

## Quality management solution for physical education process for students

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**Abstract:** *Physical education helps students form and develop physical ability and physical culture, a sense of responsibility for the health of themselves, their families and the community. At the same time, know how to choose a sport that suits their athletic ability to practice; know to adapt to living conditions, be optimistic and share with everyone;... One of the solutions to improve the quality of learning and training of students is to ensure the quality of the physical education process, in which, focusing on implementing well the solutions: Managing the teaching process of lecturers; Managing the learning and physical training processes of students; Managing physical education support activities of students; Managing the coordination of units and individuals in implementing the physical education task.*

**Keywords:** quality management, physical education, student

### 1. Introduction

Physical education for students plays an important role in promoting health, improving physical strength, making a positive contribution to fostering and training people for comprehensive development of moral - intellectual - physical - beauty to build and defend the Socialist Fatherland. Physical education as well as other types of education, "it is a pedagogical process with its full characteristics, plays the leading role of pedagogy, organizes the pedagogical activities suitable to students, in accordance with pedagogical principles [1, p.114]. In addition, in order for effective physical education activities for students, it requires the management of educational subjects, especially towards ensuring the quality of physical education. For ensuring the quality of physical education for students today, in addition to general management solutions, the following groups of solutions need to be well implemented: managing input quality; managing process quality; managing output quality. Within the scope of this article, we focus on analyzing the quality management solutions for physical education process for students today.

### 2. Content

#### 2.1. Manage the teaching process of lecturers

Education is a process which impact dialectically between the subject and the object, in which, teaching activities interact directly from the teacher with the learner. For university education, lecturers play an orientation role, directly deciding on the quality and effectiveness of teaching activities. Through teaching activities, lecturers organize and control the learning activities of students, ensure that students perform fully with quality, meet the learning outcomes of the module. Physical education for students is a characteristic activity, reflected in the content, organizational form, teaching methods, facilities and equipment. Teaching and management practices of physical education students today show that the quality of teaching, management, physical education and physical training of students is limited. Therefore, it is necessary to strengthen the management of the teaching process of lecturers to improve the quality of physical education activities for students.

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In order to improve the quality of physical education for students today, it is necessary to focus on implementing well the management of the teaching process of lecturers in the direction to best meet the learning and physical training needs of student. Thereby, creating motivation, promoting the creativity and activeness of teaching staff in the teaching process, at the same time, developing abilities of learners. At the same time, through the management process, promptly detect shortcomings, limitations and causes to find solutions to overcome and meet physical education requirements and tasks in the new situation. Accordingly, the content of management must ensure comprehensiveness, but it should focus on a number of issues such as: teaching preparation, compliance with program content, sense of responsibility in guiding and supporting students, etc. Teaching preparation of lecturers includes: giving information for students about the goals, content, subject requirements; teaching plan and criteria for evaluating learning results; materials and support facilities for teaching; lecture preparation and lecture planning, facilities, teaching equipment. Implementing the content of the program, defining the teaching method, in which, "the educational method must promote the positive, self-conscious, proactive and creative thinking of learners; fostering learners with self-study ability, practical ability, passion for learning and will rise up"[4, p.1]; level of exploitation and effective use of teaching facilities; pedagogical behavior of lecturers. Along with that, the departments, subjects and centers need to manage well the responsibilities, the enthusiasm of the lecturers in guiding and supporting students in the physical activities after class. Fairness, objectivity in assessing the process and evaluating learning results for students.

In order to implement the above content, management subjects, especially the Subject of Physical Education, focus on doing well the following basic issues: Raising awareness and responsibility of teaching staff for teaching and student management, implementing the campaign "Every lecturer is an example of ethics, self-study and creativity"; Improving professional qualifications, pedagogical abilities and styles for lecturers, especially the application of active teaching methods and exploiting the use of modern teaching facilities in physical education for students. In addition, promoting scientific research activities, applying and exploiting modern teaching facilities; at the same time, expanding cooperation in teaching and scientific research among departments and subjects of physical education in schools, centers, etc. in a practical way, ensuring to improve teaching quality.

## ***2.2. Manage the learning process and physical training of students***

Students, on the one hand, are the subject of education activities, on the other hand, they are the subject of awareness activities, occupying knowledge, skills, techniques, implementing living, studying and training regimes. The process of physical education for students is only high effective when turning the educational process into self-education process. Self-education is a purposeful, conscious activity directed at actively awareness and self-training of students. Thereby, maximizing the role of the subject in awareness activities but still seriously implementing the regimes, subject rules and regulations.

In fact today, the management of learning activities and physical training of students has not promoted the positive and self-discipline in learning and practicing; not really turning the training process into a self-training process, students have not understood the need and responsibility of equipping them knowledge with physical education, physical training skills. Therefore, many activities are still passive, not promoting creativity that is an inherent attribute of students. This leads to the effectiveness of the physical education is not sustainable.

In order for the learning and training process of students to meet the learning outcomes of the module, it requires the management of physical education activities meet the legitimate needs of the learners, promote positive and proactive awareness and self- training. At the same time, combining the learning and training process with strengthening, building motivation, responsible attitude and orienting career for students. Thoroughly grasping the educational principles "studying along with practice, theory along with reality, schools along with society", directing student activities to meet the goals of fundamental and comprehensive innovation in education today.

The content of management of the process of learning and training physical education of students today, should focus on the following main issues: Managing the setting of learning goals and plans for students; managing the compliance with the training and learning rules and regulations of students; managing self-study, self-training, self-assessment activities of students; etc.

In order to implement well the management of physical training and learning process of students, the following contents should be well implemented: Firstly, the organization of classrooms ensures science and rationality not only convenient for teaching process but also for the other activities to be tight and unified. The organization of teaching must also pay attention to health, gender, ability, forte, etc. to ensure the teaching, training and organizing extracurricular sports activities close to the subjects. Secondly, promoting the role of officials in the process of managing learning and training activities of students; thirdly, educating raising awareness and responsibility, learning attitude of students. Creating conditions for students to be confident and assert themselves in learning and practicing, is the basis for them to develop comprehensively in all aspects of moral - intellectual - physical – beauty. Fourthly, strengthening learning activities, extracurricular training, and sports movement activities for students.

### ***2.3 Manage physical education support activities for students***

Education support is an inseparable activity in the training process, in which physical education is a **characteristic** activity. Therefore, the support, service activities for the physical education process have important meaning, affecting the quality of learning and training of students. Today, the quality of support activities for physical education is still limited, especially in activities of ensuring conditions, teaching facilities and equipment; service attitude of the support departments, ... Therefore, it requires that management subjects, especially departments and subjects of physical education must well manage the quality of support and service activities, must thoroughly grasp and well implement the policy "Teach well - Study well - Serve well"

The content of management of physical education support activities for students should focus on managing the spirit, responsibility, and service attitude of staff in guiding, supporting and solving difficulties, problems of students; health care activities for students; services that provide essential needs to students; costumes, appliances for living, studying, sports, ... In order to manage well the above contents, manageable subjects need to focus on well implementing the following basic issues: Improving the morale, attitude, responsibility of staff in guiding and supporting students, considering student satisfaction as a measure of the existence in the units. In addition, it is necessary to equip skills to handle situations arising during the service process to achieve the best working efficiency. Improving the quality of service activities such as services, ensuring students have the best quality of services. Along with organizing the bidding for public and transparent service activities, it is necessary to inspect and closely monitor the implementation of the units and individuals'

commitments in providing services for students and staff, timely handle violations to improve the quality of services

#### ***2.4. Manage the coordination of units and individuals in implementing the physical education task for students***

Mobilizing the effective participation of collectives and individuals in the implement of education and training tasks has an important meaning to the development of all organizations. In the comprehensive physical education for students, it is required to be more organized, disciplined and more closely coordinated between the members among the units. Accordingly, the management activities of physical education quality is the responsibility, the self-needs of each official, lecturer and staff, thereby determined to participate in the beginning, in every stage of the management process, participate at all levels. Every organization, unit and individual must identify as a quality manager. Implement well the above basic issues not only ensures that leaders, managers at all levels, lecturers and staff manage their work quality well, but also a basis for them to explore and research, improve the service quality of physical education and physical training for students. In order to well implement the above contents, departments, subjects and physical education centers need to focus on implementing the following main contents: Raising awareness, sense of responsibility of officials and lecturers in coordinating the implementation of quality objectives, thereby, making officials, lecturers and staff clearly see their role in management and implementing the quality of education, each person is both the executor and the manager of the quality of his or her own work. Organizing activities, fostering and training coordinating skills, teamwork skills among members, units in the department, subject, and center; Combining the results of completing the tasks and interests of each individual with the collectives so that every member makes the effort to best implement the common tasks of the unit.

### **3. Conclusion**

Physical education is a pedagogical process aimed at educating and training students, improving physical and personality, improving working ability. On the other hand, physical education is one of the comprehensive educational goals of our Party and State, located in the national education system. Thoroughly grasping the Party viewpoints, State policies, physical education for students are comprehensively implemented by universities and colleges. Thereby, gradually training students to have a healthy life physically and mentally, meeting career requirements. However, in order to improve the quality of physical education activities for students in coming time, it requires synchronous, positive, proactive and responsible participation of education subjects, management subjects, students themselves. At the same time, universities, colleges, especially departments, subjects, and physical education centers need to pay more attention to the management and ensure the quality of education, especially the quality management of physical education process for students. Since then, gradually improving the position and prestige of the school, the position of the subject in education and training generations of students "good heath good mental " [1, p.120] , meeting the requirements of the cause of industrialization, modernization and international integration.

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