



## SOLUTION TO IMPROVE THE ACTIVE PARTICIPATION IN PHYSICAL TRAINING FOR STUDENTS OF PEOPLE'S POLICE COLLEGE II

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### Abstract:

Through research, five solutions have been selected to ensure urgency and considerations in enhancing the active participation in physical training for students at the People's Police College II. To effectively implement these solutions, it is necessary to organize and execute them in a coordinated and manner, combining the solutions continuously with each other. The units within the school need to regularly take the initiative in organizing and coordinating activities according to the content proposed by the research.

**Keywords:** solution, improvement, positivity, physical training, student

### 1. Introduction

In learning activities in general and in the field of physical education in particular, improving the positivity of learners is a matter of great concern and attention. Because the positivity of learners is an essential factor that determines the results of teaching and learning. Positivity gives learners the ability to self-study and explore to reach new knowledge.

In recent years, at the People's Police College II, the innovation of teaching and learning methods for subjects in general and the subject of Physical Education in particular has achieved encouraging results. However, due to the practical conditions of

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the school in terms of facilities, human resources... and some other objective conditions that are still limited, the effectiveness of the main hours of Physical Education has not been high. The subject program is not really reasonable. Many points are not suitable and do not meet the requirements of students, and facilities and tools are still poor and lacking. A large number of students have low awareness of physical training and are not really active in Physical Education classes. To promote the effectiveness of training in general and teaching Physical Education in particular to achieve efficiency and quality, it is necessary to take the learner as the center. Which promotes positivity in learning and training and plays a decisive role in the effectiveness of each student. Desire, passion, exploration, discovery, self-awareness in cognitive activities, and the ability to self-train are virtues that need to be developed and taught to students right at school. On the other hand, in teaching activities, active learning does not only exist as a state or a condition but also as the result of learning activities and the purpose of the teaching and learning process.

This study was conducted to select solutions that ensure reliability and feasibility to contribute to improving the active participation in physical training for students of People's Police College II in the following years.

## **2. Research Methods**

The research process uses the following methods: literature review method, sociological investigation method, SWOT analysis method and statistical method.

### **2.1 Research Object**

Interview subjects: 40 people are managers, lecturers, and scientists working at People's Police College II and units related to vocational education activities in Ho Chi Minh City.

## **3. Results**

### **3.1 Principles for Selecting Solutions to Improve Active Participation in Physical Training for Students of People's Police College II**

When developing solutions to improve the active participation in physical training for students of the People's Police College II, it is necessary to pay attention to a number of principled and scientific requirements, including principles of sports management as well as principles of physical education. In this study, the author selects solutions based on the following basic principles:

- **Practical solution:** This means that the proposed solution is practical, originating from practical needs and returning to serve the research activities of the topic and the application process to physical training activities for students.
- **Reasonable solutions:** solutions selected during implementation must be suitable to the actual conditions of the school and suitable to the needs and aspirations of students, which will promote students' positivity in physical training activities.

- The solution must be comprehensive, meaning that the proposed solutions must address the limitations of current extracurricular physical education and sports activities in order to bring high efficiency in practical application.
- Scientific solutions, meaning that the solutions proposed for practical application in physical training activities will affect human perception. Follow natural laws, and social laws, be comprehensive and reasonable, follow the principle of combining physical education and sports with labor and national defence and the principle of preserving and improving health. In addition, the solutions developed are also diverse and synchronous.

The above are important bases for proposing solutions to improve the active participation in physical training for students of People's Police College II, ensuring that when applied, it will be highly feasible, not only improving the active participation of students but also improving the physical fitness level of students better and better.

### **3.2 Selecting Solutions to Improve Active Participation in Physical Training for Students of People's Police College II**

#### **3.2.1 Results of Selecting Solutions to Improve Active Participation in Physical Training for Students of People's Police College II**

- **Solution 1:** Regularly promote the purpose, meaning, importance and benefits of participating in physical training for students.
- **Solution 2:** Invest in and upgrade equipment, tools, and training grounds to meet the needs of students to participate in physical training.
- **Solution 3:** Develop a team of collaborators and instructors to serve the physical training work for students in schools.
- **Solution 4:** Develop content and organization of physical training activities suitable to the needs of students and actual conditions in the school.
- **Solution 5:** Improve professional qualifications for the teaching staff participating in physical training for students in the school.
- **Solution 6:** Strengthen and attract the attention of schools, faculties, and functional departments for physical training for students in school.
- **Solution 7:** Mobilize and call for support and financial contributions from parents and social organizations for physical training in schools.
- **Solution 8:** Strengthen inspection and evaluation of school physical training activities.
- **Solution 9:** Regularly create conditions for participation, have priority policies, and provide appropriate rewards for students who actively participate in physical training at school.

#### **3.2.2. Testing the Reliability of Solutions**

To ensure scientific reliability, the study tested the reliability using Cronbach's Alpha coefficient of the solutions. The results in Table 2 show that only 05 solutions met the reliability requirements (Cronbach Alpha coefficient of each solution met the reliability

requirements (Total Cronbach alpha was greater than 0.6; the Correlation coefficient with total variable (Corrected Item Total Correlation) was greater than 0.3). The remaining solutions did not meet the reliability requirements for conducting further studies.

**Table 1:** Results of the Analysis of the Overall Reliability of the Solutions

Cronbach's Alpha coefficient of total variable	Observation variable
.897	9

**Table 2:** Results of Reliability Analysis of Each Solution

Encryption	Scale means if variable is removed	Scale variance if variable is omitted	Correlation coefficient with total variable	Cronbach's Alpha if variable is excluded
GP1	25.83	47,533	,462	,899
GP2	26.63	44,087	,617	,889
GP3	26.50	39,744	,786	,875
GP4	26.23	40,128	,777	,876
GP5	26.40	39,426	,821	,872
GP6	26.50	39,692	,008	,873
GP7	26.45	39,023	,006	,869
GP8	26.43	44,558	,021	,896
GP9	25.85	49,515	,015	,911

### 3.2.3. Statistical Results of the Necessity and Feasibility of the Solutions

Based on the results of the reliability analysis above, an interview will be conducted to assess the necessity and feasibility of the solutions.

- Likert scale to assess the urgency (Red) of solutions includes: [1]: Not very urgent; [2]: Not urgent; [3]: Normal/undecided; [4]: Urgent; [5]: Very urgent
- Likert scale to assess the feasibility (Blue) of solutions includes: [1]: Very unfeasible; [2]: Not feasible; [3]: Normal; [4]: Feasible; [5]: Very feasible

Convention for selecting solutions: Solutions are only selected when the average value through the research subject's assessment of urgency and feasibility is 3.41 points or higher.

Conducting interviews with managers, through analysis in chart 1, shows the level of necessity and feasibility of the solutions. All 05 solutions are assessed at the level of necessity/feasibility or higher. In terms of necessity, the solution with the highest average value is "Investing in and upgrading equipment, tools, and training grounds to meet the needs of students to participate in physical training (GP2)". In terms of feasibility, the solution with the highest average value among the five solutions is building content and organization of physical training activities suitable to the needs of students and the actual conditions in the school (GP4).

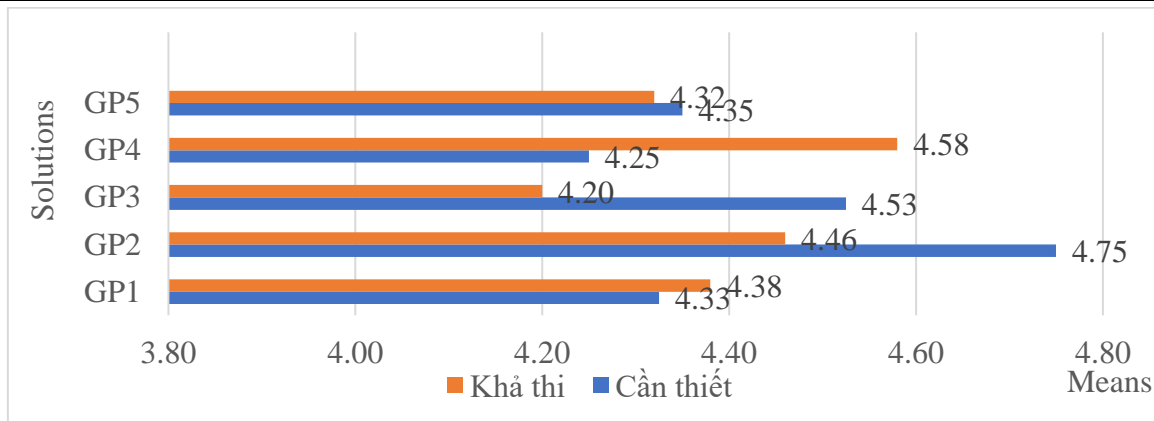


Chart 1: Results of Analysis of the Urgency and Feasibility of Solutions

### 3.2.4. Develop Content and Solutions to Improve the Active Participation in Physical Training for Students of People's Police College II

From the results of the assessment of the feasibility and necessity of the solutions, the study proceeded to develop the content of solutions to improve the active participation in physical training for students of People's Police College II, including the following contents:

**Solution 1:** Regularly promote the purpose, meaning, importance and benefits of participating in physical training for students

#### A. Purpose

Help students grasp the purpose, meaning, importance, and benefits of participating in physical training to improve health and physical fitness.

#### B. Content of Implementation

Organize regular propaganda and education for students about the role and significance of participating in physical training in maintaining and improving their health and physical fitness.

Provide students with basic knowledge related to physical training, such as the effects of physical training activities, principles and methods of training, hygiene during training, etc.

#### C. Implementing Organization

- Organize news coverage and write articles about physical training activities to post on the school's Facebook and website.
- Design and print information about physical training in forms such as banners, posters, and standees to place in visible locations around the training area to attract the attention of students.
- Integrate propaganda by informing each class and group through the class executive committee or combining it with theory hours during regular school

hours or other school activities to supplement knowledge related to the position and role of physical training for students.

- Develop periodic news bulletins in school radio programs to provide and report on activities related to physical training in schools.
- When teaching in class, lecturers actively promote the effects of the subject and the effects of physical training activities for students.

**Solution 2:** Invest in and upgrade equipment, tools, and training grounds to meet the needs of students in physical training

### **A. Purpose**

Ensure the necessary conditions for students to participate in physical training

### **B. Content of Implementation**

Make the most of the conditions by lending students practice grounds and equipment in their free time.

Regularly inventory and periodically review existing facilities. On that basis, propose renovation, repair and upgrading of facilities: playgrounds, gyms, training equipment, etc.

Propose measures to maximize the exploitation of the school's facilities to serve teaching and physical training of students during regular and extracurricular hours.

Based on the number of students in the school and the training needs of students, we propose to purchase additional equipment and upgrade facilities to ensure the development of the physical training movement of students.

### **C. Implementing Organization**

Conducted an inventory of existing facilities and proposed the purchase of additional equipment and tools. Coordinate with relevant departments to propose repair and upgrade of equipment and tools serving the work physical training of students.

Develop a unified plan for managing, using, and exploiting facilities to serve the work. Participate in physical training of students' school.

**Solution 3:** Develop a team of collaborators and instructors to serve the physical training work for students in the school

### **A. Purpose**

To guide and help students in the process of physical training at school accurately, safely and effectively.

### **B. Content of Implementation**

Ensure the number of collaborators and instructors to support physical training activities at clubs and sports students are practising.

Mobilize cadres, teachers, and some colleagues in the field of physical education and sports to participate in the organization. In addition, there are forms of training and propaganda about the role and content of skills to improve awareness, moral qualities and style for collaborators and instructors.

### **C. Implementing Organization**

Organize selection and training for collaborators (who are selected excellent students) on how to implement the program, physical training activity plan for 1 week/subject from 5 pm to 6 pm from Monday to Friday before arranging for instructors to perform professional work. It should be noted that each training session requires two trainers to participate in teaching, assisting, and providing insurance for collaborators participating in physical training for students.

**Solution 4:** Develop content and organization of physical training activities suitable to students' needs and actual conditions in the school

#### **A. Purpose**

To stimulate interest and form exercise habits. Create a healthy and useful playground, a basis for organizing physical training activities for students, attracting more and more students to participate.

#### **B. Content of Implementation**

- **About Physical Training Content for Students**

Develop a plan for the establishment and operation of extracurricular sports clubs in the school and submit it to the Board of Directors for approval.

- Regularly organize tournaments within faculties, between faculties in the school, and friendly competitions to celebrate major holidays of the year, such as March 26, March 27, August 19, July 20, November 20, and January 19.

- Develop sports training plans, agree on the implementation of extracurricular plans among the team of collaborators participating in the organization, and guide students in practicing sports according to the needs of students and the actual conditions of the school.

- **On the Form of a Physical Training Organization for Students**

Training organization forms include clubs, groups, classes, school teams, etc.

Develop plans and schedules for regular extracurricular sports activities in each semester of the school year. Unify the implementation of extracurricular plans among the team of collaborators involved in organizing and guiding students' practice.

Venue for organizing extracurricular sports training for students: Depending on the conditions and characteristics of each extracurricular sport, it is possible to flexibly combine the existing field conditions in the school (school yard, dormitory) and affiliated facilities outside the school (rented facilities, Sports Center, Sports Club, etc.)

Operating funds come from the school's annual investment capital. In addition, additional funding can be mobilized from sponsors through competition activities.

Time of organization: Number of training sessions: 2 - 3 sessions/week. Training time: Any time of the day depending on the student's conditions (all day, morning, afternoon and evening) but mainly afternoon and evening. Duration of each training session: 60 - 90 minutes.

### **C. Implementing Organization**

Establish extracurricular sports clubs. Coordinate with the Youth Union and the school's Trade Union to promote the types of sports clubs and encourage students to participate. Mobilize resources to support facilities and socialize the activities of sports clubs. Coordinate with mass organizations and units to organize tournaments within faculties, between faculties in the school, and exchange competitions to celebrate major holidays. Encourage the Club Management Board to build teams to participate in tournaments.

Coordinate with the Youth Union and Student Association to organize extracurricular classes according to plan. Each class has no more than 30 students.

Invite instructors. Each instructor is in charge of a class, based on the training schedule, to organize classes and guide students in practice.

**Solution 5:** Improve professional qualifications for teaching staff participating in physical training for students in the school

#### **A. Purpose**

Supplement knowledge, improve skills, enhance teaching organization capacity, and guide students in training and competition for teachers participating in physical training at school.

#### **B. Content of Implementation**

Provide teachers with knowledge of techniques, competition tactics, competition rules, competition organization methods and refereeing of some sports; send staff and teachers to participate in professional training courses of the industry nationwide; encourage staff and teachers to study to improve their qualifications.

#### **C. Implementing Organization**

Establish specialized subcommittees, each in charge of 1 to 2 sports. Specialized subcommittees develop training content for sports. Organize training courses to improve professional knowledge for teachers, collaborators, and instructors.

Organize technical teaching seminars in a number of sports subjects; send teachers to participate in annual professional training courses organized by the Ministry of Education and Training, the Ministry of Public Security, and the Department of Sports and Physical Training. Organize and create conditions for staff and teachers to study for master's degrees and doctoral degrees.



### 3. Conclusion

Through the study, 5 solutions were selected to ensure urgency and feasibility in organizing activities to improve the active participation in physical training for students of People's Police College II, including:

- Regularly promote the purpose, meaning, importance and benefits of physical training for students.
- Invest in and upgrade equipment, tools, and training grounds to meet the needs of students in physical training.
- Develop a team of collaborators and instructors to provide physical training for students in the school.
- Develop content and organization of physical training activities suitable to students' needs and actual conditions in the school.
- Improve professional qualifications for teaching staff participating in physical training for students in the school.

These solutions not only aim to enhance students' positivity in physical training but also contribute to building a comprehensive educational environment, developing both physically and mentally, for students of People's Police College II.

### Conflict of Interest Statement

The authors declare no conflicts of interest.

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