



Solutions to Improve the Quality of Physical Education Subject at Utchcmc (UTC2)

Ha Ngoc Huy*, Nguyen Phi Yen, Le Van Ninh

University of Transport and Communications, No.3 Cau Giay Street, Lang Thuong Ward, Dong Da District, Hanoi, Vietnam

*Corresponding Author

Ha Ngoc Huy

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Abstract: Physical education in schools is a very important and fundamental part of physical education and sports activities that play the role of enhancing health and improving physical strength for pupils and students. Actively contributes to fostering and training people to develop comprehensively for national construction and defense. Physical education is one of the comprehensive educational goals of our Party and State, located in the national education system. Physical education is understood as: "The pedagogical process aimed at educating and training the young generation, perfecting their body and personality, improving their working ability, and prolonging human life" [1]. Physical education, like other types of education, is a pedagogical process with its full characteristics, playing the leading role of the teacher, organizing the pedagogical's activities in accordance with the students' needs. Consistent with pedagogical principles. The article will focus on solutions that contribute to improving the quality of physical education subjects at the University of Transport and Communication in Ho Chi Minh City.

Keywords: Solutions, improve the quality, physical education subject, UTCHCMC (UTC2).

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INTRODUCTION

Along with intellectual education, aesthetic education, moral education, physical education is an indispensable part of training for comprehensive development. This is a form of education to improve the health of students. Thus, we see that physical education is the main subject of the educational program to provide knowledge and basic motor skills to learners through exercises and movement games, contributing to the achievement of educational goals. comprehensive education for students. The effects of physical education and other forms of intentional use of sport in schools are comprehensive, as a means to rationalize the mode of activity, active rest, preservation, and improvement of energy. activity and learning capacity of students during their study period in school, as well as ensuring general physical

preparation and professional physical preparation in accordance with the conditions of the future profession.

However, in practice so far, the subject of physical education at all levels is still considered by many schools as a secondary subject. Therefore, the interest and investment of many schools in this subject are not enough, the facilities and equipment for teaching and practice are still lacking. leadership is inadequate. To solve these problems, the work of physical education in Dong Nai universities still faces many difficulties.

For students, the physical condition of many students is still weak, while the motivation to study is low, the awareness of physical training is not high, the physical conditions for organizing practice are

not adequate, the subject content is not enough. Unattractive, few healthy playgrounds, the sport movement is monotonously organized infrequently, so students are not interested and passionate about the subject of physical education. This partly explains the situation of learning "to cope" of many students when it is time for physical education. Currently, in many universities and colleges, etc. the subject of physical education is still overlooked by many students and studied in the same way... for granted. From there we wonder? How do make students interested in the subject of physical education? This is an unanswerable question. After discussing and finding out, through the practice of teaching PE by lecturers at UTCHCMC (UTC2), we have come up with some solutions to improve the quality of this subject.

RESEARCH RESULTS AND DISCUSSIONS

Physical Education Program at UTCHCMC (UTC2)

The physical education program in universities, colleges, and professional secondary schools aim to solve the educational tasks that are: "Equipping knowledge, skills and physical training for students" [2]. The content of the physical education program in universities, colleges, and professional schools is carried out in the whole learning process of students in schools by the contents.

Regular physical education class time: This is the most basic content of physical education conducted in the school's learning plan. Because basic physical and sports training for students is a necessary task, first of all, there must be appropriate content to develop students' health, physical qualities, and ability to coordinate movement. , student. Thereby, helping them have a certain level to acquire the techniques of sports movements.

The main goal of teaching is to conduct the process of training physical capacity, develop physical qualities, develop psychological capacity, create a sense of regular exercise and sports, and educate basic virtues. copy and courage for students. The physical education class itself has many important implications for the management and education of people in society. Learning exercises and movement techniques are necessary conditions for people to develop their bodies in a harmonious way, protect and strengthen their health, and form general and professional capacities.

Extracurricular hours - self-practice: This is the need and interest in the free time of a part of students, with the purpose and task of contributing to the development of capacity and physical fitness in a comprehensive way, and at the same time contribute to improving the sports achievements of

students. Extracurricular lessons are intended to reinforce and complete the core lessons and are conducted in the student's self-study time, or under the guidance of a physical education teacher. In parallel, there are also sports activities outside of school hours, including Practice in clubs, competitions inside and outside the school, as well as during the self-practice time of students and students. Extracurricular activities with the function of motivating people to participate in practicing their favorite sports, contribute to improving health for study and living.

Course objectives and requirements

General objective: The Physical Education subject program aims to provide knowledge, basic motor skills, form exercise and sports habits to improve health develop physical strength, stature, perfecting the personality, improving learning ability, social activity skills for students of the University of Transport and Communications in Ho Chi Minh City with a positive spirit and attitude, contributing to the achievement of the goals. comprehensive education and training of scientific and technical staff, economic and socio-cultural management; develop harmoniously in physical and mental health, physically strong and meet social requirements. Through Physical Education activities to promote physical education and sports movements throughout the school.

Detail goal

About awareness: Educating socialist revolutionary morality and Ho Chi Minh thought; Training collective spirit, sense of organization and discipline, building trust, healthy active lifestyle, self-discipline in learning, physical training, getting ready to serve production and protection Country. Help learners realize the importance of physical training and physical development for themselves. Improve professional capacity, actively and actively participate in sports activities of the school and society

About knowledge of physical training and sports: Some basic contents of theory and methods of sports, sports medicine, Physiology of movement, etc. Basic knowledge of training and training methods physical some basic sports. Apply basic sports rules to organize practice, organize competitions, and referees. Self-study method and self-organizing group practice.

In terms of practical skills and physical qualifications: Learners must meet the following requirements: Be able to perform basic techniques in sports under the subject program; Self-training skills and can compete in some sports. - Ability to organize sports exchange activities; Completing the

course and having the results of the modules must score 4 or higher.

Requirements: The Physical Education subject program for students not majoring in Physical Education and Sports at the Ho Chi Minh City University of Transport's Branch is built on the basis of the content of the curriculum framework. Physical Education subject program prescribed by the Ministry of Education and Training; Physical Education subject program training according to the credit system and practical conditions on the teaching staff, facilities, training ground of the Department of Physical Education Department of the University of Transport and Communications download Ho Chi Minh City; The content of the program stipulates the level of knowledge and skills of some sports, the level of physical development that learners must achieve in the process of studying Physical Education.

Solutions to improve the quality of physical education subjects

For teachers: To use appropriate and flexible teaching methods, teachers need to strengthen education with the meaning of subject purposes, change teaching methods to create a competitive atmosphere in the classroom, improve high teaching capacity. In each lesson, the game method and the competition method should be applied, constantly cheering, encouraging, and motivating the students to be motivated to practice [3].

Set goals to strive for in each content and the whole class, improve the curriculum to suit the needs and interests of students. Teachers need to carefully study the content, the curriculum; the lectures must be concise, scientific and improve teaching methods [4]. In which, the teaching process is that the teacher provides new knowledge to students and through which the teacher carries out the task of educating and developing students, and for students, the teacher needs to be proactive. Control and guide the classroom so that students can actively acquire knowledge and master knowledge systematically.

Thoroughly and appropriately apply the principles of teaching physical training and sports: ideological principles, intuitive principles, comprehensive principles, systems, principles suitable to students' ability to absorb, principles strengthen and enhance.

Make good use of gymnastics teaching methods, suitable for content and movements: complete and segmented methods, teaching and modeling methods, practice methods, methods of

correcting wrong movements, etc. Having a specific and reasonable teaching plan and method of conducting physical education hours, specifically:

Focus on applying science and information technology solutions to teaching. When it comes to education, especially PE, we know that there are many different methods to achieve the goal;

The method of using visual media and applying information technology to teaching is currently being interested in the education industry, as well as teachers because it has a special position in the perception of students;

The method of using visual media is not a new method, but the application of information technology in teaching is a new method. For a long time, people have not paid enough attention to it, especially teachers, due to the subjective and objective conditions that they cannot use by means of computers during teaching hours, but especially the subject. Physical education.

The subject is mainly on the training ground, more active in order to fulfill the requirements of the subject, which is exercise and health improvement; contribute to promoting the process of comprehensive and balanced development of the body, at the same time, fostering good virtues: The sense of discipline, agile and urgent behavior, courageous spirit, overcoming Difficulty... Therefore, the presentation combines modeling, teaching, film, photography, especially the videos about the top sports competitions of world athletes, the technical movements are filmed. slow, or as the movements performed by the children themselves are recorded and then shown for the whole class to see, see and learn from their own experiences, which is very necessary and important. This has contributed significantly to helping students become more interested in physical education classes and subjects, passionate about self-study, study and practice sports more often.

The change and improvement of teaching methods is the application of information technology to some physical education lessons and lessons, and it is necessary to do a few things: Show the children the relevant subject videotapes of the top athletes. Vietnam and the world make movements so that students can feel and visualize the subject and try to practice. Illustrate the presented content with specific images and videos so that students can visualize their own images.

Or show them pictures and movies when performing technical movements that are filmed in slow motion, helping them to see and learn more

closely, so they can absorb quickly and accurately. Or the movements performed by the children are recorded together to monitor, analyze, evaluate, the advantages and disadvantages of that movement, to learn together. These images create stimulation and interest in learning for the students, make the class more exciting, and the happy learning atmosphere is increased, so it has a very good impact on the students' learning results.

Find out the characteristics of health, psychophysiology of age: This is a very important issue in sports activities as well as physical education subjects to achieve the highest efficiency, avoiding possible bad effects. We need to do the following things in the teaching process: Based on the psychophysiological characteristics of each age group, gender, motor system, circulatory system, respiratory system, nervous system... to have an effective method. performance when teaching. Based on the characteristics of developing physical qualities: speed, strength, endurance, flexibility, the ingenuity of students to have appropriate exercises and amounts of movement.

For students: Forming learning motivation for students. Must make the children understand, "Health is the precious capital of human beings". You have health then you got everything. So what to do to be healthy? There are many factors that bring health, but regular exercise is the most effective and simplest way to help us strengthen, maintain and enhance health [4]. The subject of General Education can do this. It helps them reduce stress and fatigue in studying, working, and other activities; helps them understand and practice the right method, the right movement technique to contribute to improving health. Students who understand this issue will form a motivation to learn. Thus, creating excitement and interest in the subject among students [5, 6].

For managers: In order to implement the above specific solutions, it is necessary to have the investment attention of leaders at all levels and to organize the implementation of solutions in an asynchronous and thorough manner as follows:

Develop standard content of physical training into the content of capacity assessment and content of subject assessment test according to the standards of the Ministry of Education. Stimulating student's study diligently, it is also necessary to create conditions for investment in equipment, yards, and tools for learning, building a regular sports movement in the school, promoting the position of the subject. General education like other subjects.

Organize and promote extra-curricular activities for students with teachers to guide them to practice and compete in sports so that student activities become the content of regular and continuous cultural life [6, 7]. To meet the needs of self-training in sports and improving health, it is necessary to develop activities such as organizing and building sports clubs and mass sports activities. Expand and strengthen the sports competition activities among students, attract a large number of students to participate and cheer, build the school's sports teams to participate in friendly competitions with friends, Participating in competitions at industry and ministerial level, etc.

Developing solutions to foster professional expertise for teachers: Motivating and encouraging the teaching staff to participate in learning to improve their qualifications. On the basis of maintaining and improving the operational quality of the organizational structure of the school's sport and sports movement, ensuring the assignment of functional departments, strengthening the directing activities of the school's management board to coordinate closely. activities of the Department of Physical Education with mass organizations and functional departments to create all favorable conditions for the development of the school's physical education movement in many forms.

Building the organizational structure and management of the Faculty and Department of Physical Education: There is an assignment of responsibilities for each subject, each teaching staff, and a plan to develop the school's sport and sport movement; writing scientific experience initiatives [7]. Organize and guide the extracurricular exercise movements of students and coaches of teams participating in sports tournaments of schools, branches, ministries, etc. to ensure the completion of tasks. It is necessary to assign specialized groups to suit the teaching conditions and the teaching staff. The subject team drafts and rebuilds the detailed curriculum for the school's PE subject to apply, so it will be proactive in choosing a teaching staff that is suitable for their ability. Thereby promoting the capacity and forte of each teacher to apply in the good performance of educational tasks

Staffing: Detecting and putting into planning leadership positions for qualified and ethical lecturers. There is a plan to receive and foster young teachers with theoretical and professional qualifications such as some subjects that schools are lacking. Young teachers need to have the enthusiasm and a high sense of responsibility, be able to organize mass sports and activities, be the next team to replace the elderly teachers to meet the expanding requirements, and improve the quality of

physical education and sport movement of the school in the future.

Organizing professional activities, sending staff to attend professional training courses, completing undergraduate and postgraduate courses.

Ideological work: it is necessary to strengthen ideological and political education, raise the sense of responsibility of teachers for improving the quality of students' physical education and the school's sport and physical activity movement. Propaganda to raise awareness and responsibility of school leaders, mass organizations, relevant functional departments of the school, as well as propaganda to raise students' sense of learning, position awareness. The role of physical training to improve health and build a healthy lifestyle. Encourage and create conditions to increase cultural, artistic, and sports activities of students throughout the university.

Ensuring facilities and funding for physical education: This is an important factor in the implementation of solutions. In order to improve the quality of physical education and sports activities for students, it is necessary to ensure the conditions of physical facilities and funds to serve the teaching of the main physical education subject as well as extra-curricular activities and self-practice. Student sports. Therefore, it is necessary to build a system of sports fields to meet the requirements of the Ministry of Education and Training. Renovate and upgrade the yard to make the most of the school's conditions for teaching and practice. Ensure the procurement of equipment and tools for teaching and training in sufficient quantity and quality assurance. Determine the budget for the sports movement development plan along with strengthening the socialization of student sports activities.

CONCLUSION

In order to improve the quality of physical education teaching and maintain the effective development of the school's PE work, it is necessary

to have many synchronous solutions, and most importantly, there must be harmonious coordination between the solutions, the quality of the school's physical education needs to be improved. The teaching of physical education in UTCHCMC (UTC2) is growing and of better quality. This is also a matter of carrying out the task of comprehensive human education that our Party and State are very interested in.

Through improving the quality of physical education in schools, building a positive learning environment, exercising health, creating a healthy playground to attract students, contributing to reducing social evils. Thereby improving the position of the school, the position of the subject in the education and training of new people: Healthy in body and clear in spirit. Although there are still many difficulties, with the determination of the lecturers and the attention of leaders at all levels. We believe in the quality of physical education in schools in the coming year, there will be many innovations.

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