

Current Status of Physical Education Quality Vo Van Kiet High School Songhinh District, Phu Yen Province, Vietnam

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Article History:

Received: 12-01-2025

Revised: 15-02-2025

Accepted: 01-03-2025

Abstract:

Using conventional research methods, the study evaluates the current status of the quality of physical education at Vo Van Kiet High School in Song Hinh District, Phu Yen Province, by assessing the factors influencing physical education and the academic results in physical education, [2] [4] [13]. The assessment of physical fitness and the level of extracurricular training participation [1] among students provides essential information for educational managers and teachers to propose suitable exercises, contributing to the improvement of the quality of physical education at Vo Van Kiet High School in Song Hinh District, Phu Yen Province. [7].

Keywords: Academic results, physical fitness, extracurricular activities, Vo Van Kiet High School, Song Hinh District, Phu Yen Province.

INTRODUCTION

In the process of building and developing, the quality of student learning has always been a top concern for Vo Van Kiet High School [9]. In line with the school's policy, many scientific research projects have been conducted with the aim of improving learning quality and applying science and technology to teaching. Vo Van Kiet High School, located in Song Hinh district, Phu Yen province, was established in 2012. After more than 12 years of development, the school's physical education efforts have not achieved notable results in local sports competitions and the Phu Dong Health Festival at various levels, and there are not many extracurricular clubs for students to participate in [10] [11]. Therefore, assessing the current status of the school's physical education program [3] [14] is necessary, providing managers with a basis to propose suitable and effective exercises to enhance the quality of physical education at the school [5] [6].

RESEARCH METHODS

The research process employs the following methods: document analysis and synthesis; interviewing; pedagogical testing; and statistical mathematics.

RESEARCH RESULTS AND DISCUSSION

1. Current status of factors ensuring the quality of Physical Education at Vo Van Kiet High School, Song Hinh District, Phu Yen Province for the 2022-2023 school year

1.1. Current status of facilities serving Physical Education at Vo Van Kiet High School, Song Hinh District, Phu Yen Province

The study conducted a survey and statistics on the quantity and quality of facilities, training grounds, [8] the sports training equipment of the school for the academic year 2022-2023 shows the following results: The quantity of facilities dedicated to the physical education training needs of students at Vo Van Kiet High School is lacking in both quantity and quality. The school has only one large outdoor playground used for: one basketball court, one football field, three volleyball courts, one badminton court, and one shuttlecock court; one gymnasium which includes one badminton court, one shuttlecock court, and two table tennis tables.

With the current facilities serving both curricular and extracurricular sports activities for the students, the existing infrastructure is always overloaded, and the quality of the courts is only average, with only one indoor badminton court and one table tennis table rated as good. The outdoor courts are heavily dependent on the weather, do not meet standards, and represent a low ratio compared to the total number of students in the school, while the demand for students to participate in physical exercise and extracurricular activities is high.

1.2. Current status of the physical education teaching staff at Vo Van Kiet High School, Song Hinh District, Phu Yen Province

The statistical results regarding the physical education teaching staff at Vo Van Kiet High School are presented in Table 1. [15].

Table 1. Current status of the physical education teaching staff at Vo Van Kiet High School, Song Hinh District, Phu Yen Province

order	Gender		Seniority	Level of professional training		Number of periods /year	Computer proficiency		Foreign language proficiency	
	Male	Female		Bachelor's degree	master's degree		A	B	A	B
1.	X		20 year	X		560 period / year		X	X	
2.		X	13 year		X	630 period / year		X		X
3.	X		11 year	X		560 period / year		X	X	
4.		X	11 year	X		420 period / year		X		X

Table 1 shows: The number of teachers is 04 (02 male, 02 female), including 03 bachelor's degree holders and 01 master's degree holder, which basically meets the requirements for organizing

physical education activities at the school. However, in reality, each teacher is responsible for 07 to 08 classes, with an average of 45 students per class, and a considerable number of teaching periods ranging from 16 to 18 per week, along with a high workload that significantly affects the quality of teaching and lesson preparation.

In addition to their main teaching duties, the teachers also take on additional responsibilities such as youth union work and being homeroom teachers, especially overseeing the school's sports teams participating in competitions organized by the Department of Education. Therefore, the guidance for organizing extracurricular training activities will be affected.

1.3. The current status of the physical education curriculum during regular class hours for students at Vo Van Kiet High School, Song Chinh District, Phu Yen Province.

The curriculum distribution is presented in Table 2, specifically:

Table 2. Framework for the distribution of the physical education curriculum for students at Vo Van Kiet High School, Song Chinh District, Phu Yen Province for the 2022-2023 school year.

Order	Content	Duration (period)	Program distribution		
			Theory	Practice	Check.
1.	Chapter 1. Exercising and Using Natural Elements to Improve Health	2	2	0	0
2.	Chapter 2. Physical Exercise - Rhythmic Exercise (for men, for women)	8	0	7	1
3.	Chapter 3. Short Run	6	0	5	1
4.	Chapter 4. Endurance Running	6	0	5	1
5.	Chapter 5. Jump far	8	0	7	1
6.	Chapter 6. Shuttlecock	6	0	5	1
7.	Chapter 7. Badminton	6	0	5	1
8.	Chapter 8. Elective Sports (Volleyball, Basketball, Table Tennis, Soccer...)	20	0	18	2
9.	Review, semester exams (I and II), physical fitness standard assessment.	8	0	4	4
Total:		70	2	56	12

Table 2 shows that the physical education program (08-09 content per academic year) mainly focuses on practical activities with 56 out of 70 periods. The duration for assessment and evaluation for both semesters is 12 periods, which includes time for semester exams and physical fitness tests for students. Additionally, the time allocated for general theoretical learning in physical education is

only 02 periods in one academic year. Therefore, to help students better understand, teachers need to integrate teaching into each class session.

1.4. Current status of students' participation in extracurricular sports activities at Vo Van Kiet High School, Song Hinh District, Phu Yen Province.

The statistical results of the sports that students participate in for extracurricular training are presented in Table 3. [12]

Table 3. Statistics on the participation in extracurricular physical education and sports activities at Vo Van Kiet High School, Song Hinh District, Phu Yen for the 2022-2023 school year.

Order	Sports	Training Time	Participation form			Organizing a sports competition.	
			The team	Club	Spontaneous	Department of Education	The school
1.	Soccer	17h-19h	-	-	176	-	-
2.	Basketball	17h-19h	21	42	-	1	1
3.	Table Tennis	17h-19h	-	-	32	-	1
4.	Badminton	17h-19h	-	-	57	-	1
5.	Martial arts	17h-19h	15	64	-	1	1
6.	Light volleyball	17h-19h	-	-	89	-	-

Table 3 shows that the number of sports that students participate in training is 6, including: Football, Basketball, Table Tennis, Badminton, Martial Arts, and Volleyball. These sports are also suitable for the existing facilities of the school; however, the number of students participating is not large. The main form of training is competitions between classes. The school has also established only 2 clubs (the Basketball Club and the Martial Arts Club) to maintain the activity of selecting teams to participate in competitions. Annually, on March 26, the anniversary of the founding of the Ho Chi Minh Communist Youth Union, the school organizes camping activities and cultural, artistic, and sports competitions among classes and grades throughout the school.

2. Current status of the quality of physical education for students at Vo Van Kiet High School, Song Hinh District, Phu Yen Province

2.1. Selection of criteria for evaluating the quality of physical education for students at Vo Van Kiet High School, Song Hinh District, Phu Yen Province

We conducted the selection of criteria for evaluating the quality of physical education for students at Vo Van Kiet High School, Song Hinh District, Phu Yen Province through the following steps: 1)

Referencing relevant documents on evaluating the quality of physical education for students in secondary schools. 2) Conducting interviews with experts, managers, and physical education teachers to select criteria that received at least 70% agreement as very necessary or higher.

The results have selected 03 criteria for evaluating the quality of physical education work, including: 1) Assessment through the final exam scores in physical education; 2) Assessment through the number of students participating in extracurricular sports activities; 3) Assessment of physical fitness levels based on the physical training standards set by the Ministry of Education and Training.

2.2. Current status of the quality of physical education for students at Vo Van Kiet High School, Song Chinh District, Phu Yen Province

The results of the evaluation of the quality of physical education work are presented in Table 4.

Table 4. Current status of the quality of physical education for students at Vo Van Kiet High School, Song Chinh District, Phu Yen Province, academic year 2022-2023.

Results of the Physical Education course for the academic year 2022-2023.

Order	Study block	Good.	Fair-average	Not achieved.
1.	Block 10 (n=469)	31.32	52.8	14.98
2.	Block 11 (n=456)	31.14	54.75	13.21
3.	Block 12 (n=427)	35.44	57.35	6.31

Results of physical training

Order	Study block	Good.	achieve	Not achieved.
1.	Block 10 (n=469)	22.73	53.63	23.64
2.	Block 11 (n=456)	23.82	55.74	19.54
3.	Block 12 (n=427)	27.23	63.32	8.55

The percentage of students participating in extracurricular physical training and sports. (%)

Order	Study block	Frequently	Occasionally	Not participating.
1.	Block 10 (n=469)	10.49	11.51	77.5
2.	Block 11 (n=456)	15.2	12.66	71.24
3.	Block 12 (n=427)	4.47	15.2	80.33

According to Table 4, the percentage of students who have not met the physical training standards and the results of the final exam for the subject remains high, ranging from 6.31% to 23.1%. Notably, the number of students who do not participate in extracurricular training accounts for a very high percentage of over 70%. This indicates that students do not have a strong interest in physical exercise and lack the proper motivation for sports training. According to the assessment of management staff and teachers at the school, there are several reasons, such as: The teaching of physical education for high school students is heavily influenced by factors like facilities, playing fields, and equipment. This is also a common challenge in the actual teaching of physical education in schools at all levels in Vietnam. The content of the assessment for the subject only stops at evaluating whether students pass or fail. All these factors contribute to slowing down the process of innovating teaching methods among physical education staff and teachers. Therefore, it is essential for physical education teachers to be creative in their teaching process, make good use of available facilities, and properly maintain the equipment to enhance the effectiveness of physical education instruction for students.

CONCLUSION

Through the analysis of factors ensuring the quality of physical education, it is evident that: The physical education curriculum for students meets the requirements of the Ministry of Education and Training; The facilities are lacking in both quantity and quality, failing to meet the training needs of students; The teaching staff is of good quality, but the number is still low and they have to take on multiple other responsibilities.

The rate of students participating in extracurricular training is too low and mainly spontaneous.

The physical fitness level of students is mostly at an average level (over 50%), with a relatively high percentage of students not meeting the standards (ranging from 8.55% to 23.1%).

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Source of the article: The article is excerpted from the project "Research on the Application of General Physical Development Exercises for 10th Grade Students at Vo Van Kiet High School, Song Hinh District, Phu Yen Province." Master's Thesis, 2023. Author: M.A. Nguyen Trong Duy; Supervisor: **Dr.** Nguyen Xuan Hung.