

## **Physical education for university students: A case study of Vietnam Trade Union University**

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### **Abstract:**

*Physical education and sports in schools are an important and indispensable aspect of education in the cause of education and training, contributing to the realization of the goal: "Improving people's knowledge, training human resources, fostering talents" for the country, so that every citizen, especially the young generation, has the conditions to "Develop intellectually, strong physically, rich in spirit, pure in morality". The Communist Party of Vietnam's viewpoint also determines: "Building Vietnamese people to develop comprehensively. To improve the cultural and human values of Vietnam, to create an environment and conditions for the development of personality, morality, intellect, creative capacity, physical and spiritual, social responsibility, civic obligations, and sense of law compliance. These are the core values to develop learners who are students before entering the labor market. This article studies the current situation of physical education activities for students from the practice of Vietnam Trade Union University. The results of the study reflect the limitations and recommendations of activities to improve the health of students from the current physical training activities of the trade union university.*

**Keywords:** *Physical, health, students, sports, university trade union*

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### **I. Introduction.**

Physical education in schools is an educational content, a compulsory subject in the educational curriculum of all levels and training levels, in order to equip children, students and students with basic motor knowledge and skills. The goal is to form a habit of physical training and sports to improve health, develop physical strength, stature and make an important contribution to the implementation of comprehensive education goals. Sports activities in schools are voluntary activities of students and students that are organized in many forms such as extracurriculars, fitness clubs, sports, groups or individuals, in accordance with each person's interests, gender, age and health status. The goal is to improve motor skills, support the implementation of physical education goals through sports practice and competition, create conditions for students and students to exercise the right to play, recreation and develop sports talent; and at the same time discover and foster potential sports talents and talents.

According to the general regulations of the Ministry of Education and Training on the implementation of Physical Education subjects, it is mandatory for all university students. This course is designed with the clear goal of developing both physically and mentally students. In this way, students not only improve their personal health but also have the opportunity to practice and develop motor skills, thereby forming the habit of regular physical training and sports. So, in higher education, Physical Education is a compulsory subject to equip students with basic motor knowledge and skills to form the habit of practicing physical training and sports to improve health and develop physical strength, stature, contributing to the realization of the goal of comprehensive education. College students are required to study this subject.

Physical Education at universities fluctuates in the number of lessons and specific content: However, it is common for students to attend at least two lessons per semester. Extensive learning content includes basic sports such as football, volleyball, badminton, swimming and many more. In addition, students also have the opportunity to participate in other enriching sports such as yoga, dance, and similar activities. This helps students develop their health and sports interests holistically to facilitate a balance between study and extracurricular activities. The Physical Education subject program is part of the general education, vocational education and higher education curriculum. Physical education content is also included in the preschool education program, aiming to clearly

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target the goal of physical education. This program details the standards of knowledge and skills to be achieved as well as the scope and content structure of physical education. In addition, the program also provides methods and forms of organizing physical education activities to be appropriate and effective. At the same time, it also affects each level of education or different level of training. Thereby, ensuring that all students at all levels and levels of education receive a quality and comprehensive physical education platform. Some universities have left regulations on exemption from physical education for students based on special reasons such as the case of students with weak health conditions, ineligibility or inability to participate in physical training and sports activities due to personal health factors. Students have made significant achievements in national or international sports that are recognized and appreciated by the sports community. Students who are in the process of participating in military service or national security-related activities where the completion of coursework unrelated to the current discipline may negatively affect the performance of their duties.

## II. Results and Findings

In the process of construction and development of the Trade Union University, the teaching staff has developed comprehensively in quantity and quality (Figure 1)

**Figure 1. The current position of the instructors from the Department of Physical Education**

Unit Content		School Year 2023-2024	
		n=12	%
Gender	South	8	66.67
	Female	4	33.33
Qualifications	Doctor	1	8.33
	Master	12	83.33
Age	<40	6	50.00
	40-50	6	50.00
	>50	0	0.00
Seniority	< 5	0	0.00
	5-10	0	0.00
	11-20	9	75.00
	>20	3	25.00
Professional knowledge	Football	1	8.33
	Volleyball	3	25.00
	Badminton	1	8.33
	Chess	3	25.00
	Athletics	2	16.67
	Môn Tennis	1	8.33
	Martial Arts	1	8.33

*(Source: Department of Physical Education, Vietnam Trade Union University, 2024)*

From Figure 1, it can be seen that the current situation of teachers in the school's physical education department with the number of teachers being lecturers, all lecturers are graduates of university, postgraduate, young age, and high vocational age, can completely meet the main teaching process and extracurricular sports activities for students General Meeting of Shareholders. In the process of ECTC, the lecturers can meet the main teaching process well. However, in order to develop the training program and coach the school's sports teams, it is necessary to have a team of lecturers with in-depth expertise in sports to be in charge of the sports teams. The current situation of lecturers specializing in sports shows that sports have a diverse team of in-depth expertise with 7 different specialized subjects, which will be very convenient for the process of building a vocational education program to meet the needs of learners and develop the education and export movement in the school. In the process of vocational education, the factor of facilities plays an important role and determines the quality of teaching hours and the movement of financial institutions in schools. To assess the current status of facilities for the main teaching process and export management activities for students of the General Meeting of Shareholders. The results are presented in figure 2

**Figure 2: The current situation of facilities for the physical education process**

TT	Type of tool yard	Quantity 2023 – 2024			
		Teaching Area	Dormitory	Amount	Quality
2	Football field (7 people)	1	1	1	Fairly
3	Volleyball court	2	2	4	Fairly
4	Basketball court	0	0	0	0
5	Badminton Court	5	2	7	Good
6	Table Tennis Table	0	0	0	0
7	Multi-purpose training ground	1	3	4	Average
8	Multi-functional house	1	0	1	Good
10	Martial arts mat cushion (unit)	100m2	0	100m2	Good
<b>B</b>	<b>Use of assistive devices</b>				
1	Projector	1	0	Good	1

(Source: Department of Physical Education, Vietnam Trade Union University, 2024)

Human physique includes physical condition (state of health and body morphology) and physical fitness (level of development of physical qualities). Therefore, according to health experts and sports physiologists at home and abroad, "Physical fitness refers to the quality of the human body, which are relatively stable characteristics of the body's morphology and function that are formed and developed due to innate genetics and living conditions (including education and training)" [3]. Because it is a combination of functions, so to evaluate physical fitness, people often use indicators to evaluate in 3 aspects: - Body shape: Height, weight, chest circumference, thighs, arms, legs, shoulder width, hip width, chest thickness, skin fat... - Function: People often check the function of body organ systems such as cardiovascular system function, (pulse, blood pressure, systolic volume, minute flow, cardiac function, etc.), respiratory system such as living capacity, ability to hold breath, lung ventilation, maximum oxygen absorption, etc. - Physical qualities: (Synthetic function of motor organs and internal organs): Includes qualities: speed, strength, endurance, ingenuity. From the above 3 aspects, a system of indicators to evaluate the physical level of each person tested is built. However, in physical education, especially in the condition of lack of equipment and instruments, lack of medical and biological examination staff. Therefore, there are many people who minimize the content of physical examinations.

In order to be able to overcome the trouble in medical examinations but still ensure comprehensiveness in physical assessment for students. We used the results of the health checks of the health departments of the Trade Union University combined our field tests in terms of both physical fitness and fitness. Thus, we have determined the content of the physical examination for students of the University of Trade Unions as follows

- Health classification of health: A, B, C.
- Body shape: Height, weight.
- Physical quality - Speed: Running 100 m high.
- Power: Long on the spot. - Endurance: Run 1500m (for men), 800m (for women).

In order to find out the physical condition of students of the University of Trade Union, we conducted a survey in the academic year 2023-2024, on 2021 full-time students of the academic years (from semester 1 to semester 7) including (321 males, 750 females) The raw data obtained we classified and processed to find the percentage of % the average number is added, the standard deviation, and at the same time there is an evaluation by the method of comparing two averages. After processing the data, we obtained the results in Figure 3

**Figure 3: Students' health status during courses**

Sex	Block	A	Percentage	B	Percentage	C	Percentage
Male	Natural science block	515	89.56	38	6.60	22	3.82
		575		575			
n = 1196	Social science block	405	65.21	175	28.18	41	6.60
		621		621			
Female	Natural science block	45	60.00	30	40,00	0	
		75		75			
n = 825	Social science block	125	16.66	475	63.33	150	20.00
		750		750			
<b>Total</b>		1090		718		213	
		2021		2021		2021	

(Source: Department of Physical Education, Vietnam Trade Union University, 2024)

From Figure 3, we can draw the comment: The majority of students (53.93%) have good health levels. The number of students in the Natural Sciences Division has a better health level than the Social Sciences Division. However, those with moderate and weak health also accounted for a significant proportion (7.5%). From the reality of the above health classification, it is also an urgent requirement to have the intervention of sports activities to contribute to improving the physical fitness of students. Currently, one of the physical evaluation indicators of modern people is: height and weight. Height and weight represent a person's stature. Height and weight represent the dominance of genetic factors and material life factors of society. Students in recent years have tended to increase in height and weight. The results of the survey on Trade Union University students are shown in Figure 4.

**Figure 4: Physical health of students at the General Meeting of Shareholders across time**

Group	Object	Height		Weight	
		Value growth (cm)	Tempo growth (%)	Value growth (kg)	Growth rate (%)
Male	Natural Science Block (n = 575)	1.03	0.62	2.35	4.51
	Social sciences (n = 621)	1.01	0.61	1.80	3.58
Female	Natural Science Block (n = 75)	0.81	0.52	3.15	6.96
	Social sciences (n = 750)	0.79	0.50	2.25	4.93

(Source: Department of Physical Education, Vietnam Trade Union University, 2024)

The results of Figure 4 show that the average height of men and women of the University of Trade Union is generally lower than that of other schools (165.25 for males and 154.70 for females), and higher weight than other schools (52.85 for men; 45.60 for women) This difference can be explained by genetics and student lifestyle factors mountainous areas and city and coastal areas. The current situation of the pace of development of height and weight indices of students of the University of Trade Union. In order to capture the growth of students' height and weight over 1 year, we have re-measured the above index after 1 year of study, and the data obtained we calculate the growth rate. The results are presented in figure 4. Thereby, we can see that at the age of students (18 years old and older), especially female students, are at the end of the height development period, the skeletal process is almost complete, so the height development has almost slowed down. However, the trend of weight gain is more pronounced due to improved living conditions. Based on the fitness assessment indicators of the Ministry of Education and Training, we conducted tests on 1081 students. The processed figures are shown in figure 5. Thereby, it is found that the physical fitness of Trade Union University students reaches an average level on par with students at other universities in the country. However, in general, the level of development of physical qualities of the Natural Sciences Division is better than that of the Social Sciences Division. If the level is reached at the average level of universities and colleges, it also means that the physical level is still poor, not meeting the requirements of physical education goals and education and training goals in general, which is human training: "Physically strong" for the modernization period of the country.

**Figure 5: Physical fitness of students of the Trade Union University after learning physical training**

Index	Parameter	Natural science block		Social science block	
		Male	Female	Male	Female
Run 100m	Growth rate (gy)	0.28	0.24	0.25	0.23
	Growth rate (%)	1.95	1.30	1.73	1.19
800m run (women);	Growth rate (gy)	16.95	7.52	16,18	6.89
1500m (nam)	Growth rate (%)	4.39	3.58	4.09	2.37
Lie on your stomach and do push-ups	Growth rate (times)	1.45	0.92	1.39	0.91
	Growth rate (%)	6.25	9,209	6.23	9.34
Turn on the distance in place	Growth value (cm)	8.80	4.58	7.90	4.36
	Growth rate (%)	4.09	2.75	3.40	2.61
Bend your body	Growth value (cm)	1.31	1.45	1.29	1.44
	Growth rate (%)	22.40	20.40	21.5	20.57

(Source: Department of Physical Education, Vietnam Trade Union University, 2024)

Through the assessment of the physical condition of students of universities in the current Trade Union University, it is generally average. Students' physical fitness, body shape, growth rate of most physical fitness indicators are still low, this has many reasons, which may be due to the small duration of exercise, especially the duration of extracurricular training and the quality of learning shows: it is necessary to improve physical education

for students of the Trade Union University, in which the investment in facilities, conditions, quantity and quality of physical education and sports teachers. Awareness of the role, position, and necessity of physical education in cadres and students, investment funds for competition activities, etc. are issues that significantly affect the physical improvement of students.

### **III. Discussion and Conclusion**

Vietnam Trade Union University is on the verge of developing with a multidisciplinary training scale to meet the needs of society in the new period. Thoroughly grasping the spirit of "associating knowledge, ethics, aesthetics and life skills education with physical education, raising the stature of Vietnamese people, meeting the requirements of building and defending the fatherland", the reform of education and training has been strongly implemented and the work of physical education has received special attention in recent years. Implementing the reform of higher education in the direction of promoting the capacity of learners, training according to social needs, the university's education and education work is organized in the form of electives to optimize professional activities, rich in content and forms of learning. In the training program, ECTC is not only a compulsory module but also an important extracurricular activity, a means to improve health and educate students' sense of professional ethics. Most students are aware of the role of physical training in their holistic development to prepare them to enter the social workforce. The results of the study show that the education according to the needs of learners has received the response of a large number of lecturers and students in the university. Assessing the current situation of ECT work in recent years, we have conducted surveys and statistics on the conditions of facilities and lecturers doing ECT work of the school; evaluation of training programs; check and assess the physical fitness level and learning results of students after the end of the education module. Thus, the subject of Physical Education not only helps students improve their health and fitness, but also plays an important role in the formation of personality and the development of teamwork and discipline that is the foundation for a healthy and successful life.

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