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## Some solutions to improve the quality of teachers of physical education universities and colleges in Vietnam

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### Abstract

Physical education is one of the country's comprehensive educational goals, within the national education system. Physical education is understood as: "The pedagogical process aims to educate and train the young generation, perfecting the physical and personality, improving the ability to work, and prolonging the human life span". The Physical Education Program for Universities and Colleges has clearly defined, physical education is the main subject of the education program to provide basic knowledge and motor skills for learners. through exercises and movement games, contributing to the realization of comprehensive educational goals for students. Physical education as well as other forms of education, is a pedagogical process with its full characteristics, playing the leading role of the teacher, which is used by the educators with teaching methods. Pedagogical principles to help students absorb the highest knowledge.

**Keywords:** physical education, sports, teaching methods, principles of teaching, physical development

### Introduction

Physical education is a field of social sport with the task of: "Comprehensively developing physical qualities, and on that basis developing physical abilities, ensuring perfect body shape, strengthening health, systematically forming and implementing essential skills and techniques to life".

At the same time, the physical education program in Universities and Colleges aims to solve the educational tasks: "Equip knowledge, skills and exercise for students". Content of physical education program in Universities and Colleges is conducted in the learning process of students in the school in the following forms:

### Regular physical training and sports lessons

The most basic form of physical education conducted within the school's learning plan. Because basic physical training and sports for students is a necessary task, first of all, there must be appropriate content to develop physical fitness and movement coordination for students. At the same time, help them to have a certain level to acquire the techniques of physical exercise.

With the main goal of the basic training in physical and sports in schools is: "Promote the training of students' ability to achieve achievement in physical and sport, develop physical fitness, develop psychological capacity, create a sense of regular exercise and sport, educate students on basic virtues and humanity". Physical training hours itself has many important implications for the management and education of people in society. The learning of physical exercises and movement techniques is a necessary condition for people to develop the body in a harmonious way, to protect and strengthen health, to form common and professional capacities.

### Extracurricular lessons - self-practice

Is the need and desire while idle of a part of students with the purpose and mission to contribute to the development of competency and fitness in a comprehensive manner, while contributing to improving students' athletic performance. Extracurricular lessons aim to consolidate and perfect core lessons and are conducted during student self-study hours, or under the guidance of sports teachers or instructors. There are also mass sports activities outside school hours including: Training in clubs, tournaments inside and outside the school annually held, daily anti-fatigue hygiene exercises, as well as student self-practice hours,

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the self-training movement to train the body. Extracurricular activities with the function of encouraging people to participate in practicing their favorite sports contribute to improving their health for learning and living.

The effects of physical education and other purposeful uses of sport in schools are comprehensive, a means to rationalize the regime of activity, active rest, preservation and improve students' working and learning capabilities during the period of studying in the school, as well as ensure general physical preparation and professional physical preparation in accordance with the conditions of the future career. hybrid.

To meet the current goals, Physical Education in universities and colleges still has many barriers. The physical fitness of many students is still poor, while the awareness of physical training and sports is not high, the physical conditions for organizing the practice are inadequate, the content of the subject is not attractive, so students are not interested. passion for physical education is unavoidable. This partly explains the real situation of "coping" learning of many students when it is time for physical education. At present, in many universities and colleges, the subject of Physical Education is still overlooked by many students and studying in a way that gives them.

How to make students and students interested in the subject of financial education?

### **Some Specific Solutions**

First of all, in each class hour, teachers need to strengthen the education of the purpose of the subject, change the way of teaching to create an atmosphere of competition in the classroom, improve teaching capacity, especially know how to use appropriate and flexible teaching methods.

In each lesson, we should apply game methods and methods of competition, continuously cheer, encourage, and motivate children to practice. Given the striving target in each content and the whole class, improving the curriculum to suit the needs and interests of students. Putting the content of standard sports practice into the content of the lesson and the content of the test to assess the subject, stimulating the student's diligence. At the same time, it is also necessary to create conditions for investment in yard and equipment to study, create good sports and physical training movements in schools, promote the position of physical education subjects like other subjects.

After researching from the materials as well as the practice of Physical Education in schools, we boldly propose some specific solutions as follows:

#### **Forming subject learning motivation for students**

Health is a precious human capital. Having health is all. So what to do to have health? In addition to the other issues not mentioned here, regular exercise is the most effective and simple way to strengthen, preserve and enhance our health. Gymnastics can do this. It helps students to reduce stress, fatigue in studying, working and other activities; help students understand and practice the right method, right technique, contribute to improving health. Students who understand this issue develop motivation to learn. And so create excitement, excitement for the subject among students.

#### **Learn about health features, psychophysiology and age**

This is very important in physical exercise as well as exercise to achieve the best results, to avoid possible

adverse effects. We need to do the following during the teaching process:

- Based on anatomical and physiological characteristics of each age and sex: motor system, circulatory system, respiratory system, nervous system. to have effective teaching methods.
- Based on the characteristics of developing body qualities: fastness, strength, endurance, flexibility and flexibility, dexterity of students to have appropriate exercises, movement amount.
- With this action, we realize that the students have changed their perceptions, have actively practiced sports, and are more interested and passionate about the sport because they have had the right subjects. ability, amount of movement suitable for yourself. Health is maintained and enhanced, and learning outcomes are enhanced.

#### **Study carefully the content, lectures must be concise, scientific and improve teaching methods**

Because the content of the lesson is to organize the teaching process, that is to implement the unity between the teaching process and the learning process. In which the teaching process is that the teacher provides new knowledge to students and through which the teacher performs the task of education and development for students, while for students, the teacher needs to be proactive. To control and guide the classroom so that students can actively acquire knowledge and systematically master knowledge and turn those knowledge into their own, so teachers need to:

- Apply thoroughly and appropriately the principles of physical training and sports such as: positive self-discipline principles, visual principles, comprehensive principles, system principles, suitable principles revenue of students, the principle of consolidation and enhancement.
- Good use of exercise teaching methods, suitable for content and movements: complete and segmented methods, explanatory and modeling methods, practice methods, methods of correcting wrong movements ...
- Having specific and reasonable teaching plans and methods to conduct exercise hours.
- Focusing on applying information technology solutions to teaching, using visual means and applying information technology to teaching is currently being interested by the education sector, as well as teachers because it has a special place in student perception.
- The method of using visual means is not a new method, but the application of information technology in teaching is a new method. For a long time, people have not properly cared about it, especially on the teacher's side, due to the subjective and objective conditions that they cannot use by computer during teaching hours, but especially the subject. physical education, an indispensable subject in comprehensive education.

The main subject on the training ground, with more movement in order to fulfill the requirements of the subject is exercise and improve health; contribute to promoting the comprehensive and balanced development of the body, along with fostering good virtues: a sense of discipline, healthy behavior, urgency, courageous spirit, overcoming difficult... So the presentation incorporates modeling, visualization, film, photo, especially the videos about the

top sports competitions of world athletes, the technical movements are filmed. Slowly, or like the movements performed by the students themselves, which are recorded and then shown for the whole class to see, recognizing and drawing experience for themselves is very necessary and important.

This has contributed significantly to help students become more interested in physical education, indulge in self-study, study and exercise more often.

Changing and improving teaching methods is the application of information technology to a number of fitness lessons and lessons that need to do the following:

- Show students videos of related subjects made by leading athletes in the world so that they can feel, visualize the subject, try to practice.

Illustrate the presented contents with specific pictures and videos for students to visualize and absorb more quickly and effectively:

Show students movies while performing slow-motion technical movements, helping them to recognize and learn carefully, so they can absorb quickly and accurately.

Students watch the movements performed by students recorded to together monitor, analyze, evaluate, the pros and cons of that movement, to study together, these images will stimulating, causing excitement in learning for students, making the lesson exciting, and a happy atmosphere increase, leading to enhanced efficiency of the lesson.

### **The Management and Assurance of Materials**

In order to implement the above specific solutions, it is necessary to have the investment of the leaders and the implementation of the following macro solutions:

#### **Develop solutions to foster professional expertise for teachers**

On the basis of maintaining and improving the operational quality of the school's physical training and sports management organizational structure, ensuring the assignment of functional departments, enhancing the direction of the management board. closely combine the activities of the Department of Physical Education with the mass organizations and functional departments to create all favorable conditions for the development of the school's physical training and sports movement in many forms.

- Building the organizational structure of the Faculty or the Department of Physical Education. With the aim of assigning responsibilities to each subject, each teaching staff, ensuring the completion of the duties and responsibilities of the teacher is to teach internal classes, to develop a plan for the development of the home sports movement. school; write innovative scientific experience.
- Organize and guide the movement of extracurricular training of students and coaches of teams participating in sports tournaments at schools, branches, ministries ... It is necessary to assign professional teams to suit the conditions. teaching and suitable with the team of teachers.
- The application of rebuilding detailed curriculum to the school's physical education subject to apply will proactively choose a contingent of suitable teaching teachers. Thereby promoting the capacities and strengths of each teacher to apply in the socialization of

education is very good. Not only effective for physical education but also creating exciting movement activities in the unions, meeting the requirements of society and the school.

- Staff work: It is necessary to strengthen the political and ideological education, raise the sense of responsibility of teachers to improve the quality of physical education for students and the home sport movement. school. Organize professional activities, send staff to attend professional refresher courses and graduate school with a plan to receive and foster young teachers with theoretical and professional qualifications as a the number of subjects that the school is lacking. Young teachers need to have enthusiasm and a sense of responsibility, be able to organize mass sports and activities, be the next team to replace the old team of teachers to meet the expansion requirements and improve the quality of the school's physical education and sport movement in the future.

#### **Propaganda organization, awareness of the role of organization in schools**

With the purpose of propaganda to raise the awareness and responsibility of school leaders, mass organizations, relevant functional departments of the school, as well as propaganda to improve students' sense of learning. recognizing the role of physical training and sport to improve health and build a healthy lifestyle. Encourage and facilitate enhancing cultural, cultural, and sports activities of students throughout the school.

#### **To ensure facilities and funds for physical education**

In order to improve the quality of physical education and sports activities for students, must ensure the facilities, funding for the teaching of physical education subjects as well as activities. extracurricular and self-training sports of students. Therefore, it is necessary to build systems of sports grounds to meet the requirements of the Ministry of Education.

- Renovate and upgrade the yard to be able to make the most of the school's conditions for teaching and practice.
- Ensuring the procurement of equipment and tools for teaching and practice in sufficient quantity and quality.
- Norms of funding for the plan to develop sports movements along with enhancing the socialization of sports activities of students.
- Suggest the school to plan to build gymnasiums, stadiums, sports rooms, running tracks, theory rooms to watch videos.

The organization promotes extracurricular activities for students with instructors to practice and compete in sports so that student activities become content of the cultural life with regular and continuous nature. To meet the need to self-train sports and improve health, it is necessary to develop activities such as:

- Organizing extracurricular activities, contributing to perfecting the learning contents of the main period and standards for sports training.
- Organize the construction of sports clubs, mass sports activities.
- Expand and strengthen sports competition activities among students, attract a large number of students to

participate and cheer, build school sports teams participate in friendly matches with friends outside the school on the occasion of major holidays.

- Organize and guide self-training and sports practice activities.
- In short, to maintain the development of physical education in universities and colleges effectively, it is necessary to have many solutions and most importantly, there must be a harmonious coordination between solutions. the organizational and managerial uniformity of all relevant sectors, the quality of physical education teaching in new universities and colleges is increasingly developing and having better quality. This is also an issue of implementing the task of educational socialization that our State is very interested in. Through improving the quality of physical education, creating a playground that attracts students into healthy activities, reducing social evils. From there, improving the position of the school in education and training, in order to improve the quality of people to meet the progress of society.

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