



# International Journal of Multidisciplinary Research and Growth Evaluation.

## Solutions to improve the quality of teaching and learning physical education today

**Le Van Nhut**

Ho Chi Minh City University of Industry and Trade, Vietnam

\* Corresponding Author: **Le Van Nhut**

### Article Info

**ISSN (online):** 2582-7138

**Volume:** 05

**Issue:** 04

**July-August 2024**

**Received:** 11-06-2024

**Accepted:** 17-07-2024

**Page No:** 1003-1005

### Abstract

Physical education is a mandatory subject, part of the educational program of all educational levels and training levels, in order to equip children, pupils and students with basic knowledge and movement skills, forming habits of exercising and sports to improve health, comprehensively develop physical qualities and stature, progress to perfecting important skills and techniques for life, and at the same time provide physical education, improve mental health, know how to adapt and harmonize with living conditions, learning environment conditions, one's own work and social circumstances. School physical education contributes to the comprehensive development of virtue, mind, body and beauty for students. Physical training education in school has great significance in promoting and fostering human factors. At the same time, it contributes to improving physical strength, perfecting physical abilities, developing mental capacity, educating personality, ethics and a healthy lifestyle.

**Keywords:** physical ability, ability, personality, skills

### 1. Introduction

Physical education in schools is diverse at each level, stage of education and age, with the goals of helping students develop comprehensively in virtue, mind, body and beauty. Apply diverse and flexible methods, adapting to each age and stage of development. Create the basis for developing comprehensive physical capacity, perfecting form, strengthening health and forming a system of skills and techniques. Develop comprehensive physical fitness, basic motor skills and core motor abilities: Automatic and creative abilities; communication and behavioral capacity; physical ability: speed, strength, endurance, dexterity; ability to coordinate movements; ability to overcome obstacles; drowning prevention capacity; ability to adapt to the social environment... On that basis, educate moral qualities and will, form personal physical culture and build a healthy lifestyle.

### 2. Research content and results

#### 2.1. The role and meaning of the subject Physical Education in school

Article 2 of Decree 11/2015/NĐ-CP Regulations on physical education and sports activities in schools clearly states: "Physical education in schools is an educational content, a compulsory subject, under the program Educational programs at all levels of education and training levels, aiming to equip children, pupils and students with basic movement knowledge and skills, forming habits of exercise and sports to improve health, physical development, and stature, contributing to achieving the goal of comprehensive education."

Resolution 29-NQ/TU on fundamental and comprehensive innovation in education and training emphasizes physical development for comprehensive development of students in virtue, mind, body and beauty. Decrees and resolutions of the Party and Government affirm the important role of physical education in the physical formation and development as well as the personality of students. School physical education activities play an important role in the physical and intellectual development of pupils and students. That is fully demonstrated on many fronts.

Physical education contributes to enhancing health, improving physical strength and stature appropriate to the age, gender and health characteristics of each student. Physical education creates the basis for comprehensive development of students' skills and techniques. This is one of the practical activities that contributes to developing life skills for students. Physical education is also an activity to practice life skills. There, pupils and students will be formed and developed core life skills such as: creativity, communication ability, behavior, ability to overcome difficulties, drowning prevention, ability to adapt to the social environment, ability to work in groups. From there, build a healthy and disciplined lifestyle for students.

Propaganda about the role of physical education to parents, teachers and students. From there, change the way of looking at and thinking about the position of physical education in schools. Changing the awareness of parents, pupils and students is an important factor contributing to the development of physical education in schools. It is necessary to place physical education in schools in its rightful place, as one of four elements: virtue, intellect, body, and beauty to comprehensively develop students.

It is necessary to complete 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 create a breakthrough in physical education in schools. Because the teacher is good and the students are active, but if the practice area and learning tools are lacking, the desired effect cannot be achieved. Improve professional qualifications for staff and teachers working in physical education in schools. Organize annual training for physical education teachers to ensure the fastest updates on changes in content, teaching methods and physical education in schools. Build and improve the system of competitions and physical activities in the school. The system of awards in sports competitions for students will be the driving force to promote the rapid development of physical education.

## 2.2. Current status of teaching and learning activities in Physical Education

Currently, studying physical education for students in schools still has many limitations and has not brought the desired results. Many students are afraid of studying physical education, consider studying physical education as tiring work, exams as torture. Interest in learning plays a particularly important role in improving the effectiveness of learning processes.

Creating interest in learning physical education will contribute to improving the quality of teaching and learning of this subject, contributing to increasing students' love and responsibility for physical training of yourself. The quality of learning in general and the learning outcomes of physical education subjects in particular depend significantly on the attitude of pupils and students towards the subject, which is expressed externally by their enthusiasm and interest studying physical education subjects. In the psychological learning process of students, most students only focus on subjects directly related to the subjects they will work in the future and are indifferent and disregard the study of physical education matter. What governs students' attitudes toward physical education and how to increase students' interest and positivity in physical education lessons. In their minds, they only consider physical education as a secondary subject. Most students focus mainly on studying their majors. When

specialized subjects are focused as much as possible, it means that secondary subjects are overlooked.

Weak physical qualities, when practicing, afraid of others laughing, practicing hard, not aware of the effects of the subject, bad weather conditions, low awareness of physical training and sports, or the content of the subject Poor education... are the reasons leading to students' lack of interest in physical education classes. Besides, there is another reason and it is also a factor that greatly affects the learning process as well as creating excitement for students in the process of studying physical education, which is a training ground. Due to the lack of a multi-purpose gym, the school yard is narrow, not ensuring children can study on sunny and rainy days. After each lesson, students practice what and how much they absorb, when their place on the field is not even there. So how to create excitement for students when their awareness of physical education is still limited and the facilities are limited.

## 2.3. Solutions to improve the quality of teaching and learning Physical Education today

Firstly, it is necessary to invest in physical facilities for teaching and learning activities of physical education. Along with the increase in quantity and quality of teachers and sports coaches, the system of facilities serving physical education and sports activities in schools is constantly developing. Currently, facilities for teaching and learning physical education activities still do not meet the increasing development needs of school sports activities. The funding source for physical education activities and the Phu Dong Health Association tournament has not yet met the increasing training and competition needs of students. Physical education and school sports are one of the important activities that help develop the health, fitness, physique and physique of Vietnamese people. This is a very important content that any country is interested in because without a generation of healthy youth, it will be difficult to carry out the task of protecting the fatherland and developing the economy. Many sports movements, promoting school sports movements, improving physical fitness, equipping knowledge, basic movement skills and forming sports practice habits among students, linking sports education with ethics, lifestyle, and skills education.

Second, it is necessary to promote propaganda so that all people, pupils, students, parents and the whole society understand the important role of school physical education; Pay attention to innovating content, teaching methods, testing and assessment, focusing on assessing students' skills, motor abilities, attitudes and sports practice habits inside and outside of school, student. In addition, schools need to diversify sports, creating better conditions for students to develop their abilities. Localities need to strengthen facilities and equipment to serve physical education and school sports, while promoting more socialization resources and building effective investment projects fruit.

Third, it is necessary to change awareness about the purpose, role and effects of physical education and school sports, first of all within the education sector, thereby creating a spread throughout society, recognizing Physical education and school sports play an important role and are indispensable physical activities in the daily life of every student and teacher. Doing a good job of physical education for students will create a solid foundation for sustainable, long-term development of human health, physical fitness, and

intelligence.

Fourth, it is necessary to innovate the content and teaching methods of physical education and school sports activities in the direction of enhancing practice and closely following the curriculum framework of physical education subjects in the general education program new, to create excitement and interest for learners; create conditions for learners to choose their favorite sport. Research and propose the establishment of a Research Institute on physical education and school sports to propose mechanisms and policies for school sports development; Research and propose the establishment of a high school for gifted physical education and sports to nurture sports talents in students.

### **3. Conclusion**

Physical education is divided into two aspects: movement teaching and knowledge education. If teaching movements is about physical exercises and aerobics, knowledge education goes deeper into exploiting the movement qualities in the human body. The two aspects always go hand in hand and are constantly innovating to suit the needs of society. It can be affirmed that physical education is the process of testing and preparing people's physical strength to perform living and working activities that benefit the social community. At each stage of learning, physical education directs learners to different goals. Developing comprehensive physical education is about conquering set goals and bringing about changes in awareness and health in society.

### **4. References**

1. Nguyen Ngoc Cu, Duong Nghiep Chi. Enhancing the stature of the human body, Hanoi Institute of Sports and Exercise Sciences, Thematic Document No; 2001:1+2.
2. National Assembly of the Socialist Republic of Vietnam. Law on Physical Training and Sports - Document No.; 2006:77/2006/QH11.
3. Nguyen Xuan Sinh, *et al.* Sports and exercise science research textbook Publishing House Sports, Hanoi; c2000.
4. Tran Van Lam. Raising awareness of the role of physical education and school sports, Ministry of Education and Training; c2019.
5. Luu Duc Tuan. Enhancing the role of physical education in high schools, Education and Times Newspaper; c2022.
6. Strengthening facilities and equipment for physical education and school sports Ho Chi Minh City Party Committee website; c2020.