



Online Teaching of Physical Education Subject: Difficulties and Raised Problems

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Abstract: Facing the far-reaching impact of the COVID-19 pandemic, global education has been forced to transform from traditional face-to-face learning to online in response to a prolonged epidemic. In Vietnam, during the period of social distancing because of the Covid-19 epidemic, schools have implemented many different learning methods such as recording video lectures and rebroadcasting them on television channels or on their websites. Local Education and Training. The Ministry of Education and Training uses online meeting and learning tools such as Zoom, MS Teams, using communication channels such as Zalo; file storage applications such as Google Docs, and homework applications to assign homework to students and students. This innovation recognizes the efforts of the Education sector and training institutions in ensuring the school year plan.

Keywords: Online teaching, Physical education, difficulties, raised problems, UTCHCMC (UTC2).

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INTRODUCTION

Online teaching of Physical Education is one of the specific subjects in the Academy's training program. Therefore, right from the beginning of the epidemic season, the Department of Physical Education, the Center for Physical Education and Sports has actively developed a detailed course outline on assessing students learning online physical education according to the standards. Rubik's system. The department has prepared lesson plans and conducted trial lessons for young staff to contribute constructively to online lectures.

In response to the complicated situation of the Covid-19 epidemic, higher education institutions across the country have gradually changed from being passive to proactive with a study plan in good conditions. anti-epidemic, both ensuring quality and ensuring safety for learners, officials, and lecturers. Accordingly, a number of institutions have organized online teaching and learning, the remaining schools

are also actively preparing conditions to soon deploy online, distance, or alternate training plans. online (theory) with focused learning (practice, experiment) to ensure the program and reduce the amount of focused learning.

As a pioneer in the online teaching of Physical Education in Universities, Colleges, and Academies in Ho Chi Minh City, until now, UTCHCMC's physical education department (UTC2) still maintains this form. In the process of teaching, many lecturers are used to guiding practical exercises in class, while cultivating technology knowledge for online application. Although there are still many surprises and changing habits, the teachers of the Department are still making constant efforts, trying to both works and adjust to suit the actual conditions.

RESEARCH RESULTS AND DISCUSSIONS

Subject characteristics

Physical education is a compulsory subject carried out from high school to university, taking on one of the four aspects of moral, intellectual, health, and aesthetic education [1]. General education contributes to the formation of the main qualities and general competencies for students. Besides, through equipping with knowledge about health, health management and exercise, physical education helps students to form and develop physical capacity and physical culture, sense of responsibility for with the health of self, family and community [2]; know how to choose sports suitable to their own motor capacity to practice; know how to adapt to living conditions, be optimistic and share with everyone; have a healthy life physically and mentally [2], [3].

The main content of physical education subject is to train motor skills and develop physical qualities for students by various exercises such as basic motor skills training, team formations, physical exercises, movement games, sports, and methods of preventing injury in activities [1, 4] In the general education curriculum, the content of physical education is divided into two phases:

In the stage of basic education, physical education is a compulsory subject, helping students to know how to take care of their health and hygiene; forming a habit of exercise to improve health; through movement games and exercise, sports form basic motor skills, develop physical qualities, as a basis for comprehensive development [4, 5].

The characteristic of Physical education is a type of education whose specific content is teaching movement (movement) and the intentional development of human motor qualities. The stages of teaching movements aim to form in learner's motor skills and the ability to apply them in practice. Organizing activities, equipping knowledge and forming motor skills (skills to perform exercises, movements and movement games, etc.) through teaching movements and organizing activities, helping students form and develop basic physical skills such as fast, strong, durable, dexterous, and flexible; adaptability of the body; motor memory; the body's response; the ability to care for and develop health; ability to perform sports activities; etc. thereby helping students develop their ability to perform and compete.

In the career-oriented education stage, physical education is carried out through the form of a sports club; students can choose the content of sports activities in accordance with their aspirations and the school's ability to meet them. They continue

to develop skills in health care and body hygiene, develop sports awareness and aptitude, and help students with sports aptitude to orient appropriate careers.

Difficulties in teaching

In the 2nd semester of the 2020-2021 school year, online teaching has been conducted 2 times. Phase 1 (starting week 1) from March 7 to March 14, 2021. Phase 2 (Starting week 8 to week 16) from May 1 to July 1, 2021, to help students quickly catch up with the learning progress, and at the same time ensure the amount of knowledge during the long break to avoid the epidemic. Covid-19, the Department of Physical Education has implemented timely response methods.

It is a transition from focused learning (weeks 2 to 7) to online learning and student assessment via Microsoft Teams. The number of lecturers participating in teaching is 5 lecturers, accounting for 100% with 41 study groups, the total number of students registered for Semester 2 of 2020-2021 is 1,228 students. Teaching 5 subjects: Volleyball, Advanced Volleyball, Basketball, Athletics, and General Physical Education.

The interaction in Physical Education subjects also has its own characteristics, with some subjects occupying many theoretical parts such as general physical education. Most of the subjects with equipment and physical exercises are performed by students, supervised, checked, and corrected by the teacher. Therefore, the amount of assignments sent back by more than 1,200 students is very large, especially those that require equipment such as volleyball, basketball, athletics, etc. need interaction.

The main goal of the course is to help students maintain their health and improve their physical fitness. Teachers' teaching qualifications, technology usage, and facilities (computers, phones, etc.) also vary. Although there are still many difficulties, all teachers are constantly learning to improve their ability to adapt to new activities.

With the goal of good teaching at a time when the whole Academy is applying online working and learning, we have made a survey of 5/5 teachers teaching PE with the aim of collecting information about reality. Using Microsoft Team software, understanding and applying skills, difficulties, influencing factors, and evaluating teachers when teaching this software. From there, better understand the requirements of teachers who need to support or participate in teaching activities in the future. Thereby proposing some timely and appropriate solutions, making online teaching convenient and effective to meet the subject of

general education. Ensuring training programs, plans and quality are research data in the time of COVID 19.

During the online teaching process, we also made a survey to collect opinions of study groups with 321 students participating in different subjects. For the purpose of collecting information about the actual use of Microsoft Teams, Google Meeting, and Classroom software in teaching and learning. The understanding and application of children's skills, difficulties, and advantages when using means and forms of participating in online learning. From there, give your feelings, evaluations and desires. Thereby, teachers had better understand the aspirations and thoughts of students to adjust teaching activities in the future.

The results obtained are very positive: The teaching and learning schedule is implemented according to the schedule; Groups are provided with learning materials, videos, reference materials; Up-to-date teaching content has practical relevance, creating excitement for students; Teaching methods are suitable and easy to implement; Disseminate clearly and fully the regulations on teaching and learning, criteria for assessment of component points; Teaching progress, exercises are performed according to the subjects; Learners are always checked, commented, reminded and urged weekly; Answer questions directly in class and after hours through the online system; Students promote self-study, self-study and group work.

The problems rose

From the actual survey, the lecturers and students studying online The Department of Physical Education conducted to put the contents discussed in the meeting and agreed. Training to take multiple-choice tests and assigning tests to all subjects taught by instructors. Exchanging information technology still has problems such as: How to do multiple-choice tests, assign assignments, collect results, etc. Continue to share and exchange online teaching methods for high efficiency, methods, and procedures. end-of-course examination. Unified in a number of subject groups on the scale (note the weak health group), the assessment content because many students still in epidemic areas have difficulty in training equipment.

Information that students also encountered problems such as power failure, poor connection, or being pushed out of the study group, learning materials, costumes, tools, etc. The best preparation for practice and final exam. Because of the efforts of teachers and students, sports practice spaces such as classrooms, floors, corridors, terraces, walls, etc. or

even doing sports in bed, has now become a regular place for children to practice.

Even at home, students are still very active and creatively participating in PE lessons. Under the guidance of the teachers, students record their own exercises and upload them to the group to share with their friends or go to the chat section for the teacher to consult and edit. Therefore, students are very responsible, proactive, excited, and confident, which are initial positive signals. Online teaching will be the orientation of the Department and the Center for Physical Education and Sports in the coming time to urge students to constantly practice. Thereby, students will change their minds about Physical Education is not only a subject that needs to be completed satisfactorily in university studies, but will be an essential need in future life to improve their own health to adapt to the extremely complicated situation of the COVID-19 epidemic.

Issues to discuss

To implement e-learning with high efficiency, UTCHCMC (UTC2) established an online teaching and learning team, conducted training on using Zoom.us software in online teaching for all staff, School teachers, and develop online learning manuals for students. In addition, the basics of online teaching are to use transmission lines and terminals, so UTCHCMC (UTC2) has also installed wifi in all classrooms in the main lecture hall. etc.

Along with that, to ensure that the teaching brings interesting online lessons for students, all the lecturers in the school have made great efforts, actively learning about new technologies, quickly and effectively implementing the build digital lectures to impart knowledge to students with the help of technology, etc.

In parallel with the implementation of online teaching and learning, UTCHCMC (UTC2) also conducted many propaganda activities, guiding the prevention of the Covid-19 epidemic for staff, teachers, and students of the University during the epidemic season.

Like some other universities, UTCHCMC (UTC2) takes steps to implement online training for students. Accordingly, on August 30, 2020, UTCHCMC (UTC2) organized online training and retraining on online teaching skills for all lecturers of the school.

The training session focused on training the school's lecturers to use the Zoom meeting software and some other software to conduct pilot online training from February 22, 2021, for the following content. Theoretical and pilot content from March 7

with practical contents of Sports and Physical Education. The school has developed a detailed online learning plan for each subject and has sent notices to all students of the University. From 2 pilot sessions, the school has continued to draw lessons to apply to all students of its courses.

CONCLUSION

Along with other Faculties and Departments throughout the school, the Department of Physical Education has also been planning and preparing appropriate teaching options to ensure the learning progress of the students. The application of online teaching by higher education institutions in the field of sport and physical education will help students return to their studies and ensure that they complete the school year on time.

Along with that, online teaching also helps each teacher in the School have a new experience in choosing and applying online teaching tools that are suitable for their expertise and training majors.

Teaching and learning need in light of the complicated situation of the Covid-19 epidemic in Vietnam today.

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