



## DETERMINATION OF CRITERIA FOR EVALUATING THE EXTRACURRICULAR SPORTS MODEL OF NATIONAL UNIVERSITIES IN HO CHI MINH CITY, VIETNAM

**Mai Van Ngoan<sup>1i</sup>,**  
**Nguyen Quang Son<sup>2</sup>,**  
**Le Vu Ngoc Toan<sup>3</sup>,**  
**Ho Dac Nam Tran<sup>3</sup>**

<sup>1</sup>Vietnam National University  
Ho Chi Minh City Center for Sport,  
Vietnam

<sup>2</sup>UEH University,  
Vietnam

<sup>3</sup>Saigon University,  
Vietnam

<sup>4</sup>Ho Chi Minh City University of  
Physical Education and Sports,  
Vietnam

### **Abstract:**

Extracurricular sports activities are voluntary and well-organized sports activities conducted after academic hours. These activities are designed to match the interests, gender, age, and health of students, thereby allowing them to enjoy recreation and develop their sports talents. The research aims to identify the criteria for evaluating the extracurricular sports model in Vietnam National University Ho Chi Minh City (VNU-HCM). The study employed document synthesis, survey, interview, and statistical analysis. The participants included 12 physical education specialists and 400 students from the University of Social Sciences and Humanities and the University of Science. The research has identified six quantitative and 11 qualitative evaluation criteria for the extracurricular sports activities model for VNU-HCM students.

**Keywords:** evaluation criteria, model, extracurricular sports, students, Vietnam National University, Ho Chi Minh City

---

<sup>i</sup> Correspondence: [ngoanmaixhmv@gmail.com](mailto:ngoanmaixhmv@gmail.com)

## 1. Introduction

School sports are integral components of mass sports as it serves as the foundation for public sports activities. School sports include both regular physical education (PE) classes and extracurricular sports activities aimed at fostering the comprehensive development of the younger generation. The effectiveness can only be achieved through prolonged study with regular participation in sports activities. This is an extremely important yet challenging issue [1].

In addition to theories, education must focus on the development of communication skills and the application of knowledge to real life. This is closely tied to extracurricular activities [2], [3], [4]. As a result, extracurricular sports activities become necessary to enhance the quality of physical education.

Enhancing the quality of school sports is a significant aspect of social policy, as it is a positive measure to maintain and improve the health of young generations and the whole society. Therefore, school sports must be national, scientific, and for the people [5], [6].

To effectively carry out PE tasks, the member universities of VNU-HCM have implemented regular PE programs and organized extracurricular activities for many years. However, most of the extracurricular activities at VNU-HCM are spontaneously organized by faculties, departments, clubs, groups, or individuals, leading to uncoordinated and unsystematic organization and content. This can explain why extracurricular activities at VNU-HCM universities are currently underdeveloped. Given this importance, we conducted research on “Determination of criteria for evaluating the extracurricular sports model of National Universities in Ho Chi Minh City, Vietnam”.

## 2. Materials and methods

### 2.1 Methods

The study employs the following research methods:

- Document synthesis: to build the theoretical foundation regarding the criteria for evaluating students' involvement in extracurricular activities. This is done by collecting relevant information from various sources, including books and research articles from both domestic and international.
- Interview and Survey: to gather opinions and feedback from PE experts to select criteria for evaluating students' involvement in extracurricular sports activities.
- Statistical Methods: to analyze the collected data using SPSS 22.0 software, including descriptive statistical formulas, reliability testing of the scale using Cronbach's Alpha, and exploratory factor analysis using the KMO test in EFA analysis.

## 2.2 Participants

Interviewees who were consulted to adjust the questionnaire: 12 PE experts in Vietnam.

Surveyees who were invited to test the reliability of the questionnaire: 400 students (200 students - 100 male and 100 female- per each university) from the University of Social Sciences and Humanities and the University of Science; they answered by choosing the numbers from 1 to 5 corresponding to their level of agreement about the content related to the extracurricular sports model at VNU-HCM.

## 3. Results

The study determined evaluation criteria in two groups. One group focused on quantitative, and the other did qualitative. This enables the researchers to thoroughly evaluate the extracurricular sports and physical education model of VNU-HCM students.

### 3.1. Determination of quantitative assessment criteria

The determination process was conducted in two steps as follows.

**Step 1:** Proposing quantitative evaluation criteria. The criteria for evaluating the extracurricular sports model for students at VNU-HCM were synthesized from various research studies written by both domestic and international professors such as Tran Thi Xoan (2006) [7], Nguyen Duc Thanh (2013) [8], Phung Xuan Dung (2017) [9], Dang Minh Thanh (2018) [10], Dang Minh Thang (2019) [11], Nguyen Quoc Tram (2021) [12], and Circular No. 01/2019/TT-BVHTTDL [13]. In accordance with the theoretical foundations and the authors' practical experience, six quantitative evaluation criteria were proposed.

**Step 2:** Interviewing PE Experts. Twelve PE experts were interviewed regarding their level of agreement with the proposed evaluation criteria. Scores were assigned on a scale from 1 to 5 according to the following convention: 1 = strongly disagree, 2 = disagree, 3 = neutral, 4 = agree, and 5 = strongly agree. The results are presented in Table 1.

**Table 1:** Interview results on quantitative evaluation criteria of extracurricular sports and physical education models of VNU-HCM (n = 12)

No.	Criteria	Results	
		$\Sigma$	%
1	Number of students who satisfy the fitness standards	55	91.67
2	Number of students regularly participating in extracurricular sports	54	90.00
3	Number of collaborators, coaches, sports teachers	57	95.00
4	Number of extracurricular sports clubs	58	96.67
5	Number of sports achievements	57	95.00
6	Number of annual sports competitions	56	93.33

Table 1 shows that all of the proposed criteria had over 80% agreement among the experts. This also means that the six criteria would be used to quantitatively evaluate the extracurricular sports model of VNU-HCM.

- Criterion 1: Number of students who satisfy the fitness standards,
- Criterion 2: Number of students regularly participating in extracurricular sports,
- Criterion 3: Number of collaborators, coaches, sports teachers,
- Criterion 4: Number of extracurricular sports clubs,
- Criterion 5: Number of sports achievements,
- Criterion 6: Number of annual sports competitions.

### 3.2. Determination of qualitative assessment criteria

The determination process was conducted in three steps as follows.

**Step 1:** Drafting the Initial Questionnaire. The study synthesized the qualitative evaluation scales from several research projects of Dang Minh Thanh (2018) [10], Dang Minh Thang (2019) [11], and Nguyen Quoc Tram (2021) [12]. An initial draft of the questionnaire was created and then revised after consultation with 12 PE experts.

The consultation suggested the results as follows:

- 3 out of 12 experts (25%) agreed with the draft questionnaire.
- 2 out of 12 experts (16.67%) suggested removing one item and revising the word use of two items.
- 4 out of 12 experts (33.33%) recommended adding one item and revising the word use of two items.
- 3 out of 12 experts (25%) suggested revising the word use of six questions.

**Step 2:** Revising the Questionnaire and Determining the Response Format. Based on the expert feedback, the final questionnaire for evaluating the extracurricular sports model for VNU-HCM students included 11 questions (Appendix 3). The response format was determined using a 5-point Likert scale. The survey was conducted with 400 students from the University of Social Sciences and Humanities and the University of Science. The students were asked to rate their agreement with statements related to the extracurricular sports model of VNU-HCM on a scale from 1 to 5.

**Step 3:** Testing the Reliability of the Questionnaire Using Cronbach's Alpha. To accurately assess the reliability of the questionnaire, the study evaluated the scale using Cronbach's Alpha reliability coefficient. The results of the reliability test for the extracurricular sports model questionnaire for VNU-HCM students using Cronbach's Alpha are presented in Table 2.

Table 2 shows a total Cronbach's Alpha coefficient of 0.852, which is greater than 0.6. All of the items have a Corrected Item-Total Correlation greater than the permissible standard (>0.3).

**Table 2:** Description of Cronbach's Alpha reliability coefficient of the scale of items to evaluate the extracurricular sports model for VNU-HCM students

Item	Scale mean if variables are eliminated	Scale variance if variables are eliminated	Total variable correlation	Cronbach's Alpha if variables are eliminated
Item 1	38.98	13.987	.427	.848
Item 2	39.30	13.889	.452	.846
Item 3	39.06	13.688	.437	.848
Item 4	39.62	13.796	.427	.848
Item 5	39.89	13.711	.489	.843
Item 6	39.25	13.184	.612	.833
Item 7	39.57	13.659	.531	.840
Item 8	39.88	13.090	.703	.827
Item 9	39.78	13.477	.589	.835
Item 10	39.88	13.090	.703	.827
Item 11	39.78	13.477	.589	.835
Cronbach's Alpha = .852; N of Items = 11				

Therefore, it can be concluded that the eleven following items were sufficiently reliable to evaluate the extracurricular sports model for VNU-HCM students.

- Item 1: The content of the extracurricular sports training program is suitable for the student's health, gender and psychology,
- Item 2: The content of the extracurricular sports training program is diverse and interesting to the students,
- Item 3: The content of the extracurricular sports training program is appropriate for the sports level of the students,
- Item 4: The quality and quantity of sports fields,
- Item 5: The quality and quantity of sports equipment and tools,
- Item 6: The timing of extracurricular sports training,
- Item 7: The location of extracurricular sports training,
- Item 8: The form of extracurricular sports training (sports clubs),
- Item 9: The organization form of extracurricular sports training (with or without an instructor),
- Item 10: The professional levels of the trainers, teachers, and sports collaborators,
- Item 11: The training methods of the trainers, teachers, and sports collaborators.

#### 4. Conclusion

The study has identified six quantitative and eleven qualitative evaluation criteria for the evaluation of extracurricular sports and physical education of VNU-HCM.

#### Conflict of Interest Statement

The authors declare no conflicts of interest.

### About the Author(s)

**Mai Van Ngoan** is Deputy Head of Administration Office, Vietnam National University Ho Chi Minh City Center for Sport, Vietnam.

**Nguyen Quang Son** is the Vice Director of Centre of Physical Training, University of Economic Ho Chi Minh City (UEH), Vietnam.

**Le Vu Ngoc Toan** is lecturer of physical training of Saigon University, Vietnam.

**Ho Duc Nam Tran** is lecturer of physical training of Ho Chi Minh City University of Physical Education and Sports, Vietnam.

### References

1. Central Executive Committee of the Communist Party of Vietnam (2006), *Documents of the 10<sup>th</sup> National Congress*, National Political Publishing House, Hanoi.
2. Ministry of Education and Training (2001), *Regulations on PE and School Health, issued according to Decision No. 14/2001/QĐ-BGDĐT dated 03/05/2001*.
3. Ministry of Education and Training (2003), *Elective Teaching in High Schools (internal document)*, Hanoi.
4. Ministry of Education and Training (2006), *General Education Curriculum for Physical Education*, Education Publishing House, Hanoi.
5. Central Executive Committee of the Communist Party of Vietnam (2011), *Documents of the 11<sup>th</sup> National Congress*, National Political Publishing House, Hanoi.
6. Central Executive Committee of the Communist Party of Vietnam (2011), *Resolution No. 08-NQ/TW dated 01/12/2011 of the Politburo on Strengthening the Party's Leadership to Create a Strong Development in Sports by 2020*.
7. Tran Thi Xoan (2006), *Developing Extracurricular Sports Forms Suitable for Females*, Master's Thesis, University of Physical Education and Sports II.
8. Nguyen Duc Thanh (2013), *Developing Content and Organizational Forms for Extracurricular Sports Activities for Students at Several Universities in Ho Chi Minh City*, PhD Dissertation in Education, Institute of Sports Science.
9. Phung Xuan Dung (2017), *Solutions to Improve the Effectiveness of Extracurricular Sports Activities for Students at Hanoi University of Physical Education and Sports*, PhD Dissertation in Education, Institute of Sports Science.
10. Dang Minh Thanh (2018), *Innovation in Content and Organizational Methods for Extracurricular Sports Activities for Students in Soc Trang Province*, Institute of Sports Science, Hanoi.
11. Dang Minh Thang (2019), *Developing Content and Programs for Extracurricular Sports Activities for Male Students at the People's Police College II*, PhD Dissertation in Education, University of Physical Education and Sports, Ho Chi Minh City.
12. Nguyen Quoc Tram (2021), *Developing Extracurricular Sports Programs for Students at Phu Yen University*, PhD Dissertation in Education, University of Physical Education and Sports, Ho Chi Minh City.

13. Ministry of Culture, Sports, and Tourism (2019), *Circular No: 01/2019/TT-BVHTTDL, dated 17/01/2019, regarding Regulations on Evaluating Mass Sports Movements.*

Creative Commons licensing terms

Authors will retain the copyright of their published articles agreeing that a Creative Commons Attribution 4.0 International License (CC BY 4.0) terms will be applied to their work. Under the terms of this license, no permission is required from the author(s) or publisher for members of the community to copy, distribute, transmit or adapt the article content, providing a proper, prominent and unambiguous attribution to the authors in a manner that makes clear that the materials are being reused under permission of a Creative Commons License. Views, opinions and conclusions expressed in this research article are views, opinions and conclusions of the author(s). Open Access Publishing Group and European Journal of Physical Education and Sport Science shall not be responsible or answerable for any loss, damage or liability caused in relation to/arising out of conflict of interests, copyright violations and inappropriate or inaccurate use of any kind content related or integrated on the research work. All the published works are meeting the Open Access Publishing requirements and can be freely accessed, shared, modified, distributed and used in educational, commercial and non-commercial purposes under a [Creative Commons attribution 4.0 International License \(CC BY 4.0\)](https://creativecommons.org/licenses/by/4.0/).