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ФИЗИЧЕСКОЙ КУЛЬТУРЫ И СПОРТА»

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SOME SOLUTIONS TO DEVELOP EXTRACURRICULAR SPORTS FOR STUDENTS OF THE HANOI UNIVERSITY OF MINING AND GEOLOGY

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Abstract. By conventional scientific research methods, the author has assessed the current status of extracurricular sports activities of students at the University of Mining and Geology, as a basis for proposing solutions to improve operational efficiency.

Keywords: *solution, development, sports, students, extracurricular sports activities.*

НЕКОТОРЫЕ РЕШЕНИЯ В ОБЛАСТИ РАЗВИТИЯ ВНЕУЧЕБНОЙ СПОРТИВНОЙ ДЕЯТЕЛЬНОСТИ СТУДЕНТОВ ХАНОЙСКОГО ГОРНО-ГЕОЛОГИЧЕСКОГО УНИВЕРСИТЕТА

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Аннотация. Автор исследования традиционными научными методами оценил современное состояние внеучебной спортивной деятельности студентов Горно-геологического университета. С учетом выполненной оценки в статье были предложены решения, направленные на повышение эффективности данной деятельности.

Ключевые слова: *решение, развитие, спорт, студенты, внеучебная спортивная деятельность.*

I. Pose the problem

Internal physical education and extracurricular sports activities at the University of Mining - Geology are always interested by the Board of Directors, creating conditions for development; sports competition has become one of the important means of exchange among students and faculty; The facilities for teaching and learning the subject of physical education are constantly being improved. However, there are still some basic shortcomings: There is a lack of linkage and synchronization between internal and external PE; the majority of students do not conduct self-study for the subject; Movement, quality and effectiveness of extracurricular sports activities are not high. In the practice of teaching, we find that, in addition to the internal classes, the demand for extracurricular sports activities of the students is great, this is the time when they can have fun, exchange, and be trained. more physical fitness, motor skills and health promotion. However, the development of extracurricular sports has not

yet met the actual needs. On the basis of analyzing the meaning, importance and urgency of the problem, based on practical needs, we conduct research on solutions to develop extracurricular sports for students of the University of Mining and Geology.

II. Content

II.1. Research Methods. In order to provide solutions to develop extracurricular sports for students of the University of Mining and Geology, I use the following research methods: Method of analysis and synthesis of documents; Methods of interview and discussion; Methods of pedagogical observation; Methods of pedagogical examination; Natural pedagogical verification method; Statistical Mathematical Methods.

II.2. Some selected solutions. Selection of solutions to develop extracurricular sports for students of the University of Mining - Geology: The selection of solutions to develop extracurricular sports for students of the University of Mining - Geology is carried out according to the following steps: Determining the basis theoretical and practical basis to propose solutions; Selection via document reference; Selection through interviews by large-scale interviews (experts, officials, lecturers and students). The results have selected 4 solutions to develop extracurricular sports for students of the University of Mining and Geology. Developing the content of solutions to develop extracurricular sports activities for students of the University of Mining and Geology.

Solution 1: Raise students' awareness about the role and effects of extracurricular physical training. Make the management staff, teachers and students clearly understand the views of the Party and the State on the work of physical education in schools at all levels, thereby creating the right motivation to practice sports and sustainable practice habits for staff, faculty and students. Content: Strengthening propaganda and grasping the directives and resolutions of the Party and State on sports and physical activities in schools. Propagating to raise awareness of administrators, teachers and students about the importance of physical training for health and life. Propagating about sports competitions inside and outside the Academy, the Academy's sports teams, good examples and images of sports, thereby having a direct impact and changing the perception of students. Implementation organization: Propaganda on the Academy's loudspeaker system about the directives and resolutions of the Party and the State on sports and physical activities in schools; the importance of physical training and daily physical training; about student sports competitions and especially when NH Academy's sports team participates in the competition. Propaganda by system of images, panels and posters about the importance of physical training to health. Create a Fanpage to connect people who love sports and want to participate in extracurricular sports. Set up a facebook group to share together activities, articles, beautiful pictures about sport and physical education... Lecturers of physical education must

have the task of communicating with reality through lectures to help students understand the role, meaning, effects and benefits of physical exercise. In particular, through theoretical classes in physical education, students can understand the biological scientific foundations of physical education, the principles of movement (skills, movement techniques); Effects of exercise on the body and organ systems in the body; How to clean health after exercise, help students understand and know how to apply methods of injury prevention and avoidance in sports practice, as well as know how to give first aid when injured. Plus training points for students who actively participate in sports activities of the Academy. Plus points for diligence, test scores for students who are eager to learn, learn, watch on the mass media daily, read more books and magazines about domestic and international sports information. Coordinating unit: The Department of Physical Education cooperates with the Department of Student Management, Youth Union, Student Union, to organize the implementation. Criteria to evaluate the solution: Evaluate the frequency of propaganda: number of radio sessions, time of each session, assessed by the number of visitors and the number of members of the fanpage... Evaluation by positive perception of students about the position and role of extracurricular sports.

Solution 2: Innovating the form and organizing extracurricular sports training. Purpose: To renew the form and organization of extracurricular physical training exercises to meet the aspirations and needs of students, helping students to make choices that are suitable for their own conditions. Increase the extra-curricular practice time to compensate for the shortcomings in the intra-curricular hours. Strengthening and supplementing exercises to develop physical qualities to contribute to improving general fitness for students of the University of Mining and Geology.

Content: Based on the schedule of 1 week, 1-2 hours of extracurricular activities for students. Establish a student sports club with specialized teachers in charge and guidance to attract and attract students to participate in extracurricular exercises to develop the sport movement among students. Organize groups, practice classes in extracurricular hours with instructors. Strengthening the organization of sports competitions in the Academy such as: Organizing more sports competitions between faculties and student sports tournaments throughout the University, expanding exchanges with universities in the region Hanoi.

Organizing and implementing: Coordinate between physical education teachers and instructors to arrange a reasonable time for organizing extracurricular activities. Extracurricular hours are supervised by a sports teacher, with support from members of the school's sports team as a guide. During extracurricular hours, teachers have to prepare specific content for each practice session, use equipment yards, and organize training sessions, which are monitored by the teacher in attendance to get bonus points (attendance, points, etc). test) for core course content. The Department of Physical Education appoints lecturers to

guide and plan exercises for sports clubs. Electing the club's leaders are students so that the club can actively operate and promote the positivity and creativity of students under the professional support of lecturers of the Department of Physical Education. Organize many annual school-wide sports competitions and encourage all faculties to have members to participate. This is not only a measure to stimulate students to directly participate in training for competition, but also to help them interact with sports through cheering for their teammates, thereby increasing their interest in and participating in sports. . Coordinate with universities in the Hanoi area to organize sports exchanges for each subject, prioritizing sports that are popular and loved by many students. With sports organized in the form of a team at many schools, it is possible to organize exchanges between teams. Hosted competitions for students from universities, institutes and colleges in Hanoi. Coordinating unit: Department of Physical Education, Party Office, Youth Union, sports team, Youth Union, Department of Student Management to coordinate implementation. Criteria for evaluating solutions: Number of students participating in extracurricular activities, number of sports organized throughout the University. Number of clubs, number of members participating. Number of exchanges, number of sports tournaments held, number of students participating and achievements.

Solution 3: Improve the number and quality of trainers and instructors for extra-curricular sports practice. Purpose: The contingent of lecturers and instructors of extracurricular sports in sufficient quantity and professional quality is a necessary condition to ensure the deep, wide and sustainable development of the extracurricular sports movement of the university. pupil. Content: Encourage qualified and experienced lecturers to participate in guiding extracurricular sports activities. Consider this as one of the plus points in the school's KPI scoring. Send teachers to attend pedagogical refresher courses, coaching and refereeing training courses. Invite highly qualified coaches and athletes to collaborate with the school to open classes, Clubs of Yoga, Qigong, Zumba Dance... for staff, teachers and students. Fostering volunteers (who are students on the school's sports team) capable of guiding and teaching assistants to teachers in extracurricular hours. Implementation organization: Contact the General Department of Sports and Physical Education, Department of Physical Education and Sports Federations to appoint teachers to participate in the arbitration of sports tournaments of the industry, of the Hanoi region and of students nationwide. Invite national and international athletes to the Academy to play friendly matches to help improve the professionalism of the trainers. Continue to apply the policies that have been implemented. Step by step build and issue specific, immediate and long-term remuneration policies to meet the needs and aspirations of lecturers and instructors, in which it is proposed to the school board to calculate the training time, Extracurricular guide for CBs, teachers. There is a timely and

satisfactory incentive and reward regime, creating motivation to promote the process of training, teaching, practice and competition of CBs, lecturers and students. Converting performance of CBs, teachers and students into scientific research hours. Mobilizing and attracting financial support from social organizations inside and outside the school. Coordinating unit: The Department of Physical Education coordinates with the University's Trade Union, the Training Department, the Organization and Personnel Department to organize the implementation. Criteria for evaluation of solutions: Evaluation of results through the quantity and quality of teachers and guides participating in extracurricular exercise instruction.

Solution 4: Innovating the management mechanism and renovating and upgrading the CSVC for extracurricular sports activities. Purpose: To improve the quantity and quality of training grounds, equipment and tools for teaching and extra-curricular activities in order to create an environment and conditions to improve the effectiveness of intra-curricular physical education and sports activities. Extracurricular.

Content: Manage and exploit the stadium and gym well, renovate and upgrade the training ground to make the most of and maximize the existing conditions for teaching intra-curricular and extracurricular sports activities for CBs., teachers and students. Develop a plan to purchase additional equipment and tools for teaching and practicing sports in sufficient quantity and quality assurance. Effectively use the school's funding for physical education and sports activities. Fundraising from sources of organizations and individuals. Implementation organization: - Management mechanism: The Department of Physical Education proposed to the Board of Directors to allow the management and exploitation of the school's sports facilities to proactively plan internal teaching and extracurricular sports activities; Create conditions for students to borrow tools, open practice rooms, tennis courts... so that students can actively practice extracurricular sports in their spare time. About funding: The Department of Physical Education proposes to the Management Board to Center to create conditions for funding to organize sports activities in the school, participate in sports tournaments organized by the Ministry of Education and Training... Coordinating unit: Department of Physical Education and Training in coordination with Administration Department, Center for Support Support students, Finance and Accounting Department to organize the implementation. Criteria for evaluation of solutions: Evaluation through the quantity and quality of constructions, tools (balls, nets, bridges...), the amount of expenditures for annual sports activities.

III. CONCLUDE

The research process has selected and built 04 solutions to develop extracurricular sports for students of the University of Mining and Geology. To be effective, solutions

must be implemented synchronously with the support and coordination from the school's Board of Directors, the Youth Union, the Training Department, the Equipment Administration Department, and the Student Support Center. , Department of Physical Education to develop extracurricular sports for students.

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