



THE CURRENT SITUATION OF THE INSTRUCTION IN EXTRACURRICULAR SPORTS FOR STUDENTS FROM TRA VINH UNIVERSITY, VIETNAM

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Abstract:

This study uses the sociological investigation method and direct interview in order to understand the current situation of the instruction in extracurricular sports at Tra Vinh University. The total area of the playground is 13,700 m² with the ratio of 1.36 m²/student. There are 11 lecturers and the ratio of student/lecturer is 915.18. There is still no regular program in extracurricular sports for Tra Vinh University students.

Keywords: instruction, extracurricular sports, students, Tra Vinh University

1. Introduction

Extracurricular sports offered at Tra Vinh University are voluntary to students, which are organized in forms of sports clubs, groups and individuals, and are suitable to students' interests, gender, age and health condition. This aims to target the goal of physical education in the way that creates a healthy playground for students, including improving their motor skills, seeking and fostering sports talents.

Extra-curricular sports at Tra Vinh University in recent years have been given special attention by the Rector Board in terms of the teaching content, form, organization and contests. The fact that more than 10,000 current full-time students at Tra Vinh University, who join sports, shows effectiveness and feasibility in the opening of such an

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extracurricular sports program. This is in line with students' increasing demand for taking part in entertainment activities apart from their study in class. Since then, more and more students have participated in extracurricular sports activities to improve their health. This offers conditions for them to learn from each other. All contribute to comprehensively personal growth towards the socio- economic development. However, in order to ensure that the program in extracurricular sports is able to effectively adopted and carried out in the coming time, it is necessary to renovate the content and form of extracurricular sports activities in accordance with the actual condition of the university including facilities, human resource and curriculum. In order to have a scientific and practical base for innovating the content and form of the organization of extracurricular sports activities, it is important to undertake an accurate and comprehensive study on the actual situation of extracurricular sports. Therefore, this study attempts to address this current issue with the topic on: "The Current Situation of the Instruction in Extracurricular Sports for Students from Tra Vinh University, Vietnam".

This study aims to provide information about the current situation of the teaching of extracurricular sports at Tra Vinh University in terms of facilities, teaching staff and curriculum. This is the basis for innovating the content and form of the organization of extracurricular sports at the university.

2. Material & methods

This study applies the sociological investigation, interview, practical survey and statistical methods. The participants who involved in the survey consist of 11 lecturers of physical education at Tra Vinh University.

2.1 Results

2.2 In the aspect of facilities

Statistical data for facilities that serve extracurricular sports activities for Tra Vinh University students is illustrated in Table 1.

Table 1: The current situation of facilities that serve students' extracurricular sports activities at Tra Vinh University

Facilities	Results				
	Amount	Floor area (m ²)	Quality	Hired	Available on the campus
Multi-functional gymnasium	01	2400	Good		x
Artificial football playground	01	3250	Good	x	
Natural football playground	02	3500	Good		x
Volleyball playground	04	800	Good		x
Basketball court	01	840	Good		
Swimming pool	01	450	Good	x	
Badminton court	04	480	Good		x
Péntanque court	02	800	Good		x

Table-tennis practice room	01	580	Good		x
Running lane 100m – 200m	01	400	Good		x
High and long jump hole	01	200	Good		x
Total area		13.700			
Total number of students		10.067			
Ratio m²/student		1.36			

The data showed that:

Tra Vinh University has a multi-purpose gymnasium with an area of 2,400 m², a natural football field of 3,500m², 04 volleyball courts with an area of 800m², 04 badminton courts with an area of 480 m², 02 pétanque courts with an area of 800 m², 01 table tennis practice room with an area of 580m² and 01 artificial football field which is hired with an area of 3250 m². In addition, the department of physical education has taken advantage of the available space for the teaching of martial arts and aerobics lessons. The above-mentioned area basically meets the teaching activity of physical education on the campus. The ratio of the playground area is 1.36 m²/student.

Pursuant to Decision No.2160/QĐ-TTg dated on November 11, 2013 on approving "The development plan of physical training and sports in Vietnam up to 2020, with a vision to 2030", the playground area for physical education and sports at all levels (m²/student) including professional and vocational secondary schools, colleges and vocational colleges and university reaches 02 m² in 2015, 03 m² in 2020 and 04 m² in 2030 []. Based on this decision and the number of students at Tra Vinh University, there is still a lack of space for offering the physical training. However, the physical education department has taken advantage of the available space on the campus, so it basically meets students' need.

In fact, the facilities and yard conditions to meet the requirements of instruction are very important to improve the quality of a subject, help learners to form and strengthen their motor skills, and increase the density of movement in physical education classes.

With the increasing trend of development and desire to improve the quality of education, the conditions of facilities for the instruction in physical education subjects are increasingly improved. In particular, the university has offered great conditions for the department of physical education to purchase equipment and tools to better serve the teaching of physical education for students.

2.3 The current situation of faculty members

The statistical data of lecturers who deliver extracurricular sports courses at Tra Vinh University is shown in Table 2.

Table 2: The surveyed information on faculty members who take part in the teaching of extracurricular sports course at Tra Vinh University

TT	Category		Amount	Ratio (%)
1	Gender	Male	09	81.8%
		Female	02	18.2%
		Total	11	100%
2	Age	Below 30	01	9.1%
		From 30 to 40	06	54.5%
		Over 40	04	36.4%
		Total	11	100%
3	Qualification	College/ Diploma	00	0.0%
		Undergraduate	04	36.4%
		Post-graduate	07	63.6%
		Total	11	100%
4	Duty	Visiting lecturers	00	00%
		Regular lecturers	11	100%
		Total	11	100%
5	Training professional	Physical education	08	72.7%
		Sports training	02	18.2%
		Others	01	9.1%
		Total	11	100%
6	Teaching content	Suitable	11	100%
		Unsuitable	00	00%
		Total	11	100%
7	Teaching experience	Below 10 years	03	27.2%
		From 11 – 15 years	04	36.4%
		From 16 – 20 years	04	36.4%
		Over 20 years	00	00%
		Total	11	100%
8	Student/ lecturer ratio		915.18	

The data in Table 2 show that:

Regarding gender, there are 9 males (accounting for 81.8%), and 2 females (accounting for 18.2%).

For age, the highest percentage is from 30 to 40 years old, accounting for 54.5%; and the lowest is under 30 years old, accounting for 9.1%, which is followed by over 40 years old with 36.4%.

In terms of qualification, the postgraduate and undergraduate levels are 63.6% and 36.4%, respectively. Moreover, 100% are full-time lecturers and the teaching content is relevant to their professional expertise.

In terms of professional, physical education accounts for 72.7%, sports training is 18.2%, and other specialties accounts for 9.1%.

The teaching experience for those with 11-15 years and 16-20 years is 36.4%, and under 10 years is 27.2%.

As illustrated in the description, it is clear that Tra Vinh University has 11 full-time lecturers in physical education and sports with the appropriate professional skills. Most

of them are males (81.8%), in which the postgraduate qualification is 63.6%, and the profession is in physical education (72.7%). Lastly, the teaching experience over 30 years old is 90.9%, whereas that over 10 years is 72.8%.

The student/faculty member ratio is 915.18. However, Decision No. 2160/QĐ-TTg dated on November 11, 2013 on the approval of “The development plan of sports and physical education in Vietnam by 2020, with a vision to 2030” states that the ratio of physical education lecturers to university students has to reach 1/500 in 2015, 1/400 in 2020 and 1/300 in 2030 []. Compared with this target, this current ratio at Tra Vinh University (01 teacher/915.18 students) has not yet satisfied.

Moreover, lecturers who hold the bachelor’s degree need to do master’s degree to enhance their professional qualification and also to meet the standard prescribed in the 2018 Education Law.

Table 3: The lecturer survey result on the content and the instruction in extracurricular sports for Tra Vinh University students

	Content	Sports that a lecturer will teach		Sports that a lecturer can potentially teach	
		Amount	%	Amount	%
1	Football	01	9.1	02	18.2
2	Volleyball	02	18.2	02	18.2
3	Table tennis	02	18.2	02	18.2
4	Badminton	01	9.1	01	9.1
5	Athletics	01	9.1	01	0.1
6	Martial arts	01	9.1	01	9.1
7	Swimming	01	9.1	01	9.1
8	Chess	01	9.1	00	0.0
9	Péntanque	01	9.1	01	9.1
Total		11	100.0	11	100.0

The data in Table 3 show that:

The equal highest number of lecturers who deliver the teaching and coaching in football and table tennis as their strengths is 18.2%. Meanwhile, this figure for other sports of badminton, athletics, martial arts, swimming, chess and iron ball accounts for 9.1 % with 01 lecturer/ each.

Lecturers who possibly deliver sports of table tennis, football and volleyball account for the highest percentage with equal 18.2%, whereas that of badminton, athletics, martial arts, swimming, and iron ball is 01/ each (9.1%). There are no lecturers who teach chess.

2.4 The current situation of the extracurricular educational program for students at Tra Vinh University

Table 4: The content of the physical education program at Tra Vinh University

No	Module and Credit	Content
1	I (30 periods)	Physical education – 1 (Athletics)
2	II (30 periods)	Physical education – 2 (Table tennis)
		Physical education – 2 (Football)
		Physical education – 2 (International chess)
		Physical education – 2 (Taekwondo)
3	III (30 periods)	Physical education – 3 (Badminton)
		Physical education – 3 (Volleyball)
		Physical education – 3 (Chinese Chess)
		Physical education – 3 (Swimming)
		Physical education – 3 (Péntanque)

The Table 4 above shows the statistics for the educational program of physical education at Tra Vinh University.

The statistics in Table 4 show that the program in physical education at Tra Vinh University consists of 03 credits with the total 90 periods. There are 03 modules with 01 credit/each. Module 1 is compulsory for students while modules 2 and 3 are elective, where students can choose to study table tennis, football, chess, Taekwondo (in module 2) and badminton, volleyball, chess and Péntanque (in module 3).

Regarding the extracurricular sports program, with the current state of facilities and human resource coupled with the fact that Tra Vinh University still has no appropriate mechanisms and policies for lecturers and students in extracurricular sports activities, these activities are mainly in form of sports team. In addition, clubs are also limited and students have to mainly do practice on their own, mostly with no guidance from the instructor. The content for practice is mainly jogging, badminton, football and volleyball in the dormitory area.

3. Conclusions

The total area of playground for the instruction in extracurricular sports at Tra Vinh University is 13,700 m² (multi-purpose gymnasium, football field, volleyball court, badminton court, péntanque court, and table tennis practice room). The ratio of the yard area for sports training is 1.36 m²/student.

The current situation indicates that the number of lecturers who teach extracurricular sports at Tra Vinh University is 11, all of whom are full-time and have appropriate profession in physical education (72.7%) and qualified postgraduate degree (63.6%). In addition, most of them are males (81.8%), and those who are above 30 years old account for 90.9%. The percentage of lecturers who are over 10 years of teaching experience is 72.8%. Finally, the student/faculty member ratio is 915.18.

The current situation indicates that there is no official extracurricular sports program for students at Tra Vinh University.

Conflict of Interest Statement

The authors declare no conflicts of interests.

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