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Solutions to Improve Teach Quality Physical Education in Tan Trao University, Vietnam

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Abstract:

Physical education (PE) in schools is a very important and basic part of physical training and sports activities with the role of promoting health and improving physical fitness for pupils and students (HSSV) actively contributes to fostering and training people for comprehensive development to build and defend the Fatherland. Physical education is one of the comprehensive educational goals of our Party and State, part of the national education system. Physical education is understood as: 'The pedagogical process aims to educate and train the younger generation, improve the physical and personality, improve the working ability, and extend the life of people'. (Education Law - 2005). Physical education, like other types of education, is a pedagogical process with its full characteristics, a leading role of pedagogy, organization of pedagogical activities in accordance with students, in accordance with pedagogical principles. The paper will focus on solutions that contribute to improving the quality of quality education in Tan Trao University.

Keywords: Physical education, solutions, teaching quality, Dong University

1. Introduction

Along with intellectual education, aesthetic education, ethical education, physical education is an indispensable part in the formation of comprehensive human development. This is a form of education to improve the health of students. Thus, we realize that physical education is a key subject of the educational program to provide basic motor knowledge and skills for learners through exercises and motor games, contributing to implementation. Comprehensive educational goals for students. The effect of physical education and intentional use of physical education in schools is comprehensive, a means to streamline the regime of activity, active rest, maintenance and improvement. Improve the performance and learning ability of students during the time of studying in the school, as well as ensure the preparation of general fitness and professional fitness preparation in accordance with the conditions of the profession in future. However, in fact, up to now, the subject of physical education at all levels is still considered by many schools as a supplementary subject. Therefore, the attention and investment of many schools in this subject is not adequate, the facilities and equipment for teaching and practicing still lack many, the attention of the leaders the religion is not really right. In order to solve these problems, the current physical education work in Tan Trao universities still faces many difficulties. For students, the physical condition of many students is weak, while the motivation for learning is low, the awareness of physical training and sports is not high, and the physical facilities for organizing exercises inadequate training, the subject content is not attractive, there is less healthy playground, the physical movement and sport activities are organized at irregular intervals, so students are not interested in the subject of physical education. This partly explains the state of 'coping' learning of many students when it comes time for physical education. Currently, many universities and colleges ... physical education subject is still underestimated by many students and students ... From which we wonder? How to make students interested in physical education? This is a question not easily answered. After exchanging, studying, through practical teaching of physical education of lecturers of Tan Trao University, we offer some solutions as follows.

2. Solution

2.1. Content

- The physical education program in universities, colleges and professional secondary schools to address the educational tasks is: 'Equipping knowledge, skills and physical training for students'. The content of physical education curriculum in universities, colleges and professional secondary schools is conducted throughout the learning process of students in the school by the content.
- Regular physical education class: This is the most basic content of physical education conducted in the school's learning plan. Because the basic training of physical and sport for students is a necessary task, it must first have appropriate content to develop health, physical qualities and ability to coordinate movement. for students. Thereby, helping the children have a certain level to acquire techniques of physical exercises and sports. With the main goal of teaching is to conduct the process of training physical capacity, developing physical qualities,

developing psychological capacity, creating a sense of regular physical training and sports, and educating Basic virtues and courage for students. Physical education class itself has many important implications for the management and education of people in society. The study of gymnastics and movement techniques is a necessary condition for people to develop their bodies in a harmonious way, protect and strengthen their health, form common and professional capacities.

- Extracurricular - self-study time: This is the need and the desire in the spare time of a part of students, with the purpose and mission of contributing to the development of capacity, physically at the same time, it also contributes to improving the athletic achievement of students. Extracurricular lessons to reinforce and improve the main lessons and conducted at self-study time by students, or under the guidance of physical education teachers. In addition, there are sports activities outside the classroom, including: practicing in clubs, competing in and out of school, as well as in self-training time of students. . Extracurricular activities with the function of motivating many people to participate in practicing their favorite sports, contributing to improving health for learning and living.

2.2. Three Main Solutions

For teachers: It is necessary to use appropriate and flexible teaching methods, teachers need to enhance the education of subject meaning, change teaching methods to create a competitive atmosphere in the classroom, improve teaching capacity. In each lesson, the game and competition method should be applied, constantly cheering, encouraging and motivating them to be motivated to practice. Set targets for each content and the whole classroom, improve the curriculum to suit the needs and interests of students. Teachers need to carefully study the content, curriculum, lectures must be concise, scientific and improve teaching methods. In particular, the teaching process is a teacher who provides new knowledge for students and through which the teacher performs the task of education and development for students, and for students, the teacher needs to master control and guide the class so that students can acquire knowledge proactively and master the knowledge systematically.

Apply thoroughly and appropriately the principles of physical training and sports teaching: the ideological principle, the visual principle, the comprehensive principle, the system, the principle that is suitable for the student's ability to absorb consolidation and improvement principle.

Good use of fitness teaching methods, in accordance with the content and movements: complete and segmented methods, teaching and modeling methods, training methods, methods to correct wrong movements...

There is a reasonable and reasonable teaching plan and method for conducting physical education.

Focusing on applying information technology solutions to teaching. When it comes to education, especially physical education, we know there are many different ways to reach the goal. The method of using visual media and applying information technology to teaching is currently being paid attention to by the education industry, as well as teachers because it has a special place in the awareness of students.

The method of using visual media is not a new method but the application of information technology in teaching is a new method. For a long time, people did not pay adequate attention to it, especially for teachers, due to subjective and objective conditions that they could not use by means of computers during teaching hours, but especially the subject. Physical education. The subject is mainly on the training ground, which is more mobile for the purpose of implementing the subject of training and improving health; contribute to promoting the comprehensive and balanced development process of the body, while at the same time fostering good qualities: a sense of discipline, agile manners, urgency, courage and overcoming. Difficult ... So the presentation incorporates modeling, visuals, movies, photos, especially videos of the top sports competitions of the world athletes, the technical moves filmed slow, or like the movements they make themselves are filmed and then shown to the whole class to see and recognize their own experiences, which is very necessary and important. This has contributed significantly to help students become more interested in lessons and physical education, passionate about self-study, learning and practicing sports more often. The change and improvement of teaching methods is the application of information technology to some lessons, physical education lessons need to do the following: Show students videos of related subjects of athletes. Leading Vietnam and the world make the movements for them to feel, visualize the subject, try to practice. Illustrate the content presented with specific images, video footage for them to imagine their own image. Or for them to see the images of the videos when performing the technical movements are slowly recorded, helping them to look, learn deeply so they can absorb quickly and accurately. Or it is the movements made by the children that are recorded to track, analyze, evaluate, the pros and cons of that movement, to study together. These images create stimulation, interest in learning for the children, make the lesson exciting, the atmosphere of learning is increased, which has a great impact on their learning results.

Understanding the characteristics of health, psychophysiology of age: This is a very important issue in physical training activities as well as physical education subject to achieve to be most effective, avoid possible negative effects. We need to do the following in the teaching process:

Based on the physiological characteristics of each age group, gender, motor system, circulatory system, respiratory system, nervous system ... to have an effective method of teaching.

Based on the characteristics of physical development: strength, strength, endurance, flexibility and dexterity of students to have appropriate exercises and motions.

For students: Forming motivations to study subjects for students to make them understand, 'Health is human capital'. You have health then you got everything. So what to do to be healthy? There are many factors that bring health, but regular exercise is the most effective and simple way to help us strengthen, preserve and enhance health. Physical education subjects do this. It helps children reduce stress, fatigue in school, labor and other activities; Help them

understand and practice the right methods and techniques to contribute to improving health. They understand that this problem will form a motivation for learning. Thus creating excitement, excitement for the subject in students.

For managers: To implement the specific solutions as above, attention should be paid to the investment of leaders at all levels and the implementation of the solutions in a synchronous and thorough manner is as follows:

Develop content of standards of physical training into the content of assessment of competence and content of subject assessment tests according to the standards of the Ministry of Education. Stimulating students' study attendance, at the same time, they also need to create conditions for investment in equipment, yards and equipment to study and build the regular physical training and sports movement in schools. The subject of physical education is like other subjects. The organization promotes extracurricular activities for students with instructors to practice and compete in sports so that student activities become the content of a regular and continuous cultural life. Meeting the needs of self-training and improving health, it is necessary to develop activities such as organizing the construction of sports clubs and mass sports activities. Expanding and strengthening sports competitions in students, attracting a large number of students to participate in and cheering, building school sports teams to participate in friendly matches with friends, participate in competitions at industry and ministerial levels...

Building solutions to foster professional skills for teachers: Encouraging and encouraging conditions for lecturers to participate in learning to improve their qualifications. On the basis of maintaining and improving the operational quality of the school's organizational structure for management of the physical training and sport movement, ensuring the assignment of functional sections, increasing the direction of the school administration closely coordinate the activities of the Physical Education Department with mass organizations and functional departments to create favorable conditions for the development of the school's physical training and sport movement in various forms.

Building the organizational structure of the Department of Physical Education Department, Department of Education: There is a division of responsibilities for each subject, each teaching staff, building a plan to develop the school's physical training and sports movement; write scientific experience initiatives. Organize and guide extracurricular training movements of students and coaches of teams participating in sports tournaments of schools, branches, ministries ... to ensure the completion of the task. It is necessary to assign professional groups to suit teaching conditions and teachers. The department of drafting, reconstructing the detailed curriculum of the physical education subject of the school to apply, thus will be proactive in selecting the right teaching staff. Thereby promoting the capacity and forte of each teacher to apply in the good performance of educational tasks

Personnel: Detecting and planning leadership positions for qualified and ethical lecturers. There are plans to receive and foster young teachers with theoretical and professional qualifications like some subjects that the school is lacking. Young teachers need to have enthusiasm and a high sense of responsibility, be able to organize mass activities and sports, as an adjacent team to replace the elderly teachers to meet the expansion requirements and improve the quality of physical education and physical training and sport movement of the school in the future. Organize professional activities, send staff to attend professional fostering classes. college and postgraduate.

The ideological work: it is necessary to enhance the ideological and political education, raising the sense of responsibility of teachers for improving the quality of physical education of students and the physical training and sports movement of the home. For the purpose of propaganda to raise awareness and responsibility of school leaders, mass organizations, relevant functional departments of the school, as well as propaganda to raise the awareness of learning Students are aware of the role of physical training and fitness to improve health and build a healthy lifestyle. Encourage and create conditions to enhance the cultural, arts and sports activities of students throughout the school.

Ensuring facilities and funding for physical education: This is an important factor in the implementation of solutions. In order to improve the quality of physical education and sports activities for students, facilities and funding must be ensured for teaching physical education subjects as well as activities. Extracurricular activities and self-sport of students. Therefore, it is necessary to build sports ground systems to meet the requirements of the Ministry of Education and Training. Renovating and upgrading the yard to make the most of the school's conditions for teaching and practicing. Ensuring the procurement of equipment and tools for teaching and practicing in sufficient quantity and quality assurance. The norm of funding for the sports movement development plan together with the enhancement of socialization of students' sports activities.

3. Conclusion

In order to improve the quality of physical education teaching and maintain the physical education development of the school effectively, there should be many synchronous solutions and most importantly, there should be a harmonious combination between the solutions, then the quality of teaching physical education subjects at Tan Trao University are more and more developed and of better quality. This is also a matter of fulfilling the task of comprehensive education that our Party and State are very interested in. By improving the quality of physical education in schools, building a positive learning environment, exercising health, creating a healthy playing field that attracts students, contributing to reducing evils society. From there, it enhances the position of the school, the position of the subject in education to train new people: Being physically healthy and mentally pure. Despite many difficulties, the determination of the teaching staff and the care of leaders at all levels. We believe in the quality of physical education in the school but there will be many innovations next year.

4. References

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