



INCREASING THE EFFECTIVENESS OF PHYSICAL TRAINING OF SENIOR STUDENTS THROUGH THE SPORTS CLUB MODEL

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Abstract:

The development of the Sports Club model in the system of primary, secondary and high schools will contribute to creating conditions for students to have an environment to develop their physical abilities, develop their individual sports talents, communication and cooperation skills, language skills, etc. In addition, Sports Clubs will be a place to practice, discover and train a source of excellent students to participate in quality sports competitions at all levels, creating a healthy playground for them to avoid social evils at school. Thereby, helping students improve their physical qualities such as strength, speed, endurance, flexibility and dexterity, contributing to their love of sports and improving their health towards becoming healthy citizens to build and protect the country in the future.

Keywords: physical education, sports club, health, elementary school, middle school, high school

1. Introduction

Our Party and State always pay attention to the work of Physical Education and Sports in general and physical education in schools in particular. Health is considered the most valuable asset of human beings. Entering the era of science and technology 4.0, one of the important tasks is to build the young generation of our country to become people with enough courage, qualities and abilities to inherit and promote the achievements and glorious traditions of the nation to develop our country to integrate with the international community, to rise "shoulder to shoulder with the great powers of the five continents". Physical education in schools is a part of Vietnamese education.

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In recent years, the Party and the State have advocated reforming education and training to meet the requirements of human training in the new era. Especially the birth of Resolution No. 29 of the 11th Party Central Committee on fundamental and comprehensive innovation of education and training, meeting the requirements of industrialization and modernization in the conditions of a socialist-oriented market economy and international integration.

For the physical education sector, it is necessary to create a solid foundation for the comprehensive development of new people in terms of morality, intelligence, physical education and aesthetics. In our country, we are currently focusing on implementing physical education in schools at all levels with increasingly high quality, gradually perfecting the curriculum and innovating methods to suit the current new development situation.

In the new general education program of 2018, the general goal of the Physical Education subject at all levels of general education is to help students form and develop health care skills, motor skills, sports training habits and practice qualities and abilities to become citizens with harmonious physical and mental development, meeting the requirements of the cause of building, defending the Fatherland and international integration, contributing to the development of stature and physical strength of Vietnamese people; at the same time, discovering and nurturing sports talents.

From that reality, to attract students' interest in physical education, there need to be many different forms of organization, such as organizing sports festivals, propaganda, and organizing competitions. In which, there is a form of developing a model of sports clubs in schools, both creating a playground for students and increasing their love for the subject. Thereby improving the effectiveness of physical education for students at all levels of general education.

2. Content

2.1. The Basis for Developing the Sports Club Model in Schools

2.1.1 Sports Club Concept

A sports club in schools is an organization that gathers students who share the same talents, passions, and interests in sports; it is a playground for students to demonstrate their talents and develop their skills. By participating in the club, each student will learn and practice many valuable skills in studying, communicating, physical training, and culture.

A sports club in schools is both a type of organization and a method of operation, an important part of educational activities to support and solve important problems in studying, training, and meeting the legitimate needs of students.

Through club activities, students will have many opportunities to share and learn experiences to be able to study and practice well in schools. That is the practical meaning that club activities bring.

School sports clubs are social organizations established by the School Board on the basis of voluntary participation of students. The Sports Club Management Board develops plans and implements activities for students. Practice shows that by participating in clubs, students will be equipped with the knowledge and professional skills in their favorite fields; in order to develop their own abilities and talents, form practice habits, improve professional quality, develop physical qualities and intellectual abilities, improve spiritual life, strengthen solidarity, and contribute to the implementation of comprehensive education goals for students.

2.1.2 The Significance of Establishing Sports Clubs in Schools

- Create conditions for students to have an environment to develop their own talents, develop physical abilities, communication and cooperation abilities, language abilities, etc. These are very necessary abilities in the new general education program.
- Help the school's physical education department gather promising factors to participate in competitions as well as add to the sports teams at all levels.
- Create a healthy playground for students after stressful school hours, avoiding them from getting lost in games, social networks and social evils.

2.1.3 Practical Basis for Developing the Sports Club Model in Schools

- Circular 32/2018/TT-BGDDT dated December 26, 2018 of the Minister of Education and Training promulgating the General Education Program;
- Circular 48/2020/TT-BGDDT dated December 31, 2020 of the Minister of Education and Training regulating sports activities in schools.
- Decision No. 898/2023/QĐ-BGDDT dated March 28, 2023 of the Minister of Education and Training on promulgating guidelines for developing Sports Club models in schools.

Currently, primary, secondary and high schools across the country have been investing in building school facilities to meet the requirements of educational innovation in 2018, making physical education a core subject in the national education system. In particular, many localities and schools have invested in building multi-purpose gymnasiums and sports classrooms to organize the study of gifted sports subjects, so these are favorable aspects for schools to organize the development of sports clubs in schools.

2.2. Promoting the Effectiveness of Physical Education for Students in Schools through Developing Sports Club Models

2.2.1 Principles of Operation of Sports Clubs

- Sports clubs operate based on the principle of voluntary participation of members and democracy in activities.
- Sports clubs operate under the organization and management of the Board of Directors, with the advice and guidance of physical education teachers in charge,

but under the management and supervision of the School Board. The Team Leader, Youth Union Organization, Instructors and Sports Club Board of Directors are responsible for all activities of the Sports Club.

- Sports Club activities must be built according to plan. All activities taking place in the Sports Club must be reported to the direct management leaders.
- The activities of the Sports Club are built on the basis of the contribution of the activities of the members of the club.

The activities of the Sports Club are selected based on a number of criteria:

- The quality of the activities is put first.
- Attracting a large number of members to participate.
- Promoting the learning and teamwork movement of the Sports Club members.
- The activities are diverse, containing a lot of knowledge and practical issues.
- Not having a negative impact on the customs, ethics, ideology and lifestyle of students, not violating the law.
- Encouraging new ideas from members about the form of activities.
- Members of the Sports Club have a form of fundraising to maintain the activities of the Sports Club.

2.2.2 Form of Operation of the Sports Club

- The Sports Club is a place to share learning experiences as well as practical experiences and is closely managed by the instructors and the Sports Club Management Board.
- The instructors and the Sports Club Management Board coordinate with management organizations in the school or individuals and units to coordinate and cooperate in organizing regular activities and learning and educational activities for members.
- Organize learning and extracurricular activities to practice, consolidate and foster knowledge learned in class and practical knowledge.
- The Sports Club develops a plan to organize and maintain regular activities on a monthly, quarterly and annual basis.

2.2.3 Organization and Operation of Sports Clubs

- a) **Name of Sports Club.** The name of the Sports Club must be short, easy to remember, meaningful, and suitable for a certain speciality. The name is given by the Club.
- b) **Conditions for establishing a Sports Club.** A Sports Club in a school must meet the following conditions:

The school informs and propagates the policy of establishing a Sports Club for students of the school to educational management staff, teachers, students and parents of students in the whole school.

Students voluntarily register to participate in a Sports Club for one or more subjects, and if 15 or more students voluntarily register, a Sports Club of the School can be established.

The school creates conditions for facilities, equipment, activity rooms, playgrounds, electricity, and water for the Sports Club to operate at a minimum.

The school assigns people to guide, manage and monitor the activities of the Sports Club.

The Sports Club's operating period is at least 12 months from the date of being granted an operating license.

2.2.4 Structure and Composition of the Sports Club

The structure of the Club includes: Board of Directors (Chairman, Vice-Chairman), treasurer, secretary and members.

- Head, Vice-Chairman of the Sports Club: teachers, staff, students in the school, elected or appointed by members.
- Treasurer, Secretary of the Sports Club: elected or appointed by members.
- Members: mainly students. In addition, there is the participation of teachers, staff, and other members outside the school (parents of students, donors, people with expertise, and professional interests of the Sports Club).

2.2.5 Conditions for the Operation of the Sports Club

The Sports Club must ensure the following conditions have been established and approved by the school:

- Sports Club operation plan.
- Decision to establish the Sports Club; Board of Directors, members of the Sports Club.
- Regulations on the operation of the Sports Club.

2.2.6 Operating Principles

- The Sports Club operates on the principles of voluntariness, self-management, democracy, equality, publicity, and transparency; it operates in accordance with the position, functions and tasks of the Sports Club.
- Members of the Sports Club operate according to the plan and regulations of the Sports Club; comply with the internal rules and general educational activity plan of the school; comply with local policies and regulations; comply with State laws.
- The activities of the Sports Club are subject to inspection and supervision by the School Board of Directors and the school's professional subject groups.

2.2.7 Steps to Establish a Sports Club

- **Step 1:** Request for approval to establish a Sports Club. The professional subject group conducts a field survey, including through regular teaching hours, field conditions, tools, equipment, etc., to develop a plan for establishing a Club of what

subject, what content, how many Clubs, and the size of each Club. The professional subject group requests the school principal in an appropriate form (in writing, through a meeting of the school with minutes, etc.) to request approval to establish a Sports Club of what subject and what content.

- **Step 2:** Inform and propagate the policy of establishing a Sports Club. When the Principal approves the policy of allowing the establishment of a Sports Club, the subject group coordinates with departments in the school to inform and propagate in appropriate forms about the policy of establishing the school's Sports Club to educational managers, teachers, students and parents.
- **Step 3:** Develop a Plan to establish Sports Clubs. The subject group assigns tasks to members in charge of the Sports Club, issues registration forms, along with the Sports Club Establishment Plan for students to register to participate. When the time limit for each period is over, the total number of registrations must meet the regulations and then proceed to establish the Sports Club.
- **Step 4:** Prepare the conditions for establishing and operating the Sports Club. The subject group drafts the following documents: Sports Club Operation Plan; Decision to establish the Sports Club; Board of Directors, members of the Sports Club; Regulations on the operation of the Sports Club. Meeting of registered members: approval of drafts, comments, and finalization.
- **Step 5:** Prepare the conditions for the field and equipment. Based on the Sports Club's Operation Plan; Decision to establish the Sports Club; Board of Directors, members of the Sports Club; Regulations on the operation of the Sports Club have been agreed upon. Members of the Sports Club prepare the conditions for the field and equipment.
- **Step 6:** Submit the dossier to the Principal of the school for approval. The subject group compiles the documents of the Sports Club and submits them to the principal for approval. Including: (Proposal document - Plan of operation of the Sports Club - Decision to establish the Sports Club - Regulations on the operation of the Sports Club).
- **Step 7:** Carry out the activities of the Sports Club. After being approved by the principal of the school, the Sports Club was established and operated. The Board of Directors organizes and operates the Club's activities according to the principles, plans and Regulations of the Club. Monthly, quarterly, semester and school yearly, the Board of Directors reports the results of the Sports Club's activities to the school through the subject group.

3. Conclusion

The school sports club is a place where students with similar interests and talents in a certain field voluntarily participate in learning and recreational activities suitable for themselves. Organizing a school sports club is a way to practice life skills. Students will apply and develop their abilities, and create conditions to practice what they have

learned to increasingly improve themselves in life through their own experiences. The establishment of Sports Clubs is the basis and condition for students who love sports to have a useful and healthy playground for them to satisfy their passion for exercise, develop and improve their physical health, contributing to the formation of a healthy and mentally alert person who can meet the new human needs in the new era. Through different types and activities of Sports Clubs, students Sports Clubs have the opportunity to help each other study, practice, share and exchange experiences in training and competing in sports, forming a spirit of solidarity and mutual support, promoting positive aspects of themselves, improving and correcting negative manifestations, stimulating initiative, creativity, building a civilized lifestyle and a healthy school environment. The sports club is also a place to educate students about traditional culture and history through sports competitions on the occasion of historical holidays of the country, educating the spirit and will to overcome difficulties, educating the aesthetic sense always towards the beauty of truth, goodness, and awareness of further self-improvement to become a good citizen in the future.

Conflict of Interest Statement

The authors declare no conflicts of interest.

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