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Nguyen Truong Huy
Hanoi Medical College, Hanoi,
Vietnam

Tran Thi Tu
Department of Physical
Education and Sports, Thai
Nguyen University of
Education, Thai Nguyen,
Vietnam

Corresponding Author:
Tran Thi Tu
Department of Physical
Education and Sports, Thai
Nguyen University of
Education, Thai Nguyen,
Vietnam;
tutt@tnue.edu.vn

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The current status of extra-curricular sports activities of female students of Hanoi Medical College

Nguyen Truong Huy and Tran Thi Tu

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Abstract

Extra-curricular sports (ECP) is an activity outside of class hours and is identified as one of the important solutions to develop students' physical fitness. Using research methods such as theoretical synthesis, interviews, surveys and statistical mathematics, the study assessed the current status of ECP activities of female students of Hanoi Medical College. The results show that the proportion of female students participating in extracurricular sports is still limited and irregular; Training activities are mainly self-practice, or in groups, classes or clubs organized by students; There is no formal training program and plan, the number of club participants is limited. The results of this current situation research will serve as a basis for developing and implementing solutions to develop extracurricular sports to develop the physical fitness of the school's students.

Keywords: Current situation, extracurricular sports, female students, Hanoi Medical College

Introduction

Physical Education has always been of special interest to schools in general and Hanoi Medical College in particular through vibrant and healthy emulation movements, promoting strong sports, and nurturing outstanding individuals in Physical Education and Sports. The school considers this one of the key tasks. The school has invested in facilities for Physical Education and Sports activities and Physical Education subjects, gradually meeting the training needs of staff, teachers and students. In addition, the school also pays attention to non-sports activities. However, in reality, the proportion of female students participating in non-sports is still limited, irregular, the form and content lack diversity, and have not attracted a large number of students, which has significantly affected the quality of training [1-3].

From that reality, we conducted an assessment of the current status of physical education and sports activities of female students of Hanoi Medical College, as a basis for selecting and developing effective solutions to improve the quality of this work in the coming time.

Research methods

We used the following methods: Analysis and synthesis of reference documents; Interviews; Pedagogical observation and Statistical methods.

Survey subjects: 200 female students of Hanoi Medical College.

Research results and discussion

Determine criteria for assessing the current status of extracurricular sports training activities of female students at Hanoi Medical College

Through the results of document reference, expert interviews, reliability testing and KMO testing, 10 criteria were selected to assess the physical education and sports training activities of the research subjects, including: [4, 7].

Current status of training activities and extracurricular sports training content: 5 criteria

- **TC1.1 Level of participation in training:** Regular/Irregular/Not participating.

- **TC1.2. Motivation for participation in training:** For the results of studying Physical Education / Because of love for sports / Improving health / Entertainment / Socializing with friends / Friends entice.
- **TC1.3. Training time:** Morning (early morning from 5:00-6:00)/Training at noon/Training after afternoon school (from 17:30)/Training in the evening (after 20:00)/whenever there is free time, not fixed.
- **TC1.4. Time to participate in ECP in a day:** <30 minutes/45-60 minutes/60-90minutes/90-120 minutes.
- **TC1.5. Current status of applying training plans:** Training according to a systematic program/ Training without a program/ Competition.
- **TC1.6. ECP content:** Soccer / Basketball / Table tennis/Volleyball/ Volleyball/Badminton/Chess/Walking, running/Aerobics/Gym.

Forms of training and forms of organizing extracurricular sports activities: 4 criteria

- **TC2.1: Forms of participation in training:** Practicing alone/ in groups, self-established classes/ Clubs/ Teams.
- **TC2.2: Forms of training organization:** With instructors/without instructors/Combined.
- **TC2.3: Types of clubs (or management forms):** Clubs organized by students/Clubs organized by the school/Sports teams/Fee-based sports clubs.
- **TC2.4:** Current status of organizing and participating in competitions.

Assessment of the current status of extracurricular sports activities of female students at Hanoi Medical College: Current status of training and content of extracurricular sports training of female students at Hanoi Medical College. To learn about this issue, we conducted interviews using questionnaires with 200 female students at

Hanoi Medical College. The questions were asked closely following the selected criteria. In particular, the level of regular exercise was calculated from 3 sessions/week or more, each session from 30 minutes or more, maintained continuously for 6 months. The results are presented in Table 1.

Table 1 shows that

The percentage of female students participating in physical training is 58.5%, of which the percentage of regular training is only 21.5%.

Regarding the motivation to participate in training. The majority of female students have positive and sustainable motivations to practice physical training, but there is also a large number of students who practice because they are lured by friends, this percentage accounts for 50%.

Regarding the time to practice physical training: Most choose the time after school in the afternoon with a rate of 40.52%, followed by no fixed time, the number of students practicing in the morning, noon and evening is low.

Regarding the training time during the day: From 60-90 minutes accounts for the majority with a rate of 42.24%.

Regarding the current status of applying physical training plans: Up to 53.45% said that they are practicing without a systematic program, no training program or plan has been developed and approved. The rate of students practicing according to the program is only 28.45%, this is the number of students practicing at teams, gyms with private coaches. Regarding the content of ECP: The favorite sports, participating in training are Volleyball, Walking/Running, Gymnastics (Gym, Aerobics, Dance Sports). Other sports have lower participation rates, especially Football, Shuttlecock, Basketball under 10%.

Table 1: Current status of training and content of extracurricular sports training of female students of Hanoi Medical College (n=200)

Interview Contents	Summary (n=200)	
	Mi	%
Level of Participation in Exercise		
Regular	43	21,5
Infrequent	74	37
Not Participating	83	41,5
Motivation for Participating in Exercise (n=116)		
For Physical Education Results	26	22,41
For Enjoying Sports	50	43,10
Improving Health	58	50,00
For Entertainment	70	60,34
Interacting with Friends	76	65,52
Friends Involve	58	50,00
Time of extracurricular sports practice (n=116)		
Morning	10	8,62
Noon	10	8,62
Afternoon	47	40,52
Evening	19	16,38
Not fixed	30	25,86
Extracurricular sports practice time during the day (n=116)		
<30 minutes	15	12,93
45-60 minutes	34	29,31
60-90 minutes	49	42,24
90-120 minutes	18	15,52
Current status of training plan application (n=116)		
Training according to the program	33	28,45
Training without a program	62	53,45

Training in the form of competition	21	18,10
Current status of extracurricular sports practice content		
football	10	8,62
Volleyball	14	12,07
Air volleyball	46	39,66
Table tennis	21	18,10
Basketball	10	8,62
Badminton	28	24,14
Walking/jogging	69	59,48
Martial arts	19	16,38
Swimming	14	12,07
Badminton	8	6,90
Chess	12	10,34
Gym (Gym, Aerobic, Dance sport)	50	43,10
Other sports	36	31,03

Table 2: Current status of training forms and forms of organizing extracurricular sports training of female students at Hanoi Medical College (n=116)

Current situation		Result	
		Mi	%
Training form	Sports Teams	9	7,76
	Groups, Classes Self-Founded	28	24,14
	Clubs	41	35,34
	Practice Alone	38	32,76
Training organization form	No Instructor	67	57,76
	With Instructor	33	28,45
	Combination	16	13,79
Types of sports clubs (n=100) (multiple choice)	Student-Organized Clubs	49	42,24
	School-Organized Clubs	28	24,14
	Sports Teams	21	18,10
	Fee-Based Sports Clubs	19	16,38

Current status of training forms and forms of organizing extracurricular sports activities for female students of Hanoi Medical College

The survey was conducted through interviews with questionnaires to 116 female students who participated in physical training. The results are presented in Table 2.

Table 2 shows that. The majority participated in clubs with a rate of 35.34%, followed by self-training with 32.76%. The remaining two forms have low participation rates, respectively 7.76% and 24.14%.

Regarding the form of training organization: The rate of training without an instructor accounted for 57.76%. This rate is consistent with the interview results in Table 1 when the majority of female students said that they participated in training but did not have a systematic training program or plan.

Regarding the types of sports clubs participating, the number of female students participating in student clubs accounts for a high percentage of 42.24%, followed by clubs organized by the School accounting for a percentage of 24.14%, and fee-based sports clubs account for the lowest percentage of 19%.

For the group of female students participating in training in the form of clubs, it shows that the majority participate in clubs organized by students themselves, other types of clubs have a low participation rate.

Regarding the current situation of organizing and participating in sports competitions of students of Hanoi Medical College, statistical results in the 2023-2024 school year show that, as of April 2024, the School has organized 4 tournaments, including 3 school-level competitions for each sport (1 Football tournament; 1 Basketball tournament, 1 Volleyball tournament), 1 Sports Festival tournament for

many sports. These are sports tournaments held throughout the school, however, some tournaments are only for male students such as Football, Volleyball. The number of female students participating mainly in Basketball and Badminton at the Sports Festival.

Conclusion

- 10 criteria have been identified to assess the current status of physical education and sports activities of female students at Hanoi Medical College.
- The number of female students participating in physical education and sports is still limited and irregular; the training activities are mainly self-practice, or in groups, classes or clubs organized by students; there is no systematic training program and plan, the number of club participants is limited; the main sports chosen are Walking/jogging, Volleyball and Gymnastics.

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