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Solutions to Promote Sports Activities in the Community Today

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Abstract

Our Party always attaches importance to, promotes leadership and direction of mass physical training and sports work, considering this one of the conditions for forming and developing generations of Vietnamese people who are physically healthy, mentally pure, contributing to improving the stature and physical strength of Vietnamese people; creating social cohesion between individuals, individuals with the community and society; developing a healthy living environment, repelling social evils, contributing to the economic, social and cultural development of the country.

Keywords: Sports, community, physical

1. Introduction

Entering the period of comprehensive national innovation, mass physical education and sports receive special attention from our Party. The goal and driving force of innovation come from people and for people. In other words, people are both the subject, the driving force and the goal of innovation. Accordingly, the Party increasingly affirms the role of mass physical education and sports in promoting the human factor and mobilizing the participation of the community and society. Because innovation is only successful when it creates individuals who are conscious subjects, who are connected to each other and work together to build the community and society.

2. Research content and results

2.1. Party and State policies on the role of physical education and sports

President Ho Chi Minh pointed out: "Under a democratic regime, sports and physical education must become common activities of the masses, aiming to improve people's health. When people are healthy, all work can be done well." "Therefore, practicing physical education and improving health is the duty of every patriotic citizen." From there, he proposed the policy: "We should develop a widespread physical education and sports movement." Entering the period of comprehensive national renewal, mass physical education and sports are of special interest to our Party. The goal and driving force of renewal come from people and for people. In other words, people are both the subject and the driving force and the goal of renewal. Accordingly, the Party increasingly affirms the role of mass physical education and sports in promoting the human factor and mobilizing the participation of the community and society. Because, the cause of innovation is only successful when it creates individuals who are conscious subjects, who are united with each other and join hands to build the community and society. The 6th Party Congress (1986) affirmed the important role of physical education and sports, including mass physical education and sports as a social policy contributing to restoring and improving people's health: "Along with medical work, physical education and sports work contributes to restoring and improving people's health"; "Expand and improve the quality of the mass physical education and sports movement, gradually making physical training a daily habit of the masses, first of all the young generation. Improve the quality of physical education in schools. Strengthen and expand the system of schools and classes for gifted sports, develop the force of young athletes. Select and focus on improving the achievements of a number of sports. Attach importance to moral education and socialist sports style. Strive to ensure conditions for cadres, science, technology, facilities and especially for organization and management of physical education and sports work".

The Platform for national construction in the transition period to socialism and the strategy for stabilizing and developing the socio-economy until 2000 have oriented: "Developing public works such as schools, hospitals, cultural works, physical education and sports... Correct social policies for human happiness are a great driving force to promote all creative potentials of the people in the cause of building socialism.

In the task of implementing the health protection policy of the Strategy for stabilizing and developing the socio-economy until 2000, the 7th Party Congress continued to affirm: "Building a movement for the whole people to exercise, participate in physical education and sports activities, especially among young people; combining popularization and improvement. Developing sports clubs and associations operating on the principle of self-management and self-reimbursement with the necessary management and partial funding from the State". The main directions and tasks of the 5-year period from 1991-1995 also determined: "...organizing, guiding and mobilizing the majority of people to participate in daily physical exercise; Improving the organization and management of physical education and sports activities in the direction of closely combining state organizations and social organizations...".

The 8th National Party Congress - The Congress brought our country into the period of promoting industrialization and modernization of the country, affirming: "Developing the physical education and sports movement extensively throughout the country, first of all among young people; creating positive changes in the quality and effectiveness of physical education in schools, in the national defense reserve forces and the armed forces. Expanding international cooperation in physical education and sports. Gradually forming a professional sports force". The 9th National Party Congress continued to affirm and emphasize "Launching a movement for the entire population to practice physical education and sports, improve the health and stature of Vietnamese people; widely disseminating knowledge about self-protection of health..."; "Promoting the construction of libraries, cultural houses, information houses, health clubs, sports grounds, entertainment areas..."; "Build a national strategy to improve the health and stature of Vietnamese people, increase life expectancy, and improve the quality of the race. Strengthen the physical strength of young people. Strongly develop physical education and sports, combining mass sports and high-performance sports, ethnic and modern sports. Have appropriate policies and mechanisms to discover, nurture and develop talents, bringing our country's sports to a high position in the region, gradually approaching the continent and the world". Along with the contents in the 5-year socio-economic development orientation and tasks 2006-2010, such as: "Promote physical education and sports activities in both scale and quality. Encourage and create conditions for the whole society to participate in activities and develop the physical education and sports career. Strongly develop mass sports and amateur sports, first of all among young people and teenagers. Encourage non-public enterprises to invest and operate sports training and competition facilities. Transferring sports operations to social organizations and non-public establishments to implement", the 10th Congress Document also expressed the Party's consistent viewpoint on developing physical training and sports to improve health, physical strength, and cultural and spiritual life of the people, especially the young generation,

contributing to the implementation of socio-economic development and foreign affairs tasks. This viewpoint was once again emphasized by the Party at the 11th Congress: "Enhancing the operational efficiency of the cultural institution system at all levels, at the same time having plans to renovate, upgrade and invest in the construction of a number of modern cultural, artistic, physical training and sports works in the economic - political - cultural centers of the country"; "Strongly developing the mass physical training and sports movement, focusing on investing in improving the quality of a number of high-performance sports that our country has advantages in. Resolutely overcome negative phenomena in sports".

With the goal of improving people's health, at the same time responding to the aging population, transforming the disease model from infectious to non-infectious to share the burden on health, the 12th Congress, at our Party, determined: "Developing physical education and sports for the whole people to contribute to improving people's health, and at the same time serving as a basis for developing high-performance sports". Resolution No. 20-NQ/TW, dated October 25, 2017 of the 12th Central Executive Committee on "Strengthening the work of protecting, caring for and improving people's health in the new situation" also emphasized: "Building and organizing the synchronous implementation of projects and programs on improving the health and stature of Vietnamese people", "Fundamentally innovating physical and psychological education, increasing the number of elective subjects in schools, closely combining with training outside of school. Strongly develop physical training movements". In Resolution No. 21-NQ/TW, dated October 25, 2017 on "Population work in the new situation", our Party also identified the tasks and solutions: "Promoting propaganda and mobilization work, arousing the movement for all people to regularly practice physical exercise and sports, have a healthy lifestyle, and a reasonable diet to improve the health, stature, and physical strength of Vietnamese people".

2.2. Current status of sports activities in the community

Responding to the campaign "All people practice physical training following the example of great Uncle Ho", in recent years, the Department of Physical Education and Sports has been focusing on developing the mass physical education movement to find new factors for high-performance sports, especially in depth and substance in school sports and sports for all people. 2023 marks a "special milestone" for the physical education movement for students, when a series of tournaments have created attraction thanks to their high competitiveness and took place in the enthusiastic response of fans. Thanks to close coordination with the Ministry of Education, physical education programs for students have been developed, integrating content to develop comprehensive people-especially life skills. Through this, the Sports industry will build a competition system, build channels to select sports talents from all levels of education.

Physical education and sports activities for students at all levels Universities, high schools and vocational schools are implemented synchronously with two contents: Physical education in the prescribed curriculum and student sports activities. Among them, many intra-curricular sports such as Athletics, Gymnastics along with physical training standards are compulsory programs, gradually becoming a routine in universities.

Towards 2024, sports tournaments for students are expected to continue to "bloom" and receive stronger support. To achieve this goal, health care and physical development, and motor skills training in the form of activities, games, and basic physical education have been and are being widely implemented in schools, by developing sports that are loved by many students and improving the conditions of playgrounds, teachers, etc. In particular, many youth tournaments in sports such as Basketball, Volleyball, Electronic Sports, etc. are organized with the spirit of physical training but also with the spirit of competition for achievements, achieving high professional quality.

Along with the task of developing school physical education and sports, physical education and sports movements aimed at the entire population are also a strategic goal that the Department of Physical Education and Sports closely coordinates with all levels, organizations and localities to organize and implement in order to create cohesion and support in society. In recent years, the physical education and sports movement in localities across the country has grown stronger and has a strong influence in the community. Never before have mass sports events organized on a large scale "blossomed" as they are today, such as cross-country running, off-road running, cycling, triathlon, swimming, yoga, etc., attracting a large number of people to participate. According to statistics from the Department of Physical Education and Sports, in 2023, the number of people practicing physical education and sports regularly nationwide will reach 36.7%; the number of families practicing physical education and sports regularly will reach 27.7% of the total number of households. For mass sports, the Department of Physical Education and Sports has proposed strategies, exercises and training courses for the whole population to participate in more sports activities, improve the quality of physical education and sports training as well as improve health to serve the production labor, towards developing the sports economy, sports industry... so that we have a source of income, increase revenue for the task of developing recreational sports, sports tourism... and contribute to the country's GDP.

In order to raise awareness of the development of physical education and sports for the whole population, the Department of Physical Education and Sports has also set out the task of continuing to direct the development of local units with strong physical education and sports movements to register for advanced physical education and sports, and launching a physical training movement to gradually eliminate "blank spots" in physical education and sports through events such as the Phu Dong Sports Festival, the Sports Congress at all levels..., creating a new atmosphere of physical training in the community.

In addition to the efforts of the Sports Industry, many clubs, classes, training centers... of individuals and social organizations have also "sprouted like mushrooms" with a variety of simple forms of physical exercise, not requiring much investment in fields and equipment such as: running, walking, aerobics, badminton, chess, martial arts, mini football... have been attracting a large number of people to participate, contributing to improving health, building a healthy lifestyle and improving the cultural and spiritual life of the people.

2.3. Solutions to promote physical education and sports in the community today

Firstly, orient and guide the implementation of physical activity programs to improve health. Propose solutions to develop medical programs in sports institutions for public health. There needs to be coordination between the health sector and the culture, sports and tourism sector to build medical records for sports and develop sports for public health and medical programs. Strengthen the role of sports organizations in developing physical education and sports programs for public health in clubs and sports centers. Develop documents to promote the role of physical education for health and sports activities to improve health. Organize and guide people to practice physical education and sports to improve health. Strengthen the training of collaborators who are cadres of the Youth Union, Women's Union, and the elderly on developing health-enhancing sports clubs to guide people in practicing and developing health-enhancing sports clubs.

Second, strengthen the dissemination of sports models for community health and health-enhancing exercises to help people see the significance of sports practice for personal, community, and social health; increase the number of people participating in regular exercise, creating a widespread movement of sports practice for all ages and genders, suitable to the physical characteristics and living conditions of the people. Combine physical training to improve people's health with the implementation of the campaigns "All people practice physical training following the example of great Uncle Ho", "All people unite to build a cultural life" and "New rural construction program" to create a safe and friendly living environment. Arrange facilities to serve people's physical training.

Third, promote propaganda and widely disseminate the core contents of the strategy to all classes of people, the business community, cadres and civil servants in the whole industry to create unity in awareness; action and effectiveness in implementing the strategy for developing physical training and sports in the community. Based on the viewpoints, goals, tasks and solutions of the strategy, it is recommended that all levels, sectors, localities and units develop and deploy implementation plans; ensuring unity, synchronization and rhythm. The heads of Party committees and authorities at all levels clearly identify the key tasks of their localities and units to focus on directing the development of programs and plans to implement the strategy. Increase initiative and responsibility; improve the quality and effectiveness of strategic management; ensure that the strategy is implemented in practice while maximizing resources for implementation.

Fourth, encourage the development of mass physical education and sports, create opportunities for all people to participate in training, performing, and competing activities to improve health, prevent and treat diseases, and have fun and entertain. Strengthen the dissemination of knowledge and guidance on mass sports movements; build public sports facilities in residential areas, install training equipment in recreation areas, parks, etc. Pay attention to and direct the development of ethnic sports, recreational sports, national defense sports, children, students, the elderly, and people with disabilities in physical education and sports activities.

Fifth, innovate and improve the quality of physical education and school sports in association with the educational goals, comprehensive development of ethics, knowledge, culture, health, aesthetics and life skills for students, creating a foundation for discovering and nurturing young talents and talents. Pay attention to investing in facilities, teachers, lecturers for all levels of education, training levels and scientific research on age-related psychology, school sports. Sixth, promote physical training, improve the health of officers and soldiers in the armed forces. Strengthen training and competitions in professional applied sports to serve work and combat. Improve the quality of sports, compete to achieve high results. Promote the role of the armed forces in developing physical education and sports, especially in border areas, remote areas, and ethnic minority areas.

3. Conclusion

From the Party's policies and orientations through each Congress, it can be affirmed that: After more than 36 years of comprehensive innovation, along with the factors that have made "our country achieve great achievements of historical significance on the path of building socialism and defending the socialist Fatherland", there is a role for physical education and sports in general, and mass physical education and sports in particular. In the new situation, in order for mass physical education and sports to continue to develop more strongly, more reasonably and effectively, in accordance with the revolutionary reality, a more synchronous system of solutions is needed.

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