



RESEARCH ON SOLUTIONS TO IMPROVE THE TEACHING EFFICIENCY OF VOVINAM FOR COLLEGE STUDENTS IN PHYSICAL EDUCATION OF TIEN GIANG UNIVERSITY

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ABSTRACT

Use interview methods, test method and empirical method combined with pedagogical practices reality based learning Vovinam subjects, the subject has to identify effective solutions and appropriate practices to enhance the quality of the cooperative learning and teaching for college students majoring in physical education in the main system of Tien Giang University.

1. INTRODUCE

Tien Giang University is a multi-level, multi-disciplinary university training institution, with vocational training in the direction of career - application and scientific research within the locality. Since 2012, the College has trained bachelor in Physical Education at college level. Despite the efforts, improvement, but the quality of teaching and learning of Vovinam students of physical education has not yet achieved as expected.

Through practical teaching, there are still many problems affecting the teaching and learning of Vovinam such as: the awareness, attitude of learners are not considered seriously, the subject was underestimated, facilities and equipment serving for teaching and learning are still inadequate and unsecured, teaching support activities are still facing many difficulties, affecting the effectiveness of school training. Due to these reasons we conduct research on the topic “Research on some solutions to

improve the effectiveness of teaching Vovinam for college students in physical education of Tien Giang university”.

2. SUBJECT AND RESEARCH SOLUTIONS:

2.1 Research subject:

Some solutions to improve the effectiveness of teaching and learning Vovinam for college students of Physical education major at Tien Giang university

2.2 Research object:

The research includes: twenty lecturers and managers, eighty eight specialize students in Physical Education; fifteen experts, administration, educator have extensive experience in teaching Vovinam at sports and physical education universities across the country.

2.3 Research solution:

For the purpose of research, we used the following research methods: SWOT analysis;

analyzing and synthesizing documents; interview in many forms; pedagogical examination; experimental of pedagogy.

3. RESEARCH RESULTS AND DISCUSSION:

3.1 Current situation of teaching and learning Vovinam for college student in physical educational major in Tien Giang University.

Based on the assessment of the current factors affecting the teaching and learning Vovinam, the thesis draws some basic problems:

- The awareness for this subject is underestimated by researching groups, especially students who tend to evaluate the importance of this subject less than managers and lecturers
- Facilities, equipment for teaching and learning Vovinam are still inadequate, not fully meet the necessary of teachers and students
- Learners have not promoted their independence in the process of training knowledge and skill, and being influenced by the role of instructors.
- Teaching methods have not been positive, not yet applied new, effective and attractive in teaching methods
- Student participation in extracurricular physical training activities is determined at an intermediate level (point<2.15). At Tien Giang university, there are three forms: clubs, teams participating in competitions inside and outside the school have not been focused and paid attention. This is the limitation that needs to be overcome because the establishment of Vovinam club and competition team is important in promoting the capacity of specialized students, and at the same time helping the

university to identify students to foster and develop to be professional.

- The Pearson's Chi-squared test between the two pre-empirical courses was 5.56 compared to the Chi-Square of 9.49. Thus, Chi square calculated < Chi square table so the learning results between the students of the Physical education college classes of 13 and 14 have no difference. So the learning results of students with this module are not guaranteed in the learning efficiency requirement of the subject. The above results are influenced by many different causes, such as: awareness and motivation for learning, learning methods, etc. However, one of the basic problems is that the measures in the teaching process are not appropriate, the combination of teaching methods are still limited. Therefore, the requirement is necessary to select the solutions that are suitable to the practical conditions and ability of students of Physical Education major to achieve the best learning results for this module, improve their qualifications and basic skills that students need to have when they graduate.

3.2 The argument for choosing some solutions to improve teaching and learning effectiveness for student of physical education major of Tien Giang University

3.2.1. Principles of choosing a solution includes (i) Principle of ensuring the goal; (ii) Principles of ensuring science; (iii) Principles of ensuring practicality and feasibility

3.2.2. Bases for choosing solutions: In order to understand the practical basis of the selected solutions, the topic interviewed 30 managers, educators, lecturers, and trainers. Students are directly in charge of management, teaching and training at Sports and Physical Education University such as Bac Ninh Sports University, Hue University, Tien Giang University and

Vovinam centers and clubs. The interview was to determine the necessity and feasibility of the selected solution groups to improve the effectiveness of Vovinam teaching for pre-university students of Tien Giang University (presented in table 1).

Table 1. Interview results to choose solutions to improve the effectiveness of Vovinam teaching for World University of Education major students (n = 30)

N.O	COTENT SOLUTION	COTENT SOLUTION						COTENT SOLUTION					
		n	%	n	%	n	%	n	%	n	%	3	
		n	%	n	%	n	%	n	%	n	%	n	%
1	<i>Propaganda to raise awareness for Vovinam</i>	0	0	0	0	30	100	0	0	0	0	30	100
2	<i>Improving teaching methods for Vovinam</i>	0	0	5	16.67	25	83.33	0	0	3	10	27	90
3	<i>Training and fostering to raise the professional capacity of teaching staff</i>	0	0	1	3.333	29	96.67	0	0	5	16.67	25	83.33
4	<i>Building resources to meet the requirements of teaching Vovinam subjects</i>	0	0	4	13.33	26	86.67	0	0	7	23.33	23	76.67
5	<i>Organizing competitions and foreign activities quite related to Vovinam subjects</i>	0	0	7	23.33	23	76.67	0	0	7	23.33	23	76.67
6	<i>Improving the testing method of Vovinam subjects</i>	0	0	6	20	24	80	0	0	3	10	27	90

7	Investment in facilities for teaching and learning	0	0	0	0	30	100	11	36.66	8	26.67	11	35.67
8	Socializing movement activities	0	0	8	26.67	22	73.33	12	40	5	16.67	13	43.33

* Note:

- Level 1: Unnecessary/Not feasible;

- Level 2: Necessary/Feasible;

- Level 3: Very necessary/Very feasible

Through the interview results, Table 1 shows that: All solutions proposed by the subject are evaluated by experts, administrators, pedagogians with experience in teaching process resulted at high level (over 70%). In particular, there are 6/8 solutions with highly appreciated and feasible in the short and long term; After selecting the solutions, the thesis will build specific content for each identified group of solution. Through the form of interviews with experts, leaders, official managers, lecturers with experience at universities and colleges that have trained sports and physical education nationwide, the topic has reached agreement and completed specific content to deploy and apply each selected measure. This issue is submitted.

3.3 Some solutions to improve the effectiveness of Vovinam teaching and learning subjects for students of college physical education major at World University

3.3.1 Solution 1: Propagating and educating in order to raise students' awareness of Vovinam

In the first session, lecturers take the time to: (i) briefly introduce the content of the subject, analyze the meaning and importance of Vovinam in the Training Program; (ii) the skills equipped through Vovinam, the value of those

skills in practice; (iii) system of documents and methodology of the subject.

3.3.2 Vovinam Solution 2: Improving the teaching method of Vovinam subjects

The main curriculum must follow the Vovinam intensive course curriculum with at least 2 sessions / 1 week and 2 periods / 1 session.

Vovinam lesson time must ensure the attractiveness and appropriate amount of psychological movement for students to complete the course curriculum, accumulate experience and professional knowledge. During the learning and practicing process (in the basic part of the training session), divide the trainees into each small groups, making the most of the existing teaching equipment and training tools, ensuring the highest number of students participating in the training in order to stimulate and create excitement for practitioners

Enhancing the content and means of teaching and practicing (general exercises, specialties) in parts of the lesson plan.

Improve the method of organizing lesson time towards a positive, student-centered approach. Diversifying training methods such as: Circle training method, distance training method.

Encouraging and stimulating students' diligence through content of rich and attractive exercises.

Increasing the number of teachers in a lesson, raising awareness and responsibility of each teacher in the lessons. If the class is crowded with students, two lecturers are required and assigned specific tasks to each Lecturer.

Improving the content of examination and evaluation of the subject. Diversifying forms of inspection and evaluation. There are priority policies, reward to positive students with achievements in practice and competition.

Improving and developing test standards, assessing to be more suitable for the training subjects, bringing the content of training standards into the content of the training session and the test content subject evaluation.

3.3.3 Solution 3: Training and fostering professional qualifications of lecturers

Building the organizational structure of management of the Education and Training Department with the orientation of assigning responsibilities to each group and each teaching staff, ensuring the fulfillment of duties and responsibilities of lecturers who are currently teaching and developing plans to develop the sports movement of the school. Organizing and guiding students' extra-curricular movement and training teams to participate in national and local sports tournaments.

Enhancing the ideological education, raising the sense of responsibility of the teachers for improving the quality of training and room style of the school. Organize professional activities, send officials to attend professional training courses subjects and graduate program

Sending specialized lecturers to participate in training on organization, administration, arbitration of competitions organized by the Ministry of Education and Training, General Department of Physical Training and Sports, Vovinam Federation to learn experience,

exchange and improve professional qualifications ...

Strengthening the management, inspection and examination of lecturers' teaching records such as: Curriculum, plan, process, teaching plans of lecturers, improving the quality of teaching materials and lesson plans, strengthening the work of commentary, scheduling.

3.3.4 Solution 4: Develop resources to meet the requirements of teaching Vovinam

First, it is necessary to have additional equipment, learning aids for Vovinam.

Updating and supplementing sufficient learning materials for teaching and learning Vovinam.

Strengthening the investment capital from the budget for sports activities in general and for Vovinam in particular.

Periodically training and guiding sports management for staff in charge of student affairs of the Departments.

Enlisting the help and support of specialized agencies for teaching and competition activities of Vovinam.

3.3.5 Solution 5: Organize competitions and extra-curricular activities related to Vovinam

Established Vovinam Club is a place to cultivate students' knowledge and skills to compete.

Creating conditions for students to exchange and learn knowledge, skills and experience from experts, coaches and athletes of Vovinam.

Periodically organizing Vovinam tournaments for school students.

Forming a team and have regular practice mode to participate in tournaments in the system.

Promoting the socialization of extracurricular activities Vovinam subjects.

3.3.6 *Vovinam Solution 6: Improve the method of testing and assessing Vovinam subjects*

Improving the competencies of self-studying skills of Vovinam for lecturers in the following aspects: (i) building the goals and criteria of the EE&C of Vovinam; (ii) using the method, form of SA of Vovinam; (iii) using of devices to support the EE results of Vovinam; (iv) designing a test, test subjects Vovinam.

Improving self-assessment skills of students on the following aspects: (i) determining learning goals; (ii) developing the ability to self-assess and evaluate each other

Improving the process of self-assessing students' results in the following aspects: (i) the work of exam questions; (ii) the test format; (iii) organization of examination and examinations; (iv) how to evaluate students' learning outcomes

3.4 *Experiment and evaluate the effectiveness of solutions*

3.4.1 *Choose experimental samples*

Pedagogical experiments were conducted on 11 students of the College-level college education class 16. The experimental period is 30 periods of the first term (from week 1 to week 10), academic year 2017 - 2018. After the experiment, using the form of parallel comparison of the learning results of the vocational college class 16 and college education college class 15

3.4.2 *Evaluate the effectiveness of the solutions*

The criteria for evaluating the effectiveness of the selected solutions are: (i) the assessment based on the test scores of the techniques students are learning in the course curriculum; (ii) final results of Vovinam course.

3.4.3 *Assessment based on test scores of students' techniques during the course of the course*

The thesis conducts statistics of test scores of techniques learned by students in table 2.

Table 2. Results of statistical tests of students' techniques

N. O	CONTENT	EXPERIMENTAL GROUP (n=11)		CONTROL GROUP (n=25)		t	p
		\bar{X}	$\pm \delta$	\bar{X}	$\pm \delta$		
1	General fitness (điểm)	7.25	0.63	5.71	0.41	1.33	<0.05
2	Basic technique (điểm)	7.3	0.52	6.08	0.66	0.99	<0.05
3	Practice (điểm)	7.01	0.72	6.23	0.57	0.61	<0.05
4	Boxing (điểm)	7.43	0.64	5.81	0.64	1.37	<0.05

From the results of Table 2, it is shown that the test results of the techniques that the students learned during the coursework of the

experimental group are much higher than the control group ($P < 0.05$), in other words the solutions proposed by the project have been

promoted effective in improving public efficiency teaching and learning Vovinam for students of Physical Education major at Tien Giang University.

3.4.4 Compare Vovinam end points of the control group and the experimental group

In order to clarify the effects of the solutions to improve the effectiveness of Vovinam teaching for students of Education and Training at Tien Giang University, the topic summarizes the final exam score of the experimental group with the opposite group, the result is presented in table 3.

Table 3. Comparison of learning results of Vovinam subjects of control group and experimental subjects

Objec	Results of classification (score)									
	Excellent		Good		Above Average		Average		Weak	
	Amount	%	Amount	%	Amount	%	Amount	%	Amount	%
Course15(n=25) (Group ĐC)	1	4	9	36	10	40	4	16	1	4
Course16(n=11) (Group TN)	5	45.45	4	36.36	2	18.19	0	0	0	0

Test the difference in group learning results by the When Squared index using SPSS software. The results are presented in Table 4.

Table 4. Chi-Square test results

	Value	df	Asymp. Sig. (2-sided)
Pearson Chi-Square	11.168 ^a	4	0.025
Likelihood Ratio	12.047	4	0.017
N of Valid Cases	36		

a. 8 cells (80.0%) have expected count less than 5. The minimum expected count is .31.

The results from Table 2 and Table 3 show that the number of students in the experimental group who achieved good and excellent marks increased significantly, while the number of students with fairly good scores decreased withonly 1 student. The weak rate was 4% with the reason that there was no point of 70% (students took the exam with a reason). As follows:

- Ranking of excellent point: experimental group 45.45%, control group 4%.
- Ranking of good point: experimental group 36.36%, control group 36%.
- Ranking of fairly good point: experimental group 18.19%, control group 40%.

- Ranking of aaverage point: Class 15 is the experimental group of 16%, the control group of class 16 has no students.
- Ranking of weakpoint: experimental group 4%, control group 0%.

The Pearson Chi-Square test between the two courses is 11,168 compared to when the square of the table is 9.49. Thus, Chi squared calculated is > Chi squared table so the learning results of the two classes of Physical Education College courses 15 and 16 are different.

To see more clearly the difference in learning results of course 15 with results of course 16, the topic presented the percentage of number of students graduating learning scores according to the approved levels.

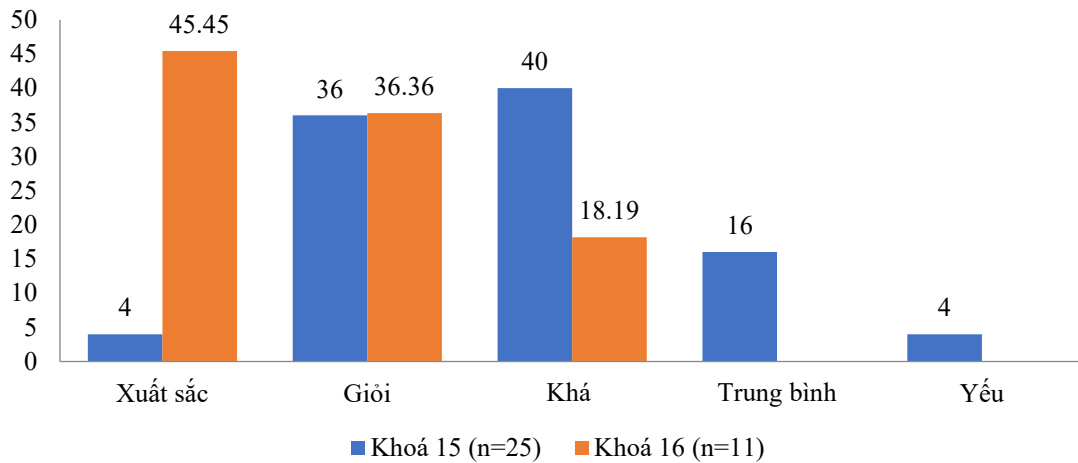


Chart 1 . The graph shows the rate of classification of learning results of the control and experimental group

From chart 1 shows: The above results once again confirm the solutions that the selected project applied to the experimental group showed superiority compared to the control group.

4. CONCLUSION:

1. Based on the objectives of the training program and subject; requirements and expectations for the innovation of teaching and learning methods in Vovinam; research results on the status of Vovinam teaching and learning organization, principles of solution development, the topic has proposed 6 suggestions:

Basic methods to improve the effectiveness of teaching and learning Vovinam for college students majoring in Education and Training - Tien Giang University are as follows:

- *Solution 1: Propagating and educating to raise students' awareness of Vovinam*
- *Solution 2: Improving teaching methods for Vovinam*
- *Solution 3: Training and retraining to improve the professional capacity of lecturers*
- *Solution 4: Developing resources to meet the requirements of teaching Vovinam*

- *Solution 5: Organizing competitions and extra-curricular activities related to Vovinam*

- *Solution 6: Improving the method of testing and assessing Vovinam*

2. Through the experimental process, the results showed that in terms of awareness, interest in the subject with markedly positive changes, the learning results of the experimental group have been much better than with the control group. Thus, the solutions that the topic has chosen initially show the effectiveness and suitability with the research subjects.

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