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BÀI BÁO KHOA HỌC ĐĂNG Ở TẠP KHOA HỌC
TRƯỜNG ĐẠI HỌC TDTT BẮC NINH



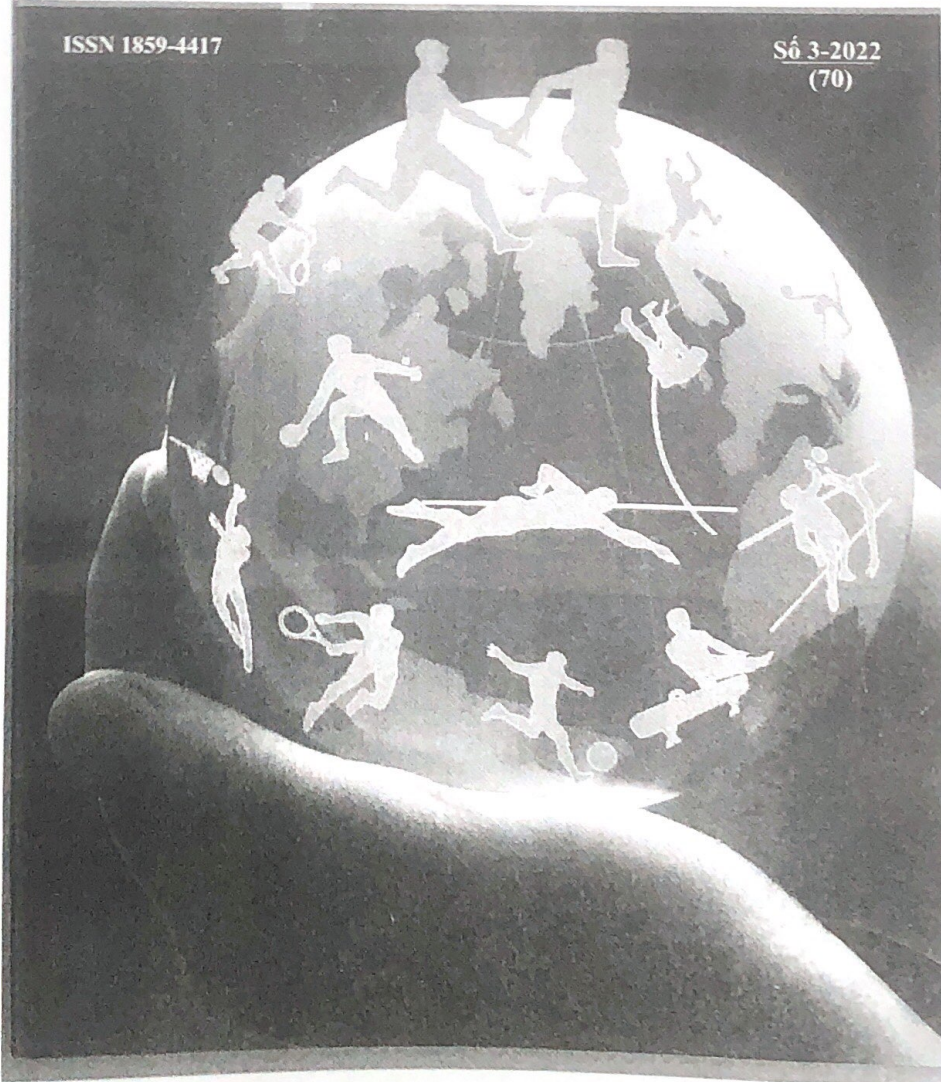
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EVALUATING EFFECTIVENESS OF MALE STUDENT'S PHYSICAL DEVELOPMENT AT HUE UNIVERSITY AFTER ONE YEAR OF STUDYING THE CLUB-BASED PHYSICAL EDUCATION PROGRAM MODEL AND THE BASIC PHYSICAL EDUCATION PROGRAM MODEL

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 Lê Trần Quang⁽³⁾; Duong Anh Tuan⁽²⁾
 Phan Thanh Hưng⁽³⁾

Tóm tắt:

Cùng với chương trình Giáo dục thể chất (GDTC) cơ bản hiện hành, chương trình dạy học GDTC theo cấu trúc bộ đã được Đại học Huế phê chuẩn và thực hiện từ năm học 2019-2020. Để đánh giá những ưu điểm của chương trình GDTC theo cấu trúc bộ mang lại, trong khuôn khổ nghiên cứu, chúng tôi tiến hành theo dõi kết quả biến đổi thể lực qua quá trình học tập của Nam sinh viên Đại học Huế qua 2 chương trình GDTC được áp dụng song song.

Từ khóa: Dạy học giáo dục thể chất theo CLB, giáo dục thể chất Đại học Huế.

Evaluating effectiveness of male student's physical development at Hue University after one year of studying the club-based physical education program model and the basic physical education program model

Summary:

Along with the current basic physical education program, the club-based physical education curriculum has been approved by Hue University and implemented from the 2019-2020 school year. In order to evaluate the advantages of the club-based physical education program, within the framework of the research, we tracked the male students' physical fitness changes through the learning process at Hue University through 2 physical education teaching models which are applied parallelly.

Keywords: Club-based physical education program, physical education at Hue University

QUESTION

Hue University has more than 45,000 full-time students; and the school is on the way to become a national university and expand international training. As a result, improving the quality of physical education in Hue University is required, urgent demand. The task is a difficulty and challenge for the university in the process of training human resources for the country in the context of globalization and international integration with fierce competition. In the 2018 - 2019 academic year, in order to improve the efficiency and quality of physical education in the university, the club-based physical education program was approved by the university and implemented parallelly with

the basic physical education program. Evaluating the education program through practical learners' learning effectiveness is a fundamental significance in order to contribute to the University human resources development. It is necessary for us to evaluate the summarized parameter of mental and physical health; in which, the student's physical parameters are an important basis for evaluating the current physical education programs. Also, they are a basis for adjusting the program, as well as, adjusting the content of the modules in order to satisfy student's demand and requirements of social development.

Stemming from the importance of that problem, we conduct a study: Evaluating

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effectiveness of male student's physical development at Hue University after one year of studying the club-based physical education program model and the basic physical education program model.

RESEARCH METHODS

To solve the research problem, the topic uses analytical methods, synthesis of references, pedagogical test methods, pedagogical experimental methods and mathematical and statistical methods.

The study was conducted from September 2019 to September 2020 with 300 first-year male students undergoing a pedagogical examination to help assess the physical development progress of Hue University students after one year studying two physical education programs. The basic criteria used in

evaluation are: 5-minute free running (m), 30m running (s), crunching (times/30 seconds), standing long-jump (cm) and dominant hand forcing (kg).

Pedagogical examination is conducted in the form of self-comparison and observational comparison. Research results will be collected in the club-based physical education program model and the basic physical education program model.

- Basic physical education learning group: Students are organized to study following the basic physical education program (referred to as basic group), according to Decision No. 10/September 2015 of the President of the University and 1096/QĐ-DH. The program is distributed as below:

Order	Course name	course code	total credits	theory	practice	mandatory/optional
Required courses (01 Credit)						
I						
1	Practical teaching: short-distance running (50m), medium distance (1000m Men, 500m Women)	Athlete.1011	1	0	1	mandatory
II	Free-choice courses (Choose a minimum of 03/08 Credits)					
1	Practical teaching: Basketball	basketball.2011	1	0	1	optional
2.	Practical teaching: Volleyball	Volleyball.2011	1	0	1	optional
3	Practical teaching: Football	Football.2011	1	0	1	optional
4	Practical teaching: Handball	Handball.2011	1	0	1	optional
5	Practical teaching: Chess	Chess.2011	1	0	1	optional
6	Practical teaching: High-jump, long-jump	long-jump.2011	1	0	1	optional
7	Practical teaching: Aerobic	Aerobic.1.2011	1	0	1	optional
8	Practical teaching: gymnastics	Aerobic.2.2011	1	0	1	optional

- Club-based physical education learning group: Students can choose and participate in learning one of six favorite sports according to the new program issued at the University from the academic year 2019-2020. The big group is divided into 2 small groups: club group I and club group II

- Club group I: Group of students studying table tennis and basketball.

- Club group II: Group of students studying volleyball. The club-based program is issued according to Decision No. 1062/QĐ-DH dated August 12, 2019 and is distributed as below:



Many sports are organized in extra-curricular activities at universities

Part 1: Compulsory part
 Section 1 (Required): Athletics - physical education theory
 (Applied along with the current detailed outline for physical education program of Hue University)

- Part 2: Free-choice part
- Section 2 (Basic)
 - + Football 1
 - + Volleyball 1
 - + Basketball 1
 - + Chess 1
 - + Table tennis 1
 - Section 3 (Advanced)
 - + Football 2
 - + Volleyball 2
 - + Basketball 2
 - + Chess 2
 - + Table tennis 2
 - Section 4 (Intensive)
 - + Football 3
 - + Volleyball 3
 - + Basketball 3

- + Chess 3
- + Table tennis 3

RESEARCH RESULTS AND DISCUSSION

1. Compare the male student's physical difference among basic group, club group I and club group II after 1 year of experimental study

Before the experiment, we compared the physical fitness level of male students in the basic group, club group I and club group II through 5 identified tests (Table 1). The results showed that, before the experiment, there was no statistically significant difference in the physical fitness level of the students in the groups, which was shown in the table at the threshold of $P < 0.05$ in all tests. It meant that the student grouping was completely objective.

After 1 year of experimental study, we assessed the fitness level of male students in the basic group, club group I and club group II after 1 experimental learning semester through 5 identified fitness tests. The results are presented in Table 1.

Table 1. Changes in male student's physical fitness in the basic group club group 1 and club group 2 after 1 year of experimental study

Order	Criteria	basic group (n=180)			club group 1 (n=60)			club group 2 (n=60)			comparison (equivalent P<0.05)				
		A	B	C	A	B	C	A	B	C					
Before experiment	standing long-jump (cm)	203.11	2.62	203.11	11.63	4.1	2.1	203.09	10.53	5.1	2.12	0.05	0.15	0.28	
	30m running (s)	5.77	0.38	2.7	0.07	5.69	0.56	3.22	0.09	5.7	0.56	3.94	0.1	0.384	0.124
	5-minute free running (m)	935.13	51.23	5.48	9.35	936	55.02	4.34	8.05	937	45.02	5.88	9.05	0.463	0.106
	dominant hand forcing (KG)	40.2	2.63	6.53	0.48	40.23	2.3	4.71	0.44	40.22	2.280	5.71	0.42	0.336	0.026
	crunching (times/30s)	15.17	4.18	3.08	0.76	15.89	4.18	2.08	0.76	15.5	4.18	2.98	0.76	0.911	0.821
After 1 year of experimental study:	standing long-jump (cm)	224.29	17.56	7.69	3.21	229.01	17.23	7.39	3.15	230.86	14.84	6.37	2.71	2.051	2.062
	30m running (s)	4.7	0.4	2.86	0.07	4.65	0.32	2.31	0.06	4.6	0.33	2.41	0.06	2.060	2.080
	5-minute free running (m)	960	50.57	5.26	9.23	1070.3	53.62	5.09	9.65	1074	51.65	4.95	9.46	6.859	6.956
	dominant hand forcing (KG)	40.51	3.43	8.47	0.63	44.8	2.65	6.53	0.51	46.58	2.22	5.22	0.41	3.677	3.616
	crunching (times/30s)	16.9	1.94	18.63	0.35	20.61	1.75	20.3	0.32	22.21	1.55	19.05	0.28	3.752	5.002