



The Role of Studying Physical Education Subjects For Current Students

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Abstract

Physical education in general, and the teaching of physical education in particular, in universities is of great importance in many aspects for training young scientific and technical personnel, especially for students, whose physical fitness requirements are increasingly higher to be ready to undertake and successfully complete tasks. Physical exercise is a necessary condition for harmonious physical development, protecting and strengthening health, forming general and specialized work abilities, and contributing to adapting to future working conditions. Therefore, the physical fitness of each student is a decisive factor in the development of productivity of the university and society. The university is constantly innovating and upgrading its facilities, equipment, and teaching staff.

Keywords: Teaching and learning, physical education, quality of education

1. Introduction

1.1. Make a problem

Physical education plays a crucial role in the physical and intellectual development of students. This is fully demonstrated in many aspects. Physical education contributes to strengthening health, improving physical fitness and stature appropriate to the age, gender, and health characteristics of each student. Physical education provides a foundation for the comprehensive development of students in skills and abilities. This is one of the practical activities that contributes to the development of life skills for students. Through this, students will develop core life skills such as creativity, communication skills, interpersonal skills, the ability to overcome difficulties, drowning prevention, adaptability to the social environment, teamwork skills, etc. From this, a healthy and disciplined lifestyle is built for students.

2. Research content and results

2.1. The Concept and Role of Physical Education Today

2.1.1. Concept

Physical education is a subject and educational process aimed at improving physical fitness, health, developing motor skills, and forming a healthy lifestyle for individuals through physical activities, sports, and games, along with education on nutrition and health. The goal of physical education is not only to train the body but also to support the comprehensive development of personality, discipline, self-confidence, and social skills.

2.1.2. The Role of Physical Education

Physical education is a compulsory subject, part of the curriculum at all levels of education and training, aiming to equip children, students, and university students with basic knowledge and motor skills, forming habits of physical exercise and sports to improve health, comprehensively develop physical qualities and stature, and ultimately perfect important skills and techniques for life. It also educates on physical culture, enhances mental health, and teaches how to adapt and harmonize with living conditions, learning and working environments, and social circumstances.

approaching physical education within the education system, the issuance of preferential policies for physical education teachers and administrators; and the regime for physical education instructors in ethnic minority and mountainous areas, disadvantaged regions, and islands to ensure a sufficient number of high-quality physical education instructors have been carefully considered. Physical education in schools needs to be placed in its rightful position, as one of the four elements of "Morality - Intellect - Physicality - Aesthetics" for the holistic development of students.

To develop physical education in schools, it is first necessary to improve the system of playgrounds, training grounds, swimming pools, and equipment serving physical education and sports activities. This is the first and most decisive factor in creating a breakthrough in physical education in schools. Because even with excellent teachers and active students, if training grounds and learning equipment are lacking, the desired results cannot be achieved. Furthermore, it is necessary to improve the professional qualifications of the staff and teachers working in physical education in schools. Annual training should be organized for physical education instructors to ensure they are up-to-date with the latest changes in content, teaching methods, and physical education in schools.

From the perspective of encouraging the study of physical education, it is necessary to build and improve the system of competitions and physical activities in schools. The system of awards in sports competitions for students will be a driving force to promote the rapid development of physical education. Enhancing the role and position of physical education in schools is one of the important goals contributing to the comprehensive development of students.

Physical education plays a crucial role in the comprehensive formation and development of students. Not only does it help improve health and physical fitness, but it also contributes to building character, life skills, and a healthy lifestyle for the younger generation. However, to maximize its effectiveness, a concerted effort is needed, encompassing infrastructure, teaching staff, parental awareness, and societal understanding. Placing physical education in its proper role within the education system will not only help students develop holistically but also create a solid foundation for forming healthy, confident, and enthusiastic citizens who contribute to the nation's development. Towards this goal, we need to continue our efforts to innovate, invest in, and promote the importance of physical education in schools, for a sustainable and prosperous future.

2.2. Solutions to improve the quality of teaching and learning in physical education today

Firstly, regarding instructors: They must use appropriate and flexible teaching methods. Instructors need to strengthen the education of the meaning and purpose of the subject, change teaching methods to create a competitive atmosphere in the classroom, and improve teaching capacity. In each lesson, they should apply game-based and competitive methods, continuously encouraging and motivating students to exercise. Set goals for each content area and for the entire class, and improve the curriculum to suit the needs and interests of students.

Instructors need to thoroughly research the content and teaching program; lectures must be concise, scientific, and teaching methods must be improved.

Secondly, regarding students: Develop motivation for learning the subject. Students must understand that "Health is a precious asset of humankind." With health, one has everything. So what can be done to have good health? Many factors contribute to good health, but regular physical exercise is the most effective and simplest way to strengthen, maintain, and improve our health. Physical education is a subject that achieves this. It helps students reduce stress and fatigue from studying, working, and other activities; it helps them understand and practice the correct methods and techniques, contributing to improved health. Understanding this will foster motivation for learning, thus creating enthusiasm and interest in the subject among students.

Thirdly, regarding the school: To implement the specific solutions mentioned above, it requires the attention and investment of leaders at all levels and the implementation of these solutions in a comprehensive and thorough manner as follows: Integrate physical training standards into the competency assessment and assessment content of the subject according to these standards. To encourage students' diligence in their studies, it is also necessary to provide investment in equipment, fields, and tools for learning, build a regular sports movement within the school, and elevate the position of physical education as a subject like other subjects. Organize and promote extracurricular activities for students with instructors guiding training and sports competitions so that student activities become a regular and continuous part of cultural life.

3. Conclusion

To improve the effectiveness of physical education, a comprehensive set of solutions is needed, and most importantly, a harmonious coordination between these solutions is essential to improve the quality of physical education instruction in schools. By enhancing the quality of physical education in schools, building a positive learning environment, promoting health, and creating healthy and engaging playgrounds for students, we can contribute to reducing social ills.

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