

STUDYING AND BUILDING LINKED PHYSICAL EDUCATION AND SPORT CLUB MODEL BETWEEN AN GIANG UNIVERSITY AND OTHER SPORT ORGANIZATIONS IN THE LONG XUYEN CITY OF AN GIANG PROVINCE

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Abstract - The study aims to research on the effectiveness of sport club model which associate between An Giang university and other sport organizations in Long xuyen city, An Giang province. The study was conducted through some methods, namely integrated research and relevant literature reviews, experts interview, modeling, pedagogical, medical and psychological examinations, pedagogical experiments and statistical mathematics. The author has demonstrated the effectiveness of linking sport club model with specific, scientific and logical results.

Index Terms - Model, Linking sport club, An Giang University.

1 INTRODUCTION

The training change from the year to the credit system of the University An Giang (AGU) is suitable with the development of higher education but it also deals with many difficulties such as organizing and managing the collective activities and extra-curriculum activities, especially extra-curriculum sport activities (E.Burton,2009).

Studies were evaluated state and proposed solutions for the development of extra-curriculum physical education and sport activities. These activities have been studied by many authors who have contributed to improve the quality of extra-curriculum sport activities for students (Thanh, 2014). However, these studies are only interested in the general orientations such as building the content and organizing extra-curriculum physical education and sport activities for students at university, giving solutions to develop extra-curriculum sport within the school, the effective training of students in sport clubs at residence (N.Gang, 2015)... They are only extra-curriculum sport activities temporarily and just to survey and evaluate the effective exercises of students in the school and other sport organizations.

On that basis, we have researched the study: "*Studying and building linked physical education and sport club model between An Giang University and other sport organizations in Long Xuyen city, An Giang province.*"

Researchers: 1280 students at An Giang University and 97 experts, staffs, coaches and teachers.

Study time: 2015-2017.

2. Research methodology

The study was conducted through some methods, namely integrated research and relevant literature reviews, experts interview, modeling, pedagogical, medical and psychological examinations, pedagogical experiments and statistical mathematics.

3. Research results

3.1 The state and needs for building linked physical education and sport club model between An Giang University and others sport organizations:

To solve this problem through interviews 1280 students (616 male and 664 female): Do students themselves participate in extra-curriculum physical exercise? And if so, what kind of training? The result of the study is presented in *Table 3.1*.

From that result, we also surveyed the need for establishing physical education and sport clubs for students and some subjects that students love. The result is shown in *Table 3.2*

At the same time, we also interviewed 97 experts, teachers, leaders of An Giang University about the content and benefits of linked physical education and sport clubs. All interviewed subjects received the most convincing results (99%). Therefore, the study is to realize that the linking of physical education and sport will make sure the basic conditions to organize extra-curriculum sport activities for students of the University.

3.2 Building linked physical education and sport clubs model between An Giang University and other sport organizations:

Developing a common model about organization and manage that requires some necessary elements and makes sure the principles to establish, maintain and develop linked physical education and sport clubs model.

In order to carry out this task, we have conducted interviews with experts to identify the criteria of the club model. Then we have synthesized ideas to determine the organizational structure and membership of the linking sport club (N.Gang 2015).

Based on the model, regulation, operation and establishment of linked physical education and sport clubs, the study

has been set up 2 linked physical education and sport clubs, namely: Linking between the group of students of Education's faculty with Minh Khoi Gym and linking between the group of students of Economics's faculty at An Giang University with Khai Hoang's martial practice house. At the same time, we have researched a number of necessary issues to prepare the experimental activities of linking physical education and sport Club including: membership premiums, training time, and rules.

3.3 Applying linking physical education and sport club model between An Giang University and other Sport organizations in Long Xuyen city, An Giang province.

Pedagogical experiments were conducted in the form self-comparison and observation. The result of the study was determined 2 types such as mixed training and linked physical education and sport club model training.

Mixed training:

Self-training: Group or individual training without programs, plans, unlimited time and no guidance.

Training in the school teams: The players are organized and instructed. This type is organized to practice during the training and competition and then dissolved automatically.

Linked physical education and sport club model training:

The study was selected this type to research and build. In this type, the players are organized and guided following the strict programs, plans and regulations. The players are guaranteed about facilities and legal. The initial application of linked physical education and sport club model aims to organize extra-curriculum physical education and sport activities and consider whether this model is reasonable and effective or not.

+ Experimental organization

The study was conducted simultaneously experiment and compared three training groups with two different forms including a control group (practicing extra-curriculum physical education and sport following mixed training) and 2 experimental groups (2 different linked physical education and sport clubs). After that, the author was compared the developmental physical health, fitness and physiology after training 12 months.

The control group: The group is mixed training. The author was chosen 32 males and 33 females who practiced following physical education curriculum of An Giang University. The players, whom they are the students of Education and Agriculture's faculties, practice themselves some favourite sport such as volleyball, football, basketball... in the outdoor sport grounds of An Giang University

The first experimental Group (linking with semi-public sport organization): The students of the first experimental group have practiced at Minh Khoi Gymnasium.

A group including 31 male, 34 female students practice following the researched model between An Giang university and Minh Khoi Gymnasium. They practice 3 sessions/ a week from 1:30 to 2:00 at an outdoor sport facilities.

The second experimental group (linking with a private sport organization-Karate Club at Khai Hoang Martial Arts).

A group including 31 male and 30 female students the researched model between An Giang University and Khai Hoang Martial Arts. They practice 3 sessions/ a week from 1:30 to 2:00 at an outdoor sport facility.

The study has conducted pedagogical experiments to prove that: Training extra-curriculum physical education and sport by the linking physical education and sport club model will develop outstanding for the physical player. At the same time, the study was affirmed the linking physical education and sport club model will be the optimal extra-curricular sport model and it is a solution to develop physical education and sport in An Giang University.

Therefore, the author compared about the developmental physical health among these groups and some physiological indicators.

Evaluating the experimental results:

+ Before experiment:

The indicators about physical health, strength and physiology of 3 groups including the control group, the first experimental group and the second experimental group (male, female) were presented in Table 3.3; Table 3.4.

The examined results of indicators (8 indicators): physical health, strength, pre-experimental physiology were shown in Table 3.3; 3.4. The average values were similar, $t_{\text{result}} < t_{0.05} = 1.96$, not statistically significant.

+ After experiment:

- Evaluating the change of physical health among the groups after experiment

Evaluating after experiment was conducted sequentially as follows:

Male group: After experiment, the developmental physical health in each group was specific growth. Indicators in the first and second experimental groups were showed better than the control group, $t_{\text{result}} = t_{0.05} = 1.96$. Therefore, the average value was statistically significant $P = 0.05$ to 0.001 . Except 2 indicators about height and long jump $t_{\text{result}} < t_{0.05} = 1.96$, the average value was not statistically significant $P > 0.05$.

The specific results in Table 3.5 and W% growth in the indicators of the three groups were shown in Figure 3.1

Female group: After experiment, the developmental physical health in each group was specific growth. Indicators in the first and second experimental groups were showed better than the control group, $t_{\text{result}} = t_{0.05} = 1.96$. Therefore, the average value was statistically significant $P = 0.05$ to 0.001 . Except 2 indicators about height and weight. The average value was not statistically significant, $t_{\text{result}} < t_{0.05} = 1.96$, $P > 0.05$.

The specific results in Table 3.6 and W% growth in the indicators of the three groups were shown in Figure 3.2.

4. Conclusion:

Training extra-curricular physical education and sport model of the students at An Giang University are very diversified. The main form is self-training (self-training 36.41%, self-training group 23.83%). Training in physical education and

sport clubs is unprompted 1.88% and training in other sport organizations is 16.64%.

Demand for establishing physical education and sport clubs of students and the leadership of An Giang university is 74.9% and 97.5%. Demand for linking physical education and sport of the students and the leadership of An Giang university is 96.93% and 95.86%. Demand for extra-curricular physical education and sport activities of students is very big and urgent (71.25%). Demand of linking other physical education and sport organizations is so high (100%). Therefore, the establishment of the linking physical education and sport model between An Giang University and other sport organizations is a suitable solution for the development of physical education and sport in Vietnam.

The study has been confirmed that studying and building linked physical education and sport clubs model is suitable and effective through the experimental results in practice. The results of the assessment of 8 criteria on physical health, strength and physiology of the students at An Giang University

ty during a year experience.

5. REFERENCES

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Table 3.1: The state of practice extra-curriculum physical education and sport of the students at An Giang University (n = 1280)

No	Faculties' students	Joining extra-curriculum physical education and sport activities				Personal training		Group training		Training in physical education and sport club at University		Training in other sport organizations	
		Yes		No		N	%	N	%	N	%	N	%
		N	%	N	%								
1	Faculty of Education	101	57.06	76	42.94	37	20.90	30	16.95	0	0.00	36	20.34
2	Faculty of Agriculture	141	81.50	32	18.50	69	39.88	41	23.71	5	2.98	23	13.29
3	Faculty of Engineering-Technology-Environment	166	85.56	28	14.43	100	51.55	59	30.41	5	2.58	38	19.59
4	Faculty of Tourism and Culture Arts	134	72.82	50	27.17	61	33.15	34	18.48	2	1.09	26	14.13
5	Faculty of Law and Political Science	80	61.53	50	38.46	50	38.46	35	26.92	6	4.62	34	26.15
6	Faculty of Information Technology	35	76.08	11	23.91	20	43.48	10	21.71	1	2.17	5	2.87
7	Faculty of Foreign Languages	134	72.82	50	27.17	61	33.15	34	18.48	2	1.09	26	14.13

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8	Faculty of Eco-	144	71.92	48	25.00	68	45.42	62	32.29	3	1.56	25	13.02
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Total n=1280		935	73.05	345	26.95	466	36.41	305	23.83	24	1.88	213	16.64

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Table 3.2. Needs for establishing physical education and sport club and choice favorite sport of students at An Giang University (n = 1280)

No	Faculties' students	Establishing physical education and Sport club				Needs for practice physical education and sport																			
		Yes		No		Table Tennis		Football		Volleyball		Basketball		Badminton		Shuttlecock		Chess		GYM		Martial arts		others	
		N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%	N	%
1	Faculty of Education (n=177)	169	95.9	8	4.1	29	16.4	37	20.9	74	41.8	37	20.9	119	67.2	16	9.0	4	2.6	88	49.7	65	44.6	8	4.5
2	Faculty of Agriculture (n=260)	162	62.3	98	37.7	32	12.3	65	25.4	67	25.8	43	16.5	87	33.5	49	18.9	37	14.2	53	20.4	70	26.9	10	3.9
3	Faculty of Engineering-Technology-Environment(n=173)	119	68.7	54	31.3	33	19.1	60	34.9	60	34.7	26	15.0	68	39.3	40	23.1	39	22.5	30	17.3	53	30.6	6	3.5
4	Faculty of Tourism and Culture Arts (n=194)	98	50.5	96	49.5	48	24.8	95	49.0	93	47.9	39	20.1	102	52.6	17	8.8	35	18.0	73	37.6	54	27.8	8	4.1
5	Faculty of Law and Political Science (n=77)	75	97.4	2	2.6	11	14.3	13	16.9	32	41.6	13	16.9	41	53.3	2	2.6	12	15.6	19	24.7	17	22.1	7	9.1
6	Faculty of Information Technology (n=130)	85	65.4	45	34.6	11	8.5	95	73.1	36	27.7	44	33.9	41	31.5	43	33.1	6	4.6	6	4.6	30	23.1	7	5.4
7	Faculty of Foreign Languages (n=46)	42	91.3	4	8.7	9	19.6	6	13.0	16	34.8	14	30.4	21	45.7	14	30.4	15	32.6	8	17.4	10	21.7	2	4.4
8	Faculty of Economics (n=184)	155	84.2	29	15.8	32	17.4	35	19.0	77	41.9	63	34.2	95	51.6	17	9.2	26	14.1	75	40.8	44	23.9	5	2.7
Total (N=1280)		905	70.70	336	26.25	205	16.02	406	31.72	455	35.55	279	21.80	574	44.84	198	15.47	174	13.59	352	27.5	343	26.80	53	4.14

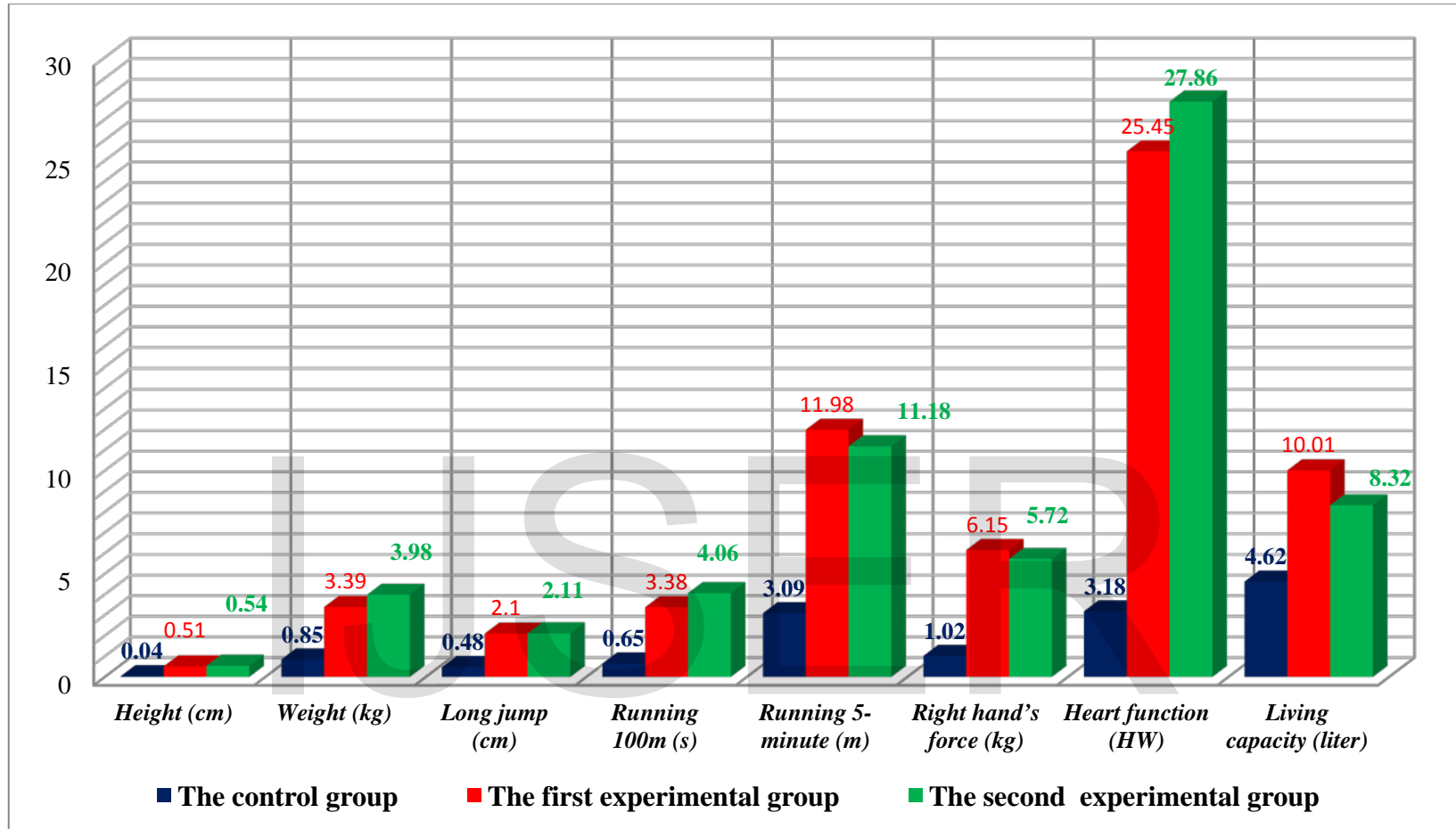


Figure 3.1: The comparison of the developmental physical health among the control group, the first and second experimental groups (Male) – after experiment

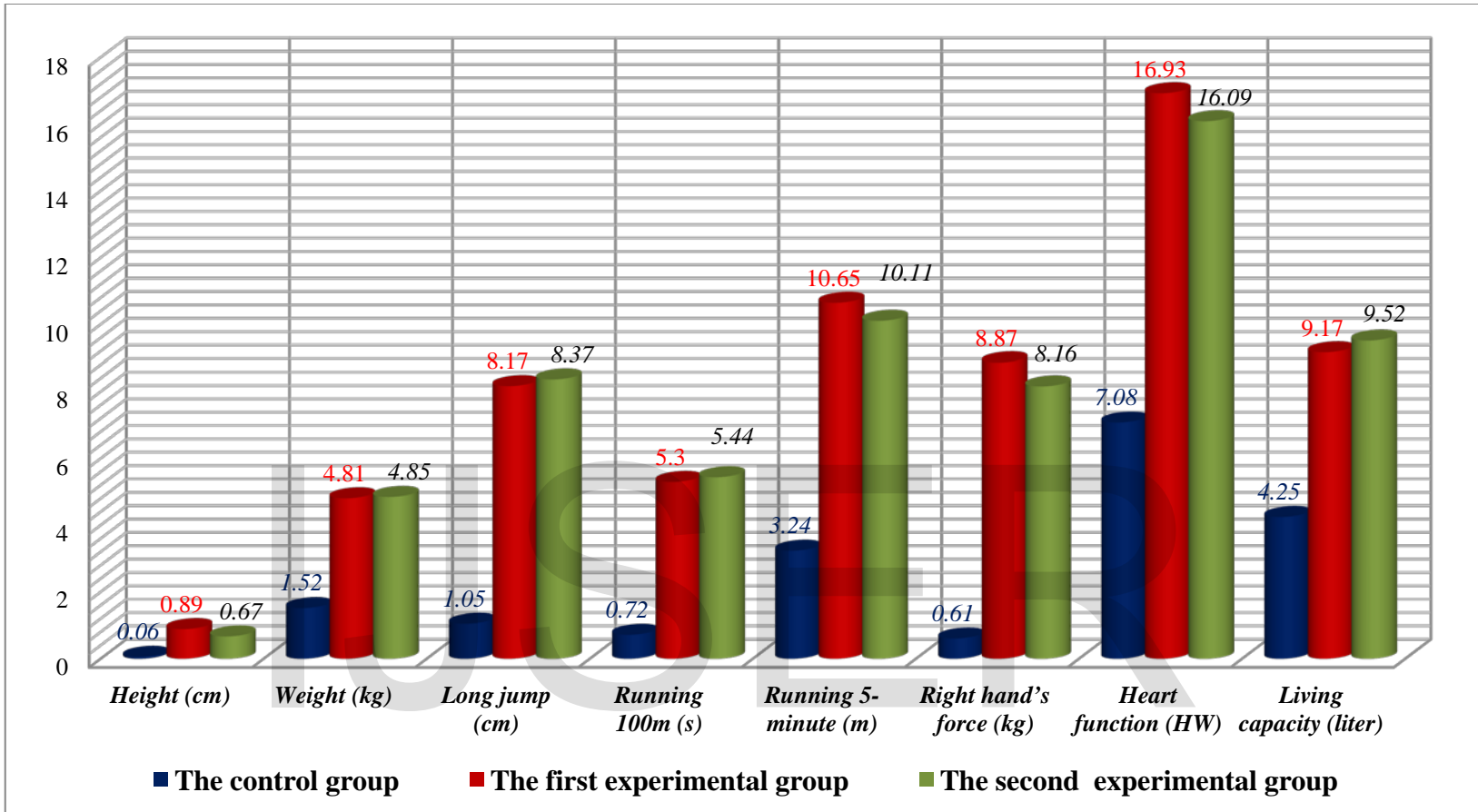


Figure 3.2: The comparison of the developmental physical health among the control group, the first and second experimental groups (Female) – after experiment

Table 3.3: The comparison of the developmental physical health among the control group, the first and second experimental groups (Male) - before experiment.

Targets	The control group (n=32)			The first experimental group (n=31)			Comparison (The control-first experimental group)		d (The control-first experimental group)	The second experimental group (n=31)			Comparison (The control-second experimental group)		d (The control-second experimental group)
	\bar{X}	σ	Cv	\bar{X}	σ	Cv	t	P		\bar{X}	σ	Cv	t	P	
Height (cm)	164.6 ₃	3.40	2.06	164.56	4.11	2.50	0.072	> 0.05	0.07	164.3 ₇	3.37	2.05	0.30	> 0.05	0.26
Weight (kg)	52.4 ₅	2.50	4.76	52.68	2.72	5.17	0.35	> 0.05	-0.24	52.67	2.20	4.18	0.37	> 0.05	-0.23
Long jump (cm)	227.2 ₀	15.16	6.67	228.17	14.35	6.29	0.25	> 0.05	-0.97	228.0	11.63	5.10	0.23	> 0.05	-0.80
Running 100m (s)	14.20	0.39	2.74	14.20	0.38	2.70	0.04	> 0.05	0.00	14.31	0.56	3.94	0.85	> 0.05	-0.11
Running 5-minute (m)	932.7 ₃	52.47	5.63	935.13	51.23	5.48	0.17	> 0.05	-2.40	936.0	55.02	5.88	0.24	> 0.05	-3.27
Right hand's force (kg)	40.10	2.90	7.23	40.20	2.63	6.53	0.14	> 0.05	-0.10	40.23	2.30	5.71	0.19	> 0.05	-0.13
Heart function (HW)	10.73	1.63	15.17	11.12	1.60	14.35	0.93	> 0.05	-0.39	10.76	1.43	13.24	0.07	> 0.05	-0.03
Living capacity (liter)	3.32	0.18	5.42	3.30	0.14	4.29	0.56	> 0.05	0.02	3.33	0.15	4.65	0.22	> 0.05	-0.01

Table 3.4: The comparison of the developmental physical health among the control group, the first and second experimental groups (Female) – before experiment.

Targets	The control group (n=33)			The first experimental group (n=34)			Comparison (The control-first experimental group)		d (The control-first experimental group)	The second experimental group (n=30)			Comparison (The control-second experimental group)		d (The control-second experimental group)
	\bar{X}	σ	Cv	\bar{X}	σ	Cv	t	P		\bar{X}	σ	Cv	t	P	
Height (cm)	154.61	1.65	1.16	154.27	1.88	1.22	0.70	> 0.05	0.33	154.56	1.91	1.24	0.09	> 0.05	0.04
Weight (kg)	44.42	2.98	6.71	44.43	3.20	7.21	0.01	> 0.05	-0.01	44.42	3.05	6.87	0.00	> 0.05	0.00
Long jump (cm)	168.20	18.63	11.08	167.90	11.70	6.97	0.07	> 0.05	0.30	168.20	11.47	6.68	0.00	> 0.05	0.00
Running 100m (s)	19.71	0.83	4.21	19.71	0.69	3.49	0.04	> 0.05	-0.01	19.70	0.72	3.64	0.02	> 0.05	0.00
Running 5-minute (m)	851.00	31.90	3.75	853.0	33.57	3.94	0.24	> 0.05	-2.00	855.00	27.51	3.22	0.52	> 0.05	-4.00
Right hand's force (kg)	25.54	1.23	4.81	25.62	1.34	5.22	0.25	> 0.05	-0.08	25.55	1.51	5.91	0.04	> 0.05	-0.01
Heart function (HW)	10.46	1.34	12.65	10.39	1.62	15.62	0.19	> 0.05	0.08	10.44	1.80	17.22	0.06	> 0.05	0.02
Living capacity (liter)	2.22	0.09	4.20	2.23	0.15	6.84	0.43	> 0.05	-0.01	2.25	0.14	6.14	0.86	> 0.05	-0.03