

Solutions to Improve the Quality of Training Program for Bachelor's Degree in Sports Training at BAC Ninh Sport University

Dr. Nguyen Van Hoa and Dr. Nguyen Huu Hung

Bac Ninh Sport University, Vietnam

Article History:

Received: 12-01-2025

Revised: 15-02-2025

Accepted: 01-03-2025

Abstract:

By conventional scientific research methods, based on the evaluation of the current state of the training program for a bachelor's degree in Sports Training and the evaluation of graduates' quality; along with other research methods, we have selected solutions to improve the quality of the bachelor's program in Sports Training to contribute to enhancing the training quality of Bac Ninh Sport University [5].

Keywords: Evaluation, selection, solution, sports training, Bac Ninh Sport University.

INTRODUCTION

The training program for a bachelor's degree in Sports Training (ST) aims to train a workforce that is comprehensively developed in ethics, intellect, physical fitness and vocational passion. It ensures a solid foundation in the basic knowledge of modern sports training theories, techniques and methods and enables the application of this knowledge in physical education and sports training work. Graduates are expected to have competencies in selecting, managing and training athletes, organizing competitions, officiating and managing professional sports teams. To keep the Training Program (TP) in Sports Training updated and evolving, periodic and regular reviews, additions, updates, or innovations are essential [5]. Based on evaluating the current status of the TP in Sports Training, identifying its strengths and weaknesses and combining the evaluation of the quality of graduates - which includes their professional qualities and capabilities—we propose solutions that fit the practical conditions of the university and meet social needs. Therefore, selecting feasible solutions to enhance the quality of the TP for a bachelor's degree in Sports Training to meet societal demands is both timely and urgent.

RESEARCH METHODOLOGY

The research process uses the following methods: Methods of analysis and synthesis of documents; Pedagogical observation; Interview and seminar; Expert method; Statistical mathematical methods [5].

RESEARCH RESULTS AND DISCUSSION

1. Theoretical and practical basis for selecting solutions to improve the quality of the bachelor's training program in ST of Bac Ninh Sport University.

1.1. Theoretical bases for selecting solutions to improve the quality of the bachelor's training program in ST of Bac Ninh Sport University.

In order to select solutions to improve the quality of TP for a bachelor's degree in ST, the following legal documents were considered:

Law on Higher Education No. 08/2012/QH13 dated June 18, 2012 on stipulating the general objectives of higher education [6].

The Charter of the University, according to Decision No. 58/2010/QD-TTg dated September 22, 2010 of the Prime Minister on the formulation, implementation, evaluation, adjustment and development of undergraduate training programs to meet the requirements of the country's socio-economic development and international integration [10].

Regulations on regular university and college training under the credit system, issued together with Decision No. 43/2007/QD-BGDDT dated August 15, 2007 of the Minister of Education and Training [2].

Resolution No. 29-NQ/TW of the 11th Party Central Committee dated November 4, 2013, "on fundamental and comprehensive innovation in education and training to meet the requirements of industrialization and modernization in the context of a socialist-oriented market economy and international integration" [1].

Decision No. 542/QD-BVHTTDL dated March 6, 2014 of the Ministry of Culture, Sports and Tourism on defining the functions, tasks, powers and organizational structure of Bac Ninh Sport University, which clearly stipulates the functions and tasks of the Faculty of Sports Training. This is an important legal basis for proposing the construction of the training program in Sports Training [7].

Joint Circular No. 13/2014/TTLT-BVHTTDL-BNV dated October 17, 2014 of the Ministry of Culture, Sports and Tourism and the Ministry of Home Affairs on promulgating the Regulation on codes and standards of professional titles of public employees specialized in physical training and sports, based on the standards in the Circular on specifying the standards of coaches, aimed at building output standards for the proposal of TPs in ST major [8].

Circular No. 07/2015/TT-BGDDT dated April 16, 2015, by the Ministry of Education and Training, issuing regulations on the minimum volume of knowledge, the requirements on competencies that learners must achieve after graduation for each level of higher education and the process for developing, appraising and promulgating undergraduate, master's and doctoral training programs. [9].

1.2. Practical bases for selecting solutions to improve the quality of bachelor's training programs in Sports Training

In order to select solutions to improve the quality of TP for a bachelor's degree at Bac Ninh Sport University, based on the following practical basis:

Evaluation of the current situation of TP for a bachelor's degree in ST: Through theoretical and practical analyses, the author selected and used the AUN-QA standards to evaluate the TP for a bachelor's degree in ST. The results from interviewing experts, managers and lecturers led to the selection of a system of criteria in the AUN-QA standards, including 12 standards and 62 criteria, suitable for the specific training work of Bac Ninh Sport University. The evaluation results are presented in Chart 1.

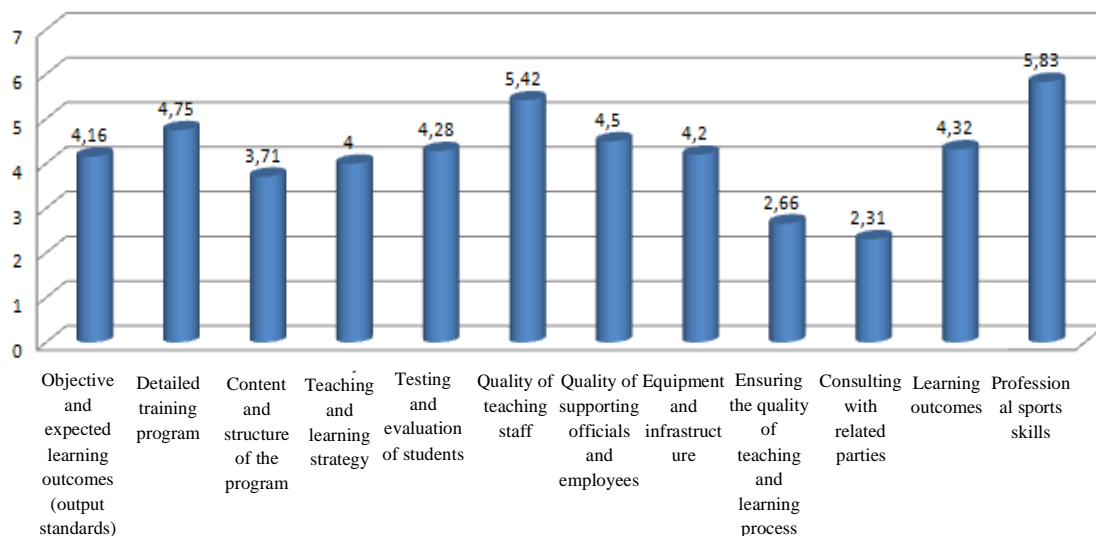


Chart 3.3: Result of evaluating the current status of the ST training program

The overall evaluation result for the entire TP in Sports Training reached 4.18/7 points (meeting the criteria requirements), meaning that the documentation for these criteria met the average level and the score achieved was as expected. However, many criteria were only rated as Fair, Average or Below Average, requiring suitable solutions for improvement, such as: Developing output standards without consulting external experts, employers and alumni; Limited expected learning outcomes (output standards) in students' foreign language and IT skills; The training program follows a year-based format, without integrating vertical and horizontal articulation between different fields of study; The TP lacks elective modules, thus limiting adjustments or updates; The correlation between modules in the training program is not tightly described.

Evaluation of the qualities and work competencies of bachelor graduates in ST at Bac Ninh Sport University after graduation: The The research identified 5 standards and 32 criteria for evaluating the qualities and work competencies of Bachelor graduates in Sports Training (ST). The authors conducted a second round of interviews to determine the consistency of the selected criteria. Statistical analysis showed no significant differences, with $P > 0.05$. Thus, the criteria ensure consistency in evaluating the qualities and work competencies of ST graduates. Employer evaluations of the training program's output revealed that the standards with an average score of Good included: Political qualities, ethics and lifestyle; Ability to understand the subjects and work environment; Ability to develop work plans; Ability to organize and perform professional tasks. However, the standard of Professional Development Competency had an average score of Fair. Among the five standards, several criteria only achieved Fair and Average levels, indicating the need for suitable solutions to improve the quality of ST graduates.

The selection of solutions should be based on the following principles: Comprehensiveness, reflecting both theoretical and practical aspects, both general and specific; Practicality: Solutions must stem from real needs, addressing difficulties directly or indirectly to promote development and overcome existing issues; Feasibility: Solutions should be applicable in practice and bring about

effective results in organizational training; Reasonableness: Proposed solutions should be feasible and not overly idealistic or vague; Diversity and Consistency: Proposed solutions should address issues from multiple angles, presenting a holistic structure that reflects various directions to maximize results and resolve existing problems.

2. Selection of solutions to improve the quality of the TP for a bachelor’s degree in Sports Training at Bac Ninh Sport University.

Based on the evaluation of the current state of the TP for a bachelor's degree in ST, highlighting its strengths and weaknesses, combined with employer surveys assessing the qualities and work competencies of ST graduates and considering regulatory documents, the authors proposed 7 fundamental solutions to improve the quality of the TP in ST, including:

- 1) Developing the ST training program according to the credit system;
- 2) Enhancing student services;
- 3) Improving internship practices;
- 4) Enhancing the quality of soft skills training;
- 5) Increasing legal knowledge for the coaching workforce;
- 6) Developing infrastructure for training purposes;
- 7) Strengthening foundational theory courses in Sports Theory and Sports Medicine.

In order to ensure objectivity and scientific rigor in selecting solutions to enhance the quality of the TP in ST, the authors conducted interviews with experts, managers, lecturers from the university and employers from athlete training centers, sports centers and sports clubs. The solutions were rated on a 3-point priority scale: Priority 1 = 3 points; Priority 2 = 2 points; Priority 3 = 1 point. The results of the solution selection interviews are presented in Table 1 [10].

Table 1: Results of Solution Selection Interviews for Improving the Quality of the TP in ST (n=83)

| No. | Solutions | Responses | | | Total Points | |
|-----|---|------------|------------|------------|--------------|------|
| | | Priority 1 | Priority 2 | Priority 3 | Point | % |
| | | n | n | n | | |
| 1. | Developing the ST training program according to the credit system | 81 | 02 | 00 | 247 | 99.2 |
| 2. | Enhancing student services | 28 | 31 | 24 | 170 | 68.3 |
| 3. | Improving internship practices | 73 | 09 | 01 | 238 | 95.6 |
| 4. | Enhancing the quality of soft skills training | 62 | 15 | 06 | 222 | 89.2 |
| 5. | Increasing legal knowledge for the coaching workforce | 63 | 12 | 08 | 221 | 88.8 |
| 6. | Developing infrastructure for training purposes | 32 | 26 | 25 | 173 | 69.5 |

| No. | Solutions | Responses | | | Total Points | |
|-----|--|------------|------------|------------|--------------|------|
| | | Priority 1 | Priority 2 | Priority 3 | Point | % |
| | | n | n | n | | |
| 7. | Strengthening foundational theory courses in Sports Theory and Sports Medicine | 54 | 21 | 08 | 212 | 85.1 |

The interview results in Table 1 indicate that out of the 7 proposed solutions to improve the quality of the TP in ST, 2 solutions were not highly rated by the experts and were eliminated: Enhancing student services (68.3%) and Developing infrastructure for training purposes (69.5%). Therefore, the interview results selected 5 solutions to improve the quality of the TP in ST: [10].

Solution 1: Developing the ST training program according to the credit system.

Solution 2: Enhancing student services.

Solution 3: Enhancing the quality of soft skills training.

Solution 4: Increasing legal knowledge for the coaching workforce.

Solution 5: Strengthening foundational theory courses in Sports Theory and Sports Medicine.

After selecting the solutions, the author proceeded to develop specific content for each identified solution.

3. Development of the Content of Solutions to Improve the Quality of the Bachelor Training Program in Sports Training at Bac Ninh Sport University

Solution 1: Developing the ST training program according to the credit system. [5].

Purpose: Develop the Training Program (TP) for a bachelor's degree in Sports Training (ST) according to the credit system to align with the trends of social development and integration, meet the learners' needs, fit the practical conditions of the university's facilities and satisfy the demand for human resources training in society.

Solution content: Develop the TP for a bachelor's degree in ST according to the credit system, based on Decision No. 17/2014/VBHN-BGDDT dated May 15, 2014, by the Minister of Education and Training on issuing regulations for regular university and college training according to the credit system. Include essential modules in Sports Theory such as: Theories and Methods of Physical Training, Theories and Methods of Sports Training; Selection of Sports Talents, Sports Training Theories, Modern Sports Training Methods in the TP of ST. Include essential modules in Sports Biology such as: Anatomy, Hygiene, Biochemistry, Biomechanics, Physiology, Medicine, Recovery, Nutrition in the TP of ST. Include the module on the Communist Party of Vietnam's approach to Physical Training and sports, focusing on high-performance sports law knowledge and policies for coaches. Develop textbooks, detailed syllabi for each module according to the credit system standards. Innovate teaching, learning and evaluation methods.

Collect feedback from learners and employers to develop the output standards for the TP in ST to meet social needs.

Implementation organization: The Training Department presides over the development of the program, organizes seminars and collects opinions from experts contributing to the development of the training program. The Department of Testing and Quality Accreditation conducts interviews with experts, employers and alumni to develop output standards for training programs. The Faculty of Sports Training coordinates with relevant units to design and propose modules in the training program. Departments develop detailed syllabi for modules and compile teaching materials according to the credit system regulations. Organize the credit-based training for the 51st university cohort. The Faculty of Sports Training will coordinate with the Training Department to regularly monitor and supervise departments and lecturers during the training process, paying special attention to the theoretical modules in Sports Theory and Sports Biomedicine.

Coordinating units: University Council; Training Department; Faculty of Sports Training; relevant units within the university; and employers.

Solution Evaluation Criteria: Use the standards set by the Ministry of Education and Training issued in Circular No. 04/2016/TT-BGDĐT dated March 14, 2016, which stipulates the quality evaluation standards for training programs at undergraduate, master's and doctoral levels, including 10 standards and 51 criteria to evaluate the TP in ST according to the credit system.

Solution 2: Improving Internship Practices [5].

Purpose: Provide students with a good internship environment, allowing them to apply the specialized knowledge acquired in school, helping them get familiar with the work of Physical Training professionals, guides and coaches in the future.

Solution content: Build close relationships with athlete training centers, Sports Training Centers, gifted high schools, professional sports clubs in the northern provinces to send students for internships.

Implementation organization: The Faculty, Training Department and Departments will directly contact athlete training centers, Sports Training Centers, gifted high schools and professional sports clubs in the northern provinces to arrange internships for students.

Coordinating units: Faculty of Sports Training, Training Department, specialized departments within the university, Sports Training Centers, Sports Centers and high-performance sports clubs across Northern provinces.

Solution evaluation criteria: Evaluation forms from the internship sites on the students' performance and the results of their professional internships.

Solution 3: Enhancing the Quality of Soft Skills Training (such as foreign languages, IT and reporting and presentation skills) [5].

Purpose: Equip students with soft skills such as: proficiency in IT for drafting documents, writing reports, planning and creating electronic lesson plans... Develop their confidence in communicating with foreigners, taking athletes for training abroad,... and independently presenting and reporting on professional matters.

Solution content: Organize training for students to improve their IT and foreign language skills and provide certificates. Establish life skills clubs to attract student participation. Organize community activities, cultural exchanges and interactions with famous and reputable individuals to provide opportunities for student engagement. Organize sports competitions where students can participate in organizing, administering referees and competitions.

Implementation organization: The Faculty will coordinate with the IT and Foreign Language Center to offer IT and foreign language enhancement classes at the university, inviting experienced experts and teachers to teach the students. Organize certification exams for students who complete the courses. The Youth Union and Student Union will establish life skills clubs to provide beneficial activities for students. Specialized departments will work with the Youth Union to organize traditional sports competitions to help students become familiar with organizing sports events.

Coordinating units: The Faculty of Sports Training will work closely with the IT and Foreign Language Center, the Student Affairs Office, the Student Union and the Youth Union.

Solution Evaluation Criteria: Students' academic performance in foreign language and IT courses, certificates obtained in foreign languages and IT and membership certificates in clubs such as Journalism, Pioneering, Music and Dance, Youth Volunteers...

Solution 4: Increasing Legal Knowledge for the Coaching workforce [5].

Purpose: Through the courses on General Law and the Communist Party of Vietnam's Approach to Physical Training and Sports, equip students with basic knowledge of general law, sports law and related professional documents, helping them apply this knowledge in future work, such as educating athletes, handling policies for athletes and defending their rights.

Solution content: Organize the teaching of the General Law module in the second semester of the first year and Physical Training and Sports Guidelines of the Communist Party of Vietnam module in the 6th semester of the 3rd year. The Faculty will coordinate with the Sports Management Department to develop detailed syllabi for these two modules: General Law and Physical Training and Sports Guidelines of the Communist Party of Vietnam.

Coordinating units: The Faculty of Sports Training coordinates with the Training Department, the Student Affairs Office and the Sports Management Department.

Solution evaluation criteria: Results of the General Law module and the Physical Training and Sports Guidelines of the Communist Party of Vietnam module.

Solution 5: Strengthening foundational theoretical modules in Sports Theory and Sports Medicine [5].

Purpose: Equip students with foundational knowledge in Sports Theory and Sports Medicine, enabling them to flexibly apply learned concepts in the selection, training and care of athletes to achieve the highest performance.

Solution content: Organize the teaching of modules in Sports Theory such as: Theories and methods of Physical Education, Theories and Methods of Sports Training; Selection of Sports Talents, Training

Theories and Modern Sports Training Methods. Additionally, teach courses in Sports Medicine such as: Anatomy, Hygiene, Biochemistry, Biomechanics, Physiology, Medicine, Recovery and Nutrition.

Implementation organization: The Faculty, in coordination with the Training Department, will develop a training plan and design scientifically structured and logical modules. Departments will assign instructors for each module, develop detailed syllabi, teaching materials, lesson plans and methods for assessing module performance.

Coordinating units: The Faculty of Communication and Communication coordinates with the Training Department and relevant foundational theory departments.

Solution Evaluation Criteria: Performance results in modules such as Sports Hygiene, Theories and Methods of Physical Education, Selection of Sports Talents, Sports Training Theories, Modern Sports Training Methods, Sports Medicine, Sports Nutrition and Sports Biomechanics.

After completing the development of the content of the solutions, the author conducts a survey on the feasibility and practicality of the selected solutions.

4. Evaluation of the feasibility and practicality of proposed solutions

In order to appraise the feasibility and practicality of solutions to ensure focus and objectivity, the author conducted interviews with experts, managers and lecturers directly teaching in ST program at Bac Ninh Sport University. The solutions were evaluated using a three-level feasibility scale: Very Feasible = 2 points; Feasible = 1 point; Not Feasible = 0 points. The value of the solutions was determined by calculating the percentage (%) of responses, with the principle that solutions must achieve at least 80% agreement. The results are detailed in Table 2. [11].

Table 2: Survey results of the Feasibility and Practicality of Solutions to Improve the Quality of the TP in ST (n=42)

| No. | Solutions | Results (n=42) | | | Total Points | |
|-----|--|-----------------------------|------------------------|----------------------------|--------------|------|
| | | Very feasible and practical | Feasible and Practical | Not feasible and practical | Point | % |
| | | n | n | n | | |
| 1. | Developing the ST training program according to the credit system | 38 | 04 | 00 | 80 | 95.2 |
| 2. | Improving internship practices | 29 | 12 | 01 | 70 | 83.3 |
| 3. | Enhancing the quality of soft skills training | 32 | 08 | 02 | 72 | 85.7 |
| 4. | Increasing legal knowledge for the coaching workforce | 35 | 06 | 01 | 76 | 90.4 |
| 5. | Strengthening the basic Strengthening foundational theory modules in Sports Theory and Sports Medicine | 36 | 05 | 01 | 77 | 91.6 |

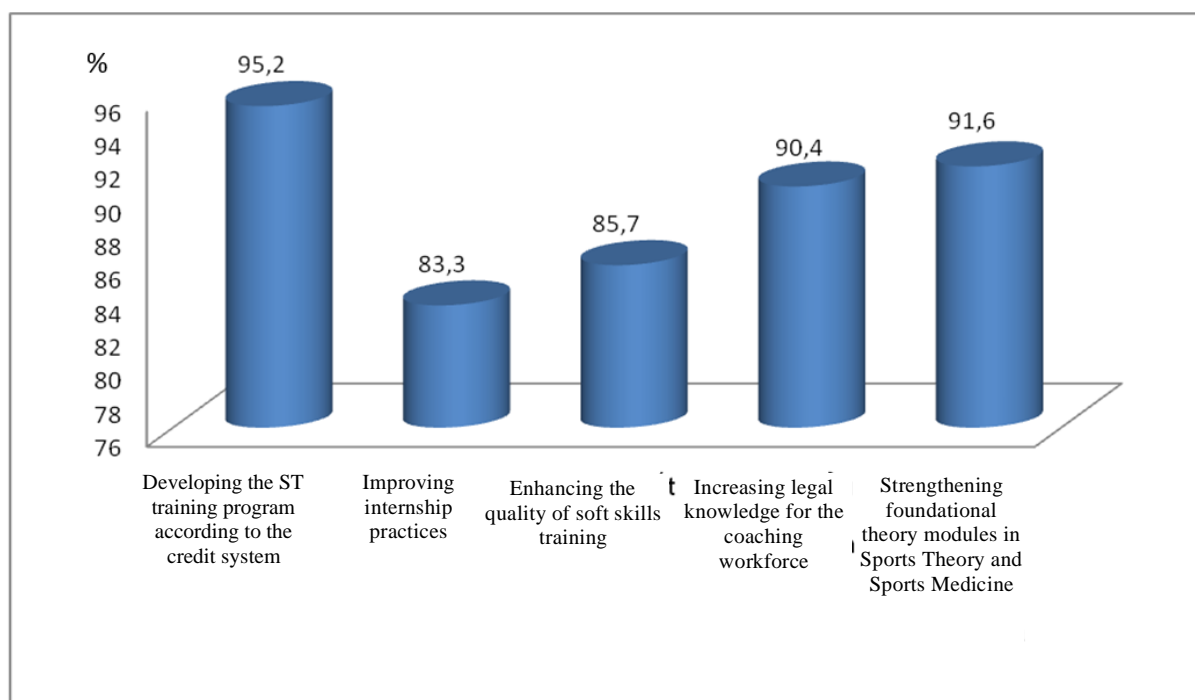


Chart 1. Survey results on the feasibility and practicality of solutions to improve the quality of the TP in ST

The survey results show that all 5/5 solutions were rated as very feasible and feasible by the experts and managers, with percentages ranging from 83.3% and above. Thus, the five proposed solutions are feasible and practical for improving the quality of the TP in ST. This is a pressing and timely issue in enhancing the training program to meet social needs. [11].

CONCLUSION

The author proposed 05 solutions to improve the quality of the TP for a bachelor's degree in ST, including: 1) Developing the ST training program according to the credit system; 2) Improving internship practices; 3) Enhancing the quality of soft skills training; 4) Increasing legal knowledge for the coaching workforce; 5) Strengthening foundational theory modules in Sports Theory and Sports Medicine [5].

Through the survey results of the feasibility and practice of the solutions, it is shown that: 05 solutions were rated as highly feasible by experts, managers and lecturers, with approval rates of 83.3% or higher. Therefore, the proposed solutions can be applied to enhance the quality of the TP for a bachelor's degree in ST at Bac Ninh Sport University.

REFERENCES

- [1]. Central Committee of the Communist Party of Vietnam (2013), "on fundamental and comprehensive reform of education and training to meet the requirements of industrialization and higher education in the conditions of socialist-oriented market economy and international integration", according to Resolution No. 29-NQ/TW of the 11th term dated November 4, 2013.

- [2]. Ministry of Education and Training (2007), Regulation on full-time university and college training according to the credit system, promulgated together with Decision No. 43/2007/QD-BGDDT dated August 15, 2007, Ministry of Education and Training, Hanoi.
- [3]. The Ministry of Education and Training (2015), promulgating regulations on minimum volume of knowledge, requirements on competencies that learners must achieve after graduation for each level of higher education and the process for developing, appraising and promulgating undergraduate, master's and doctoral training programs, according to Circular No. 07/2015/TT-BGDDT dated April 16, 2015, Ministry of Education and Training, Hanoi.
- [4]. Ministry of Culture, Sports and Tourism (2014), Regulations on the functions, tasks, powers and organizational structure of Bac Ninh Sport University, according to Decision No. 542/QD-BVHTTDL dated March 6, 2014, Ministry of Culture, Sports and Tourism, Hanoi
- [5]. Nguyen Van Hoa (2016). "Evaluation of the training program for a bachelor's degree in Sports Training at Bac Ninh Sport University"
- [6]. National Assembly of the Socialist Republic of Vietnam (2012), Law on Education, National Political Publishing House, Hanoi. Issue 08/2012/QH13 dated June 18, 2012.
- [7]. Decision No. 542/QD-BVHTTDL dated March 6, 2014 of the Ministry of Culture, Sports and Tourism on defining the functions, tasks, powers and organizational structure of Bac Ninh Sport University, specifying the functions and tasks of the Faculty of Sports Training. This is an important legal basis for proposing the construction of the training program in Sports Training.
- [8]. Joint Circular No. 13/2014/TTLT-BVHTTDL-BNV dated October 17, 2014 of the Minister of Culture, Sports and Tourism and the Minister of Home Affairs on "regulations on codes and standards of professional titles for public employees in the field of physical training and sports", Ministry of Culture, Sports and Tourism.
- [9]. Circular No. 07/2015/TT-BGDDT dated April 16, 2015 of the Minister of Education and Training on the minimum volume of knowledge, requirements on competencies that learners must achieve after graduation for university.
- [10]. Decision No. 58/2010/QD-TTg dated September 22, 2010 of the Prime Minister) on developing, implementing, evaluating, adjusting and developing undergraduate training programs to meet the requirements of the country's socio-economic development and international integration.
- [11]. Nguyen Duc Van (2000), Statistical Methods in Physical Education and Sports, Physical Education and Sports Publishing House, Hanoi.

Source of the Article: The article is excerpted from the doctoral thesis: "Evaluation of the bachelor's degree training program in Sports Training at Bac Ninh Sport University" Doctoral thesis, Bac Ninh Sport University, accepted in 2016. Author Nguyen Van Hoa.