



EVALUATION OF THE CURRENT STATE OF PHYSICAL EDUCATION OF THAI NGUYEN UNIVERSITY OF SCIENCES

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Abstract:

Using conventional scientific methods to assess the status of physical education work at Thai Nguyen University of Sciences in the following aspects: Course program; lecture staff; infrastructure; awareness of officials and lecturers on the position and role of physical education; Current state of physical education hours; Motivations and needs for extracurricular physical training and physical condition of students, as a basis for influencing solutions to improve the effectiveness of Physical Education for students.

Keywords: current state, physical education, Thai Nguyen University of Sciences

1. Introduction

Thai Nguyen University of Sciences was established under Decision No. 1901/QĐ-TTg dated December 23, 2008, issued by the Prime Minister of Vietnam, on the basis of upgrading the Faculty of Natural and Social Sciences of Thai Nguyen University of Sciences. The University is responsible for training high-quality human resources in the fields of natural sciences, social sciences, and humanities, while also conducting scientific research and technology transfer to support the socio-economic development of the Northern Midlands and Mountainous Region, as well as the whole country.

Over more than 20 years of establishment and development, the University has continuously expanded in scale and improved the quality of education and scientific research. Currently, the University has 329 staff members and employees, including 220 lecturers, of whom 115 hold doctoral degrees or associate professorships, accounting for 52.3% of the teaching staff. The University offers 29 undergraduate programs, 11 master's programs, and 6 doctoral programs, serving more than 10,000 learners.

However, in recent years, the physical education at the University has not had any research studies to develop solutions to improve the quality of physical education and physical development for students. In order to have a basis for proposing suitable,

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effective and correct solutions to improve the effectiveness of Physical Education for students, we conduct: Evaluation of the current state of physical education of Thai Nguyen University of Sciences.

2. Research Methods

The functional process uses the following research methods: Method of analysis and synthesis of reference materials, method of interview, method of pedagogical observation, method of pedagogical examination and method of statistical mathematics.

3. Research Results and Discussion

3.1 Current State of Physical Education Program for Students of Thai Nguyen University of Sciences

The Physical Education training program for students at the University of Science, Thai Nguyen University, is taught over 3 semesters, with 90 class hours, as follows: Semester 1: Volleyball (30 hours); Semester 2: Basketball (30 hours); Semester 3: Badminton (30 hours). The specific program allocation is shown in Table 1.

Table 1: Current State of Physical Education Program
for Students of Thai Nguyen University of Sciences

No.	Content	Duration (classes)	Distribution (class)		
			Theory	Practice	Test
1	Physical Education 01. Volleyball	30	2	28	2
2	Physical Education 02. Basketball	30	2	28	2
3	Physical Education 03. Badminton	30	2	28	2

Table 1 shows that the subject curriculum of Physical Education for Thai Nguyen University of Sciences students is developed in accordance with the regulations of the Ministry of Education and Training. Allocated study time is mainly practical, each credit has 2 test periods, there is no class dedicated to theory or physical development, theoretical knowledge or physical development. The theoretical knowledge is equipped right in the practical lesson.

3.2 Current State of Physical Education Lecturers at Thai Nguyen University of Sciences

Conducting an evaluation of the real status of the Physical Education teaching staff at Thai Nguyen University of Sciences through pedagogical observations, lecture record analysis and direct interviews with the Physical Education lecturers at the University. Results are presented in Table 2.

Table 2: Current State of Teaching Staff of Physical Education at Thai Nguyen University of Sciences in the Academic Year 2024 – 2025

TT	Gender	Statistical results													
		Total	Total number of students	Student/teacher ratio	Working seniority		Qualifications			IT			Language		
					<5 years	>5 years	Above graduation	University	Under university	A	B	C	A	B	C
1	Male	7	3139	448	0	7	7	0	0	0	0	7	0	4	3
2	Female	0	-	-	-	-	-	-	-	-	-	-	-	-	-
Total		7			0	7	7	0	0	0	0	7	0	4	3

Table 2 shows that the lecturers of the University are assured of quality, but are few in number compared to the total number of students in the whole university in teaching the subject and extra-curricular physical education.

4. Current State of Facilities for Physical Education Work at Thai Nguyen University of Sciences

In order to assess the current state of facilities for Physical Education activities at Thai Nguyen University of Sciences, a thesis was conducted. The results are presented in Table 3.

Table 3: Current State of Facilities for Physical Education Activities for Students of Thai Nguyen University of Sciences, Academic Year 2024 - 2025

Type of yard - tools	Statistical results				The level of response
	m _i	Quality			
		Good	Average	Weak	
Gym	1	-	1	-	-
Athletics court	0	-	-	-	-
Athletics track	0	-	-	-	-
Volleyball court	1	-	1	-	Low
Volleyball ball	40	20	30	-	Average
Basketball	50	25	25	-	Average
Basketball court	1	-	1	-	Average
Badminton court	4	4	-	-	-

Table 3 shows that although the university board is interested in investing, the current state of facilities for the university's Physical Education activities still has many limitations in both quantity and quality. It is necessary to have active solutions to overcome this shortage problem in reality.

5. Current State of Awareness of Officials, Lecturers and Students of Thai Nguyen University of Sciences about the Role and Position of Physical Education

To assess the current state of awareness of officials, lecturers and students of Thai Nguyen University of Sciences about the role and position of Physical Education work, through interviewing 15 managers, 28 lecturers (in there are 07 Physical Education lecturers) and 307 students studying Physical Education subjects. The results are presented in Table 4.

Table 4: Awareness of Officials, Lecturers and Students of Thai Nguyen University of Sciences about the Position and Role of Physical Education (n = 350)

Content \ Subject	Managers (n=15)		Lectures				Student (n=307)	
			Other subjects (n=21)		PE (n=7)			
	m _i	%	m _i	%	m _i	%	m _i	%
Very important (%)	15	100.00	8	38.1	7	100.00	123	40.00
Important (%)	0	0.00	12	57.1	0	0.00	141	46.0
Unimportant (%)	0	0.00	1	4.8	0	0.00	43	14.0
χ^2	18,629							
P	<0,05							

Table 4 shows that managers are largely aware of the role and importance of physical education in universities. Specifically, 15/15 officials are aware that the practice of Physical Education is very important in the university (accounting for 100.00%).

Regarding the surveyed lecture force, in addition to 07/07 Gymnastics lectures (accounting for 100%) were well aware of the role and importance of Physical Education in the University, among lecturers teaching other subjects, only 8/21 lecturers (accounting for 38.1%) thought that physical education was very important, while 1/43 lecturers (accounting for 4.8%) thought that physical education in university was not important.

Regarding the interviewed student force, up to 43 students, accounting for 14.0% of the students, said that physical education in the University was not important, and of course, because they were not aware of the importance of physical education, they do not value and therefore, their learning results are not high. When comparing the interview results of object groups χ^2 , the difference was statistically significant (P <0.05).

In summary, there are still a large number of students and lectures of other subjects who are not properly aware of the role and importance of physical education in university, which results in a number of negative effects on the development of physical training and sports at the university. The impact is needed to raise awareness of this group of people about the role and importance of physical training and sports.

6. Current State, Needs and Factors Affecting Extracurricular Physical Training of Students of Thai Nguyen University of Sciences

6.1. Current State of Training of Students at Thai Nguyen University of Sciences

The thesis conducted a survey of 664 students of the University on the situation of the needs and the factors affecting the extracurricular sports training of students with questionnaires.

In fact, the number of students participating in extracurricular sports practice is 315/664 students, accounting for 47.82%. Respondents who participated in extracurricular training had 326/664, accounting for 49.06%. The number of students not participating in practice is 23/664, accounting for 3.4%.

Regarding the motives to participate in extracurricular physical training: Among 664 students participating in extracurricular training, 320/664 accounted for 48.1% of the students who practiced physical training because of their favorite sport, with 190/664 accounting for 28.61% students are practicing physical training by being aware of the effect of sports on their health. This figure explains why the number of students participating in regular out-of-university physical training is over 50% of the students participating in extracurricular physical training, because these two training motives are the right and sustainable training motivation. There are 115/664 students, accounting for 17.17% of the students, who are motivated to practice extracurricular sports by friends. There are 39/664 students, accounting for 5.8% of the students participating in the training due to compulsory study and passing physical education. These are unsustainable training motives, so it is difficult to participate in regular extracurricular physical training.

6.2. Training Needs of Students at Thai Nguyen University of Sciences

Needs to participate in extracurricular physical training among 664 students having 400/664, accounting for 61.97% of the total respondents, to participate in the training; 34.79%. Respondents do not participate in extracurricular training having 30/664, accounting for 4.5% of the students interviewed, without giving their opinions.

Popular extracurricular sports: among the sports that the university can organize extracurricular training and can meet the training facilities, Football, Basketball, Table Tennis, Volleyball have the highest percentage of student favorites. It can be explained by the popularity and simplicity of the facilities and training tools of these sports.

The establishment of sports clubs: There are 290/664 students, accounting for 43.6% of the total students asked to join a sports club. There are 374/664 students, accounting for 56.3% of students, who do not like to join sports clubs.

6.3. Current State of Factors Affecting Training of Students at Thai Nguyen University of Sciences

The most influential factors in students' participation in extra-curricular physical training are: Inadequate training ground, training equipment, no favorite sport, no practice time,

no instructors and no awareness of the importance of physical exercise to health. The causes, such as not receiving support from family, friends and other causes, account for a smaller proportion.

7. Current State of Students' Fitness at Thai Nguyen University of Sciences

Assess the current state of students' fitness at Thai Nguyen University of Sciences on the basis of tests prescribed by the Ministry of Education and Training. Specifically: 30m running XPC (s), Remote on-site (m), Crunches (times/30s) and running freely for 5 minutes (m). Detailed results are presented in Table 5.

Table 5: Current State of Students' Fitness at Thai Nguyen University of Sciences

TT	Object	Result					
		Good		Pass		Not pass	
		m _i	%	m _i	%	m _i	%
1	Course KT 21 (First year) (n=309)	92	30.0	171	55.3	46	14.88
2	Course KT 20 (Second year) (n=326)	98	30.06	181	55.2	47	14.41
3	Course KT 19 (Third year) (n=357)	108	30.02	200	56.02	49	13.7

Table 6 shows that, the student's fitness at Thai Nguyen University of Sciences is mainly at the pass level (accounting for more than 55.2%), the percentage of students achieving good at 30% and especially, nearly 15% of the students do not meet the physical standards in the first year, the third year, the highest rate is in the first year with 14.88%.

8. Conclusions

The subject curriculum of Physical Education for Thai Nguyen University of Sciences students meets the requirements of the Ministry of Education and Training; Facilities for teaching are lacking in both quantity and quality; lecturers are assured of quality, but few in quantity.

The rate of students wishing to participate in extracurricular physical training is high; however, the facilities are not guaranteed, and the extracurricular physical training activities of students are still spontaneous.

The student's fitness at Thai Nguyen University of Sciences is mainly at the pass level (accounting for more than 55.2%), the rate of students achieving a good level is 30% and especially, nearly 15% of students have not met the fitness standards in both the first year, second year and third year, this rate reaches the highest in the first year with 14.89%.

Source of the Article

The article is extracted from the master's thesis "*Research and choose solutions to improve the quality of physical education for students of Thai Nguyen University of Sciences*", which was successful protected in June 2025. Author of the thesis: Master's Hoang Minh Tuan.

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Conflict of Interest Statement

There are no conflicts of interest.

About the Author(s)

Hoang Minh Tuan, Master's degree, research in the fields of sports and education, teaching at the university level and guiding university students at Thai Nguyen University of Science (TNUS), Vietnam.

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