

Original Article

Selecting Measures to Enhance and Develop Physical Education and Sports Clubs at An Giang University, Vietnam

Chau Khon¹

¹An Giang University,
Vietnam National University,
Ho Chi Minh City, Vietnam

Abstract:- Background: The current state investigation of physical education and sport clubs operating at An Giang University reveals a need for improvement. Additionally, there is a growing demand for physical education and sport training among students and residents of Long Xuyen city. Objectives: The author aims to propose solutions for the development and expansion of physical education and sport clubs at An Giang University. These solutions are intended to be scientifically grounded and effective, aiming to enhance the health, material, and spiritual well-being of students and residents of An Giang province. Method: The author conducted a thorough analysis of the existing physical education and sport clubs at An Giang University and assessed the demand for such activities among students and residents of Long Xuyen city. Based on this analysis, the author formulated solutions to address the identified needs and challenges.

Result: The proposed solutions offer a comprehensive approach to developing and expanding physical education and sport clubs at An Giang University. These solutions are expected to positively impact the health, material, and spiritual lives of students and residents of An Giang province by providing access to quality physical education and sport training. Conclusion: In conclusion, the solutions presented by the author provide a promising pathway for the development and expansion of physical education and sport clubs at An Giang University. By implementing these solutions in a scientific and effective manner, it is possible to meet the growing demand for physical education and sport training while improving the overall well-being of the university community and residents of An Giang province.

Keywords: Solutions, Development, Expansion, Physical Education and Sports Club.

Corresponding Author: Chau Khon, An Giang University, Vietnam National University, Ho Chi Minh City, Vietnam

Copyright : © 2024 The Authors. Published by Publisher. This is an open access article under the CC BY-NC-ND license

Supplementary information The online version of this article (<https://doi.org/xx.xxx/xxx.xx>) contains supplementary material, which is available to autho-rized users.

1.Introduction:

In recent years, there has been a notable surge in the number of individuals engaging in sports activities at the various clubs affiliated with An Giang University. These activities span a range of disciplines, including gym workouts, futsal, volleyball, and karate, among others. Despite this increase, it remains apparent that the level of participation is disproportionately low when compared to the overall population of the area, as highlighted by Thuc (2017).

Recognizing the urgency of the situation, there is a pressing need to identify and implement effective strategies for the development and expansion of physical education and sport clubs at An Giang University. This introduction sets the stage for a comprehensive exploration of potential solutions to address the existing disparity between the growing interest in sports and the relatively low participation rates.

To delve into this matter, the author has undertaken a rigorous study employing a multifaceted approach. This includes synthesizing and analyzing relevant documents, conducting interviews with key stakeholders, making pedagogical observations, and utilizing mathematical statistics. By employing these methodologies, the aim is to gain a comprehensive understanding of the current state of affairs and to pave the way for informed decision-making regarding the future of sports and physical education clubs at An Giang University.

2. Research Methodology: The study employed commonly used methods in sports science, including a literature review, the sociological interview method, the pedagogical experimental method, and the statistical mathematical method. Additionally, the authors utilized SPSS 20.0 software for data analysis.

3. Results

Overview and Influential Factors on Physical Education and Sports Clubs at An Giang University

Assessment of the Current Landscape of Physical Education and Sports Clubs at An Giang University:

The present status of physical education and sports clubs within An Giang University is depicted in Table 1, illustrating the operation of six distinct clubs with varying levels of participation. Notably, certain clubs such as GYM, Futsal Football, and Karate boast a considerable number of participants, while others like table tennis, basketball, and volleyball exhibit more limited membership.

In terms of demographics, the age distribution among club participants varies. GYM and table tennis predominantly attract elementary, secondary, and high school students. Conversely, volleyball and futsal football primarily engage secondary and high school students.

Table 1: Snapshot of Physical Education and Sports Club Activity at An Giang University.

No	Club	Time	The number of participants regularly practice 3 times per week	Age
1	Table tennis	Whole year	49	6 to 17
2	Volleyball	Whole year	59	18 to 23
3	Basketball	Whole year	59	8 to 17
4	Fusal	From May to August	99	11 to 23
5	Karate	Whole year	109	6 to 17
6	GYM	Whole year	139	6 to 23
		Total	514	

Further Discussion:

The analysis of the current state of physical education and sports clubs at An Giang University provides valuable insights into the dynamics and demographics of club participation. This understanding is crucial for devising targeted strategies to enhance and diversify club offerings, ensuring inclusivity and engagement across all age groups and interests.

The uneven distribution of participants among different clubs underscores the importance of identifying underlying factors contributing to this disparity. Factors such as club popularity, accessibility, and perceived benefits may influence individuals' choices regarding club membership. Understanding these factors enables administrators to implement measures aimed at promoting underrepresented clubs and encouraging broader participation.

Moreover, the age-specific trends observed within various clubs highlight the need for tailored programming to accommodate the diverse preferences and developmental stages of participants. By offering age-appropriate activities and fostering a supportive environment, clubs can attract and retain members across different age groups, thereby fostering a vibrant and inclusive sports community within the university.

In summary, a comprehensive assessment of the current state of physical education and sports clubs at An Giang University serves as a foundation for targeted interventions aimed at promoting equitable participation and maximizing the benefits of sports engagement for all stakeholders involved.

The current state of sports clubs at An Giang University encompasses several key aspects, including club demographics, facilities, promotion efforts, management practices, teaching staff quality, learner outcomes, and community engagement.

Demographics: Gym, karate, and futsal football attract a predominantly student population, with karate exhibiting equal distribution among elementary, secondary, high school, and university levels.

Facilities: An Giang University boasts modern facilities capable of accommodating its student body of 13,000, ensuring both quantity and quality for sports training activities.

Promotion: Clubs employ various forms of propaganda and advertising, such as banner ads in schools and collaboration with educational offices, yet opportunities for television advertising or public banners remain untapped.

Management: The effectiveness of club management directly influences the quality of training. Despite operating six clubs, survey results indicate lax and inconsistent management practices, hindering new student registration and overall club development.

Teaching Staff: Interviews and observations reveal insufficient attention to training and development of club instructors, potentially impacting the quality of instruction.

Learner Outcomes: Evaluation of student learning outcomes demonstrates a correlation between club longevity and educational quality, with longer-operating clubs yielding higher pass rates. However, a notable percentage of students still fail to pass courses, warranting further attention.

Community Engagement: Interviews with various demographics highlight diverse training needs across different sports, indicating potential for increased community engagement with the operation of additional sports clubs.

Overall, this comprehensive assessment sheds light on the strengths and areas for improvement within An Giang University's sports club infrastructure, providing valuable insights for future development and enhancement efforts.

Table 2. The present status of learners' results following club training

No	Interview result	Results after training						Operating time (year)
		Good		Pass		Fail		
		N	%	N	%	N	%	
1	Volleyball (61 students)	19	31.15	31	50.82	11	18.03	2
2	Table tennis (46 students)	9	19.57	32	69.57	5	10.87	4
3	Basketball (58 students)	6	10.34	39	67.24	13	22.41	4
4	Fusal (104 students)	21	20.19	73	70.19	10	9.62	6
5	GYM (147 students)	31	21.09	101	68.71	15	10.20	8
6	Karate (115 students)	21	18.26	83	72.17	11	9.57	10

Table 3. The status of sports practice nowadays.

No	Interview result			
	Sports	Interviewees	Participants	%
1	Chess	300	9	3
2	Fusal	300	16	5.33
3	Volleyball	300	17	5.67
4	Swimming	300	22	7.33
5	Basketball	300	23	7.67
6	Aerobics	150	12	8
7	Dance sports	200	22	11
8	Table tennis	300	34	11.33
9	Badminton	300	36	12
10	Taekwondo	200	28	14
11	Vovinam	200	34	17
12	Tennis	200	39	19.5
13	Karate	300	62	20.67
14	GYM	200	57	28.5

Factors Impacting the Operation of Clubs at An Giang University

Through document analysis, synthesis, and interview findings, the study identified eight factors influencing the number of clubs and members at An Giang University, including:

- (1).Initiative in establishing sport clubs; (2).Promotion and advertising;
 (3).Club facilities; (4).Professional qualifications of teachers and instructors; (5).Societal and individual sports needs;
 (6).Club operational longevity; (7).Management and organization methods; (8).Participant satisfaction.

Selection of Solutions to Expand and Develop Physical Education and Sport Clubs at An Giang University

The study proceeded with solution selection as follows:

- Principles in solution selection;
- Factors influencing club operations;
- Current state and factors impacting club operations at An Giang University;

Interview results.

Based on these, the study selected 5 solutions to develop and expand physical education and sport clubs at An Giang University:

- (1).Enhance Promotion and Advertising:

Objective: Provide information to students and the public, facilitating club registration.

Actions: TV advertising, banners in schools and public areas, collaboration with the District Education Office, and regular promotional events.

Evaluation: Compare pre- and post-implementation registration numbers.

- (2).Improve Club Management and Organization:

Objective: Implement scientific, effective, and strict management practices.

Actions: Detailed planning, enrollment testing, weekly meetings, leader oversight.

Evaluation: Compare effectiveness before and after solution implementation.

(3).Enhance Teaching Staff Professional Skills:

Objective: Improve teaching quality through enhanced professional skills.

Actions: Pre-course training, regular checks, weekly meetings, teacher exchanges.

Evaluation: Compare learner achievement rates.

(4).Strengthen Cognitive Practice Education for Learners:

Objective: Foster positive engagement by enhancing learner awareness.

Actions: Pre- and post-practice education, learner-club exchanges, recognition of hard work.

Evaluation: Assess voluntary practice and interest levels.

(5).Develop Appropriate Training Program Content:

Objective: Provide effective training programs tailored to learners.

Actions: Unified program content, especially in initial courses.

Evaluation: Monitor program effectiveness.

Table 4. The number of physical education and sport clubs at An Giang University

No	Club	Operating time	Practice regularly 3 times / week	Age
1	GYM	Whole year	246	6 - 23
2	Table tennis	Whole year	73	6 - 17
3	Basketball	From May to August	76	8 - 17
4	Volleyball	Whole year	96	18 - 23
5	Karate	Whole year	162	8 - 22
6	Chess	From May to August	26	8 - 18
7	Fusal	Whole year	89	15 - 35
8	Dance sports	From May to August	36	18 - 40
9	Tennis	Whole year	46	18 - 50
10	Vovinam	Whole year	36	6-23
Total			886	

Table 5. The participants' performance during club training.

Result after training									Operating time (year2023)
Interview result			Good		Pass		Fail		
No	Club	Learner	Number	%	Number	%	Number	%	
1	Karate	157	58	36.94	85	54.14	14	8.92	8
2	GYM	134	49	36.57	76	56.72	9	6.72	4
3	Vovinam	61	22	36.07	28	45.90	11	18.03	4
4	Fusal	55	20	36.36	30	54.55	5	9.09	2
5	Basketball	53	21	39.62	25	47.17	7	13.21	10
6	Volleyball	46	17	36.96	20	43.48	9	19.57	6
7	Tennis	35	7	20.00	22	62.86	6	17.14	
8	Table tennis	31	8	25.81	19	61.29	4	12.90	
9	Dance sports	28	9	32.14	15	53.57	4	14.29	
10	Chess	26	5	19.23	18	69.23	3	11.54	

Regularly evaluate and review the training program content.

Maintain regular communication with learners to gauge their receptivity levels and adjust the content accordingly.

Evaluation Method: Assess learners based on their training progress and receptiveness.

Evaluation of Solution Effectiveness

Following the selection of the five solutions for club expansion and development, the author implemented them into practice. The results after one year (2023) are presented in Table 4. Comparing Table 4 with the previous table (Table 1) reveals a significant increase in the number of clubs (with the addition of 4 new clubs) and participants (rising from 514 to 886).

Regarding quality, teacher assessments are depicted in Table 5. The table indicates favorable learner outcomes, albeit with a notable percentage of students not meeting requirements (ranging from 6.72% to 19.57%).

4. Discussion

The evaluation of solution effectiveness underscores the importance of systematically assessing and adjusting strategies to meet the evolving needs of sports clubs [1]. By regularly evaluating training program content and maintaining open communication with learners, clubs can ensure that their offerings remain relevant and engaging [2-3].

The observed increase in the number of clubs and participants reflects the positive impact of the implemented solutions, indicating greater accessibility and interest in sports activities among the university community [7-9]. However, the presence of students not meeting requirements highlights the ongoing need for continuous improvement and targeted interventions to enhance the quality of instruction and learner outcomes [4-5].

The identified solutions reflect a comprehensive approach to address various aspects influencing the operation and development of physical education and sport clubs at An Giang University. These solutions encompass promotion, management, staff development, learner engagement, and program content, aiming to enhance club effectiveness and participation.

Enhancing promotion and advertising efforts can increase club visibility and attract more participants. Effective management and organization ensure efficient club operations and positive learning experiences. Investing in teaching staff professional development enhances instructional quality, while promoting cognitive practice education fosters a deeper engagement with sports activities [8-9].

Furthermore, developing appropriate training program content ensures that clubs meet the diverse needs of learners, maximizing the effectiveness of training sessions [8]. By implementing these solutions, An Giang University can create a more vibrant and inclusive sports community, catering to the interests and needs of students and the wider population.

In conclusion, the identified solutions offer a framework for sustainable growth and development of physical education and sports clubs at An Giang University. By prioritizing effective management, staff development, learner engagement, and program quality, the university can foster a vibrant and inclusive sports culture, enriching the overall student experience and promoting lifelong participation in physical activity.

5. Conclusion

The study has identified five solutions that are appropriate for the growth and development of physical education and sports clubs at An Giang University. These solutions are based on an evaluation and analysis of the existing status and variables impacting club operations at the university.

- (1).Enhance promotion and advertising.
- (2).Improve club management and organization.
- (3).Enhance professional skills for club teaching staff.
- (4).Strengthen cognitive education for learners.

(5).Develop appropriate training program content.

The implementation of these 5 solutions in 2023 at An Giang University clubs has demonstrated effectiveness in developing and expanding physical education and sports clubs within the institution.

6. References

1. Burton, E. J. (2009). Organisational effectiveness in selected grass roots sport clubs in Western Australia.
2. Delshab, V., Winand, M., Sadeghi Boroujerdi, S., Hoeber, L., & Mahmoudian, A. (2022). The impact of knowledge management on performance in nonprofit sports clubs: The mediating role of attitude toward innovation, open innovation, and innovativeness. *European Sport Management Quarterly*, 22(2), 139-160.
3. Elmoose-Østerlund, K., Cuskelly, G., Høyer-Kruse, J., & Voldby, C. R. (2021). Building and sustaining organizational capacity in voluntary sports clubs: Findings from a longitudinal study. *Journal of Sport Management*, 35(5), 440-451.
4. Rossi, L., Feiler, S., Dallmeyer, S., & Breuer, C. (2023). Organizational capacity building in non-profit sport clubs: exploring the role of competition as a capacity building stimulus. *European Sport Management Quarterly*, 1-19.
5. Schwarz, E., Hall, S., & Shibli, S. (2015). *Sport facility operations management: A global perspective*. Routledge.
6. Smith, B. D. (2008). Motivational factors for student participation in collegiate club sports at Indiana University. Unpublished master's project). Indiana University, Bloomington, IN.
7. Song, H., Song, J., & Lee, S. (2021). Effects of Self-Esteem on Resilience and School Happiness of Korean Students Participating in School Sports Clubs. *Journal of Engineering Education Transformations*, 88-99.
8. Thanh, N. D. (2013). Building the content and organization of extra-curricular physical education and sport activities of students at Universities in Ho Chi Minh City. Doctor thesis. Doctor thesis, Viet Nam.
9. Thuc, D. C., & Van Tang, N. (2018). 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. *International Journal of Scientific & Engineering Research*, ISSN, 2229-5518.