

# ACTUAL SITUATION OF THE MASS SPORTS TRAINING OF THE STUDENTS AT THE ARMY OFFICER COLLEGE NO.1

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## Abstract:

Using regular scientific research methods to conduct surveys to assess the actual situation and factors affecting the training of Mass Sports of the students of the Army Officer College No.1 to improve health, complete the physical qualities, ensure that students fulfill all assigned tasks well.

**Keywords:** Training; Sports; Mass; Students; Army Officer College No.1.

## INTRODUCTION

The Army Officer College No.1 is a training center for the Staff members at the section level, university level. Students graduated from the college hold initial positions as platoon leaders, in addition to managing the army commander, they are also responsible for directing military training for the soldiers under their control including physical training. Therefore, the training of Mass Sports for every student in the college is very important.

However, in the field of general education and the training of mass sports in particular of the school, it also revealed certain limitations such as: The program of mass sports training is still lacking in time and training arrangements are still pressed; lecturer qualifications are not equal, the number of lecturers is insufficient compared to the task requirements; students' awareness of the role and meaning of mass sports training has inconsistent sides; The testing results of the physical fitness training and Mass Sports content of the students at the level of good and fair are still low. So, what is the actual situation of the mass sports training of the students? It is necessary to understand the true situation of the training of Mass Sports of students at the Army Officer College No.1 to have the necessary solutions to improve the quality of this content training.

## RESEARCH METHODS

The research process used the following methods: Method of analysis and synthesis of documents; Method of interview; Method of pedagogical observation; Method of pedagogical examination and Statistical mathematics method.

## RESULTS AND DISCUSSION

### 1. Actual situation of mass sports content and training program for students at the Army Officer College No.1

The content, curriculum is an important factor, playing a decisive role in the quality of physical training. Rich training content will attract and stimulate positive self-awareness of learners. At the same time, it must ensure the practice time to develop the physical strength for students. This can be done when the content and curriculum of the subject are arranged logically and scientifically with the time based on the standard curriculum of the Ministry of Education and Training and the Ministry of Defense.

The content and training program for students of the Army Officer College No.1 is determined on the basis of the framework program regulated by the General Department of the School of the General Staff. The content of physical training is in the program of 3 subjects: Mass Sports, Military Sports and

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Combat Martial Arts. The total duration of the physical education program is 138 periods, of which, Military Sports is 58 periods, Combat Martial Arts is 30 periods, Mass Sports is 50 periods.

The teaching time (training) of Mass Sports is arranged in 6 semesters. Semester 1 and semester 2 of the first year train contents: Athletics, Swimming. Semester 4 of the 2nd year train content: Physical Education (Bare hands physical education and Single, Double bars). Semester 6 of 3rd year teach physical education theory contents, at the end of the semester review and take final examination of Mass Sports to assess academic ability. However, the arrangement of the mass sports subject as above is still not reasonable, which is the content of athletics has been studied at lower grades but is still included in the training program. This content is formally trained but does not have a test or final examination, which will affect the quality of the training process. The time for formal training is still short compared to the regulations of the Ministry of Education and Training (138/150 periods). In general, the allocation of training time by semesters as above is relatively appropriate.

The teaching work is conducted during regular class hours according to the school's training process. The organization of the implementation of the subject's curriculum such as: Lectures, teaching plans prepared directly by lecturers according to the programs and documents established by Department of Schools, the Military Training Department / the General Staff / the Ministry of Defense; approved by the Faculty leader. This is a legal basis that requires both teachers and learners to take it seriously.

## **2. The actual situation of facilities, equipment for the physical training of the Army Officer College No.1**

Facilities, equipment, tools, yards for physical training work play an important role as a direct condition for the teaching and learning activities of students. The fact that having enough facilities, tools, yards, and adequate training equipment will create interest, promote

positive self-discipline for teachers and learners from which the quality of training will be improved.

In recent years, facilities and equipment for physical training have been led and commanded by the Army Officer College No.1 to invest in construction and upgrading to meet the requirements of physical training and sports activities. The results of the research on the actual situation of facilities and equipment for the physical training of the Army Officer College No.1 show: The existing facilities of the Army Officer College No.1 even though are having the attention of the school's leaders, the number of students has increased, so the existing facilities are insufficient, failing to meet the training needs of the students; The quality of some items is not guaranteed. The exploitation of facilities, equipment and tools has not been really effective due to the overlapping arrangement of study plans and extracurricular activities. Therefore, the issue of improving the physical fitness of students has not been fully promoted.

## **3. Actual situation of the lecturers team of Sports Department at the Army Officer College No.1**

Lecturers play a key role in imparting knowledge and experience to students, which is a direct determining factor of the training quality. Starting from the increasing demand for the quality of the University's staff training, the Sports Department teaching staff is a unified group of solidarity, all members love the profession and always try their best in working and constantly learning to improve in all aspects: politics, ideology, organization and professional qualifications. The actual situation of the lecturers team of Sports Department is presented in Table 1.

Table 1 shows that: To meet the requirements of the task in the new situation, the Sports Department is always strengthened in terms of quantity and quality of staff, 100% are university graduates or post-graduates. It is clearly shown that: in 2012 the number of department members of the Department was 32 but by 2015 it was 41, post-graduates number in

**Table 1. Actual situation of the lecturers team of Sports Department at the Army Officer College No.1**

Year	Total	Level (degree)				Responsible	Age			
		Master		Bachelor			>50	>40	>30	>20
		PE and sports	Military	PE and sports	Military					
2012	32	3	1	21	7	29	4	1	20	7
2015	41	9	6	25	16	34	6	10	17	8

2012 was 5, by 2015 was 15, number of lecturers directly involved in teaching activities was 34.

However, the number of lecturers directly assigned to their classes compared to the tasks assigned by the school is not enough; The rate of lecturers who have not been trained in accordance with physical education is quite high; Unequal qualification; high average age (number of lecturers over 30 years old accounts for 27/41 lecturers = 80.48% of the total); The capacity to do scientific research is still limited (especially the number of young lecturers). It also greatly affected the quality of Mass Sports training for the Army Officer College No.1 students.

**4. Actual situation of management officials, lecturers and students' awareness about Mass Sports training**

In order to have objective and accurate bases, we conducted the determination of the effectiveness of the training activities in general and the Mass Sport in particular of the Army Officer College No.1 students mainly through the method of indirect interview between 2 groups:

+ The group of lecturers of Sports Department and students managing officials: The total number of interviewees was 66 comrades, of which: lecturers of Sports Department (41 comrades), managing officials (15 comrades).

+ The group of students: We conducted 4 interviews with 336 students in Army Officer College No.1. Interview results are presented in Table 2.

**Table 2. Interview results of management officials, lecturers and students' awareness of Mass Sports training**

No	Interview subjects	Results							
		Very important	Ratio %	Important	Ratio %	Normal	Ratio %	Unimportant	Ratio %
1	Lecturers (n = 41)	30	73.17	11	26.83	0	0	0	0
2	Management officials (n = 15)	10	66.67	5	33.33	0	0	0	0
3	Students (n= 336)	120	35.71	139	41.37	60	17.86	17	5.06

The results in Table 2 show that: Most of lecturers, management officials and students think that: Mass Sports training plays an important and very important role in physical development. force of students (77.08%). This is one of the good conditions and prerequisites for finding solutions to improve the quality of mass sports training for students of the school. However, there is still a part of students (accounting for 22.92%) who is not aware of correctly, and said that: Mass Sports training has

a normal and unimportant role. From that point, it shows that the process of organizing mass sports training should pay attention to combining propaganda about the benefits and effects of sports, thereby helping students to be properly aware of the role and meaning of physical education and sports activities; help students to motivate a positive attitude in the training of Mass Sports to improve their health and develop their physical strength to meet the tasks assigned by the school.



In addition to formal education activities, students of First Army Academy also participate in various extra-curricular physical training activities (Image source: <http://quankhu2.vn>)

**5. Actual situation of the physical fitness level of students at the Army Officer College No.1 according to physical training standards in the Military**

In order to have the basis as well as the scientific grounds in an objective and most effective way for the research of the topic, the

topic has conducted a survey of physical fitness level through the study results of Mass Sports of Courses 79,80,81,82 students in the 2013-2014 school year according to the Military's standards of physical fitness training. Survey results are presented in Table 3.

**Table 3. Survey results of the physical fitness level of students according to the physical training standards of the Military**

No	Students	Number	Results								General classification
			Good		Fair		Pass		Fail		
			Number	%	Number	%	Number	%	Number	%	
1	Course 79	325	122	37.54	136	41.85	67	20.61	0	0	Fair
2	Course 80	310	112	36.13	145	46.77	50	16.13	3	0.97	Fair
3	Course 81	319	85	26.64	122	38.25	106	33.23	6	1.88	Fair
4	Course 82	322	90	27.95	128	39.76	99	30.74	5	1.55	Fair
<b>Total</b>		<b>1276</b>	<b>409</b>	<b>32.28</b>	<b>531</b>	<b>41.38</b>	<b>322</b>	<b>25.4</b>	<b>14</b>	<b>1.1</b>	<b>Fair</b>

Through the results of assessing the physical fitness level of students in the 4 courses of the 2013-2014 school year, we realized that the physical fitness level of the students is still low compared to the standard of physical training in the Military, students stopped only at the fair level, the rate of students achieving good grades is still low compared to the standards of physical training of the Military. In the standards of physical training of the Military in 2009: The unit achieved the good grade, must have at least 95% of the total that meets the requirements, of which 50% or more are good. Therefore, in order to improve the physical fitness level for

students of the Army Officer College No.1, finding solutions to improve the quality of Mass Sports training in particular and physical training in general is essential and important.

**6. Actual situation of the study results of Mass Sports subject of students at Army Officer College No.1**

To have more bases as well as scientific grounds in an objective and most effective way for the research of the topic, the topic surveyed the results of mass sports subjects of courses 79,80, 81 and 82 in 2014. The results are presented in Table 4.

Table 4. Study results of mass sports on Breaststroke swimming content of students

No	Units	Number	Results								General classification
			Good		Fair		Pass		Fail		
			Number	%	Number	%	Number	%	Number	%	
1	Course 79	325	100	30.77	142	43.69	83	25.54	0	0	Fair
2	Course 80	310	110	35.48	125	40.32	73	25.55	2	0.65	Fair
3	Course 81	319	115	36.05	126	39.50	78	24.45	0	0	Fair
4	Course 82	322	99	30.75	148	45.96	70	21.74	5	1.55	Fair
<b>Tổng</b>		<b>1276</b>	<b>424</b>	<b>32.23</b>	<b>541</b>	<b>43.4</b>	<b>304</b>	<b>23.82</b>	<b>7</b>	<b>0.55</b>	<b>Fair</b>

The results in Table 4 show that: The students' study results of the 4 courses only reached the fair level, particularly: The percentage of students achieving good grades accounts for 32.23%; fair grades accounted for 43.40%, pass grades accounted for 23.82%, fail grades 0.55%. Therefore, in order to improve the physical fitness level and quality of Mass Sport training for the Army Officer College No.1 students in a sustainable way, taking care and finding solutions to improve the effectiveness of the work of physical training for students is essential.

### CONCLUSION

By understanding the actual situation of Mass Sports Training of students at the Army Officer College No.1, there are some conclusions as follows:

- The Mass Sport Training Program has little time compared to the program regulated by the Ministry of Education and Training.

- Facilities and equipment are still lacking in quantity, not yet quality assured; the exploitation is not thorough.

- The number of lecturers of the Sports Department is insufficient compared to the task requirements, the average age is still high, the quality is uneven.

- There is still a part (22.92%) of students who are not properly aware of the role and meaning of the mass sports training.

- The results of the survey on the level of physical fitness and study results of mass sports of students with fair and good rate are still low

compared to the standards of physical training regulated by the Ministry of Defense.

- There is no form of organizing sports clubs for students.

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