



Objectives, Tasks, and Problems of Physical Education in Vietnamese Universities

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Abstract: Since the day we won power, our Party and State have always considered people as the most precious capital of society: "Vietnamese people are people with comprehensive development, with a harmonious collective and individual life, rich, etc.". Thus, the goals that need to be achieved by scientific and technical staff in our universities are High intellectual development, physical strength, moral purity, spiritual abundance, and the ability to work and have a positive socio-political character. Therefore, it is necessary to define the goals and tasks of physical education in order to raise the awareness of lecturers and students about the role of the subject; From that identification, this study points out the current difficulties in physical education in Vietnamese universities.

Keywords: Objectives, tasks, problems, physical education, universities, Vietnam.

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INTRODUCTION

Since the day we won power (September 2, 1945), our Party and State have always considered people as the most precious capital of society: "Vietnamese people are people with comprehensive development and collective life. and a harmonious, rich personal life, etc." [twelfth. Thus, the goals that need to be achieved by scientific and technical staff in our universities are High intellectual development, physical strength, moral purity, and spiritual abundance. capable of working and having socio-political activeness [3].

Physical education is a type of education, an organized educational process with a purpose and plans to impart knowledge [4, 5], and motor skills [6] from one generation to another. That means that physical education as well as other types of education is a pedagogical process with full characteristics (the leading role of the pedagogical, the organization of activities of the pedagogy suitable for students and students., with pedagogical

principles, etc.). Physical education is a form of education aimed at equipping skills, motor skills, and specialized knowledge (reeducation), developing physical qualities, and enhancing health [7].

Currently, physical development is widely and scientifically built in the learning environment of students. The increase in physical education activities carried out by the people has brought positive effects. So what is the purpose of physical education? What methods should be applied to achieve the goals of physical education?

RESEARCH RESULTS AND DISCUSSION

What is Physical Education?

Physical education is a systematic, purposeful, and organized form of education aimed at imparting knowledge and skills related to movement. This is a field with full pedagogical skills with full characteristics: the leading role of the pedagogue, organizing the activities of the

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pedagogue in accordance with the students, with the pedagogical principles. Physical education is combined with other aspects of education to improve moral, intellectual, physical, aesthetic, etc. This creates a balanced, harmonious, and comprehensive development for each person when learning physical education [8, 9].

Physical education is divided into two aspects: movement teaching and knowledge education [10]. If teaching movements are exercises, aerobics, knowledge education goes deep into the exploitation of motor qualities in the human body. These two aspects always go hand in hand and constantly innovate to match the needs of society [11].

It can be affirmed that physical education is the process of testing and preparing people's physical strength to carry out life and work activities that benefit the social community [12]. At each learning stage, physical education directs learners toward different goals. Developing comprehensive physical education is about conquering the set goals and bringing about a change in awareness and health in society [13].

Thus, physical education can be divided into two relatively independent aspects: teaching movement (physical education) and education of physical qualities.

Teaching movement is the basic content of physical education. It is the process of equipping with basic motor skills and techniques, necessary for life and professional knowledge.

The essence of the second component in physical education is to have a reasonable impact on the development of motor qualities to ensure the development of motor abilities (speed, strength, endurance, dexterity, and flexibility, etc.).

Thus, physical education is a form of education with the specific content of teaching movements and educating human motor qualities. The teaching of movements and the development of physical qualities are closely related, making a premise for each other and even "converting" each other. But they are never identical, between them there is a different relationship in different stages of physical development and physical education.

In the education system, the typical content of physical education is associated with education, morals, fine arts, and labor education.

The Purpose of Physical Education

When building the physical education sector, the common goal that needs to be promoted

is to develop people's basic health care and movement capacity [14, 15]. Promote sports activities to strengthen students' physical strength, thereby developing harmoniously physically and mentally [16]. In addition, physical education also focuses on the good qualities and competencies necessary to become responsible citizens [17].

In addition, the common goal of physical education is to want employees to have health, culture, and creativity to create great economic value [18, 19]. This is an important milestone contributing to the cause of national defense, industrialization, and modernization of the country. After all, physical education development aims at the following specific goals:

Physical education includes two aspects of activities to help people improve improve their health every day. At the same time, developing comprehensive health care capacity creates a synergy that affirms the country's position in the international arena.

The purpose of physical education is towards basic movement exercises and the development of extensive physical qualities.

Help people form the habit of exercising regularly [4]. Thereby cultivating the quality of industriousness and diligence, directing each person to a healthy lifestyle. Stemming from a positive lifestyle, being passionate about movement helps people be sensitive to problems and solve the best work.

Unlocking the potential of sports enthusiasts, helping everyone to master the basic techniques and manipulations of sports. From there, discover and train potential athletes to develop the country's sports industry.

The ultimate goal to be achieved is to promote the spirit of enthusiasm and love for sports among all classes of people. This is an important goal that brings good cultural values and continuity from generation to generation [17]. Sports spirit motivates people to try to practice and bring the image of Vietnam to the world.

Successful Fulfillment of the Purpose of Physical Education

Physical education includes development stages to help learners and workers develop comprehensively. The goal of physical education is to create a healthy life both physically and mentally, to form and perfect physical abilities. Therefore, in order to achieve that noble goal, it is necessary to have the most effective and scientific training

method. The method is the key factor that determines the success or failure of the previously set goals [19, 20].

For students and students who are still studying at school, it is necessary to uphold the role of teachers [21]. Teachers must be flexible and effective users of specific methods in teaching. It can be an activity: modeling, using words, practicing, organizing a game, competing, demonstrating [22]. The methods help students visualize the subject easily and the methods need to be appropriate for the age and practice environment.

In addition, to realize the purpose of physical education, teaching and learning organizations need to apply a variety of learning environments such as in the classroom, in school or outside of school. Actively for students, students choose physical subjects suitable to their interests and needs. On the other hand, the enhancement of support facilities and learning materials helps students access faster. Combine theory with practice so that students have the opportunity to experience what they have learned before.

For workers, physical education also needs to be comprehensively promoted. Strengthen incentives for agencies and units to organize annual sports activities to increase self-discipline to exercise and improve health. Propagating and mobilizing people to exercise to improve their physical condition, increase resistance and have a flexible and stable body. Agencies and unions of companies need to have sports promotion activities to improve internal solidarity and promote the strength of the whole system.

The Tasks of Physical Education

Group of physical education tasks in a narrow sense: Consolidation and strengthening of health, balanced development of body shape and function, development of motor qualities and human physical activity ability [4, 17].

Physical education tasks: Forming and perfecting important motor skills and techniques in life, including practical and sports skills and techniques, equipped with specialized knowledge.

Educational tasks in a broad sense (forming personality): Educating morality and will, contributing to building a comprehensively developed human being.

Physical education in schools is a unified and simultaneous operation between two aspects: teaching, learn, and training.

Teaching is through teachers imparting technical knowledge, and basic movement methods necessary for students to be able to move and practice on their own.

Learning and training is the process in which each student is self-active, self-disciplined, self-reliant, active, and mobilizes the knowledge he has learned and acquired to practice and turn the school's training process into a self-directed process. practice effectively and creatively.

The separation of the above tasks is only relative. In fact, in the process of physical education, people always carry out tasks at the same time (such as moral, will, aesthetic and intellectual education; physical education with education on physical qualities).

Physical education has the task of developing talented and talented people in universities and colleges and in their capacity to foster sports talents for the country or inform organizations and agencies. responsible for timely fostering sports talents [8].

Physical education aims to create people who are "highly intellectually developed, physically strong, spiritually rich, and morally pure". Therefore, in the development stage of society, physical education is indispensable in the general education system. Swiss teacher Logan Pextalotxi affirmed: "Physical exercises strengthen and refine the body, build a foundation for the development of motor qualities, prepare for life, and promote health. and intellectual development".

Physical education is a part of social culture, a precious heritage of mankind, and synthesis of social achievements in the cause of creativity and the use of professional measures to perfect the body. human quality, improve health. Physical education is a part of physical training and sports, it is also one of the basic and clearly oriented forms of activities. Physical education is the systematic transmission and acquisition of ways to rationally control human movement, thereby forming the necessary basic motor skills and techniques and related knowledge. concerned [8].

Physical education in universities and colleges makes a positive contribution to the overall success of the educational career, contributing to strengthening the health and building a new lifestyle of students in the school. time to help students understand scientific methods to acquire physical training and build grassroots physical training and sports movements.

Currently, the work of physical education in universities - colleges still faces many difficulties. Most schools have fully implemented the improvement program prescribed by the Ministry of Education and Training. However, the quality of teaching is still low, the methods and forms of teaching are still poor, and it has not yet attracted a large number of students who are interested in and self-disciplined to practice. awareness of the importance of physical education in the cause of general education. The teaching staff is still lacking in quantity and quality, not meeting the needs of physical education in schools, and the standardization of teachers has not been paid due attention. Weak physical facilities and sports movements are concentrated in only a few large schools [3].

The objective of physical education and school sports is to contribute to the realization of the goal of training a contingent of scientific and technical staff, managing economic and social culture, and developing harmoniously to meet the needs of society. require professional expertise, physically strong.

Physical education and sports in schools maintain and strengthen health, improve students' physical fitness levels, practice physical fitness, meet physical fitness standards, and equip students with basic knowledge of health and fitness. content, training methods, motor skills, and movement skills in some sports, training students' sense of discipline, collective spirit, building a healthy lifestyle, self-discipline physical training [3].

Physical Education Subject in Universities Today

Currently, physical education is a compulsory subject for every student in the training program. Schools divide physical education into credit systems or study sessions for the best practice. The lessons are changed by the lecturer in a variety of teaching methods, suitable for the pedagogical environment. The theoretical and practical learning of physical education subjects is implemented synchronously and effectively.

In recent years, the physical education department has selected subjects for student health. Subjects such as swimming, dancing, volleyball, basketball, etc. help students train their bodies to be supple and flexible. Along with that, the subjects help improve health and increase muscle activity for students in adulthood.

Physical education subjects in universities convey content to students in a scientific and flexible way. Lessons focus on knowledge of that sport such as rules of the game, how to play, aids, etc. [4, 10].

Each lesson, no matter how it is deployed, still directs learners to the spirit of patriotism, all because of the colors of the flag [16]. However, the teaching has had positive changes in methods but still makes students feel depressed.

Many students study with a hostile attitude, and lack of seriousness, so the efficiency is not high. The way teachers convey content in physical education is still quite rigid, so it is not interesting for learners. Therefore, in order for the subject of physical education to clearly promote its functions and purposes in a university environment, the teaching staff needs to find the most effective and scientific teaching methods.

CONCLUSION

Physical education in universities is an important part of the sport and education career. It is conducted in accordance with the anatomical, psycho-physiological characteristics, gender and age of students along with some other requirements. Based on the general mission of the physical education system, which is to promote the harmonious development of the body, to maintain and form a balanced body, to improve the body's functional abilities, metabolism, strengthen and train the nervous system.

As an aspect of comprehensive education, physical education contributes to the formation of moral habits, intellectual and aesthetic development, and physical preparation for young people and students for life. production and employment. At the same time, it must be associated with specific requirements and general activities of the school.

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