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Assessment of the current status of student sports activities Thai Nguyen university, Vietnam

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Abstract

Student sports activities play an important role in the movement work of each university. Through the use of regular and reliable scientific research methods in the field of physical education and sports, this article aims to assess the current status of sports activities of students at Thai Nguyen University. The research results are important in reviewing and perfecting plans for organizing appropriate sports activities, and at the same time, they are the basis for consulting on the development of factors to ensure the effectiveness of these sports activities. The research results have also identified factors to assess the current status of sports activities of Thai Nguyen University students such as: the active participation in sports activities of students is still weak, students have not formed the habit of regular physical exercise; the motivation to participate in sports is still passive and not active; the content of sports training is unevenly distributed; the time for participation in training is still small, and especially students participating in sports training lack instructors. These factors help the research to comprehensively assess the process of sports activities in the university environment of students.

Keywords: Current status, sports activities, students, Thai Nguyen university, Vietnam

Introduction

Sports activities play an important role for each individual, especially students in the stage of forming and perfecting their personality. Not only does it improve health, sports also contribute to intellectual development and personality building. Sports are not only an important activity to help protect and improve health, but also create a basis for social cohesion. At the same time, physical activity contributes to both physical and mental development and regulates social behavior (Çakir & Ceyhan, 2021; Lim, H., & Zou, 2019) ^[8]. ^[6]. The main factors affecting college students' sports participation are a lack of time due to academic pressure, limited facilities, and a lack of professional exercise guidance. (Mingzhu Pan & Binbin Ying, 2022) ^[7]. The effective use of sports facilities, one of the main factors affecting sports participation in universities, is directly proportional to university facilities and personal factors, so many students participate in sports at a limited level and are not active (Ceyhun, 2025) ^[9]. In addition, the application of facilities to physical activities can increase students' fitness levels. Physical education is an activity that involves exercises that require the participation of the whole body and develop both coordination and strength, as well as flexibility and balance (Reed, 2007) ^[10].

A study in China found that teacher autonomy support, performance expectations, and self-efficacy were important predictors of student engagement in physical education classes, as performance expectations and self-efficacy partially mediated the effects of teacher autonomy support on student engagement. This study emphasizes the value of supporting teachers' autonomy in blended online learning to promote students' participation in physical education, thereby positively influencing innovation in higher physical education (Lianqiang Li & Detao Zeng, 2025) ^[13].

In Vietnam, many authors have also researched sports activities among students, such as the current situation of extracurricular physical education activities among students at Tay Nguyen University (Chu Vuong Thin & Do Thi Thuy Linh, 2024) ^[11]. The current situation of extracurricular physical education and sports activities of primary school students in Thanh Hoa province. (Lan, 2024) ^[12].

Thai Nguyen University of Education (TNUE) is a large-scale university in Vietnam,

including a system of member universities and affiliated specialized faculties. However, in reality, due to many different objective and subjective reasons, the sports activities of Thai Nguyen University students are still limited, the number of students participating in sports training is not much, the quality of sports activities is still low. In addition, sports movement activities are also on the decline; the number of students participating in sports competitions is not as expected. The cause of the above situation may be that students do not have a good sports training environment. Therefore, the problem requires us to research and find ways to build practical measures to promote the development of sports training movements for students, contributing to improving the quality of sports activities in each school under Thai Nguyen University.

Research Methods

The topic uses conventional and reliable scientific research methods on physical education and sports, including: document analysis and synthesis, interview method, pedagogical observation method, pedagogical testing method, and statistical mathematics. The topic conducts a survey on the current status of sports activities at 07 schools under Thai Nguyen University: Thai Nguyen University of Education; University of Information Technology and

Communications; University of Agriculture and Forestry; University of Medicine and Pharmacy; University of Economics and Business Administration; University of Industrial Engineering; University of Science, including 35 experts, managers, teachers and 465 students of 07 schools under Thai Nguyen University, with the following contents: Current status of diligence in physical education, motivation, form, content and needs for physical education and influencing factors. The assessment is conducted on all students and according to gender characteristics (male and female), of students of 07 schools under Thai Nguyen University.

Research Results and Discussion

1. Active participation in sports training of Thai Nguyen University students

To find out the current situation of active participation in sports training of Thai Nguyen University students and how it affects the sports training movement, the study conducted interviews with 465 students studying and training at 07 schools under Thai Nguyen University. The interview content was shown through 3 levels: Regular training, irregular training, and no training. The results are presented in Table 2.1:

Table 1: Current situation of active participation in sports training of Thai Nguyen University students (n=465)

Sr. No.	Response Level	Gender			
		Male Student (35)		Female Student (40)	
		n	%	n	%
Thai Nguyen University of Education	Regular	6	17,1	8	20
	Infrequent	10	28,6	12	30
	No exercise	19	54,3	20	50
University of Education; University of Information Technology and Communications	Response Level	Male (35)		Female (30)	
		n	%	n	%
	Regular	7	20,0	6	20
	Infrequent	11	31,4	8	26,7
	No exercise	17	48,6	16	53,3
University of Agriculture and Forestry	Response Level	Male (35)		Female (30)	
		n	%	n	%
	Regular	6	17,1	4	13,3
	Infrequent	10	28,6	11	36,7
	No exercise	19	54,3	15	50
University of Medicine and Pharmacy	Response Level	Male (30)		Female (35)	
		n	%	n	%
	Regular	3	10	4	11,4
	Infrequent	10	33,3	10	28,6
	No exercise	17	56,7	21	60,0
University of Economics and Business Administration	Response Level	Male (35)		Female (30)	
		n	%	n	%
	Regular	5	14,3	5	16,7
	Infrequent	12	34,3	10	33,3
	No exercise	18	51,4	15	50
University of Industrial Engineering	Response Level	Male (35)		Female (30)	
		n	%	n	%
	Regular	7	20	5	16,7
	Infrequent	12	34,3	9	30,0
	No exercise	16	45,7	16	53,3
University of Science	Response Level	Male (30)		Female (35)	
		n	%	n	%
	Regular	4	13,3	4	11,4
	Infrequent	11	36,7	12	34,3
	No exercise	15	50	19	54,3
Total	Regular	38	16,2	36	15,7
	Infrequent	76	32,3	72	31,3
	No exercise	121	51,5	122	53,0

From the results of Table 2.1, it can be seen that: In general, out of 465 students interviewed at 7 universities under the University of Natural Sciences, 243 students did not participate in physical training, accounting for 52.3% (the number of students participating in physical training was 222 students, accounting for 47.7%), the number of students

who regularly practiced physical training accounted for a very small percentage of 15.9%, the rest participated in irregular physical training, accounting for 31.8%. From the above results, it can be seen that the positivity in physical training of students of Natural Sciences is still low. In other words, physical training of students has not become a habit;

most of them think that practicing during regular school hours is enough. The results also clearly show that the percentage of female students participating in physical training regularly, irregularly, and not practicing is lower than that of male students. Male students participating in physical training regularly accounted for 16.2%, female 15.9%; Men who do not regularly practice sports account for 32.3%, women are 31.3%; Men who do not practice sports account for 51.5%, women are 53%.

2. Current status of motivation to participate in sports training of students of the University of Natural Sciences

Most people who practice sports show their positivity and initiative through self-awareness and by trying to complete

their learning and training tasks. That comes from a good learning attitude, overcoming difficulties and obstacles, trying to grasp skills and movement techniques, expanding knowledge, developing physical qualities, and creating a comfortable spirit to perform tasks. Thus, the effectiveness of the pedagogical process depends largely on the attitude, positivity, and self-awareness of the learner. To understand the motivation of participants in sports training, the study interviewed 222 students (114 male students and 108 female students) at 7 universities under Thai Nguyen University who participated in sports training. The results are presented in Table 2.

Table 2: Current status of sports training motivation of Thai Nguyen University students

Sr. No	Interview content	Interview results				Total students (n=222)	
		Male (n= 114)		Female (n = 108)			
		n	%	n	%	n	%
1	Improve health	34	29,8	28	25,9	62	27,9
2	Improve sports performance	26	22,8	19	17,6	45	20,3
3	As prescribed by the Physical Education program	105	92,1	91	84,3	196	88,3
4	Reduce stress, have fun, entertain, make friends	48	42,1	57	52,8	105	47,3
5	Have real interest, see the great role of physical education and sports	29	25,4	28	25,9	57	25,7

Through the data in Table 2, it can be seen that students of 07 universities under Thai Nguyen University have very different opinions on the motivation to participate in sports training. Considering the total number of students participating in sports training, most students said that they practice TT because of the regulations of the Physical Education program (accounting for 88.3%), the number of students with the motivation to improve sports performance is relatively low (accounting for 20.3%), and the remaining

motivations are only average (from 25 - 47%).

3. Current status of sports training content of Thai Nguyen University students

To assess the current status of training content of Thai Nguyen University students, we interviewed 222 students participating in sports training at 7 universities under Thai Nguyen University. The results are presented in Table 3

Table 3: Current status of sports training content of Thai Nguyen University students

Sr. No.	Content	Interview results				Total students (n=222)	
		Male (n=114)		Female (n=108)			
		n	%	n	%	n	%
1	Badminton	55	48,25	35	32,41	90	40,54
2	Table Tennis	24	21,05	17	15,74	41	18,47
3	Volleyball	56	49,12	61	56,48	117	52,70
4	Athletics	27	23,68	22	20,37	49	22,07
5	Football	48	42,11	15	13,89	63	28,38
6	Basketball	46	40,35	18	16,67	64	28,83
7	Squash	33	28,95	32	29,63	65	29,28
8	Martial Arts	69	60,53	70	64,81	139	62,61
9	Swimming	19	16,67	17	15,74	36	16,22
10	Aerobic	5	4,39	38	35,19	43	19,37
11	Gym	25	21,93	20	18,52	45	20,27
12	Other	17	14,91	21	19,44	38	17,12

The results of Table 3 show that: In general, the practice of physical education subjects by students is very scattered, and the sports that students are currently practicing are also uneven. In particular, the sports that students practice the most are: Martial arts 139 students accounting for 62.61%; Volleyball 117 students accounting for (52.7%), Badminton 90 students accounting for (40.54%), Shuttlecock, soccer, basketball, track and field, gym account for 20-29%; The subjects may also be unattractive or difficult in terms of training conditions, but have not been chosen by students to practice, only from 16-19%.

Through Table 3, it is also clear that the proportion of male and female students choosing extracurricular training content is also different; the choice of practice is not equal in extracurricular sports, in which sports such as Badminton, Volleyball, and Shuttlecock are chosen by women to practice more than the remaining sports. As for male students, the number of male students choosing to practice subjects such as Soccer, Volleyball, and Martial Arts is more than the remaining sports. These are subjects that focus on strength and have a direct confrontational nature, so the number of male students participating in practice is also higher.

4. Current status of sports training organization of Thai Nguyen University students

To assess the current status of the extracurricular training organization of Thai Nguyen University students, we interviewed 222 students at 7 universities under Thai Nguyen University. The results are presented in Table 4.

Table 4: Current status of sports training organization of students at Thai Nguyen University (n=222)

Form	Student Opinions (n=222)	
	n	%
Regular Guidance	9	4,05
Occasional Guidance	33	14,86
No Guidance	180	81,08

The results of Table 4 show that currently, the majority of students are practicing in the form of organization without an instructor, with 180 students accounting for 81.08%. The form of practice with an instructor but not regularly accounts for a smaller percentage, with 33 students, accounting for 14.86%, and the regular practice with an instructor accounts for a very low percentage of 9/222 students, accounting for 4.05%. This shows the lack of attention from schools, teachers, and especially the role of the Youth Union organization in this work. The above viewpoint is also similar to the opinion of author Tran Thi Tu in the research topic of applying solutions to improve the effectiveness of extracurricular activities for students of the Faculty of Physical

Education, Thai Nguyen University of Education, with a small number of lecturers participating in guiding extracurricular activities and a lack of investment funds for extracurricular activities.

5. Current status of the duration and number of sports practice sessions of Thai Nguyen University students

In order to assess the current status of the duration of physical training in a day of students of Thai Nguyen Medical College, the study conducted interviews with 222 students, and the results are presented in Table 5

Table 5: Current status of physical training of Thai Nguyen University students

Sr. No	Content	Level	Total students (n=222)	
			n	%
1	Daily exercise duration	<30 minutes	154	69,37
		30 - 60 minutes phút	57	25,68
		>60 minutes	11	4,95
			222	100,00
2	Practice time	Morning	41	18,47
		Afternoon	169	76,13
		Evening	12	5,41
			222	100,00
3	Number of training sessions per week	1 - 2 sessions	189	85,14
		≥ 3 session	33	14,86
			222	100

The results of Table 5 show

Regarding the duration of daily practice: The majority of students only practice for <30 minutes, accounting for 69.37%; the number of students practicing from 30 to 60 minutes is less, accounting for 25.68%. The number of students practicing more than >60 minutes accounts for a very small percentage of only 4.95% and is mainly male students. Thus, it can be seen that the general situation is that the majority of students practice for too little time, mainly <30 minutes/session. This is due to many reasons, such as difficulties in playgrounds, equipment, tools, and time. This is also the key point that all collective activities require. - Regarding the time of participating in extracurricular training: Most students participate in training in the afternoon, accounting for 76.13%; the number of students participating in training in the morning is less, accounting for 18.47%; besides, there is also a small percentage of students participating in training in the evening, accounting for 5.41%. Through direct exchange, we learned that the students participating in training in the evening are mainly in Badminton and Martial Arts. Thus, it can be seen that most of the students choose to practice in the afternoon because at other times they still have to study according to regular hours. This is also suitable for the school's facilities at this time, as students have just had training grounds. On the other hand, this is also a suitable

time for lecturers to have free time to participate in training the team and clubs to organize extracurricular activities. - Regarding the number of training sessions per week: The number of students who regularly participate in extracurricular training (≥3 sessions/week) has 33/222 students participating in training, accounting for 14.86%; the rest only participate in extracurricular training with 1-2 sessions/week, with 189/222 students accounting for 85.14%. From the above research on the topic, it can be seen that the number of sports training sessions for students in the University of Natural Sciences is too small; physical training or skills and techniques must be practiced regularly and continuously to bring practical results. Therefore, to attract a large number of students to practice TT, there must be many measures to bring passion and attraction to students in sports activities.

Conclusion

The research results show that the current status of sports activities of Thai Nguyen University students is still limited. The research results have also identified factors affecting students' sports activities, such as: the active participation in sports training is still weak, the motivation to participate in sports training is still passive, most students think that the motivation to participate in sports is due to the regulations of the Physical Education program. The content of training

is mainly in some sports such as: Martial arts, volleyball, badminton. The time for training is still limited, with the form of training mainly being self-practice, without an instructor. The results of this research are determined to be the basis for building a suitable sports movement plan at schools, and at the same time, it is the basis for studying and selecting measures to develop the sports training movement for Thai Nguyen University students more effectively.

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