



## Promoting the spirit of all people practicing sports in Vietnam today

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### Abstract

Immediately after the success of the August Revolution in 1945, even though the country was in a situation of "hanging by a thread", at the same time we had to lead our people to fight against "the hungry, the ignorant, the foreign invaders" and build building a new regime, but with far-sightedness, our Party and Uncle Ho still give special attention to sports work. On January 30, 1946, President Ho Chi Minh, on behalf of the Provisional Union Government of the Democratic Republic of Vietnam, issued Decree No. Vietnam Revolutionary Sports with the mission of "researching methods and practices of physical education throughout the country" in order to "improve national health and improve the Vietnamese race". Next, on March 27, 1946, on behalf of the Government, Uncle Ho issued Decree No. 38 establishing the Department of Youth and Physical Education. On the same day, he wrote an article on Health and Fitness published in *Cuu Quoc* newspaper, calling on all people to exercise.

**Keywords:** Practicing, sport, health, fitness

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### 1. Introduction

During the journey to unify the country, sports always had strong vitality throughout Vietnam. When the mountains and rivers become one line, Vietnamese sports resonate with strength from all parts of the country. Therefore, even when the country's economy is still difficult, sports activities are still vibrant and exciting. Football, table tennis matches... between top football teams and players from all over the country really give people valuable spiritual food to help the country overcome difficulties. Entering a period of innovation, the sports and physical training industry continues to strive, promote creativity, and advise the Party and State to promulgate and implement many guidelines and policies on physical training and sports to improve health, the stature of Vietnamese people, increasing life expectancy and improving the quality of the race; contributing to ensuring social security and building cultural life. Many sports are gradually professionalized; high performance sports are gradually approaching modern training and competition methods. Many traditional sports, especially martial arts, have developed strongly and widely, becoming a popular sport, being included in competitions in other countries, in regional and world tournaments. The sports industry also makes an important contribution to implementing the policy of international integration, expanding cooperation, foreign affairs of the party, state, and people-to-people diplomacy; enhance the position, role and promote the image of the country and people of Vietnam in the international arena.

### 2. Research content and results

#### 2.1. All people practice sports following the example of great Uncle Ho

After the August Revolution of 1945, our country encountered countless difficulties and challenges. Although very busy with work, President Ho Chi Minh still paid great attention to exercise and sports to improve health and he also cared about preserving the health of the people. In President Ho Chi Minh's call for all people to exercise, published in *Cuu Quoc* newspaper (predecessor of *Dai Doan Ket* newspaper) in March 1946, Uncle Ho wrote: "I exercise every day on my own." Realizing the importance of health to people's health, after the General Election on January 6, 1946, when the resistance coalition government was established, president.

Ho Chi Minh, on behalf of the new government, signed Decree No. 38 (on March 27, 1946) on the establishment of the department of youth and physical education including the central youth department and the central department of physical education. He has a deep understanding and strong belief in the method of protecting health through exercise and sports.

His call for all people to exercise has had a profound impact on all genders, all homes, and all people. During the resistance war against the French colonialists, whether in the mountains and forests of Viet Bac or when returning to the capital Hanoi, wherever he was, he still maintained his daily exercise routine, leaving behind an exemplary example for the cause of physical education sports. In 1959, he attended the sports congress of the entire North and launched the patriotic gymnastics and hygiene movement. In 1960, he sent a letter to the conference of physical education and sports officials in the entire north reminding and encouraging: "If you want to work well in production, work and study well, you need to have good health. If you want to stay healthy, you should regularly exercise and play sports. Therefore, we should develop the movement of physical education and sports widely."

In recent years, our party and state have always paid attention to directing and investing to develop sports extensively among the people, first of all the young generation. The "Healthy for the country" movement was enthusiastically responded to by social organizations, unions, and people. In 1991, on the 45th anniversary of President Ho Chi Minh's call for all people to exercise, the council of ministers officially decided to take March 27 every year as Vietnam Sports Day. Nowadays, everyone knows the effects of maintaining and preserving health through regular exercise and sports. The more the people's fitness and sports movements develop, the more diseases will be reduced and the people's health will be improved, contributing to successfully completing the task of socio-economic development of the country. Practicing sports to improve health is the basic foundation of the sports movement. The content of physical training includes all exercises, sports, traditional gymnastics, physical games, for each person depending on circumstances, conditions, health status and personal preferences. body to choose the content of daily physical training. Exercise is beneficial for health only when practiced methodically, with pedagogical principles, and with regular health monitoring to avoid negative effects caused by exercise that does not follow scientific principles.

Dear Uncle Ho said: "Preserving democracy, building the country, creating new life, everything requires good health to be successful. Each weak person means the whole country is weak, each strong person means the whole country is strong. When the people are strong, the country is prosperous." If you want to preserve and improve your health and develop your stature, you must simultaneously fulfill all three core requirements: disease prevention hygiene, moderate eating, ensuring nutrition and regular physical exercise. Protecting, caring for, and improving health must be the responsibility of each person, each family, and the entire political system.

## 2.2. The role of physical training and sports

Physical exercise and physical health have many meanings for human health and development. This not only helps people have good health but also helps you practice discipline, collective awareness, willpower and reduce stress.

For people, health and intelligence are the two most precious things. Only good health helps the process of training and developing the mind well. Therefore, forming a habit of regular exercise will help you have good health to study better and more effectively.

Society develops rapidly, human life also develops and is improved. Therefore, for developed countries, exercise and sports follow science and become essential to life. Physical exercise brings people many practical benefits such as weight control, preventing overweight or obesity, limiting diseases related to obesity and improving health status, memory. Not only that, regular exercise also brings many benefits and is effective in preventing chronic diseases such as heart disease, diabetes, and blood pressure. It is also effective in preventing rectal cancer, breast cancer, liver cancer, and helping to improve sex life. Proper physical training also helps improve sleep, fall asleep easier, and sleep more deeply and soundly. Physical education training is a matter of concern and should be done for all ages and people. Practicing knowledge and basic movement skills, forming habits of exercising and sports to improve health, helps comprehensively develop physical factors, health, stature, and education physical culture, helping to improve mental health, knowing how to adapt to life, society, living conditions and other environmental, learning and working conditions.

Physical exercise brings many benefits and is especially important for each stage of human development. Those meanings are expressed in many benefits such as:

- Physical training helps maintain health, improve physical strength and stature appropriate to gender and age, helping each person's personal health develop healthily.
- Physical training helps create the basis for developing comprehensive physical capacity, strengthening health and forming a system of skills and techniques.
- This helps people comprehensively develop physical fitness and basic movement skills, automatic movement skills, creativity, physical abilities such as strength, endurance.
- Physical training helps the body have the ability to communicate and behave, have the ability to overcome obstacles, prevent dangerous situations such as drowning and build the ability to easily adapt to the living environment, this effective training brings educational qualities, morality, willpower, personal physical culture and the ability to build a healthy lifestyle.
- Exercise and sports help people comprehensively develop their body and health.
- In addition, physical exercise not only plays an important role in the comprehensive development of the body but also brings positive effects to people mentally. Health care and health improvement are highly effective measures, consistent with the laws of human physiological development.
- Physical training through many different types of sports requires individual physical, will and mental effort. This is also useful in developing human moral qualities and personality naturally.

The process of physical training will help people practice willpower, courage, team spirit, perseverance, collective awareness, high discipline. Therefore, the habit of training Physical exercise is a way to help build a healthy spiritual and cultural life, helping to repel social evils and build trust and

optimism for everyone. Physical exercise helps relax the brain, reducing stress and anxiety in people. In addition, studies also show that regular exercise will affect many functions of the nervous system. This improves brain development and activity, helping to reduce stress, improve sleep, optimism, and cognitive ability.

### 2.3. Continue to promote the current spirit of all people practicing sports

During Uncle Ho's lifetime, he once taught: "Every weak person makes the whole country partly weak; every strong person contributes to making the whole country strong." When the people are strong, the country is prosperous. I hope our people will all try to exercise. As for me, I practice every day". Immersed in Uncle Ho's teachings, in recent years all levels, sectors and localities from districts to grassroots have continued to promote propaganda work to raise awareness of party committees, authorities and political organizations at all levels. political and social responsibility for leadership and direction of sports activities and for people to better understand the benefits and effects of physical training and sports on the health, physical health and happiness of each family.

Clubs and training venues are being expanded and developed, and physical and technical facilities serving fitness and sports are increasingly being invested in, upgraded and newly built. Sports practice activities in schools, agencies, units, localities and armed forces are maintained regularly and increasingly developed. Pay special attention to promoting exercise and sports competitions associated with building cultural life in residential areas. Mobilize investment and socialization resources to build, upgrade and embellish playgrounds and training grounds, purchase equipment and tools for training and sports competitions at writers' houses, sports areas in villages, residential groups and public areas in the area to attract people to participate in exercise.

To attract a large number of people to participate in physical exercise and sports to improve their health, in the coming time it is necessary to implement the following solutions well:

*Firstly*, promote and innovate information and communication work on the role and effects of physical exercise to raise community awareness and promote the positive aspects of public opinion in propagating and promoting sports activities. the social value of physical training associated with the movement "All people unite to build a cultural life"; preserve and promote traditional sports, ethnic sports, and folk sports games to promote national cultural identity in physical training and sports activities.

*Second*, mobilize investment and socialization resources to build, upgrade and embellish playgrounds and training grounds, purchase equipment and tools for practicing and competing in physical education and sports. Placed at cultural houses - village sports areas, residential groups and public areas in the area to attract people to participate in exercise.

*Third*, propagate and mobilize people to choose suitable sports for themselves to practice and create lifelong habits of reasonable activity and exercise to improve health and physical fitness for the goal: "Every "If the people are healthy, the whole country is healthy", "If the people are strong, the country is prosperous" as president Ho Chi Minh always wished.

*Fourth*, direct the organization of sports training activities at community cultural centers, cultural houses - village sports

areas, residential groups, and public areas in the area in an effective and efficient manner create a profound development movement. Guide villages and residential groups to establish new sports clubs suitable to the interests and strengths of each village and residential group to maintain effective operations. Well organize training, exchange and sports competition activities associated with the launch of sports clubs such as folk dance, fitness and other types of clubs, promote the movement of all people participating in sports practice to spread and replicate the movement, create atmosphere, sports spirit, and improve health for all people in the area.

### 3. Conclusion

It is necessary to encourage a large number of people from all walks of life to participate in physical exercise and sports, responding to the campaign for all people to exercise physically following the example of the great Uncle Ho and the healthy movement to establish a career and protect the country at a young age. nationwide, contributing to improving health to serve studying, working, producing, building and protecting the Fatherland. Propagate and raise awareness about the role and effects of exercise and sports in protecting and improving health, improving people's quality of life, and building a healthy lifestyle and cultural environment. strong, contributing to strengthening the great solidarity of the entire people. Encourage all people to choose a suitable sport for themselves to practice every day to create reasonable lifelong exercise habits to protect and improve their health.

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