



The importance of physical education training for current student

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Abstract

According to experts: education and development of physical education in the school has great significance in promoting and fostering the human factor. This activity also contributes to improving physical fitness, educating personality, morality, healthy lifestyle, enriching cultural life and promoting the national spirit of Vietnamese people, enhancing and maintaining security national defense. Practical science for health, health care and improvement of human health by physical exercise is the most active, positive and least expensive measure, capable of implementation and in accordance with the law of operation. Psychodynamics, physiology of the body and age, preventing diseases, improving health, beautifying appearance and comprehensively developing motor qualities.

Keywords: Education, physical, health, school

1. Introduction

The physical training through physical education subjects, with the high effort requirements of each different sport, can form and educate the moral qualities and personality of a person. natural ways such as will, courage, determination, confidence, perseverance and patience, sense of organization, discipline, collective spirit, sense of team. Sports activities also strengthen the cultural and academic life, creating confidence in a healthy lifestyle for the young generation. In addition, physical education is also a useful and reasonable means of active study and rest, maintaining and improving health, active capacity and meaning in the process of practicing morality. ethics, will and aesthetics for students. For students, physical education is increasingly important because this is a sensitive period to develop and perfect physical and personality in human life. A most effective method, aimed at comprehensive education for the young generation, in the present and in the future of the nation. It is carried out right from school age to the whole working process. Physical education in schools has great significance in promoting and fostering the human factor. At the same time, it contributes to improving physical strength, educating character, ethics and healthy lifestyle, enriching cultural and spiritual life and promoting the national spirit of Vietnamese people, enhancing and maintaining security. defense, especially in the current situation of the country.

2. Research content

2.1. Policy of the Party and State on education and physical education

President Ho Chi Minh is very interested in establishing an independent and democratic Vietnamese national education, "An education will train children to be useful citizens for Vietnam, education fully develops the inherent capacities of the children". In that education, Ho Chi Minh valued all aspects of virtue, intelligence, body and beauty, which should be respected in schools at all levels. Physical education in the comprehensive education system is to ensure that young people have health to study better, study further, graduate with a strong sense of courage, active and effective activities results in all fields and industries to build the country and build a new society.

According to Ho Chi Minh's thought, youth is like a beautiful spring, full of vitality, maturing and developing both physically, mentally and intellectually. The comprehensive education for children is extremely important, because the process of growing up and developing in all aspects is the most effective period of "growing people".

Do not think that this subject is more necessary to teach and learn well, and the other subject is not necessary, so you should disregard teaching and learning for children, when they reach adulthood, they will lack and weaken one thing what. Moral, physical, intellectual, and aesthetic values, if taught and studied carefully and fully, will "completely develop their available capacities". Every student, every student has the ability to develop in all aspects, when well cared for, so comprehensive learning is irreplaceable to fully develop talents of youth.

Performing physical education in schools means affecting the movement of the whole body of students, students make most parts of the body participate in movement, stimulate the activity of the circulatory system, digestive system, respiratory system, enhance flexibility of nervous system, improve mental qualities, form and develop physical qualities: fast, strong, endurance, ingenuity, improve stature people (including the height, size and mass of the body). Uncle Ho once advised the children to be diligent in physical training for the body to develop in balance. He also reminded the youth - students actively exercise, sports to have a healthy body, strong spirit.

Vietnamese youth with the spirit of eagerness to learn and seek progress, with the expectation of having a high education, professional expertise, proficiency in skills, good at foreign languages to effectively serve the country and people, pursue happiness for individuals and families. Intelligence is only a part, young people want to study well, be professional, succeed in life, mainly "study hard and practice hard". But that depends largely on the health factor of the youth itself. If the body is sick, the spirit is melancholy, lack of clarity, studying is often tired quickly, learning is slow. But if the body is healthy, the mind is full, and the mind is clear, it not only stimulates the desire to learn, is inquisitive, learns without boredom, does not feel tired, but also allows the mind to be open, lucid and receptive. Quick, deep understanding, long-term memory.

The Resolution of the 11th Party Congress clearly stated: "Do well the education of politics, ideology, tradition, ideals, ethics and lifestyle; create conditions for learning, work, entertainment, comprehensive physical and intellectual development for the young generation. Encourage and encourage young people to nurture big dreams and ambitions, be creative impulses, and master modern science and technology. Forming an elite class of young people in all fields, faithfully and excellently continuing the revolutionary cause of the Party and the nation" (excerpt from the speech of General Secretary Nguyen Phu Trong).

Resolution No. 33-NQ/TW dated June 9, 2014, the 9th Conference of the Party Central Committee (term XI) on Building and developing Vietnamese culture and people to meet the requirements of sustainable development Sustainable development of the country, has determined the goal: "Building a comprehensively developed Vietnamese culture and people, aiming for truth - goodness - beauty, imbued with the spirit of the nation, humanity, democracy and science... ". In which, "Improving the standards of Vietnamese cultural and human values, creating an environment and conditions for the development of personality, morality, intelligence, creative capacity, body, soul, social responsibility, civic duty, sense of law observance; uphold the spirit of patriotism, national pride, conscience and responsibility of each person to himself, to his family, to the community, to society and to the country".

The resolution also mentioned the tasks for the construction and development of Vietnamese people, specifically: Caring for the comprehensive development of the Vietnamese people, focusing on fostering patriotism and self-esteem national pride, ethics, lifestyle and personality. Creating a strong change in awareness and sense of respect for the law, every Vietnamese has a deep understanding, pride, and honors the nation's history and culture. Building and promoting the lifestyle "Everybody for everyone, everyone for everyone"; forming a lifestyle with a sense of self-respect and self-control, living and working in accordance with the Constitution and laws, and protecting the environment; harmonious combination of personal positivity and social positivity; promote personal responsibility towards self, family and society. Affirm and honor the right, the good, the positive, the noble; multiplying noble and humane values. Criticism fight, repel evil, evil, lowly, backward; against wrong and negative views and behaviors that adversely affect the construction of culture and alienate people. There are solutions to overcome the limitations of Vietnamese people. To do that, building a healthy cultural environment is especially important, including the cultural environment in the family. Resolution 33 also clearly states: Implement the Vietnamese family development strategy, build Building a family is really a place to form and nurture cultural personality and educate people's lifestyle. Promoting good traditional values, building a prosperous, progressive, happy and civilized family. Building and replicating typical and well-ordered cultural family models, grandparents, exemplary parents, filial descendants, harmonious husband and wife, solidarity and love between brothers and sisters. The policy and consistent line in educating the young.

2.2. Effects and role of physical education in schools

Physical education training in schools is prescribed in Article 2 of Decree 11/2015/ND-CP Regulations on physical education and sports activities in schools. In the educational system, the typical content of physical education is associated with education in education, morality, beauty education and labor education. Physical education is one of the important contents, contributing to the achievement of the goal of comprehensive education of students in schools. Physical education in schools is a compulsory subject, belonging to the educational program of all levels and training levels, in order to equip children, students and students with basic motor knowledge and skills., form the habit of practicing exercise and sports to exercise health, comprehensively develop physical qualities and stature, and progress to perfecting necessary skills and techniques for life. At the same time, educate physical culture, improve mental health, know how to adapt and harmonize with living conditions, learning and working environment conditions, and social situations.

According to experts: Education and development of physical education in the school has great significance in promoting and fostering the human factor. This activity also contributes to improving physical fitness, educating personality, morality, healthy lifestyle, enriching cultural life and promoting the national spirit of Vietnamese people, enhancing and maintaining security national defense. Practical science shows that taking care of health and improving human health with physical exercise is the most active, positive and least expensive measure, capable of implementation and in accordance with the law of operation. Psychodynamics, physiology of the body and age, preventing

diseases, improving health, beautifying appearance and comprehensively developing motor qualities.

Along with the development of society, the role of physical education is increasingly enhanced. Currently, the Ministry of Education has put Physical Education into teaching at schools so that students can learn and practice with personality. According to the Resolution of the 8th Central Committee, it was affirmed that "comprehensive education - physically strong, spiritually rich and highly developed intellectually" Therefore, investment in education is not only the concern of levels and branches but also a policy of the Party.

Activities Physical education brings many effects to the organ systems in the body. Specifically: For the muscular system: people with well-developed muscle movement, full body, well-proportioned and beautiful body to have abundant health. At this age, if you choose a leisurely and inactive lifestyle, your muscles will gradually atrophy, your body will become weak and susceptible to diseases. For the cardiovascular system: the heart of a person with an inactive lifestyle can pump about 70CC of blood each time, while the heart of an active person can pump from 100-130CC of blood. Moderate exercise a few hours a day, 5-7 days a week can reduce systolic blood pressure (top number) by an average of 11mm Hg and diastolic blood pressure (bottom number) by an average of 7mm Hg. For the nervous system: exercise and sports make the spirit bright, anti-Street, anti-fatigue and sad, especially when playing chess and learning foreign languages in addition to increasing knowledge regularly. For the respiratory system: respiration will bring oxygen to every cell, a lot of exercise will lead to a good respiratory system, increased lung capacity, and every cell is well ventilated.

School physical education at different educational levels, stages, and ages has different objectives, requirements and methodological content. Resolution 29-NQ/TU on fundamental and comprehensive renovation of education and training emphasizes the importance of physical development for the comprehensive development of moral - intellectual - physical - aesthetic for pupils and students.

2.3. Solutions to improve physical education training for students

Firstly, propagandize about the role of physical education to parents, teachers and pupils and students. Thereby changing the way of thinking and thinking about the position of physical education in schools. Changing the perception of parents, students and students is an important factor contributing to the development of physical education in schools. It is necessary to put physical education in schools in its right place, as one of the four elements "Germany - Wisdom - Body - America" for comprehensive development of students and students.

Second, it is necessary to perfect the system of playgrounds, training grounds, swimming pools, and tools for teaching and learning physical education and sports activities. This is the first decisive factor to make a breakthrough in physical education in schools. Because teachers are good, students are active, but if the training ground and learning tools are lacking, the effect cannot be achieved as expected.

Third, improve the professional qualifications for staff, teachers working in physical education in the school. Organize annual training for physical education teachers to ensure the fastest updates on changes in content, teaching

methods, and physical education in schools.

Fourth, build and perfect the system of competitions and physical activities in the school. The system of prizes in sports competitions for students will be the driving force to promote rapid development of physical education.

Fifth, improving the role and position of physical education in schools is one of the important goals contributing to the comprehensive development of students in the spirit of implementing the universal education program. This is the premise to have healthy and active young generations, contributing to the construction and development of the country.

3. Conclusion

School physical education is particularly important in the development stage of every human being, especially at school age. Shown in the following aspects: contributing to maintaining health, improving physical strength and stature in accordance with the age, gender and individual health characteristics of each student. Building the basis for the development of comprehensive physical capacity, perfecting the form, strengthening health and forming a system of skills and techniques. Develop comprehensive physical fitness, basic motor skills and core motor competencies: automatism, creativity; ability to communicate and behave; physical capacity (fastness, strength, endurance, dexterity); the ability to coordinate movement; the ability to overcome obstacles; capacity to prevent drowning; ability to adapt to the social environment... On that basis, educate moral qualities, willpower, form personal physical culture and build a healthy lifestyle for pupils and students.

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