The Situation and Some Solutions to Enhance the Quality of Physical Education for Students of Tan Trao University

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Abstract
The article presents the current situation and some solutions to improve the quality of physical education for students at Tan Trao University. Since then, the results of the implementation of the solution are evaluated to be relatively positive and can be widely applied to improve the teaching quality of the subject.

Keywords: Physical education, Tan Trao University, Improve the teaching quality.

1. Introduction
Physical education is part of the national education system and is one of the comprehensive educational goals of our Party and State. Physical education is understood as: "The pedagogical process aimed at helping the young generation in education and training, improve their physical and personality, improve their working ability and prolong human life". Physical education, like other types of education, is a pedagogical process with all its characteristics, has the leading role of the pedagogue, and organizes the pedagogy's activities in accordance with the student's pedagogical principles. Physical education is divided into two relatively independent aspects: teaching movements and educating physical qualities. In the education system, the specific content of PE is associated with education in education, morality, fine arts and labor education.

2. Research content
2.1. Actual situation of physical education at the Tan Trao University
Physical education has the task of comprehensively developing physical qualities, on that basis, developing physical abilities, ensuring perfect bodybuilding, strengthening health, perfecting important skills and techniques. important for each individual. Physical education programs in universities, colleges and professional secondary schools have the task of equipping students with knowledge, skills and physical training.

During the training process, Tan Trao University always ensures to strictly implement and fully complete the content of the physical education program in accordance with the program content prescribed by the Ministry of Education and Training. However, the assessment of the current state of physical education implementation of the school in the current period shows that there are still certain limitations such as: The time fund for regular physical education classes is still limited. is still less than the content to be taught, so the quality of students' learning is generally not high. Students' perception of learning physical education content is also underestimated than learning other content. Students' positive awareness and self-discipline to participate in extracurricular activities for physical training are still limited. Extracurricular activities only focus on practicing compulsory contents such as martial arts, swimming... and have not spent much time on elective extracurricular activities. The coordination in management and organization of extracurricular activities still has many shortcomings such as: There is no implementation program and specific responsibility assignment plan; Teaching methods and forms of organizing physical education classes of teachers are still monotonous, stereotyped, mechanical,
passive memorization, not rational use of facilities or teaching aids. study and have not promoted the activeness of students (students mainly follow the orders and instructions of the teacher)

The team of physical education teachers has now increased in both quantity and quality, but before the rapid increase in training scale, this team has not yet been able to meet the actual requirements and has had a great influence on the improvement of physical education. high quality physical education teaching. On the other hand, the team of physical education teachers is partly young, so they do not have much experience in teaching. Facilities, equipment and conditions for general physical training and sports work of the school are relatively adequate, serving well for the regular physical education class and as well as for other activities. Extracurricular. However, at present, although the physical facilities and sports facilities have been renovated, they are all in a state of disrepair, requiring investment and upgrading to ensure the effective use of the facilities. existing program. Funding for regular physical education and extra-curricular activities both increase year by year, but due to the rapid increase in the number of students, the above amount of funding is still not enough to meet the actual demands. On the other hand, the use of funds is still spread, not focused and right, leading to the currently ineffective use results. The number of students per course increased, but the results of physical education still maintained the highest percentage of students achieving fairly high grades and relatively stable changes of over 30%. The issue that needs attention now is that the number of students with weak grades has tended to increase by about 4-5% in recent years. The rate of excellent grades is only 4-6% over the years. The number of students who did not pass the grade accounted for the lowest percentage and the improvement followed a decreasing trend, but not much. Stemming from the practice of constantly innovating and comprehensively improving the overall training quality of the school, it is necessary to propose some solutions to improve the quality of physical education in Tan Trao University in this period. in order to comprehensively improve the training quality of the University.

2.2. Causes affecting the effectiveness of physical education work at Tan Trao University

From the practice of physical education training in recent years, the Physical Education Department at Tan Trao University has basically identified the main causes affecting the effectiveness of physical education. at school. However, in order to have objective information, we have conducted interviews to collect opinions from 100 administrators, lecturers and students of the University, thereby determining the level of influence on the quality of the work. physical education in schools. Thereby, it is possible to classify the causes into 3 groups of influences:

The first group is the main reasons, accounting for a high percentage of the 8 evaluation contents: The input health status of the trainees accounted for 19% of the opinions; 17% said that the content of extracurricular sports activities is not appropriate; The time spent on physical education in the main course is missing, accounting for 16%.

The second group is the causes with medium influence: The students' awareness of physical education is still limited, accounting for 15%. Due to the lack of facilities and training equipment, 12% of the students, followed by teaching methods and classroom organization, accounted for 8%.

The third group is the secondary causes: Due to the coordination between the functional departments accounted for 7%, the schedule not arranged appropriately accounted for 6%.

2.3. Proposing some solutions to improve the quality of physical education at Tan Trao University

Through analyzing the causes leading to the fact that physical education training of Tan Trao University is not really as expected, we conduct a constructive research and collect opinions from 100 experts and administrators. Physical education teachers and managers in schools about the solution group through questionnaire interview. The following are the suggested solutions:

- Increasing the amount of time spent on mainstream physical education with over 80% of the respondents agreeing. This is a highly appreciated solution in the group of solutions given. Increasing the amount of time devoted to physical education will ensure the improvement of the quality of subjects in physical education,
because the number of subjects is offered but the time is not enough for students to study at the same time.

- Improve facilities and exercise equipment. This solution was approved by nearly 70% of the opinions. For physical education, the optimal use of equipment, exercise equipment and visual aids (elaboration of regulations on the use of equipment, yard tools, visual teaching system) is very important. If the equipment and facilities are well prepared, it will allow students and lecturers to exploit them during the main and extra-curricular periods. In addition, it is necessary to upgrade facilities for the main and extra-curricular activities: increase investment in facilities, renovate and upgrade material and technical facilities for physical training and sports activities (priority is given to the students), building, renovating, repairing and upgrading training ground, gymnasium, gymnasium - bodybuilding, making full use of existing conditions for teaching, main-extra-curricular exercises). Create mechanisms and policies to "socialize" to effectively exploit physical facilities for physical training and sports (proposing the school principal to assign the right to manage and use facilities for physical education, sports). Fee-for-charge after-hours activities should be prioritized for officials, employees, and students; assigning jobs, responsibilities and interests to individuals and groups.

- Diversify the content of the main physical education program and extracurricular sports activities with the guidance of the gymnastics staff, with over 66% of the respondents agreeing. To implement this solution, it is necessary to strengthen the role of sports clubs by establishing and putting into operation sports clubs in the form of socialization (following the plan of The School's Sports Association and the club have specific and active regulations and programs. Improve the quality of sports teams (build training plans and programs, apply new training methods to ensure training effectiveness). Organize competitions, tests and friendly sports (according to the plan, regularly organize annual traditional tournaments, thereby creating a healthy playground for officials and students). Once a year, the school-wide traditional tournament is held (alternating between periods of sports). In order to organize friendly sports competitions, it is necessary to increase funding for official and extra-curricular sports activities (increasing the allocation of funds based on the percentage of students studying for the physical education center). quality to ensure funding for activities of teaching - learning, training - competing in physical training and sports tournaments at all levels).

- Renovating teaching methods and classroom organization, with over 55% of opinions agreeing. Announce training objectives, output standards, requirements, course content, assessment and examination methods (publicize training programs, contents, requirements, assessment methods, tests and exams) ; standards for assessing and ranking physical fitness on the intranet system). Strengthen physical exercises (intensify physical exercises to help students develop physical strength, improve learning outcomes in physical education, practice discipline, solidarity, and collectivity in daily activities and life).

- Propaganda and education to raise awareness about the position, role and effects of physical training and sports. Raise awareness about the role, position and effects of physical education and sports in the whole school (in-depth and wide propaganda to raise awareness of officials and students about responsibility for health) own, of the young generation). This solution was approved by nearly 53%.

- Having a policy to support training to improve the qualifications of lecturers and gymnasts among students. Currently, the University does not have an incentive policy, does not pay enough attention to support training to improve the qualifications of physical education staff and lecturers, and has not encouraged staff among students. Therefore, it is necessary to foster and improve the professional qualifications of physical training and sports teachers, assign responsibilities to each group and each teaching staff, fulfill their responsibilities and tasks, and develop physical training and sports activities. of the University, develop a mechanism to support lecturers so that they are motivated to study and improve their professional qualifications, and encourage gymnasts to strengthen their support for sports activities among students. This solution is approved by more than 47% of comments.

- Strengthen coordination between functional departments in synchronously deploying solutions to improve the quality of physical education teaching. This solution was agreed by 34% of the interviewees.
- Increasing the leadership's interest in physical training and sports activities in developing physical training and sports activities, strengthening facilities and equipment, etc. for physical education. In addition, leaders should arrange time outside of school hours to participate in practicing at least one sport, serving as a model to encourage officials and students to participate in physical training and sports. This solution was approved by 26.5%.

3. Conclusion

Physical education work at Tan Trao University in recent years, although it has met certain requirements, still has many limitations. The effectiveness of physical education for students of the University is still not high, not bringing into full play the teaching potential of the lecturers as well as the learning and training of the students. Therefore, it is very necessary to research and develop solutions to this problem. The initial assessment shows that the results of the implementation of the solutions proposed in the article are relatively positive and can be widely applied to improve the quality of physical education for students. students, improve the effectiveness of subject teaching in schools.

4. Acknowledgements

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References