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## Current status of physical education work at Thai Nguyen Ethnic Boarding School, Vietnam

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### Abstract

Physical education is an important part that contributes to achieving comprehensive educational goals for students. Using basic research methods, this article surveys and evaluates the current status of physical education work at Thai Nguyen Ethnic Boarding School. The results show that the school's physical education work is carried out according to the regulations of the Ministry of Education and Training, but there are still many limitations for neighboring and regional high schools; The physical strength condition of students is generally still low compared to assessment standards, there are still many students who have not met the standards for physical training of the Ministry of Education and Training. This shows that schools need to have a positive impact in the right direction on physical education work to fully utilize all internal resources in the development of physical fitness indicators, contributing positively to the goal of comprehensive education for students.

**Keywords:** Physical education, students, Thai Nguyen Ethnic Boarding School, Vietnam

### Introduction

The Vietnamese government's goal of developing physical education and school sports towards 2025 is: Improving the quality and effectiveness of physical education and school sports to enhance health, develop comprehensive physical strength, and equip knowledge, basic movement skills and forming habits of regular exercise and sports for children, pupils and students; linking physical education and school sports with education of will, ethics, lifestyle, and life skills; Meets the needs of healthy entertainment for children, students, and at the same time contributes to discovering and training sports talents and talents for the country <sup>[1]</sup>.

To continue improving the quality of physical education work and meeting practical requirements, the Ministry of Education and Training guides schools to implement tasks for the 2023-2024 school year for physical education with the task of organizing implementation effective physical education subject program, reasonable and scientific arrangement of class time, contributing to improving the quality of lessons. Innovate teaching forms and methods to create excitement, suit each student and the conditions of each educational institution, without putting pressure on students; Increase the participation of organizations, individuals, programs and projects to develop physical education work <sup>[1]</sup>.

Physical education in schools is a strategic task, an important part of educational work, and a basis for discovering sports talent. Physical education is essentially an investment in people. Physical education in school is both a subject and an aspect of comprehensive education, and a part of sport for everyone <sup>[3, 4, 6, 10]</sup>.

However, in some current educational establishments, physical education in schools has not received adequate attention, and is sometimes even overlooked and lacking equality compared to other subjects. The system of facilities and grounds serving physical education is still lacking and outdated, the number of teachers is lacking and their qualifications have not been improved. This has greatly affected the development and physical perfection of students. Therefore, correctly assessing the current status of physical education work in schools today is extremely important and necessary so that on that basis, each school will have appropriate policies and strategies to promote the development of physical education contributes to comprehensive education for students <sup>[5, 8, 9, 14]</sup>.

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**Research Methods**

- Theoretical research methods: Using methods helps us collect theoretical information, analyze, synthesize and systematize that knowledge, thereby forming a theoretical basis for research.
- Investigation and survey methods: Used to collect information about issues that need to be surveyed: current state of facilities, teaching staff, teaching program.
- Pedagogical observation methods: Use direct observation to collect practical information about the current state of physical education work. The observation process uses a recording form as a tool to record observed information.
- Pedagogical testing methods: Using 5 tests to evaluate the physical fitness level of students at school, we use the tests of Decision No. 53/2008/QD-BGDDT to classify students' physical fitness, specifically: 30-s sit-

- up test, 30-m sprint test, 4 × 10-m shuttle run test, standing long jump test, and 5-min running field test [2].
- Mathematical statistical methods: We use SPSS software version 20 to analyze and process data collected during the research process of the project.

**Research Results and Discussion**

**Current status of implementing the program of Physical Education and Physical Education subjects at Thai Nguyen Ethnic Boarding School**

In the 2022-2023 school year, Thai Nguyen Ethnic Boarding school implements 2 subject programs, which are Physical Education subjects applied to all 10th grade students and Physical Education subjects applied to students in grades 11 and 12. To evaluate the current status of program implementation for these subjects, we conducted statistics on the physical education teaching plan and physical education program distribution of the school's Social Group 2. The results are presented in table 1 and table 2.

**Table 1:** Physical education program for grade 10 at Thai Nguyen Ethnic Boarding School (2022-2023 school year)

Contents Topics	Football	Basketball
Topic 1	History of birth and development of Football and some rules in football competitions	History of basketball, basic movement techniques and on-site dribbling techniques
Topic 2	Ball dribbling technique	Passing and catching techniques
Topic 3	Technique of kicking the ball	On-site technique of shooting baskets
Topic 4	Technique to stop the ball	Lead the ball to shoot the basketball and coordinate some basic techniques
Topic 5	Throw-in and heading techniques	
Topic 6	Goalkeeper techniques	
	Test	Test

**Table 2:** Physical Education program at Thai Nguyen Ethnic Boarding School (2022-2023 school year)

Grade 11	Grade 12
General exercise	General exercise
Relay race	Relay race
Durable running	Durable running
Long jump	Long jump
High jump	
Shuttlecock kicking	Shuttlecock kicking
Badminton	Badminton
Elective sports	Elective sports
Test	Test

Through surveying the current situation, we found: For the 10th grade Physical Education program that has been approved by the Professional Group and the School, it will be built according to the 2018 General Education program (new program) with 2 elective subjects are Football and Basketball. Grade 10 in the whole school has 6 classes, of

which 03 classes choose to study the Soccer program (those are classes 10A4, 10A5 and 10A6); 03 Basketball classes (those are classes 10A1, 10A2 and 10A3). The 10th grade physical education program basically meets the needs of students, school conditions and is consistent with the orientation of the 2018 general education program. Regarding the current Physical Education curriculum for grades 11 and 12, the school is following the distribution of the 2006 General Education program (old program) with the main contents being Physical Education, Athletics, and Soccer. badminton, badminton and elective sports.

**Current status of physical education teachers**

To evaluate the current status of the quality of physical education teachers at Thai Nguyen Ethnic Boarding School, we conducted statistics on the number and qualifications of the teaching staff at the school in the 2022-2023 school year, the results are presented in table 3.

**Table 3:** The team of physical education teachers at Thai Nguyen Ethnic Boarding School in school year 2022 – 2023

Amount	Sex		Number of classes	Ratio of teachers/class/number of students	Seniority of work		Educational level	
	Male	Female			Under 5 years	5-10 years	Master	Bachelor
3	2	1	18	1/6/180	1	2	0	3

Statistics show that: Regarding the number of teachers of the school compared to the structure of the number of classes and number of students, it is not guaranteed according to the regulations of the Ministry of Education and Training (1 teacher/150 students), so to ensure quality in the coming time is very important. Regarding qualifications, teachers participating in teaching at the school have

professional qualifications from regular universities and are quite young, including 1 teacher who is studying a Master's program. The school always creates favorable conditions for teachers to continue studying to improve their professional qualifications to contribute to improving the quality of teaching and education of the school.

### Current status of facilities serving physical education at school

Facilities (including grounds and tools) for teaching make practical contributions to diversifying teaching forms. Facilities also help improve the quality of teaching and learning, helping learners understand teaching content more deeply and clearly. With a complete system of facilities, learners are also trained in skills and techniques, thereby gaining a deeper understanding of the issues that need to be learned and researched to create practical conditions for new initiatives.

To have a basis for assessing the current state of facilities, the project conducted statistics at the school's equipment warehouse and training ground. The results are presented in table 4.

**Table 4:** Current status of facilities serving physical training at Thai Nguyen Ethnic Boarding School (statistics source for school year 2022-2023)

TT	Tools and yard	Quantity	Quality			Acreage
			Good	Medium	Bad	
1	Multi-purpose gymnasium	01	01	0	0	1000 m <sup>2</sup>
2	Stadium	01	0	01	0	2000 m <sup>2</sup>
3	Football yard	01	01	0	0	
4	Volleyball yard	02	0	02	0	
5	Basketball yard	01	0	01	0	
6	Shuttlecock yard	03	03	0	0	
7	Badminton yard	03	03	0	0	
8	Long jumping hole	02	0	02	0	
9	Soccer ball	20	0	20	0	
10	Basketball ball	20	0	20	0	
11	Volleyball	20	0	20	0	
12	Cushion (high jump)	4	2	2	0	

Survey results show that the school's facilities basically meet the requirements, specifically:

-Regarding the training area, the school has a stadium (dirt field) with average quality but ensures an area equivalent to the regulations of the Ministry of Education and Training (3.5 m<sup>2</sup>-4 m<sup>2</sup>/1 student), there is a newly built multi-purpose house with an area of 1000 m<sup>2</sup> with Badminton and Shuttlecock yards ensuring good quality. However, only when there are lessons for Badminton and Shuttlecock can students practice in multi-purpose house, after hours the door is locked.

Regarding training equipment, it is not really guaranteed. The quantity of basic equipment is sufficient, but the quality is mostly average, so organizing teaching of the subject still faces many difficulties. Therefore, investing and purchasing tools for teaching and learning of students needs to be paid attention to improve the quality of training.

### Current status of learning outcomes in Physical Education and Physical Education of students at Thai Nguyen Ethnic Boarding School in the 2022-2023 school year

Checking and evaluating the learning outcomes of physical education subjects of grade 10 students and physical education subjects of grades 11 and 12 at Thai Nguyen Ethnic Boarding School is implemented according to Circular 22/2021/TT-BGDĐT of the Ministry of Education and Training with levels: Pass and Not pass. To survey this

result of the 2022-2023 school year, we conducted statistics on the learning results of all 3 grades through school records, the results are presented in Table 5.

**Table 5:** Students' results of learning physical education subjects

TT	Object		Pass		Not pass	
			n	Percentage	n	Percentage
1	Grade 10 (n=184)	Male (n=78)	71	91,03	7	8,97
		Female (n=106)	96	90,57	10	9,43
2	Grade 11 (n=180)	Male (n=67)	62	92,54	5	7,46
		Female (n=113)	102	90,27	14	9,73
3	Grade 12 (n=176)	Male (n=64)	64	100	0	0
		Female (n=112)	112	100	0	0

The results of table 5 show that the majority of students in all grades met the requirements, including grade 12, 100% of students met the requirements, but the remaining grades, grades 10 and 11, still had a small percentage. At a young age, students do not meet subject requirements. According to school regulations, students who do not meet the requirements for Physical Education subjects will have to practice extracurricular activities for 1 month during the summer break under the supervision of the teacher in charge of the class.

### Assessing the physical strength of students at Thai Nguyen Ethnic Boarding School

The topic uses a number of tests according to Decision 53/2008/QĐ-BGDĐT of the Ministry of Education and Training of Vietnam to evaluate the physical status of students. We use 5 tests to check according to the requirements of Decision No. 53/2008/QĐ-BGDĐT to classify physical strength for students of Thai Nguyen Ethnic Boarding School. Those are the tests: 30-s sit-up test, 30-m sprint test, 4 × 10-m shuttle run test, standing long jump test, and 5-min running field test.

**Table 6:** Current status of physical strength of male students at Thai Nguyen Ethnic Boarding School

Test	Grade 10 (n=78)	Grade 11 (n=67)	Grade 12 (n=64)
Standing long jump (cm)	201,5±5,89	204,11±6,54	211,22±5,38
30-m sprint (s)	6,11±0,56	5,89±0,43	5,80±0,63
4 × 10-m shuttle run (s)	12,74±1,02	12,65±0,98	12,52±0,74
30-s sit-up (times)	14,50±1,25	14,89±1,58	15,05±1,43
5-min running field (m)	980,22±25,65	995,12±23,34	1015±22,45

**Table 7:** Current status of physical strength of female students at Thai Nguyen Ethnic Boarding School

Test	Grade 10 (n=106)	Grade 11 (n=113)	Grade 12 (n=112)
Standing long jump (cm)	148,23±5,46	149,94±4,89	153,44±6,56
30-m sprint (s)	7,02±0,57	6,95±0,67	6,79±0,58
4 × 10-m shuttle run (s)	13,15±1,02	12,98±0,86	12,52±0,95
30-s sit-up (times)	14,50±1,43	16,23±1,87	17,30±1,20
5-min running field (m)	803,22±23,56	821,55±26,43	865,66±23,56

**Table 8:** Summary of 10th grade students meeting physical strength standards (n=184)

Test	Good		Pass		Not pass	
	n	Percentage	n	Percentage	n	Percentage
Standing long jump (cm)	46	25,00	96	52,17	42	22,83
30-m sprint (s)	34	18,48	98	53,26	52	28,26
4 × 10-m shuttle run (s)	45	24,46	88	47,83	51	27,72
30-s sit-up (times)	45	24,46	93	50,54	46	25
5-min running field (m)	22	11,96	113	61,41	49	26,63

**Table 9:** Summary of grade 11 students meeting physical strength standards (n=180)

Test	Good		Pass		Not pass	
	n	Percentage	n	Percentage	n	Percentage
Standing long jump (cm)	32	17,78	113	62,78	35	19,89
30-m sprint (s)	34	18,89	101	57,39	45	25,57
4 × 10-m shuttle run (s)	36	20,00	104	59,09	40	22,73
30-s sit-up (times)	43	23,89	89	50,57	48	27,27
5-min running field (m)	25	13,89	112	63,64	43	24,43

**Table 10:** Summary of grade 12 students meeting physical strength standards (n=176)

Test	Good		Pass		Not pass	
	n	Percentage	n	Percentage	n	Percentage
Standing long jump (cm)	25	14,20	121	68,75	30	17,05
30-m sprint (s)	31	17,61	112	63,64	33	18,75
4 × 10-m shuttle run (s)	38	21,59	102	57,95	36	20,45
30-s sit-up (times)	43	24,43	98	55,68	35	19,89
5-min running field (m)	39	22,16	97	55,11	40	22,73

Research results in tables 6 and 7 show:

For female students in all classes, the majority of tests have an average value equal to or slightly higher than the Pass level in the Regulations on assessing physical fitness levels of students according to Decision No. 53/2008/QD-BGDDT, only the test "30-s sit-up (times)" has an average value much higher than the "Pass" level and approximately reaching the "Good" threshold in all classes.

-For male students in all grades: Most of the tests have an average value equal to or slightly higher than the "Pass" level in the Regulations on assessing physical fitness levels of students according to Decision No. 53/2008/QD-BGDDT, however, the "5-min running field (m)" test and the "Standing long jump (cm)" test have an average value much higher than the "Pass" level according to Decision 53/2008/QD-BGDDT in all classes.

Results from Tables 8 to 10 show that: Compared with the ranking results according to Decision 53/2008/QD-BGDDT, the majority of students in all grades are only ranked at the "Pass" level, "Good" level accounts for a small percentage, in particular, there are still a large number of male and female students at the "Not pass" level according to physical fitness assessment regulations.

## Conclusion

Evaluation of the current status of physical education work at Thai Nguyen Ethnic Boarding School shows that basically it has received attention in all aspects, physical education is basically implemented according to the regulations of the Ministry of Education and Training, but there are still many limitations for neighboring and regional high schools; The current state of physical fitness of students is generally limited compared to general assessment standards, the majority of students have not met the regulations of the Ministry of Education and Training. The school does not have a positive impact in the right direction of physical education to fully utilize all internal resources for the development of targets. In order to ensure comprehensive training goals, effectively deal with physical education work, and meet the urgent needs of students' current extracurricular sports activities, appropriate solutions are needed, has a special organizational scale and activity content with specific and clear operating mechanisms.

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