



DEVELOPING EVALUATION CRITERIA FOR THE EXTRACURRICULAR PHYSICAL TRAINING ACTIVITIES OF DORMITORY STUDENTS AT CAN THO UNIVERSITY, VIETNAM

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Abstract:

Extracurricular sports are voluntary activities for students, organized outside of school hours to help them enjoy recreational time, improve physical fitness, and stay away from social evils. This study aims to develop evaluation criteria for the current state of extracurricular physical training among students living in the dormitories of Can Tho University. Based on both theoretical and practical foundations, eight evaluation criteria were proposed through a survey of 27 experts, including administrators and physical education lecturers, along with a survey of 392 students. The results show that the students have a strong awareness of the importance of extracurricular physical training. However, their level of regular participation remains limited due to a lack of time, facilities, and access to information. Popular sports such as jogging, walking, badminton, and volleyball are favored, but the number of sports clubs and teams remains limited. Thus, the study attempted to propose solutions such as improving sports facilities, increasing the organization of extracurricular physical activities, and establishing sports club models to promote physical training movements among students.

Keywords: extracurricular physical activities, students, dormitory, Can Tho University, evaluation criteria

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1. Introduction

Physical education and school sports are integral components of mass sports, a key aspect of the national sports movement, and the foundation of universal physical education and sports. School sports include both formal physical education and extracurricular sports activities, aiming to foster a well-rounded younger generation in terms of moral, intellectual, physical, and aesthetic development. School sports contribute to forming a habit of lifelong active movement among the youth. However, this effectiveness can only be achieved through prolonged, regular, and systematic participation in learning and physical activities - a core issue and also the most challenging one [1], [2], [3].

Physical education and sports activities in schools play a vital role in the education system, contributing to the overarching goal of “*enhancing public knowledge, training human resources, and nurturing talents*” [4]. Policy documents such as Resolution 08-NQ/TW (2011) [3], Decree 11/2015/NQ-CP (2015) [5], Decision 1076/QĐ-TTg (2016) [6], and Decision 1189/QĐ-TTg approving the Strategy for the Development of Vietnamese Sports by 2030 with a vision to 2045 [7] have emphasized the importance of physical education and school sports in improving students’ health, physical and mental development. The development of school sports is both an objective necessity and an important element of social policy - a positive means to safeguard and enhance students’ health in particular and that of the entire population in general. School sports also reflect national identity, scientific orientation, and inclusiveness. This implies that they serve political, economic, social, national security, and defense goals, while addressing the cultural and spiritual needs of the people. They should leverage traditional cultural values, ensure scientific principles in training and competition, and be suitable for all students across different regions [2], [3].

Extracurricular sports activities are seen as a means of not only improving the students’ health but also helping them develop lifelong fitness habits, enhancing social skills, and nurturing athletic talent. At Can Tho University, physical education has long been implemented through both formal instruction and extracurricular activities to ensure its students’ overall development and support their academic success. However, most such sports activities are organized spontaneously by departments, clubs, groups, or individuals, which potentially leads to inconsistencies in scheduling, training content, and methods. More importantly, there is a lack of connection and shared sports spaces among students.

At the Can Tho University dormitory, where students live and study nearby, organizing extracurricular sports activities plays a crucial role in improving the quality of life, reducing stress, and creating a positive, interactive environment. The current state of organization and participation in these activities, however, has faced several challenges. Some of them can be mentioned as the shortage of facilities, limited information, and insufficient support. Therefore, developing a set of criteria to assess the current state of extracurricular physical training is essential to provide a scientific basis for proposing effective solutions to enhance these activities. Thereby, the authors have

decided to conduct a study that focused on *“Developing Evaluation Criteria for the Extracurricular Physical Training Activities of Dormitory Students at Can Tho University, Vietnam”*.

2. Methodology

The research employed the following methods.

2.1 Document synthesis

This method was used to collect information relevant to the research topic, serving as the basis for identifying the research purpose, objectives, and hypotheses. The collected documents provided foundational information for analyzing and discussing the research results.

2.2 Survey method

This method aimed to gather opinions from experts and professionals to select appropriate criteria for evaluating the current state of extracurricular physical training among students at the Can Tho University dormitory. A 5-point Likert-scale questionnaire was built and delivered to 27 experts who are either administrators or physical education lecturers at Can Tho University. The responses were numbers between 1 and 5, demonstrating the degree of necessity (1: Not necessary at all - 5: Very necessary). A survey was also conducted with 392 students residing in the dormitory, focusing on the eight evaluation criteria proposed based on theoretical and practical foundations.

2.3 Statistical method

This method was used to process and analyze the collected data. The data gathered during the research were analyzed using statistical methods with the support of Excel and SPSS 22.0 software [8], [9], [10].

2.4 Research participants

- 392 students living in the Can Tho University dormitory,
- 27 experts, administrators, and physical education lecturers at Can Tho University.

3. Results and Discussions

3.1 Identification of criteria for evaluating the current state of extracurricular physical training among students at the Can Tho University dormitory

To identify the criteria for evaluating the current state of extracurricular physical training among students residing in the dormitory of Can Tho University, the research was carried out in the following steps.

Step 1: Synthesizing evaluation criteria related to extracurricular physical training activities for students based on documents, materials, and research works by domestic and international authors, including the Ministry of Culture, Sports and Tourism (2019) [11], Nguyen Duc Thanh (2013) [12], Phung Xuan Dung (2017) [13], Nguyen Ngoc Minh (2017) [14], Dang Minh Thanh (2019) [15], Dang Minh Thang (2019) [16], Nguyen Quoc Tram (2021) [17].

Based on the synthesis of criteria regarding school sports activities, the organization of physical activities in schools, and the regulations on extracurricular sports activities for students drawn from the literature, as well as considering the research objectives, the characteristics of the participants, and practical conditions at Can Tho University, the study selected the following criteria to evaluate the current state of extracurricular physical training among dormitory students:

- **Criterion 1:** Students' awareness regarding extracurricular physical training activities
- **Criterion 2:** Students' satisfaction with extracurricular sports activities at the dormitory.
- **Criterion 3:** Number of dormitory students who regularly participate in extracurricular physical training.
- **Criterion 4:** Variety of extracurricular sports activities offered at the dormitory.
- **Criterion 5:** Number of extracurricular sports clubs and teams at the dormitory.
- **Criterion 6:** Number of sports competitions organized annually at the dormitory.
- **Criterion 7:** State of physical facilities, equipment, and tools available for extracurricular physical training at the dormitory.
- **Criterion 8:** Impact of extracurricular sports activities on students' physical and mental well-being.

These criteria were believed to provide a comprehensive overview of the level of participation, organization, quality, infrastructure conditions, impact, and sustainability of extracurricular sports activities for students in the dormitory.

Step 2: Interviewing professionals, administrators, and physical education lecturers.

Based on the synthesized results, a questionnaire was developed and administered to 27 respondents, including professionals, administrators, and physical education lecturers at Can Tho University. The questionnaire used a 5-point scale: 1. Highly unnecessary, 2. Unnecessary, 3. Normal, 4. Necessary, 5. Highly necessary. The results are presented in Table 1.

Table 1: Survey results of the criteria for evaluating the current status of extracurricular physical training and sports of students in Can Tho University dormitory (n=27)

No.	Item	Response				
		1	2	3	4	5
1	Students' awareness regarding extracurricular physical training activities	0	0	3 (11,1%)	6 (22,2%)	18 (66,7%)
2	Students' satisfaction with extracurricular sports activities at the dormitory	0	1 (3,8%)	6 (23,1%)	6 (23,1%)	13 (50%)
3	Number of dormitory students who regularly participate in extracurricular physical training	0	1 (3,8%)	6 (23,1)	10 (38,5)	9 (34,6)
4	Variety of extracurricular sports activities are offered at the dormitory	0	1 (3,8%)	2 (7,7%)	13 (50%)	10 (38,5%)
5	Number of extracurricular sports clubs and teams at the dormitory	0	1 (3,8%)	4 (15,4%)	12 (46,2%)	9 (34,6%)
6	Number of sports competitions organized annually at the dormitory	0	0	4 (15,4%)	10 (38,5%)	12 (46,2)
7	State of physical facilities, equipment, and tools available for extracurricular physical training at the dormitory	0	2 (7,7%)	2 (7,7%)	6 (23,1%)	16 (61,5%)
8	Impact of extracurricular sports activities on students' physical and mental well-being	0	0	1 (3,8%)	10 (38,5%)	15 (57,7%)

Based on the survey results in Table 1, all eight criteria should be selected with the rating rate of "Necessary" and "Very Necessary" reaching 70% or more. Following is the list of the chosen criteria.

- 1) Students' awareness regarding extracurricular physical training activities
- 2) Students' satisfaction with extracurricular sports activities at the dormitory
- 3) Number of dormitory students who regularly participate in extracurricular physical training
- 4) Variety of extracurricular sports activities offered at the dormitory
- 5) Number of extracurricular sports clubs and teams at the dormitory
- 6) Number of sports competitions organized annually at the dormitory
- 7) State of physical facilities, equipment, and tools available for extracurricular physical training at the dormitory
- 8) Impact of extracurricular sports activities on students' physical and mental well-being

3.2. Assessment of the current state of extracurricular physical training among students at the Can Tho University dormitory

The study assessed the current state of extracurricular physical training among students residing in the dormitory of Can Tho University based on the eight criteria identified in section 3.1, as follows.

Criterion 1: Students' awareness of extracurricular physical training

To evaluate Criterion 1, the study analyzed the survey results from 392 dormitory students, as presented in Table 2.

Table 2: Survey results on students' awareness of extracurricular physical training activities (n=392)

No.	Content	Total (n=392)	
		n	%
1	Perceived importance of extracurricular physical activities	392	100
	Very important	112	28,6
	Important	199	50,8
	Neutral	83	21,2
	Unimportant	2	0,5
	Very unimportant	3	0,8
2	Clarity of understanding about extracurricular physical activities held in the dormitory	392	100
	Very clear	68	17,3
	Fairly clear	121	30,9
	Neutral	144	36,7
	Unclear	66	16,8
	Completely unclear	6	1,5
3	Purposes of participating in extracurricular physical activities	392	100
	To improve health	327	83,4
	To reduce stress and boost mental well-being	279	71,2
	To socialize and make friends	230	58,7
	Interest in the sport itself	132	33,7
	To enhance personal skills	118	30,1
	To prepare for sports competitions	43	11
	To support better performance in formal physical education classes	71	18,1
	Other (e.g., weight loss, body toning, fun, fitness, finding a romantic partner)	4	1,02
4	Difficulties in participating in extracurricular physical activities	392	100
	Lack of time	302	77,0
	Dislike of physical activity	62	15,8
	Lack of interest	59	15,1
	Lack of passion for sports	34	8,7
	High costs	66	16,8
	Lack of motivation	128	32,7
	Academic and life pressures	119	30,4
	Lack of information about available activities	110	28,1
	Inadequate facilities and equipment	107	27,3
	Lack of support and encouragement	81	20,7
	Other: _____	10	2,6

The survey results show that 79.4% of the students consider extracurricular physical training activities to be “Very important” (28.6%) or “Important” (50.8%). However, only 48.2% of students has a “Very clear” (17.3%) or “Fairly clear” (30.9%) understanding of the specific physical activities available at the dormitory. The main purposes for participation include improving health (83.4%), reducing stress (71.2%), and socializing/making friends (58.7%). The main difficulties reported are lack of time (77.0%), lack of motivation (32.7%), and academic pressure (30.4%).

Criterion 2: Level of Satisfaction

To assess Criterion 2, the study analyzed the survey results from 392 students, presented in Table 3.

Table 3: Survey results on students’ satisfaction with extracurricular physical training activities at the dormitory (n=392)

No.	Item	Total (n=392)	
		n	%
1	Level of satisfaction with extracurricular physical activities in the dormitory	392	100
	Very satisfied	47	12,0
	Satisfied	131	33,4
	Neutral	196	50
	Dissatisfied	16	4,1
	Very dissatisfied	6	1,5
2	Assessment of facilities for extracurricular physical activities in the dormitory	392	100
	Excellent	44	11,2
	Good	136	34,7
	Neutral	181	46,2
	Poor	28	7,1
	Very poor	7	1,8

Table 3 indicates that 45.4% of students are satisfied (33.4%) or very satisfied (12.0%) with the extracurricular physical activities. Meanwhile, 50.0% of students report a neutral level of satisfaction. Regarding facilities, 45.9% of students rate them as “Good” (34.7%) or “Very good” (11.2%), while 46.2% rate them as “Average.”

Criterion 3: Frequency of participation

To evaluate Criterion 3, the study analyzed the survey results from 392 students, as shown in Table 4.

Table 4: Survey results on the frequency of students' participation in extracurricular physical training (n=392)

No.	Item	Total (n=392)	
		n	%
1	Frequency of participating in extracurricular physical training activities	392	100
	Very frequently	53	13,5
	Frequently	89	22,7
	Occasionally	197	50,3
	Rarely	61	15,6
	Never	5	1,3

According to Table 4, only 36.2% of students participate in extracurricular physical activities regularly ("Very frequently" - 13.5%, "Frequently" - 22.7%). Meanwhile, 50.3% get involved in sports activities occasionally, and 15.6% do it rarely.

Criterion 4: Diversity of sports activities

To assess Criterion 4, the study analyzed the survey results from 392 students, as shown in Table 5.

Table 5: Survey results on the diversity of extracurricular sports activities at the dormitory (n=392)

No.	Item	Total (n=392)	
		n	%
1	Level of satisfaction with the variety of sports organized in the dormitory	392	100
	Very satisfied	56	14,3
	Satisfied	140	35,7
	Normal	176	44,9
	Dissatisfied	19	4,8
	Very dissatisfied	6	1,5
2	Practiced extracurricular sports	392	100
	Running	179	44,4
	Walking	194	49,5
	Yoga	30	7,7
	Gym	44	11,2
	Volleyball	117	29,8
	Badminton	176	44,9
	Basketball	18	4,6
	Football	72	18,4
	Shuttlecock kicking	63	16,1
	Cycling	59	15,1
	Martial arts	43	11
	Other:	15	3,8
	Table tennis	2	0,5
	Swimming	3	0,76
	Chess	3	0,76
	E-sports	3	0,76
	Boxer jump rope	4	10,0
3	Forms of extracurricular sports training	392	100
	Personal self-training	279	71,2
	Group/class training	168	42,9

	Training in sports clubs	44	11,2
	Training in talented/selected teams	17	4,3
4	Preferred forms of extracurricular sports training	392	100
	Personal self-training	237	60,5
	Group/class training	208	53,1
	Training in sports clubs	75	19,1
	Training in talented/selected teams	20	5,1
5	Preferred extracurricular sports	392	100
	Running	158	40,3
	Walking	154	39,3
	Yoga	43	11,0
	Gym	59	15,1
	Volleyball	127	32,4
	Badminton	177	45,2
	Football	65	16,6
	Basketball	23	5,9
	Shuttlecock kicking	64	16,3
	Cycling	61	15,6
	Martial arts	48	12,2
	Others		
	<i>Swimming</i>	4	1,0
	<i>Boxer jump rope</i>	3	0,76
	<i>Chess</i>	1	0,2
	<i>Freestyle football (artistic juggling)</i>	3	0,76

The results presented in Table 5 indicate the following facets:

- **The diversity of sports activities organized in the dormitory:** A total of 56 students (14.3%) report being very satisfied with the variety of sports activities available in the dormitory; 140 students (35.7%) are satisfied; 176 students (44.9%) rate it as average; 19 students (4.8%) express dissatisfaction; and 6 students (1.5%) state that they are very dissatisfied.
- **Extracurricular sports activities practiced by students:** The most common activities include walking (194 students, 49.5%), running (179 students, 44.4%), and badminton (176 students, 44.9%). Other sports that students engage in include volleyball (117 students, 29.8%), football (72 students, 18.4%), shuttlecock kicking (63 students, 16.1%), cycling (59 students, 15.1%), gym workouts (44 students, 11.2%), yoga (30 students, 7.7%), martial arts (43 students, 11.0%), basketball (18 students, 4.6%), swimming (3 students, 0.76%), table tennis (2 students, 0.5%), e-sports (3 students, 0.76%), and boxer jump rope (4 students, 1.0%).
- **Forms of extracurricular sports participation in the dormitory:** A majority of students, 279 (72.2%), report exercising individually. Group or class-based participation is practiced by 168 students (42.9%), while 44 students (11.2%) take part in sports club activities, and 17 students (4.3%) are involved in training with official teams.
- **Students' preferences for forms of extracurricular sports participation:** Regarding their desired modes of participation, 237 students (60.5%) prefer to train individually, 208 students (53.1%) favor group or class-based activities, 75

students (19.1%) wish to train in sports clubs, and 20 students (5.1%) are interested in joining official teams.

- **Students' interests and preferences in specific sports activities:** Badminton ranks highest with 177 students (45.2%) expressing interest, followed by running (158 students, 40.3%) and walking (154 students, 39.3%). Other favored activities include volleyball (127 students, 32.4%), football (65 students, 16.3%), shuttlecock kicking (64 students, 16.3%), gym workouts (59 students, 15.1%), cycling (61 students, 15.6%), yoga (43 students, 11.0%), and martial arts (48 students, 12.2%). Less commonly preferred activities include basketball (23 students, 5.9%), swimming (4 students, 1.0%), boxer jump rope (3 students, 0.76%), freestyle football (3 students, 0.76%), and chess (1 student, 0.2%).

Criterion 5: Number of clubs and teams

To evaluate Criterion 5, the study conducts a statistical analysis of the number of extracurricular sports clubs and teams at Can Tho University's dormitory. The results are presented in Table 6.

Table 6: Statistical results on the number of extracurricular sports clubs and teams at the dormitory of Can Tho University

Content	Quantity	Type and scope of activities	Size and composition of members	Frequency of practice	Management mechanisms	Impact
Forms						
Sports clubs	0	0	0	0	0	0
Sports teams	4	Running (02)	18	3 sessions /week	Self-managed	Engaging members and promoting athletic spirit
		Walking (02) Internal operations dormitory	20			
Selected/talented sports teams	0	0	0	0	0	0

The statistics in Table 6 show that currently, the dormitory does not have any official sports clubs. There are only four informal teams (running: 2 teams, walking: 2 teams) with small sizes ranging from 18 to 20 members. These teams practice three sessions per week and are self-managed.

Criterion 6: Number of sports competitions

To evaluate criterion 6, the study conducted a statistical survey on the number of sports competitions held annually in the dormitory. The results are presented in Table 7 as follows.

Table 7: Statistics on the number of sports competitions held annually at the Can Tho University dormitory in 2023-2024

No.	Competition	Scope	Sports	Number of participating students	Number of participating teams	Time	Resources (budgets, humane, facilities)
1	Traditional Games (Location: Dormitory Area B)	Internal	Group jump rope, Slow bicycle race - pairs.	110	10	18/11/2023	Prize worth 2,150,000 VND
2	Dormitory Female Students' Walking Competition	Internal	Walking	95	0	19/10/2024	

In the academic year 2023–2024, the dormitory organized two internal competitions: traditional games (including group jump rope and slow bicycle racing) and a walking competition for female students. A total of 110 students from 10 teams participated in these events.

Criterion 7: Facilities

To evaluate criterion 7, the study conducted a survey on the quantity of facilities, equipment, and tools available to support extracurricular physical activities in the dormitory. The results are presented in Table 8.

Table 8: Survey results on the quantity of facilities, equipment, and tools supporting extracurricular physical training in the dormitory

No.	Facilities, Equipment, and Tools	Quantity	Usage Condition	Level of Meeting Needs	Accessibility	Space
1	Volleyball court	04	Old, needs repair	Meets needs	Accessible	648m ²
2	Badminton court	04	Old	Meets needs	Accessible	327m ²
3	Volleyball poles	04	Old	Needs repainting	Accessible	
4	Volleyball net	04	Old	Needs replacement	Accessible	
5	Volleyball ball	04	Old	Needs replacement	Accessible	
6	Badminton poles	04	Old	Needs repainting	Accessible	
7	Badminton net	04	Old	Needs replacement	Accessible	

The total area of the sports facilities is 975 m², which includes 4 volleyball courts covering 648m² and 4 badminton courts covering 327m². The equipment, such as volleyball posts, nets, and volleyballs/badminton shuttlecocks, is all in old condition and requires repair or replacement.

Criterion 8: Impact on health and mental well-being

To evaluate criterion 8, the study analyzes survey results from 392 students living in the dormitory (see Appendix 2). The findings are presented in Table 9 as follows.

Table 9: Survey results of the impact of extracurricular physical education and sports activities on students' health and mental health (n=392)

No.	Item	Total (n=392)	
		n	%
1	Do you agree that participation in extracurricular physical exercise does improve health and fitness?	392	100
	Strongly agree	181	46,2
	Agree	189	48,2
	Neutral	28	7,1
	Disagree	1	0,3
	Strongly disagree	1	0,3
2	How do you perceive that extracurricular physical exercise can help reduce stress and improve mental well-being?	392	100
	Very clear	181	46,2
	Quite clear	161	41,1
	Neutral	49	12,5
	Slightly unclear	3	0,8
	Not clear	2	0,5
3	Do you agree that participation in extracurricular physical exercise does help strengthen your connection with fellow students?	392	100
	Strongly agree	150	38,3
	Agree	187	47,7
	Neutral	60	15,3
	Disagree	5	1,3
	Strongly disagree	0	0,0

The results in Table 9 show that 94.4% of students agree that extracurricular physical exercise improves health and fitness; 87.3% clearly recognize its ability to reduce stress and enhance mental well-being; and 86.0% agree that physical exercise helps strengthen the connection among students.

4. Conclusion

The study has identified eight criteria to evaluate the current situation of extracurricular physical exercise at the Can Tho University dormitory.

The survey results indicate that students have a high awareness of the importance of physical exercise, but their participation level remains limited due to barriers such as lack of time, inadequate facilities, and insufficient information. Popular sports activities include running, walking, badminton, and volleyball; however, the organization of clubs and tournaments is still limited.

Conflict of Interest Statement

The authors declare no conflicts of interest.

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