular in society but is also developing in university programs. The development of clubs is taking place strongly, such as Basketball, Football, Chess, Badminton, Martial Arts, Dance Sports. In which, in recent years, Yoga clubs have been formed, and Yoga practice by a large number of students as well as people has been established. is blooming in all provinces and cities across the country, appearing in many health training clubs across the country. In some universities, the Yoga club movement has attracted a large number of students to participate.

Hanoi University of Physical Education and Sports is the leading school of the Ministry of Education and Training in training physical education teachers for the whole country. The school's lecturers and staff have constantly innovated, researched and found Explore new scientific projects to serve the school's development. But reality shows that

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the extracurricular movements that take place are still spontaneous, not strictly and scientifically organized, so the quality is not high. The activities of sports clubs in general in the school are still limited due to objective and subjective reasons. Among the school's extracurricular clubs, there is currently no Yoga club for students to participate in training.

Based on the bases and practical needs mentioned above, we boldly researched the topic: "Building a Yoga club model for students at Hanoi University of Physical Education and Sports".

2. Research Methods

The research methods that have been used include: document analysis and synthesis method, discussion interview method, pedagogical observation method, pedagogical testing method, pedagogical experimental method and mathematical statistics.

3. Research Results

3.1. Building a Yoga club model for students at Hanoi University of Physical Education and Sports

3.1.1. Select criteria to determine the Yoga Club model

To select the most suitable criteria when building a Yoga club model for school students, we conducted interviews with physical education experts, Yoga experts and sports managers using questionnaires. The interview results are presented in Table 1:

Table 1: Interview results for selecting criteria to determine the Yoga Club model for students at Hanoi University of Physical Education and Sports (n=30)

Title	Criteria	Interview result			Total score
		Priority 1	Priority 2	Priority 3	
1	Criteria for purpose:				
1.1.	Have a clear operational purpose	28	2	0	88
1.2.	Ensure the general purpose of school physical education	26	2	2	84
2.	Duties criteria:				
2.1.	Have a clear operational mission	27	3	0	87
2.2.	Ensure the common tasks of school physical education	25	4	1	84
3.	Criteria for training content:				
	There are specific training content regulations appropriate to the specific nature of the Yoga Club.	29	1	0	89
4.	Criteria for club characteristics:				
	As a social organization, club members participate voluntarily, without being forced, and it is a type of grassroots sports club.	25	4	1	84
5.	Criteria for management levels				

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5.1	The club is managed by the school	30	0	0	90
5.2	The club is managed by the Faculty and Department of the school	2	24	4	58
5.3	The club is managed by the Youth Union or a social organization under the University, such as the Student Management Board	0	20	10	50
6.	Criteria for organizational structure:				
6.1.	There is a homeroom board (one homeroom and vice-chairmen)	26	4	0	86
6.2.	There is a professional board (coaches and guides).	28	1	1	87
6.3.	There are subcommittees (in charge of other activities such as propaganda, sponsorship campaigns, competitions)	20	8	2	78
7.	Criteria for participants:				
	Students, staff, lecturers of the school or members outside the school who voluntarily participate because they love practicing Yoga and comply with the club's regulations.	30	0	0	90
8.	Criteria on legal basis:				
	There is a decision to establish the Club and place it under the management of the school.	30	0	0	90
9.	Criteria for positions in the Club:				
9.1.	Management staff (Chairman, vice-chairman of the club, heads of committees, vice-chairmen of committees)	24	2	4	80
9.2.	Professional staff: coaches, guides	23	3	4	79
9.3.	Club members (school students join the club)	28	2	0	88
10.	Operating budget criteria:				
	The club will build an operating budget to suit the type of Yoga Club practice.	20	2	8	72

Through the above interview results, the project proposed 10 criteria with 16 selected contents as a basis for proposing to build a yoga club model for school students.

3.1.2. Building a Yoga club model

Table 2: Interview results to build a Yoga club model for students
at Hanoi University of Physical Education and Sports (n=30)

Title	Criteria	Interview result			total score
		Priority 1	Priority 2	Priority 3	
	Yoga club model managed by the school (club located in the school)	30	0	0	90
1	Yoga Club operates in the form of a team	1	15	14	47
2	Movement Yoga Club	29	1	0	89
3	Yoga Club is managed by the Ho Chi Minh Communist Youth Union	5	20	5	60

Thus, through interviews with subject experts, a Yoga Club model for students at Hanoi University of Physical Education and Sports has been selected, managed by the school and operating in the form of a movement club to develop the exercise movement. practice for students.

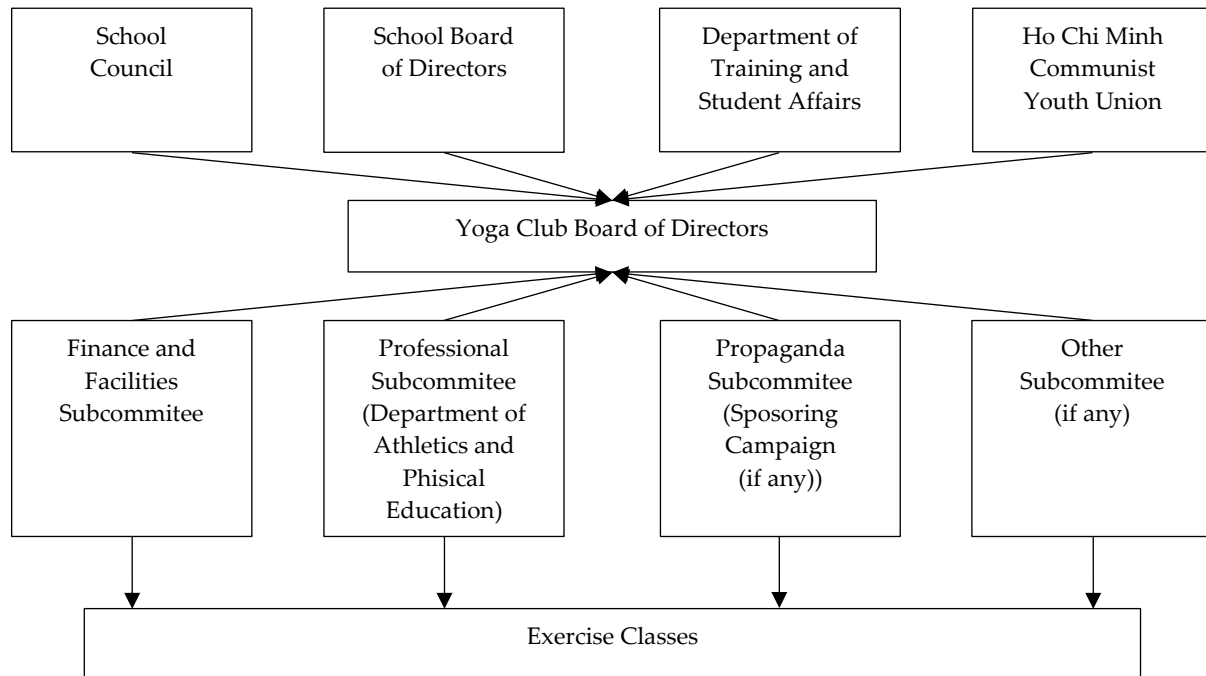


Diagram 1: Model of Yoga Club at Hanoi University of Physical Education and Sports

3.2 Model explanation

Name: Yoga Club, Hanoi University of Physical Education and Sports.

1) Operational purpose:

- It is a type of extracurricular TDT practice organization for students, staff, teachers in school and those who love Yoga outside of school to: Physically develop, train people for comprehensive development; The first step in discovering and fostering yoga talents.
- It is a type of sports activity that attracts a large number of people to participate in exercise, exchange, and healthy cultural activities, contributing to preventing the intrusion of negativity and social evils into school and life.

2) Mission:

- Educating ethics and willpower, contributing to the physical development of students, officials, teachers and Yoga lovers, giving them the habit of self-practice and lifelong health training. Creating a living environment and healthy physical and cultural exchanges.

- Organize instruction to popularize basic Yoga techniques for students, staff, teachers and practitioners, helping them to practice, organize, interact and compete in Yoga. Discovering and nurturing talented athletes in Yoga.

3) Training content:

- Guide to popularizing Yoga
- Equipped with basic knowledge about health training and physical development.
- Equipped with basic knowledge about self-practice and physical training methods.
- Equipped with Yoga knowledge, movements, techniques and exercises.

4) Club characteristics:

- A social organization for people who are passionate, interested and voluntarily participate in practicing Yoga.

5) Management levels:

- Exercise classes are managed by: School Board; School Board of Directors; Department of Training and Student Affairs; Student Management Board; Department of Athletics and Physical Education; Department of Physical Education; Representatives of individuals/club organizational units; Club Management Board; and sub-committees.

6) Organizational structure:

- Includes the Club's Board of Directors (a Club Chairman and Vice-chairmen). From two or more sub-committees (Must have a Professional Committee and a Finance - Facilities Committee; in addition, there may be a Propaganda and Campaign Committee). Sponsorship, Emulation and Reward Committee... depending on the size of the club).

7) Participants:

- As a school official, teacher, or student, you love and voluntarily participate in training.
- Be an outsider who enthusiastically participates and strictly implements the club's regulations.

8) Legal basis: There is a decision to establish a club from the host school.

9) Position in the Club:

- Club President: The head of the club, responsible for the club's activities.
- Vice President of the Club: Assists the Club President, in charge of assigned tasks.
- Head of sub-committees: In charge of specialized committees as assigned by the club president.

- Deputy heads of subcommittees: Assist subcommittee heads in the professional activities of subcommittees.
- Coach: Organizes training classes according to the approved professional plan and is responsible for expertise.
- Instructor: Assists the coach in organizing training according to the approved professional plan.
- Club members: Are officials, teachers, students and Yoga lovers who voluntarily participate in training and competing according to the club's approved plan.

10) Operating expenses:

- Operates according to funding contributions from club members and funding sources mobilized according to State regulations.

To ensure objectivity and increase the persuasiveness of the model proposed by the author, the project conducted interviews with experts in the field of physical education, sports coaching and sports managers, especially experts in the field of physical education, sports training and sports managers. Participate in Yoga at centers and clubs to determine a Yoga club model suitable for students, with the school's practical conditions, in order to develop the Yoga practice movement for physical fitness of students throughout the school.

The interview results are presented in Table 3.

Table 3: Interview results to determine the suitability of the Yoga club model for students at Hanoi University of Physical Education and Sports that the project proposed (n=30)

Title	Criteria	Interview result			
		Fit	%	Not suitable	%
1	Operational purpose	30	100	0	0
2	Mission	29	97	1	3
3	Training content	30	100	0	0
4	Club characteristics	26	87	4	13
5	Management levels	29	97	1	3
6	Organizational structure	30	100	0	0
7	Participants	28	93	2	7
8	Legal basis	30	100	0	0
9	Position in the Club	26	87	4	13
10	Operating expenses	25	83	5	17

The interview results in Table 3 show that 100% of interviewees believe that the Yoga Club model that the project proposed to build for students of Hanoi University of Sports and Education aims to develop exercise movement. For school officials, teachers, and students is completely suitable and highly appreciated, with an approval rate of 83% or more.

3.2. Building a Yoga club model for students at Hanoi University of Physical Education and Sports

3.2.1. Experimental organization

- **Experimental method:** The topic uses the self-comparative experimental method.
- **Experimental period:** 09 months, 3 sessions per week during extracurricular hours of school students; the experiment was conducted during the 1 school year 2020 - 2021 (from September 2020 to June 2021).
- **Experimental location:** Hanoi University of Physical Education and Sports.
- **Experimental subjects:** The experiment was conducted on students of 4 K50 courses: K51, K52 and K53 at Hanoi University of Physical Education and Sports.

3.2.2. Evaluate the effectiveness of the Yoga Club model built

Through synthesizing documents and interviewing subject experts, 03 criteria were selected to evaluate the effectiveness of the Yoga Club model built, including:

- **Criterion 1:** Number of students participating in Yoga Club practice (number of students)
- **Criterion 2:** Number of students participating in practicing some other extracurricular sports (number of students)
- **Criterion 3:** Level of participation in extracurricular training of students (number of sessions/week)

Table 4: Results of developing the Yoga practice movement and extracurricular sports practice movement of school students

Title	Content	Before experiment	After the experiment	Growth rhythm W%
1	Number of students participating in Yoga Club practice (number of students)	5	205	190.5
2	Number of students participating in some other extracurricular sports (number of students)	145	255	33.6
3	Level of participation in extracurricular exercise of students (number of sessions/week)	2	4	66.7

Table 4 shows that after a period of experimenting with the Yoga Club model for students at Hanoi University of Physical Education and Sports to develop the extracurricular sports practice movement for school students, all criteria increased. Strongly, the increase was from 33.6% to 190.5%; the target with the highest increase is the target of the number of students participating in Yoga Club practice since the Yoga Club was established. This proves that the Yoga Club model that the project has proposed to build has a good effect on developing the extracurricular sports practice movement of school students in general and in developing Yoga in particular.

4. Conclusion

Through research, the project has selected 10 criteria with 16 contents to build a Yoga Club model suitable for students at Hanoi University of Physical Education and Sports. Three criteria to evaluate the effectiveness of the Yoga Club model that the project built to develop a practice movement for school students.

The research process has proven that the Yoga Club model that the project built is clearly effective in all 3 criteria, which shows that the Yoga Club model that the project built is very practical and necessary for extracurricular activities of school students.

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Conflict of Interest Statement

I hereby certify that this is my own research work. The data and results presented herein are accurate and have not been published in any other work.

About the Author(s)

I am Phung Manh Cuong, and I completed my doctoral studies at Beijing Sport University in China. I am currently a lecturer in the Postgraduate Department at Hanoi University of Physical Education and Sports in Vietnam, holding a doctorate in Physical Education and Sports Training. I have authored numerous scientific papers and research works covering topics such as physical education, sports training, aerobics, yoga, aesthetic gymnastics, and dancesport, and I have participated in many domestic and international scientific conferences.

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