



THE CURRENT STATE OF THE BADMINTON TRAINING MOVEMENT IN TAN AN COMMUNE, VINH LONG PROVINCE, VIETNAM

Tran Thi Thanh Huyen¹,

Pham Thai Phuong²,

Nguyen Quang Sang^{3*i}

¹Vice Dean,

Faculty of Physical Education,

Tra Vinh University,

Vietnam

²Lecturer,

Faculty of Physical Education,

Tra Vinh University,

Vietnam

³Department of Science, Technology and International Cooperation,

University of Physical Education and Sports,

Ho Chi Minh City,

Vietnam

Abstract:

Badminton is a popular sport with the potential for widespread development in the community. Evaluating the current state of the movement is the basis for identifying limitations and setting appropriate development directions. The aim of the article is to assess the current state of badminton training activities in Tan An commune, Vinh Long province. The research method is a cross-sectional descriptive study involving 200 residents and 20 officials and sports management and guidance participants. Using document analysis, surveys, questionnaires, interviews, and descriptive statistics. Results: 45.0% of the population exercises with a trainer, 40.0% exercise independently, and 15.0% do not exercise regularly; 60.0% exercise for 1–2 hours per session; 45.0% primarily exercise in the afternoon. Only 30.0% have a specific training program. The human resources have been formed, but most activities are part-time, voluntary, or based on experience; the facilities are still limited in scale and quality. Conclusion: The badminton movement in Tan An commune has a foundation for development but is still limited in terms of professional organization, human resources, and facilities. It is necessary to enhance the training of coaches, improve the training program, develop clubs, and improve training conditions.

ⁱ Correspondence: email quangsang89.working@gmail.com

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1. Introduction

Mass sports play an important role in improving health, enhancing the quality of life, and fostering a positive lifestyle within the community. Developing grassroots sports movements not only contributes to enhancing the physical fitness of the people but also creates a social interaction environment, improves spiritual life, and fosters community cohesion. In the current period, the development of mass sports continues to be identified as an important task in the national sports development strategy. Conclusion No. 70-KL/TW dated January 31, 2024, by the Politburo emphasizes the need to continue developing mass sports in the new phase; based on this, the government has issued the Vietnam Sports Development Strategy until 2030, with a vision for 2045, providing direction for expanding the movement of physical exercise among the people, increasing the rate of regular exercisers, and developing various forms of sports organization at the grassroots level (Politburo, 2024; Prime Minister, 2024a, 2024b).

Among popular sports, badminton has many favorable conditions for community development due to its flexible training format, relatively suitable training space for residential areas, the ability to be organized individually, in groups, or in clubs, and its suitability for various age groups. In terms of health, the systematic review by Cabello-Manrique et al. (2022) shows that badminton training is associated with benefits for physical health, particularly lung function, physical fitness attributes, and some aspects of psychosocial health. Recent studies have also noted that training programs for badminton players can improve cardiorespiratory endurance, agility, and several other important physical abilities (Cabello-Manrique et al., 2022; Ma et al., 2025).

In Vietnam, the mass sports movement is organized and managed based on a relatively complete system of laws, policies, and specialized documents. The Law on Physical Education and Sports and the Law on Amendments and Supplements to Some Articles of the Law on Physical Education and Sports have established the legal basis for mass sports activities and the right of citizens to participate in physical training (National Assembly, 2006, 2018). In addition, the Ministry of Culture, Sports, and Tourism has issued many documents directly related to the organization of grassroots sports movements. Circular No. 16/2025/TT-BVHTTDL amends and supplements regulations on the organization of grassroots sports clubs, contributing to the legal framework for organizing training groups and clubs in the community (Ministry of Culture, Sports and Tourism, 2025). Circular No. 07/2021/TT-BVHTTDL regulates the professional training for sports instructors, thereby emphasizing the role of specialized human resources in organizing and guiding training activities at the facility (Ministry of Culture, Sports and Tourism, 2021). In addition, Circular No. 16/2022/TT-BVHTTDL stipulates the reporting regime for the culture, sports, and tourism sector, providing a basis for the collection and management of indicators related to mass sports activities (Ministry of Culture, Sports and Tourism, 2022).

For badminton, the Ministry of Culture, Sports, and Tourism previously issued Circular No. 09/2017/TT-BVHTTDL regulating the facilities, equipment, and training of professional staff for badminton. Although this document has completely expired as of December 26, 2025, the technical requirements for facilities, equipment, and training conditions still serve as a reference when developing a system of indicators to assess the status of badminton activities at the local level (Ministry of Culture, Sports and Tourism, 2017).

From the perspective of sports management, the development of a sports training movement at the grassroots level should not only be reflected in the number of participants. It should also be considered from multiple aspects such as facilities, equipment, management and coaching staff, training organization methods, training duration and frequency, training programs, club activities, exchanges, and competitions. The current study also identifies these as the basic components for evaluating the badminton training movement in Tan An commune, Vinh Long province, including the status of facilities, human resources, and training organization. The current state of the badminton training movement.

The reality in Tan An commune shows that the badminton movement has initially formed and attracted residents to participate. However, the conditions necessary for the sustainable development of the movement still need to be evaluated systematically. The initial survey results show that the locality has badminton courts at the cultural center and community activity areas, but their quantity is limited and their quality is mostly average; the management and training staff are few, with most activities being part-time or based on practical experience. At the same time, the training methods of the people are still scattered, the rate of self-training is still high, and the number of people with specific training programs is still limited. These characteristics indicate the need for a more comprehensive assessment to identify the achieved results and the limitations in organization and management, as well as the conditions that need priority improvement. Based on the above issues, the study "Current Status of Badminton Training Movement in Tan An Commune, Vinh Long Province" was conducted to assess the current state of facilities, human resources, organizational forms, and characteristics of badminton training among the local population, thereby providing a scientific and practical basis for proposing measures to develop the badminton movement in accordance with the conditions of Tan An Commune in the near future.

2. Materials and methods

2.1. Study design

The study was conducted using a cross-sectional descriptive design to assess the current state of badminton training activities in Tan An commune, Vinh Long province. The research focuses on three main groups of issues: (1) facilities and equipment for training; (2) the team of managers, instructors, and sports collaborators; and (3) the organization

and forms of badminton training among the people. These contents directly correspond to the result tables of the study.

2.2. Participants

The study was conducted on two groups of subjects.

- 200 residents living in Tan An commune, Vinh Long province, who participate in or need to participate in sports activities. This group was surveyed about the form of badminton training, the duration of each training session, the time of day for training, and the level of organization of the training program.
- 20 people, including sports management officials, cultural and sports officials of the commune, coaches, sports collaborators, physical education teachers, and representatives of sports clubs in the commune. This group is used to collect information about the organization of the movement, human resources, and training conditions.

2.3. Methods

2.3.1. Method of referencing and document analysis

This method is used to build the theoretical and legal basis for evaluating the badminton training movement in the locality. The research collects, selects, and analyzes documents from the Party, State, and the cultural and sports sectors; scientific works, articles, textbooks, and specialized materials related to mass sports, grassroots sports management, and badminton.

The document compilation focuses on content directly related to the research, such as organizing mass sports movements, grassroots sports clubs, facilities, training personnel, and training organization methods. The results of the document analysis are used to determine the survey content, develop data collection tools, and serve as a basis for discussing the research results.

2.3.2. Method for surveying the current status of facilities and human resources

The study conducts a statistical analysis of the direct conditions serving the badminton training movement in Tan An commune.

For facilities and equipment, the statistical indicators include badminton courts at the cultural center and community activity area, badminton nets, net posts, lighting systems, rackets, and shuttlecocks. Each type is recorded according to the quantity and the current quality assessment level. This forms the basis for Table 4.1 of the study.

Regarding human resources, the study statistically analyzes the quantity, professional qualifications, and forms of participation of the officials in charge of community sports, movement leaders, and sports collaborators. This content is used to assess the ability to organize, guide, and maintain the badminton movement in the locality, corresponding to Table 4.2.

2.3.3. Sociological survey method using questionnaires

The survey using a questionnaire was conducted to collect information from 200 residents participating in the study. The questionnaire was designed to be concise, focusing precisely on the indicators presented in the research results, including:

- **Training methods:** guided training, self-training, and irregular training;
- **Duration of each training session:** under 1 hour, 1–2 hours, and over 2 hours;
- **Time of training:** morning, afternoon, and evening;
- **The level of organization of the training program:** has a specific training program, a simple/infrequent program, and no training program.

The survey forms were collected and checked before being coded, compiled, and processed. The above contents are the direct basis for constructing Table 4.3 on the current state of badminton training forms in Tan An commune.

2.3.4. Interview method

The interview method is used to supplement the survey process, focusing on the group of officials and those working in sports and physical training at the local level. The discussion mainly focused on the conditions of facilities, the organization of training activities, the guiding human resources, and the actual characteristics of the badminton movement in the commune.

The information obtained is used to clarify and support the described results, and should not be used as an independent dataset to generalize to the entire local population. This presentation is more in line with the existing results of the paper, as the paper does not yet have a separate table for the expert interview results.

2.4. Statistical analysis

The data is checked, coded, and compiled according to each research content group. The study uses descriptive statistics, including absolute frequency ((n)); and percentage (%).

For facilities and human resources, the results are presented in terms of quantity, level/quality, and form of participation. For the survey data of 200 residents, the results are presented in terms of frequency and percentage. The study did not conduct experiments; therefore, no pre-post comparisons were used in the statistical analysis.

3. Results

3.1. The current state of the badminton training movement in Tan An commune, Vinh Long province

Based on the content and research methods, the current state of the badminton training movement in Tan An commune is evaluated on three aspects: (1) facilities and equipment; (2) management and coaching human resources; and (3) the organization and training characteristics of the local people.

3.1.1. The current state of facilities and equipment for badminton training

The results of the statistical survey of the current facilities are presented in Table 1. Table 1 shows that the facilities for badminton training in Tan An commune have been established, but their scale is still limited. The entire commune has 3 badminton courts at the cultural center and community activity area, with quality rated at an average level. Meanwhile, the nets and posts are of decent quality, but there are only 4 sets, indicating that the conditions for organizing simultaneous training for multiple groups of people are still limited.

Table 1: Current status of facilities and equipment serving the badminton training movement in Tan An commune

TT	Facilities and equipment	Quantity	Quality assessment
1	Badminton court at the cultural center/community activity area	3	Average
2	Badminton net	4	Good
3	Badminton net post	4	Good
4	Training lights	6	Average
5	Badminton rackets serve the movement.	25	Good
6	Badminton shuttlecock	120	Average

The lighting system consists of 6 lamps and is rated as average. This is an issue that needs attention because people can practice outside of working hours, especially in the evening. Regarding equipment, there are 25 rackets rated as good and 120 shuttlecocks at an average level.

Overall, the current facilities are sufficient to maintain badminton activities at a certain scale but do not yet show the ability to respond well when the number of participants increases. This assessment aligns with the findings recorded in the study that the number of courts is still limited and the equipment has not been uniformly invested in.

Regarding the management of the movement, infrastructure is one of the fundamental conditions to expand the number of practitioners, organize clubs, and maintain regular activities. Therefore, developing the badminton movement in the local area not only requires increasing the number of courts but also paying attention to the quality of the court surface, lighting, nets, posts, and accessibility for the people.

3.1.2. Current status of human resources for managing and guiding the badminton movement

The results in Table 2 show that the workforce involved in managing and guiding the badminton movement in Tan An commune consists of 20 people. Among them, the officials in charge of sports at the commune and the movement instructors each accounted for the highest percentage, with 8 people in each group, corresponding to 40.0%; sports collaborators had 4 people, accounting for 20.0%.

Table 2: Human resources directly managing and guiding the badminton movement in Tan An commune

TT	Resource	Quantity	Ratio (%)	Level/ specialization	Form of participation
1	Community sports officer	8	40,0	Intermediate Sports Training	Concurrent position
2	Movement instructor	8	40,0	Practical experience	Voluntary
3	Sports collaborator	4	20,0	Not formally trained	Concurrent position
	Total	20			

In terms of qualifications and participation, the group of sports officials has intermediate sports qualifications but mainly operates on a part-time basis. The group of movement instructors mainly relies on practical experience and voluntary participation, while the group of sports collaborators has not undergone formal training and also performs their duties on a part-time basis. This result shows that the local area has formed a force to participate in organizing and guiding the movement, but the level of specialization is not high, and most of the personnel do not work in a dedicated manner.

Notably, 12 out of 20 people, accounting for 60.0%, belong to the group of instructors based on practical experience or untrained collaborators. This shows that the quality of specialized human resources is an issue that needs attention if the locality wants to enhance the scientific, safe, and effective nature of training activities. Training in specialized knowledge, skills in organizing training, and the ability to guide badminton for this workforce is necessary.

From the perspective of sports management, Table 2 highlights a significant limitation: the human resources for managing and guiding the movement have been established, but the level of specialization is still limited; most activities are carried out in the form of part-time, voluntary, or based on practical experience.

3.1.3. Current state of badminton training methods and characteristics among the people

The study surveyed 200 residents about the format, duration, timing, and program of badminton training. The results are presented in Table 3.

Table 3: Characteristics of badminton training among the residents of Tan An commune (n = 200)

Subject matter	Plan	Quantity	Ratio (%)
Form of training	Training with a trainer	90	45,0
	Self-training	80	40,0
	Not training regularly	30	15,0
	Total	200	100,0
The duration of each training session	Under 1 hour	50	25,0
	1–2 hours	120	60,0
	Over 2 hours	30	15,0

	Total	200	100,0
Training program	Having a specific program.	60	30,0
	Simple, infrequent program	90	45,0
	No program	50	25,0
	Total	200	100,0

Regarding the form of exercise: 45.0% of the population exercises with a trainer, 40.0% exercises independently, and 15.0% do not exercise regularly. Thus, the forms of guided training and self-training have quite similar proportions. The results show that the movement has an organizational element, but the training methods have not clearly focused on the model with professional guidance.

Regarding the duration of training: 60.0% of the surveyed individuals train for 1–2 hours per session; 25.0% for less than 1 hour, and 15.0% for more than 2 hours. The results show that the duration of training mainly focuses on about 1–2 hours per session. However, the study did not survey the number of sessions per week and the intensity of exercise, so the results cannot yet be used to determine the level of regular physical activity or health effectiveness.

Regarding the training program: only 30.0% of the surveyed individuals have a specific training program, while 45.0% follow a simple, irregular program and 25.0% do not have a program. Thus, 70.0% have not yet trained according to a specific and stable program. This is the most outstanding result regarding the aspect of professional organization and is entirely in line with the current focus of the Discussion section.

3.1.4. Current state of badminton training sessions

The training schedule reflects the time choices of the people in the process of participating in the badminton movement while also showing the suitability of the training activities with the living and working conditions in the locality. The survey results are presented in Table 4.

Table 4: The time of badminton practice for the residents of Tan An commune (n = 200)

Training time	Quantity (people)	Ratio (%)
Morning	70	35,0
Afternoon	90	45,0
Evening	40	20,0
Total	200	100,0

The results in Table 4 show that people prefer to play badminton the most in the afternoon (45.0%), followed by the morning (35.0%), and the least in the evening (20.0%). Thus, 80.0% of the surveyed individuals practice in the morning or afternoon.

This result has practical significance for the arrangement of courts, the schedule of group or club activities, and the assignment of instructors. However, since the study did not investigate the reasons for choosing training times, this difference should not be attributed to occupation, working conditions, or lighting systems.

3.2. Comprehensive assessment of the badminton training movement in Tan An commune

First, the badminton movement has formed and has the participation of the people; 45.0% train with a coach and 40.0% train on their own. However, this 85.0% should not be referred to as the "percentage of people who regularly practice sports," because the study has not collected data on the number of training sessions per week and the number of months of training per year. This point has been correctly identified in the current draft.

Secondly, the level of professional organization is still limited. Only 30.0% have a specific training program, while 70.0% do not yet have a stable program.

Thirdly, the direct workforce serving the movement is still thin and not highly specialized, consisting of 1 part-time sports officer, 2 instructors based on experience, and 2 collaborators without formal training.

Fourth, the facilities have been established but are limited in scale; the three courts and lighting system are rated as average. This characteristic, along with the limitations in human resources and training programs, is the issue that needs to be prioritized in managing the movement.

From the perspective of sports management, the results show that the strength of the movement lies in the demand and participation of the people, while the limitations focus on facilities, specialized human resources, and the level of organization of training programs. These are the issues that need to be prioritized if the locality continues to develop the badminton movement in a regular, organized, and sustainable manner.

4. Discussion

The research results show that the badminton training movement in Tan An commune has formed, and there is relatively clear participation from the residents in the survey sample. Among the 200 surveyed individuals, 45.0% trained with an instructor, 40.0% trained independently, and 15.0% did not train regularly. This result aligns with the direction of developing mass sports, expanding forms of organizing training at the grassroots level, and increasing the level of public participation in sports according to Conclusion No. 70-KL/TW and the Vietnam Sports Development Strategy until 2030, with a vision for 2045 (Politburo, 2024; Prime Minister, 2024a, 2024b).

However, the level of professional organization of the movement is still limited. Only 30.0% of the surveyed individuals have a specific training program; 45.0% follow a simple, irregular program, and 25.0% have no program, meaning 70.0% have not yet followed a stable program. This shows that developing the movement not only requires increasing the number of participants but also improving the quality of organization and training guidance. This observation aligns with Nguyen Van Kien (2025) and is further supported by Koo (2012) and Eum (2016), as these studies show that frequency, duration, and level of participation are related to the commitment, happiness, and satisfaction of badminton club members.

Regarding human resources, the study recorded 20 people directly involved in managing and guiding the movement, including 8 sports officials, 8 movement guides, and 4 sports collaborators. Although the workforce has been established, the level of specialization is still limited: officials mainly hold dual roles, instructors largely rely on practical experience, and collaborators have not undergone formal training. This result indicates that the main issue is not just the quantity of personnel but also the quality of expertise and specialization, in accordance with the training requirements for sports instructors as per Circular No. 07/2021/TT-BVHTTDL (Ministry of Culture, Sports and Tourism, 2021).

The facilities serving the movement have been established but are still limited in scale and quality in some areas. This is a group of important conditions in evaluating the development of grassroots sports at the facility (Ministry of Culture, Sports and Tourism, 2012; Nguyen Thi Xuan Phuong & Tran Huynh Anh Thu, 2019). Specialized regulations for badminton also emphasize the role of facilities, lighting, and equipment in organizing training (Ministry of Culture, Sports and Tourism, 2017). Therefore, improving facilities should be carried out simultaneously with enhancing the quality of human resources and organizing club activities.

Regarding training characteristics, 60.0% of the surveyed individuals spend 1–2 hours per session. However, the duration of each session is not sufficient to assess the level of physical activity without information on the number of sessions per week and the intensity of the exercise. Studies show that badminton training is associated with benefits in physical fitness, cardiorespiratory function, and some psychosocial aspects (Cabello-Manrique et al., 2022), while structured training programs can improve cardiorespiratory endurance, agility, and other physical capacities (Ma et al., 2025). Therefore, further studies need to include the frequency and intensity of training to more fully assess the effectiveness of the activity.

In addition to physical benefits, participating in organized sports also has psychological and social value. Eather et al. (2023) show that participation in sports is associated with positive outcomes for mental and social health; Ahn (2017) noted the connection between participation in badminton clubs and social capital and quality of life, while Kim and Jung (2008) showed that the level of participation is related to social support. At the same time, social activities and sports events can contribute to promoting physical activity behavior if organized appropriately and with post-event maintenance measures (McVinnie et al., 2023).

The summary of the results shows that the badminton movement in Tan An commune has a foundation in terms of demand and participation from the people, but is still limited in terms of program organization, specialization of human resources, and infrastructure conditions. Therefore, the next development direction should focus on developing groups and clubs, training instructors, creating appropriate training programs, improving facilities, and enhancing exchange and competition activities to increase the quality and sustainability of the movement.

5. Conclusion

The badminton training movement in Tan An commune, Vinh Long province, has been established and attracted residents to participate, with 45.0% training under guidance and 40.0% training independently; 60.0% have a training duration of 1–2 hours per session, and 45.0% choose to train in the afternoon. However, the level of professional organization is still limited, with only 30.0% of participants having a specific program; the direct management and guidance workforce is small and mainly operates on a part-time, voluntary, or experience-based basis. The facilities have been established, but the scale and quality of some items are still limited.

The results show that it is necessary to prioritize the training of guiding human resources, organize appropriate training programs, develop groups/clubs, and gradually improve the conditions of courts and equipment, thereby enhancing the quality and sustainability of the badminton movement in the locality.

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Conflict of Interest Statement

The authors declare no conflicts of interest.

About the Author(s)

Tran Thi Thanh Huyen is Vice Dean of the Faculty of Physical Education, Tra Vinh University, Vietnam.

Pham Thai Phuong is a Lecturer at the Faculty of Physical Education, Tra Vinh University, Vietnam.

Nguyen Quang Sang is with the Department of Science, Technology and International Cooperation, Ho Chi Minh City University of Physical Education and Sports, Vietnam, and is the corresponding author.

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