

# Developing physical education for students through learning and sports activities at Ba Ria-Vung Tau University

Nguyen Phuc Hung, Nguyen Thanh Son  
Ba Ria - Vung Tau University, Viet Nam

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**Abstract:** *The article presents some benefits of physical education and sports activities for student health, it also proposes solutions to develop physical education and sports activities at the Ba Ria - Vung Tau University, including: Focusing on professional training and fostering for physical education lecturers; Innovating methods of teaching physical education subjects; Increase investment in facilities and create your own equipment for training activities; Develop sports activities for students.*

**Key Word:** *physical education, sports activities, students.*

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## I. Introduction

For a long time, physical education activities in schools have been meaningful in many aspects to the health and development of students. It not only helps children practice good health but also trains discipline, collective awareness, willpower and team spirit, helps them develop comprehensively, reduces stress.

In the education system, the specific content of physical education is associated with intellectual education, moral education, aesthetic education and labor education. Physical education is one of the important contents, contributing to the goal of comprehensively educating students in the school.

Resolution No.08/NQ-TW on strengthening the Party's leadership and creating strong development in physical education and sports emphasized "Implementing physical education well according to the internal curriculum; Strongly develop sports activities of students, ensuring the goal of developing comprehensive physical fitness and basic movement skills of students and contributing to the training of sports talents and abilities" and in order for physical education and sports in schools to be effective, it is necessary to "Innovate physical education programs and methods, linking physical education with willpower, morality, and education. national defense, health education and life skills of pupils and students. Reasonable remuneration and promoting the capacity of existing physical education teachers, expanding and improving the quality of training and fostering physical education teachers and instructors for schools; Consolidate scientific research bases on age psychology, physical education and school sports.

## II. Some benefits of physical education and sports activities for student health

For students, to study well, you also need to be in good health. Studying physical education and practicing sports not only contributes to improving the quality of education in schools but also helps students improve their health, mental strength and become useful people for society festival.

Firstly, the role of sports is increasingly enhanced. As society develops, the role of sports is increasingly enhanced. For developed countries, exercise is carried out scientifically every day and has become an essential part of life.

For our country, in the education system of colleges and universities, physical education has been introduced into teaching, including Ba Ria-Vung Tau University. To improve the health of students, the school has paid attention to creating favorable conditions for students to participate in physical and sports activities, so that students can study and practice, contributing to perfecting the student's personality. Regular, planned exercise will help children have a healthy, joyful lifestyle, study and work more scientifically and effectively.

Second, the effects of sports on students' health. According to scientific research results of professors and doctors, participating in regular physical exercise has benefits and good effects on human health:

+ For the muscular system: the muscular system develops strongly from puberty until 25 - 30 years old. People with well-developed muscular systems, plump bodies, balanced and beautiful physiques have good health. At this age, if you choose a leisurely and inactive lifestyle, your muscles will gradually atrophy, your body will become weak, and you will be susceptible to disease.

+ For the respiratory system: breathing will bring oxygen to every cell, lots of exercise will lead to a good respiratory system, increased lung capacity, all cells will be well ventilated, contributing to increased longevity. .

+ For the cardiovascular system: the heart of a person with an inactive lifestyle can pump about 70cc of blood each time, while the heart of a person with an active lifestyle can pump from 100 - 130cc of blood. Exercising properly every day for a few hours, 5-7 days a week can reduce systolic blood pressure by an average of 11mm Hg and diastolic blood pressure by an average of 7mm Hg.

+ For the excretory system: the intestines, urinary tract and sweat gland system increase excretion thanks to movement, helping the body remove excess waste from the body better, the kidneys work less, so early kidney failure thanks to which the body becomes healthier.

+ For the nervous system: exercise makes the spirit bright, fights stress, prevents fatigue, and sadness.

The above studies all show us the benefits and importance of exercise. With such important benefits, students need to regularly exercise to keep themselves healthy, have more confidence to work and study, and deserve to be good students. in school, to be healthy citizens and make useful contributions to society in the future.

### **III. Solutions to develop physical education and sports activities at Ba Ria-Vung Tau University**

*Firstly, Focus on training and fostering expertise and skills for physical education teachers.*

Focus on training and fostering expertise and skills and strengthening political and ideological education, improving ethical qualities and professional capacity for staff and lecturers working in state management about physical education, sports and teaching physical education.

The team of lecturers and vocational education managers is considered the key key, playing a decisive role in improving the quality of training at vocational colleges in the context of globalization and economic integration. international. The 13th Party Congress emphasized: Creating breakthroughs in fundamental and comprehensive innovation in education and training. Continue to synchronously innovate goals, content, programs, methods, and methods of education and training in the direction of modernity, international integration, comprehensive human development, and meeting new requirements of development. socio-economic development, science and technology, adapting to the fourth industrial revolution. Pay more attention to moral education, creative capacity and core values, especially educating patriotism, national pride and self-respect; Arousing the desire to develop a prosperous and happy country and firmly protect the socialist Fatherland of Vietnam. Integrate education of knowledge, ethics, aesthetics, and life skills with physical education, improving the stature of Vietnamese people.

To promote the role of vocational education teachers and improve the quality of human resource training, it is necessary to focus on training and fostering teachers, perfecting standards and standardizing teachers' qualifications to contribute to creating Good conditions to meet the School's Physical Education teaching requirements.

*Second, Innovate teaching methods of physical education.*

In parallel with professional training for lecturers teaching Physical Education, lecturers need to innovate teaching methods to contribute to improving the quality and effectiveness of teaching physical education. physical education and physical training and sports activities in school.

Innovating physical education teaching methods must ensure balance, consistency, flexibility, inheritance and development between educational levels; Provide adequate knowledge and skills for students; Forming and maintaining regular exercise and sports habits, associated with moral education, building a healthy lifestyle, training willpower and qualities consistent with physical, psychological and physiological characteristics, age and specific conditions of students.

During the teaching process, the lecturer will provide new knowledge to students, thereby performing the task of educating and developing students. For learners, lecturers need to proactively control and guide students to actively absorb knowledge as well as master knowledge systematically. At the same time, it is necessary to thoroughly and appropriately apply the principles of teaching physical education and sports such as

ideological principles, comprehensive principles, intuitive principles and a system of principles suitable to the students' ability to absorb, principles of consolidation and enhancement.

*Third, Increase investment in facilities and create your own equipment for training activities.*

In order to improve the quality of physical education and sports activities, in addition to innovating teaching methods, it is also necessary to ensure physical conditions as well as funding for teaching. Increase investment in facilities and create your own equipment for training activities.

Improve the quality, renovate and upgrade yards, tools and increase the number of technical equipment to serve the work of Physical Education to achieve high efficiency. Make the most of the school's budget for Physical Education and sports activities to purchase equipment for teaching and practicing sports during regular school hours in sufficient quantities. and quality assurance.

*Fourth, Develop school sports activities.*

Along with the above tasks and solutions is the development of school sports activities. Create a rich and diverse environment for regular sports activities, enrich the cultural and spiritual life of students, and help students become familiar with physical and sports activities. Develop various types of fitness and sports clubs in schools; Focus on developing a variety of sports, encouraging students to participate in extracurricular sports activities.

Through physical training and sports activities, it will help strengthen communication relationships between students and students, between students and staff and lecturers in the school. It is necessary to innovate the content and form of organizing school sports activities in a diverse and rich direction, suitable to the specific conditions and characteristics of each locality, school, and physiological and psychological characteristics. age and training level of students.

*Fifth, Strengthen testing and assessment of student learning outcomes.*

Testing and evaluating results is a very important task of the learning process. Objective and systematic assessment will motivate and stimulate learners' positivity. Testing and evaluation also helps lecturers to properly and reasonably adjust the teaching process and on that basis understand the physical development situation, level of skill acquisition, movement techniques and knowledge. relevant knowledge for each student. Content: Conduct all types of inspections with objectivity, seriousness, fairness and compliance with regulations.

*Sixth, Strengthen the organization of sports competitions inside and outside the school*

Create a vibrant competitive atmosphere and motivation, encourage students to actively practice and compete, to perfect skills, techniques and physical development for students.

Establishing school clubs and sports teams that regularly practice and compete.

Participate in outside sports tournaments and professional school sports tournaments to stimulate and motivate students who are active in training and students with good achievements in movement activities.

Combined with the Student Employment and Experience Center, the Youth Union launched a movement of physical education and sports, including criteria for classifying learning and training.

Timely reward and encourage students who actively participate in this activity in the form of a criterion for adding points to students' training assessment results.

#### **IV. Conclusion**

Physical education in school is one of the very important educational activities. Physical education not only improves health but also trains discipline, a healthy lifestyle, and helps children develop comprehensively.

To effectively develop the school's physical education and sports activities, there needs to be many synchronous solutions and most importantly, there must be a harmonious coordination between the solutions to ensure the quality of teaching. Newly enhanced Physical Education subject. Through improving the quality of physical education in schools, building a positive learning environment, creating healthy playgrounds to attract students, contributing to students' health during the learning process practice at school.

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