

Physical Education in Universities: Features, Perspectives on Program Development and Requirements for Achievement

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Abstract: For people, health and wisdom are the two most precious things. Only good health can help the process of intellectual training to develop well. Therefore, forming a habit of regular exercise and sports will help you have good health to study well and more effectively. Physical education contributes to the formation of key qualities and general competencies for students; Besides, equipping them with knowledge about health, health management, and exercise, physical education helps students to form and develop physical capacity and physical culture, sense of responsibility for the health of self, family, and community; know how to choose sports suitable to their own motor capacity to practice; know how to adapt to living conditions, be optimistic and share with everyone; live a healthy life physically and mentally.

Keywords: Physical education, universities, features, perspectives, program development, requirements for achievement.

INTRODUCTION

Along with scientific research activities and knowledge exchange in class, physical education is considered one of the activities that attract the participation of many students. Because, physical education carries in it very important roles that contribute to the training and training of people to develop comprehensively intellectually, morally, and physically.

The scientific basis shows that taking care of and improving people's health by "means" is physical exercise, which is the most proactive, most active, and least expensive measure that can be implemented, without in accordance with the laws of mental and physiological activities of the body and age, preventing diseases, improving health, beautifying appearance, comprehensively developing motor qualities in the most effective way.

Through physical training with a system of sports. With the high effort requirements of each different sport, it is possible to form and educate people's moral and personality qualities naturally such as will, courage, determination, self-confidence, perseverance, and patience, sense of discipline, collective spirit, sense of teamwork, etc. Sports make healthy the cultural and spiritual life of society, contributing to repelling the society's vices; especially building trust and a healthy lifestyle for the young generation.

Currently, universities across the country tend to develop both in size and diversify types of training. Meanwhile, the basic conditions for school sports activities and development are lacking and weak such as:

The organization, direction, implementation guidance, inspection, and evaluation of activities are still left open, some universities still do not have a physical education department, all professional activities are still being held, etc. dependent, overlapping in the status of "hands-on work" and again, etc. very little attention. Facilities for teaching and learning are less invested, the situation: "Teaching to run, learning to run" is still popular. Student life was poor but had

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to be self-sufficient, etc. buy educational materials for general education. The land fund for sports is increasingly shrinking, etc. While the enrollment rate is increasing, many students have the mindset of learning to cope, etc. The quality of class hours is also formal. Thus, the quality of education has been placed, in which general education is facing a great challenge!

In order to bring the true values of physical education and sport to the young generation of Vietnam, it is necessary to have the right recognition, and early action from the leaders, directly the Party committees, the Board of Directors. schools on the work of physical education and school sports activities, and need the cooperation of the whole society.

The Ministry of Education and Training has issued Notice No. 158/TB-BGDĐT dated May 2019 [2] announcing the conclusion of the Minister of Education and Training Phung Xuan Nha at the conference "Improving the quality of physical education and physical education". school sports" in the field of Education. Accordingly, the Minister officially launched the whole industry to maintain the routine of morning exercise and mid-hour exercise for students, ensuring 100% of students participate in regular and daily practice.

RESEARCH RESULTS AND DISCUSSIONS

Subject Characteristics

The field of physical education aims to educate students to have healthy lives both physically and mentally, to form a physical culture through equipping students with knowledge about health and health management, know how to regularly practice suitable for themselves, know how to adapt to living conditions, be optimistic and share with everyone.

Physical education is a compulsory subject carried out from high school to university, taking on one of the four aspects of moral, intellectual, health, and aesthetic education [3]. General education contributes to the formation of the main qualities and general competencies for students. Besides, through equipping with knowledge about health, health management and exercise, physical education helps students to form and develop physical capacity and physical culture, sense of responsibility for with the health of self, family and community [4]; know how to choose sports suitable to their own motor capacity to practice; know how to adapt to living conditions, be optimistic and share with everyone; have a healthy life physically and mentally [4, 5].

The main content of physical education subject is to train motor skills and develop physical qualities for students by various exercises such as basic motor skills training, team formations, physical exercises, movement games, sports, and methods of preventing injury in activities [2, 5]. In the general education curriculum, the content of physical education is divided into two phases:

In the stage of basic education, physical education is a compulsory subject, helping students to know how to take care of their health and hygiene; forming a habit of exercise to improve health; Through movement games and exercise, sports form basic motor skills, develop physical qualities, as a basis for comprehensive development [5, 6].

The characteristic of Physical education is a type of education whose specific content is teaching movement (movement) and the intentional development of human motor qualities. The stages of teaching movements aim to form in learner's motor skills and the ability to apply them in practice. Organizing activities, equipping knowledge and forming motor skills (skills to perform exercises, movements and movement games, etc.) through teaching movements and organizing activities, helping students form and develop basic physical skills such as fast, strong, durable, dexterous, and flexible; adaptability of the body; motor memory; the body's response; the ability to care for and develop health; ability to perform sports activities; etc. thereby helping students develop their ability to perform and compete.

In the career-oriented education stage, physical education is carried out through the form of a sports club, students can choose the content of sports activities in accordance with their aspirations and the school's ability to meet them. They continue to develop skills in health care and body hygiene, develop sports awareness and aptitude, and help students with sports aptitude to orient appropriate careers.

Viewpoints on Program Construction

The curriculum (Program) of physical education fully grasps the viewpoints, goals, requirements to be achieved in terms of quality, capacity, educational plan and orientation on educational content stated in the Higher Education Program overall. Stemming from the characteristics of the subject, the Program emphasizes some of the following constructive points of view:

The program is built on theoretical and practical foundations, updating achievements of modern sports science and pedagogical science, namely: Research results on education, psychology science, physiology, methods of physical

education, and sports training; Experience in building programs of Vietnam and other countries with advanced education; Educational practice, socio-economic conditions, diversity of students in terms of regions, conditions and learning ability of Vietnam [5, 6].

The program is designed according to the concentric and linear structure in accordance with the psycho-physiological age and the laws of physical development of students; through methods and forms of teaching organization to promote the initiative and potential of each student; apply test and assessment methods suitable to the characteristics of the subject and support the formation and development of qualities and motor abilities in students.

The program is open, enabling students to choose activities suitable to their physical strength, their own aspirations, and the conditions of the school; at the same time, creating conditions for schools to develop educational plans suitable to the educational requirements, actual conditions, and specific characteristics of local students.

METHODS OF EDUCATION

General Direction

The basic requirement of the educational method is to promote the positivity, self-discipline, initiative, and creativity of students, to train students' self-study and self-training ability, to help them have the opportunity to develop their physical abilities. Teachers (Teachers) play the role of designing, organizing, advising, refereeing, guiding practice activities for students, creating a friendly learning environment to encourage students to actively participate in activities. learning, experiencing, self-discovery and development.

Using a variety of methods in order to rationalize students' activities, combining tools and equipment suitable to local actual conditions, focusing on effective use of achievements. of information technology, audiovisual media through technical pictures, video clips, etc. to create lively and effective learning hours. It is necessary to integrate and use knowledge of some other subjects so that the practice content is not monotonous. In the process of organizing practice, teachers should use some songs when organizing games, or combine them with appropriate music as "background" for certain practice times in class. Creating a joyful and exciting atmosphere when practicing, making students like and passionate about practicing sports. It is necessary to be creative and flexible when developing a teaching plan for Physical Education subjects to ensure practicality, in accordance with the characteristics and conditions of the region.

Basic Educational Methods

Teachers need to use flexibly and effectively the typical methods in teaching and learning Physical Education: Modeling, using words, practicing, and focusing on using games, competition, and performance methods. Pay attention to using special treatment methods, suitable for students' health, develop special talents for students...

Reasonable use of teaching-learning methods to promote self-discipline, positivity, initiative, and creativity of students. Focusing on fostering self-study methods, cooperation ability, skills to apply knowledge into practice, in order to form and develop students' capacity.

The organization of teaching-learning needs to diversify forms of teaching-learning organization inside and outside the classroom, inside and outside the school; balance between teaching and educational activities, between collective activities, small group activities and individuals, between compulsory teaching and elective teaching, to ensure the development of common core competencies and competencies special force of physical education, improving the quality of education for students. Strengthen and improve the effectiveness of teaching means, especially information and communication technology, to support innovation in teaching methods. Create conditions for students to access diverse learning resources, exploit rich information via the Internet, etc. to build learning topics according to their interests and develop self-study capacity depending on their ability. Abilities and learning styles of individual students.

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Core subjects in the field of physical education

The field of physical education aims to educate students to have healthy lives both physically and mentally, to form a physical culture through equipping students with knowledge about health and health management, know how to regularly practice suitable for themselves, know how to adapt to living conditions, be optimistic and share with everyone.

Physical education is carried out in a number of subjects such as physical education, biology, technology, sports activities, creative experiences, etc. in which the core subject is physical education - sport. physical education is a learning content of students in university; Physical education and sports aim to train student's skills to develop physical strength and health by various physical activities such as basic motor skills training, formation, team; exercises and exercises to develop physical qualities; sports: swimming, diving, martial arts, wrestling, and traditional sports activities, artistic gymnastics, dance sports, etc.; Methods of injury prevention in sports activities.

Stage of basic education: Aims to form a habit of exercise to improve health, through physical training to develop motor qualities, prioritizing the development of ingenuity in the form of games. Exercise, collective fun, etc. At the lower level, the aim is to equip them with knowledge on how to exercise, educate self-discipline, actively practice on their own, develop physical qualities, and prioritize them. Develop strength through sports activities such as high jump, long jump, shuttlecock, badminton, football, volleyball, etc.

Stage of career-oriented education: Developing skills in health care and hygiene, participating in sports activities in schools and communities through exchange and competition activities. The main form of organization and teaching method is to organize movement, practice, and competition activities for students.

Combined capacity assessment according to the requirements to be achieved in terms of knowledge, skills, appropriate physical qualities (school level, age, and gender), assessment of students' attitudes to sports activities inside and outside of school.

The competencies are formed in students through the subject of physical education:

Firstly, living adaptively and in harmony with the environment: Recognizing a number of key factors (of the living environment, weather, food) that are beneficial and harmful to health. Comply with adults' instructions on personal hygiene, eating, dressing, living, and studying for health benefits. State the scientific basis of nutrition, daily life, hygiene measures, disease prevention, and health protection; proper personal hygiene. Choose how to eat, wear, and operate in accordance with the weather and the development characteristics of the body; Practice keeping the living environment clean, green, and pollution-free. State the scientific basis of measures to protect the living environment from pollution and maintain ecological balance; adjust their study and living regimes to suit their own physical condition; practice activities to improve the living environment; adapt to social activities

Second, Name and state the functions of some main parts of the human body; describe some unusual manifestations of the body; state and describe daily sports activities; perform various types of movements suitable to the self. Regularly and voluntarily practice sports; choose to participate in sports activities suitable to the improvement in health, fitness, living, and learning conditions of themselves and the community. Assess your own health status; read and understand the basic indicators of health through medical examination; recognize your own symptoms and reactions to some common illnesses; have habits, know how to choose appropriate forms of physical exercise to improve the functions of the body.

Third, improve mental health: Practice cheerful and friendly behaviors; handle simple and specific situations in life with an attitude of self-respect, confidence, responsibility, and harmony with people; Optimistic and knows how to adapt to their own living, studying and working conditions; have the ability to self-regulate personal emotions, share, empathize with people and participate in cheering and encouraging others. Know how to improve relationships to bring joy and happiness to yourself and others; harmonize learning, labor, and entertainment activities; mental comfort; actively participate in social activities.

CONCLUSION

From the basis of approach, the orientation of the physical education subject program must adhere to the criteria for building the Master Program, that is: The subject program of the basic education stage ensures to equip students with knowledge and skills. Universal, comprehensive and absolutely necessary. At the end of this period, students have the ability to self-study, gain essential qualities and competencies, especially general competencies, clearly see their strengths and abilities to confidently participate in working life or continue studying.

At the primary and lower secondary levels, it is necessary to integrate related contents of a number of educational fields and subjects in the current curriculum to form an integrated course; streamlining, avoiding overlapping of educational content, and reasonably reducing the number of subjects [7].

Focusing on the practicality of teaching content and creative experiential activities, along with school counseling activities to help students who finish middle school can choose the path of further education to vocational education or training. High school, contributing to the implementation of strong streamlining requirements after lower

secondary school. The subject system helps to form and develop the common competencies of students. The role of each subject in the formation and development of students' general capacity.

Especially, it is integrated with the Master Plan on development of physical fitness and stature of Vietnamese people in the period 2011 to 2030 and the Master Plan on development of physical education and school sports in the period 2016-2020, defining towards 2025 approved.

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