

# SELECT MEASURES TO IMPROVE THE QUALITY OF PHYSICAL EDUCATION CLASSES FOR STUDENTS OF TRUNG SON SECONDARY SCHOOL - SAM SON TOWN - THANH HOA

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## Abstract:

Through theoretical, practical basis and the use of regular scientific research methods, the research process has proposed 07 measures to improve the quality of PE lessons for students at Trung Son secondary school - Sam Son Town - Thanh Hoa. The initial application of the measures in practice and efficiency evaluation shows that the measures have been highly effective in improving the physical fitness of the research subjects.

**Keywords:** Measures, physical fitness, students, Trung Son Secondary School.

## INTRODUCTION

The quality of PE lessons is shown in the results of the educational aspects of knowledge, technology, physical fitness and personality according to the requirements of the assigned lessons and programs. In addition, it depends on pedagogical factors such as: Method of organizing classes, teaching methods of teachers, conditions of facilities, equipment, yards for teaching and learning, self-discipline, positive attitude of students, in which physical education classes are the most important factor. Through the actual situation of the teaching work of Trung Son Secondary School, in order to improve the quality of the school's training, the subjects always need to innovate, improve contents, methods and means of teaching. Starting from the above situation, choosing appropriate measures to improve the quality of class hours is an urgent practical requirement for the teaching of physical education to meet the requirements of learning and improving physical fitness for students, contributing to improving the quality of the school's training in the current period.

## RESEARCH METHODS

During the research, the following methods were used: analysis and synthesis of documents;

pedagogical observation; interviews seminar; pedagogical examination; Pedagogical experiment and statistical mathematics.

## RESULTS AND DISCUSSION

### 1. Assessing the quality of the main study hours of the physical education course and the causes affecting the quality of the subject

Factors ensuring the curricular physical training activities for students.

The school's facilities for learning are lacking in quantity, failing to meet the learning needs of students. The teaching staff of the schools are still limited in their professional qualifications which have not been standardized according to regulations. This is one of the main reasons affecting the quality of the main physical education hours.

Actual situation of the teaching methods of teachers and the attitude of learning physical education of students at Trung Son Secondary School.

Through the interview on 6 theoretical teaching methods, 10 practical teaching methods, the results show that: About the theoretical teaching methods, 100% of teachers often use presentation method, 56.0% of teachers use visual method, and the remaining

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4 methods are rarely used or not used by teachers (assigning method, modeling method, seminar method ..) For teaching practical content: Only 3 methods used regularly by teachers with a rate of 100% are verbal, visual, and repeat practice methods, while the remaining 7 methods are rarely used by teachers or not used. In particular, the game method and competition method used rate are only from 13.0% to 31.0%. Thereby, in

the process of teaching, teachers only use traditional methods, do not apply new methods in teaching, the number of methods is still small, and does not combine a variety of methods in one lesson hour.

The attitude of learning physical education of students: Results of interview on physical education learning attitude of students are presented in Table 1.

**Table 1. Results of the interview on the interest of learning physical education of students at Trung Son Secondary School - Sam Son Town - Thanh Hoa (n = 200)**

Interview	Response level						Comparison	$\chi^2$	P
	Like a lot		Like		Dislike				
	$m_i$	(%)	$m_i$	(%)	$m_i$	(%)			
1 <sup>st</sup> time	32	16.00	52	26.00	116	58.00	200		
2 <sup>nd</sup> time	36	18.00	50	25.00	114	57.00	200	0.146	>0.05
	68	34.00	102	51.00	230	115.00	400		
Comparison	$\chi^2$	0.117		0.03		0.09			
	P	>0.05							

From the interview results, it is shown that: Students are not active in physical education for some basic reasons: Optional sports are few, teaching methods are not diverse, students are not interested in the subjects, especially with their perception that this is a supplementary subject, it does not matter and they just need to study to get an average score.

Actual situation of the physical fitness of students at Trung Son secondary school

We conduct assessments and grading of students' physical fitness according to Decision No. 53/2008 / Decision of the Ministry of Education and Training. The results are presented in Table 2.

**Table 2. Physical fitness status of students at Trung Son Secondary School Sam Son Town - Thanh Hoa before the experiment**

No.	Grade	Physical fitness classification results					
		Good	Ratio %	Pass	Ratio %	Fail	Ratio %
1	6	5	5.10	28	28.57	65	66.30
2	7	6	5.82	31	30.09	66	64.07
3	8	10	8.84	35	30.97	68	60.17
4	9	11	10.09	38	34.80	60	53.04

Through Table 2 shows: Grades 6, 7, 8, 9 have a large number of failed students from 30.09% - 34.8%; good level in 4 grades only accounts for 5.10% - 10.09%; the number of passed students reached a low rate from 29.75% - 34.40%; The test results also showed that students' physical fitness increased with each school year, but that growth among grades was insignificant.

**2. Select measures to improve the quality of main physical education class hours for students at Trung Son Secondary School - Sam Son Town - Thanh Hoa**

The principles of selecting measures: Principle of practicality, principle of consistency, principle of feasibility, principle of ensured scientificness.



**With the difficulty in physical training facilities, PE classes in many schools in Thanh Hoa province are still held on the school yard (photo source: <http://tapchithethao.vn>)**

Through referencing to relevant materials, direct interviews with teachers and questionnaire interviews with more than 30 experts, managers, pedagogical educators, physical education teachers who are in charge of management and teaching at schools in Sam Son Town - Thanh Hoa province, and 98 students (grade 6), 103 students (grade 7), 113 students (grade 8), 109 students (grade 9) of Trung Son Secondary School - Sam Son Town - Thanh Hoa.

The results have selected and proposed 07 measures to improve the quality of the main physical education class hours for students of Trung Son Secondary School - Sam Son Town - Thanh Hoa. Specifically:

***Measure 1: Increase education to raise awareness about the position, role and purpose of the physical education subject***

Purpose: To raise the awareness of students about the position and role of physical education, thereby increase the positivity in learning.

Content of the measure: Regularly organize the propagation of the Party and State's views and guidelines on the development of physical

education and sports among students. Comply with the regulations of the Ministry of Education and Training and regulations on the fields of the State, the sports and physical education sectors, on the basis of having concretized them to suit the requirements of the school.

***Measure 2: Strengthen fostering and improving professional qualifications for physical education teachers***

*physical education teachers*

Purpose: To improve the professional qualifications of the PE teachers to meet the requirements of teaching and coaching the school's sports teams.

Content of the measure: Develop a plan to foster professional qualifications, to annually ask the Board of Directors to send teachers from the physical education department on short referees training classes, pedagogical professionals fostering classes, coaches training classes and classes to study and complete professionals ... Add more materials for professional purposes.

***Measure 3: Ensure good regimes and treatment policies for physical education teachers***

Purpose: To ensure the treatment policies for teachers, in order to improve the positivity, proactivity and life of teachers.

Content of the measure: Have a timely and satisfactory reward system to create a good motivation to encourage teachers to be enthusiastic and more responsible in the teaching process.

***Measure 4: Diversify methods, increase the use of game and competition methods during class***

Purpose: To enhance innovation of teaching methods to increase students' interest in the learning process.

Content of the measure: Innovate teaching methods to suit practical conditions as well as apply modern means. Diversify practice-based, student-centered methods, bringing new exercises in combination with game and competition methods to enrich learning hours, create excitement for students.

***Measure 5: Innovating program contents (in elective subjects)***

Purpose: To select elective subjects in the main curriculum that are suitable with the characteristics of students and the school's facilities.

Content of the measure: Abide by the direction of the school on the implementation of learning tasks for each school year. Organize drafting subject materials for staff, teachers and students' reference. Gradually conduct research to build and select electives in the curriculum to suit the school's facilities and students' physical conditions.

***Measure 6: Strengthen the organization of internal competitions and friendly matches with secondary schools in the town***

Purpose: To create a lively competitive atmosphere throughout the school, enriching cultural and spiritual life. To select excellent individuals to form a team, organize the school's sports team to compete in external competitions.

Contents of the measure: The Physical Education department closely follows the teaching and learning plan, the official competitions of branches and locality, the holidays to build a plan to organize sports competitions in the most effective way.

***Measure 7: Increase buying, improving facilities, training grounds***

Purpose: To create the most favorable conditions for students during the practice.

Content of the measure: Propose buying new equipments. Regularly inspect and urge functional departments in taking care of and storing equipments.

**3. Experimental results**

***3.1. Organizing experiment***

Experimental methods: Experimental comparison.

Experimental subjects: Pedagogical experiments were conducted on students of 3 grades (Grade 7; n = 103; Grade 8; n = 113; Grade 9; n = 109).

Experimental period: From September 2014 to May 2015

Inspection and evaluation: Conducted at 2 times before and after the experiment, through 4 tests according to Decision No. 53/2008 / Decision / Ministry of Education and Training, Specifically: Long jump on the spot (cm), Dominant hand's squeeze force (kg), Crunches (times / 30 seconds) and 5 minutes running (m).

***3.2. Results of implementing the measures***

After 9 months of experiment, the implementation of the measures have obtained the following results:

*Measure 1:* The Youth Union and the Young Pioneer Organization in coordination with the homeroom teacher organized 04 propaganda sessions; The Physical Education department in coordination with the Youth Union organized three meetings with the topic of physical education and sports knowledge.

*Measure 2:* 02 teachers have been proposed to participate in training and fostering professionals on physical education and sports organized by the District Department of Education of the district, province.

*Measure 3:* Propose to equip each teacher with 2 pairs of sport shoes, 4 sport pants, 2 sport short sleeves shirts. Receive VND 4,000 per hour in class, with gifts for teachers on Vietnam Sports Day.

*Measure 4:* Increase the use of a number of games such as: Passing the ball with 3 people, group hopping, blind man's bluff, Volleyball 6 .... and diversify forms of practice, take students as the center, bring in new exercises combining training facilities to enrich the class time, create excitement for students.

*Measure 5:* In addition to teaching properly the regulated program, the program plan has been developed and the self-study subjects has

**Table 3. Test results of students of Trung Son Secondary School Sam Son Town - Thanh Hoa after experiment**

Grade/Number		Physical fitness classification results					
		Good	Ratio %	Pass	Ratio %	Fail	Ratio %
7 ( $m_i=103$ )	Before experiment	6	5.82	31	30.09	66	64.07
	After experiment	16	15.5	69	66.9	18	17.74
8 ( $m_i=113$ )	Before experiment	10	8.84	35	30.97	68	60.17
	After experiment	20	17.6	76	67.2	17	15.04
9 ( $m_i=109$ )	Before experiment	11	10.09	38	34.8	60	53.04
	After experiment	21	19.26	74	67.78	14	12.84

been established for students including: Grade 7 with subjects (Badminton, Shuttlecock kicking). ; Grade 8 (Basketball, Volleyball); Grade 9 (Volleyball, Soccer).

*Measure 6:* The organization and participation in sports competitions of the school have made significant progress, in 2014, the built plan has been implemented from 70% to 80% compared to the result of the plan implementation in 2012-2013 academic year which is only from 20% to 50%.

*Measure 7:* Invest in a 60m running track to ensure quality for students to practice; Nearly all training equipment such as table tennis tables, table tennis rackets, badminton shuttlecocks, basketballs are newly equipped and with an increased number compared to before.

### **3.3 Results of physical fitness development for students**

After the experiment, continue to use 4 tests according to Decision No. 53/2008 / Decision/ Ministry of Education and Training to check the physical fitness level of the control and experimental groups. The results are presented in Table 3.

Through Table 3 it shows that: After the experiment the number of students in grades 7, 8, 9 with the number of failed students decreased to 17.74% - 12.84%; good level in all 3 grades has increased significantly from 15.5% - 19.26%; The number of students ranked at the pass level was much higher from 66.9% - 67.78%;

The above results show that the selected measures have been highly effective in the teaching process, contributing to the physical development of the research subjects.

### **CONCLUSION**

The factors affecting the quality of the main physical education class hours of Trung Son Secondary School's students are: The facilities for studying in quantity are not up to the quality compared to the learning needs; The teaching staff is still limited in terms of professional qualifications which have not been standardized according to regulations; Teachers have not applied new methods in teaching, haven't combined a variety of methods in one lesson; The awareness of the students about the position and role of the subjects is not correct. The study results have selected and proposed 7 suitable measures to improve the quality of the main physical education class hours for students of Trung Son Secondary School - Sam Son Town - Thanh Hoa. The application results show that the initially selected measures have been effective in improving the quality of the main physical education class hours for the students.

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