



CURRENT STATE OF PHYSICAL TRAINING AND SPORTS ENGAGEMENT AT BA RIA - VUNG TAU PEDAGOGICAL COLLEGE, VIETNAM

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Abstract:

Physical training plays a vital role in the holistic development of the young generations. The study was written to provide information on the current state of sports engagement of students at a college in Vietnam. The research was conducted through a survey of 700 students at Ba Ria Vung Tau Pedagogical College, focusing on their involvement in sports activities, conditions, and needs. The findings indicate that the college's infrastructure meets standard requirements, with well-trained staff and sports clubs that decently support students' physical training. Moreover, the students prefer participating in certain sports, including athletics, football, badminton, and in sports clubs and competitions organized by the school's Student Union.

Keywords: current state, physical training and sports, Ba Ria – Vung Tau Pedagogical College, Vietnam

1. Introduction

President Ho Chi Minh once stated, *"To succeed in preserving democracy, protecting our nation, building better lives for the citizens, what we need first is a strong physical health foundation. If all citizens are weak, the nation cannot be strong, and vice versa."* (Ho Chi Minh, 1946). It is undeniable that sports and physical activities play a crucial role in the health of each individual and the society as a whole. According to the World Health Organization (WHO), adults aged 18-64 should engage in at least 150 minutes of moderate-intensity activity or at least 75 minutes of vigorous-intensity activity each week (WHO, 2020).

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A study by (Tinazci, C., EAlrefai, S., & Musa, O., 2019) suggests that a significant proportion of students fail to meet these global recommendations. Low levels of physical activity are major contributing factors to cardiovascular diseases, cancer, and diabetes (WHO, 2020). The United Nations Population Fund estimates that in recent years, 5.3 million deaths from non-communicable diseases could have been prevented if those who are physically inactive followed those recommendations (Lee, I.-M., Shiroma, E. J., Lobelo, F., Puska, P., Blair, S. N., & Katzmarzyk, P. T., 2012).

The consequences of physical inactivity include a decline in health and the development of obesity (Osipov, A. Y., Vapaeva, A. V., Markov, K. K., Kondrashova, E. A., Iermakov, S. S., Gruzinky, V., Kudryavtsev, M. D., Bliznevsky, A. Y., Bliznevskaya, V. S., Serzhanova, Z., Kuzmin, V., & Zhavner, T., 2018). A lack of regular physical activity also negatively impacts psychological endurance levels (Şar Nuriye, Soyer, & Koç, 2018). The WHO also reports that 60% to 85% of the global population does not engage in adequate physical activity, making physical inactivity the fourth leading risk factor for global mortality. According to the WHO report in 2019, more than 80% of children worldwide (85% female, 78% male) fail to meet the standard. The WHO research team further notes that while levels of physical activity remain stagnant, rates of overweight and obesity continue to rise sharply. The United Nations Population Fund (UNFPA) warned in 2020 that Vietnam is among the 10 countries with the least physically active population, with 30% of adults failing to engage in sufficient physical activity. The physical fitness of Vietnamese youth is ranked poorly compared to international standards. This country is also seeing a trend of younger people having chronic conditions, along with increased rates of overweight and obesity in children, and it is often cited as one of the shortest in the world.

It has been emphasized that sports activities should be systematic, with training intensity suitable for each age group (Bergier, J., Tsos, A., Popovych, D., Bergier, B., Niżnikowska, E., Ács, P., Junger, J., & Salonna, F., 2018). However, in this day and age, when young people spend so much time working and studying on computers, participating in sports becomes much more necessary than ever. Given that significance, the author conducted a study titled *Current state of physical training and sports engagement at Ba Ria - Vung Tau Pedagogical College, Vietnam*.

The purpose of the study is to provide information on the current situation of physical training and sports participation of the students at Ba Ria – Vung Tau Pedagogical College, Vietnam, serving as a basis for proposing future solutions to improve sports training for students.

2. Methodology

2.1 Document Reference Method

This method is used to synthesize relevant documents, serving as a basis for formulating research aims and discussing research results.

2.2 Survey Method with Questionnaire

This method was used to gather information on the routines, opinions, needs, and the extent of participation in extracurricular sports activities from a large number of students at the college. The questionnaire was designed on Google Forms and distributed directly to students. The collected data included students' involvement in sports activities, their awareness of the role of physical exercise in health and academic performance, as well as some factors influencing their participation.

2.2.1 Surveyees

Students in their first, second, and third years who are residents and non-residents of the Ba Ria-Vung Tau Pedagogical College hostel.

2.3 Interview Method

This method was used to collect opinions from PE instructors, student union staff, faculty representatives, and the students in order to gain a deeper understanding of the challenges and advantages in promoting physical exercise and sports participation.

2.3.1 Interviewees

Lecturers of PE and sports, school union officials, faculty union officials, and students who are boarding in the school's dormitory.

2.4 Observation Method

This method is used to collect real-world data on the school's facilities, the engagement of the students, and the quality of the school's sports sessions.

2.4.1 Observation Location

Physical education classes, which are organized within the framework of the curriculum, elective sports sessions, and internal sports events of the school.

2.5 Participants

A total of 700 students (including those from the pedagogy department and other fields) from Ba Ria - Vung Tau Pedagogical College participated in the survey, interviews, and observations to assess their involvement in physical exercise and sports activities, as well as explore certain factors influencing their participation.

Four PE instructors participated in the survey. These instructors are directly involved in teaching and organizing sports activities for students. Therefore, they were able to provide accurate information about the sports curricula, student participation levels, and the teaching methods they have been applying.

Several staff members from the student union, faculty union and club leaders also took part in the survey. These staff members provided information about the school's programs and plans to encourage students' participation in physical exercise and sports activities.

3. Results and Discussions

3.1 Current Situation of Sports Participation

3.1.1 Facilities of Ba Ria - Vung Tau Pedagogical College

The current status of the school's facilities is shown in the table below.

Table 1: Facilities for Sports Activities at Ba Ria-Vung Tau Pedagogical College

No.	Court and utensil	Quantity	Unit of measure	Material	Quality		
					Good	Average	Poor
1	Artificial-grass football field(s)	2	Courts	Artificial grass	X		
2	Badminton court(s)	3	Courts	Cement	X		
3	Air volleyball court(s)	1	Courts	Cement	X		
4	Leather volleyball court(s)	1	Courts	Cement	X		
5	Basketball court(s)	1	Courts	Cement	X		
6	Table tennis ball(s)	2	Tables	Wood	X		
7	Air volleyball(s)	15	Balls	Cement	X		
8	Leather volleyball(s)	10	Balls	Synthetic leather	X		
9	Football(s)	5	Balls	Synthetic leather	X		
10	Basketball(s)	30	Balls	Synthetic leather	X		

Table 1 shows that Ba Ria - Vung Tau Pedagogical College is equipped with relatively sufficient facilities for its students to study PE courses and engage in daily sports training outside of class hours. In addition, it is reported that the school annually purchases new equipment to supplement or replace old or damaged sports equipment. It is also found that the school has renovated the sports courts for the teaching and learning of PE. Thus, it can be seen that the school has fulfilled its responsibility of providing adequate material conditions for physical training activities.

3.1.2 Physical Education Lecturers of Ba Ria - Vung Tau Pedagogical College

The information about lecturers who have been working at the college is presented in the table below.

Table 2: Qualifications and Seniority of PE Lecturers of Ba Ria - Vung Tau Pedagogical College

No.	Quantity	Highest qualification	Years of teaching
1	3	Master	Over 20 years
2	1	Bachelor	8 years

Table 2 shows that the teachers' qualifications at the college fully meet and even exceed the standards. They have extensive experience in training for annual traditional sports competitions. Every year, the college offers the teachers additional short-term training

courses to enhance their professional skills. Additionally, the school consistently provides opportunities for the instructors to pursue further qualifications.

3.1.3 The Current Situation of Sports Practice at Ba Ria - Vung Tau Pedagogical College

In order to find out about the current status of sports participation among students of Ba Ria - Vung Tau Pedagogical College, the author conducted interviews with school union officials, faculty unions, and club leaders. The results are presented in the table below.

Table 3: Students' Sport Participation at Ba Ria - Vung Tau Pedagogical College

With/Without instructors	Number of sessions per week				
	Football	Volleyball	Badminton	Basketball	Table tennis
With instructors	1	1	0	Have been established but are unable to maintain due to no enrollments	Not yet established a club
Without instructors	0	4	2		
Total	1	4	2		
Location: schoolyard, multi-purpose houses					

Table 3 reveals that sports participation among the students at Ba Ria - Vung Tau Pedagogical College is still limited, with a lack of diversity in sports clubs and an absence of instructions in those activities. Most of the club activities are self-guided, with students training each other. This situation can be explained by the fact that most of the college's students are female and that many of them are not very interested in sports training since they are worried about getting tired.

3.1.4 Demand for Sports Practice at Ba Ria - Vung Tau Pedagogical College

A survey of over 700 students obtained the results in the following table.

Table 4: Survey Results on the Students' Sports Preferences at Ba Ria-Vung Tau Pedagogical College

No.	Sports	Votes		Genders			
		n	%	Male		Female	
				n	%	n	%
1	Football	147	21,0	65	44,2	82	55,8
2	Volleyball	75	10,7	48	64,0	27	36,0
3	Air Volleyball	189	27,0	35	18,5	154	81,5
4	Badminton	335	47,8	50	14,9	285	85,1
5	Basketball	69	9,8	49	71,0	20	29,0
6	Table tennis	75	10,7	56	75,0	19	25,0

Table 4 indicates that the students at this college have a strong interest in a variety of sports. Among them, badminton has the highest demand, with 47.8% (335 students) expressing interest, while basketball has the lowest demand, with 9.8% (69 students) being interested. Additionally, the demand for playing football and table tennis is also

relatively low, with only 10.7% (75 students) expressing interest. It is also interesting to find out which sports that both females and males can play tend to have higher participation rates among students.

3.1.5 Students' Participation in Annual Sports Activities at Ba Ria - Vung Tau Pedagogical College

A survey of the number of students participating in yearly sports activities organized by the college and by the student unions in Ba Ria - Vung Tau province yielded the results shown in Table 5.

Table 5: Statistics on the Number of Students of
Ba Ria - Vung Tau Pedagogical College Participating in Sports Activities

Sports	Number of participants	The number of participants and percentage by gender			
		Male		Female	
		Number	Percentage	Number	Percentage
Football	35	9	13,4%	25	3,9%
Badminton	14	7	10,1%	7	1,1%
Tug of war	14	7	10,1%	7	1,1%
Athletics	173	19	27,5	154	24,0%

As shown in Table 5, the number of students participating in sports activities is pretty low, which indicates that students are not fully aware of the benefits of physical exercise.

3.2 Mass Organisations

The Student Union of Ba Ria - Vung Tau Pedagogical College is a dynamic organization in conducting sports events in Ba Ria - Vung Tau province. Every year, the union establishes numerous sports clubs to encourage students to participate in extracurricular activities, connecting students from different colleges and universities. These clubs also provide a healthy recreational outlet for students during their academic years. The Student Union regularly organizes sports events for students to engage in the events of local communities, districts, and the province. Additionally, the Department of Political and Student Affairs has been collaborating with the Student Union, faculty unions, and student associations to organize more sports activities on holidays, aiming to motivate the young generations to develop their physical strength.

3.3 Human Factors

Ba Ria - Vung Tau Pedagogical College has a predominantly female student population, many of whom tend to be inactive or particularly uninterested in sports.

Most students are not fully aware of the benefits that physical exercise offers. Instead of actively playing sports in PE classes or extracurricular activities, they only participate when supervised by instructors. A significant portion of students prefer spending time on other leisure activities, such as watching movies, going to cafés, playing

games, scrolling through Facebook or TikTok, or doing personal tasks that require little physical movement.

There are also a small number of students who are busy with their jobs, leaving them with little time for sports practice. This leads to physical fatigue, which in turn contributes to their reluctance to engage in physical activity.

4. Conclusion

Ba Ria - Vung Tau Pedagogical College has equipped all the necessary conditions to ensure effective sports training for students, including sufficient facilities, a team of four experienced and qualified instructors, and sports clubs that operate regularly, which provide its students with more opportunities for physical exercise outside of class hours. Students here have a strong demand for and actively participate in sports such as athletics, football, and badminton. They also participate in activities organized by sports clubs and sports competitions held by the Student Union and other associations.

Conflict of Interest Statement

The authors declare no conflicts of interest.

About the Author(s)

Nguyen Dang Luc has been a physical education teacher at Ba Ria - Vung Tau College of Education, Vietnam.

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