



Selection of Pétanque's Criteria at Tra Vinh University, Vietnam

Tran Thi Thanh Huyen

School of Foundation Science, Tra Vinh University, Vietnam

Abstract

This paper aims to determine the criteria to evaluate the circumstances of organizing Pétanque at Tra Vinh University in Vietnam. By using the approach of document synthesis, interview, and statistical math, five criteria have been identified, namely the number of pupils regularly practicing Pétanques (criteria 1), the number of collaborators and trainers available to train the sport (criteria 2), the number of Pétanque clubs, teams at school (criteria 3), the number of achievements (criteria 4), and the number of Pétanques tournaments hosted at the school each year (criteria 5). The paper also provides the details of the evaluation content suited to each criterion.

Keywords: Criteria, Pétanques, students, Tra Vinh University

Introduction

"All organs of the body, when being exercised consistently, are likely to be healthier and properly grow, leading to the aging is retarded; otherwise, humans would be susceptible to sickness and age," Greek physician Hippocrates stated (Booth *et al.* 2012). As a result, lack of exercise is deemed to be the main cause of chronic illness and mortality (Mokdad *et al.* 2004). Numerous research has demonstrated the effectiveness of physical activity as a therapy in improving mental health (Beier *et al.* 2014; Bielak *et al.* 2014; Tian *et al.* 2014; Kratz *et al.* 2014; McKercher *et al.* 2014; Mura *et al.* 2014), anxiety (Greenwood *et al.* 2012; Nishijima *et al.* 2013; Schoenfeld *et al.* 2013), neurodegenerative disorders (e.g., Alzheimer's disease and Parkinson's disease) (Mattson 2014), and drug addiction (Zlebnik *et al.*, 2014; Lynch *et al.* 2012, 2013; Peterson *et al.* 2014). Sports activities, therefore, serve a critical function in human health care. The primary purpose of sports is to promote the sports movement and urge people to participate in sports.

Nguyen Toan (2004) defined "sports movement" as a social movement (spontaneous, automatic, or structured, vast or narrow at many levels) formed by individuals cooperating to directly propagate and enhance the values of a particular sport. This term also indicates "the growth of sports somewhere" (Nguyen Toan, 2004). Students' sports activities in Vietnam have not been well developed in accordance with the United Nations Population Fund's (UNFPA) guidelines for 2020 (UNFPA, 2020). When up to 30% of adults lack physical exercise, Vietnam is one of the ten nations with the most sedentary people in the world; physical fitness, endurance, and strength of Vietnamese youngsters are classified as poor in comparison to the international standard. Vietnam is also experiencing patient rejuvenation in a number of chronic diseases, including obesity. Hence, the State has paid more attention to the development of sports programs at schools and other educational institutions. Particularly, the Government has issued Decision No. 1660/QĐ-TTg approving the School Health Program for the years 2021–2025 to ensure comprehensive physical and mental health care for students (Prime Minister, 2021).

Sports programs have grown significantly in recent years at Tra Vinh University. Pétanque, in particular, is favored by many students, administrators, and lecturers because it does not demand a great deal of physical prowess when practicing. Over the past few years, the school's Pétanque team has also won great awards in tournaments both inside and outside of the city.

Tra Vinh University now has established a force to assist students with Pétanque following the plan proposed by the Department of Culture, Sports and Tourism of Tra Vinh province. Tra Vinh province in general, and Tra Vinh University in particular, both acknowledge that this is a new sport for the citizens there. As a result, to promote the sport at Tra Vinh University, an accurate assessment of the current situation is required as a basis for offering solutions. That is also the motivation for the author to conduct the research:

"Selection of Pétanque's Criteria at Tra Vinh University, Vietnam".

The author first synthesized the important features of evaluating the sports movements from national and international writings. Afterward, she employed the interview technique to consult experts on the criteria she had gathered and the statistical method to process the data.

Twelve participants were involved in the two interviews, including four Pétanque trainers, three Pétanque lecturers working in Tra Vinh province, three managers, and two specialists.

Results and Discuss

The research proceeds in two steps to building the standards for evaluating the current situation of Pétanque programs at Tra Vinh University:

Step 1: Synthesis of the evaluation criteria from books, and studies written by local and international authors.

Step 2: Interviews with experts, managers, and physical education lecturers.

*** Step 1: Synthesis of the evaluation criteria from books, and studies written by local and international authors**

The evaluation criteria were built based on the following documents:

Circular No. 02/2009/TT-BVHTTDL of the Ministry of Culture, Sports, and Tourism, issued March 17, 2009, on the organization and assessment of mass physical sports activities. Particularly, in part II - Evaluation of the Local Mass Sports Activities, the mass sports movements held in locales should be assessed on two basic criteria:

- The percentage of people that participate in sports on a regular basis;
- The percentage of households that participate in sports on a regular basis;

In addition, different locales include other factors such as the number of sports clubs, competitions, teams, fitness collaborators, federations, and organizations as well as the quality of sports facilities in the evaluation criteria.

A person who participates in sports on a regular basis is defined as the one who exercises at least three times a week for at least 30 minutes each time, for at least six months/1 per year, according to the contents and forms provided in Section I.

Regular exercisers also are students in schools who fully follow the physical education curriculums, as well as officers and soldiers in the armed forces who comply with the mandated physical training programs.

The percentage of people who participate in sports on a regular basis is calculated by dividing the total number of regular exercises in that area by the total population of that area and multiplying the result by 100.

A sporty family is the one in which at least half of the members representing each different generation practice sports on a regular basis.

Notably, "Sporty Family" is not a title but only one of the prerequisites of the title "Cultural Family".

The percentage of households that practice sports regularly is calculated by the number of sporty families in an area divided by the total number of households in that area and multiplied by 100, according to Circular No. 02/2009/TT-BVHTTDL, March 17, 2009, about the guidance of organizing and evaluating local mass sports movements (Ministry of Culture, Sports and Tourism, 2009).

Based on Circular No. 08/2012/TT-BVHTTDL on September 10, 2012, prescribing the content of evaluations of physical training and sports development, issued by the Minister of Culture, Sports, and Tourism, two criteria are emphasized in Article 3 - Evaluation of the Local Mass Sports Activities, as follows:

- A total number of people who regularly exercise and do sports; its percentage of the total population in the area;
- A total number of households who regularly exercise and do sports; its percentage of the total number of households in the area (Ministry of Culture, Sports, and Tourism, 2012).

The Law on Physical Training and Sports (2018) has amended and supplemented Clause 2, Article 12: Mass

physical training and sports movements need evaluating by the following criteria:

- The number of people who practice physical exercise and sports regularly;
- The number of sporty families;
- The number of physical training and sports collaborators;
- The number of sports clubs;
- The number of sports records;
- The number of annual sports tournaments (National Assembly of the Socialist Republic of Vietnam, 2018)

Circular No. 01/2019/TT-BVHTTDL, issued on January 17, 2019, by the Ministry of Culture, Sports and Tourism, on the Regulations of evaluating mass physical training and sports movements, in Chapter II - Standards of the mass sports movement; under Articles 4, 5, 6, 7, 8, and 9; The mass sports movement needs to be evaluated with six following criteria:

- Article 4. Criteria for the number of people who practice regularly;
- Article 5. Criteria for the number of sporty families;
- Article 6. Criteria for the number of physical training and sports collaborators;
- Article 7. Criteria for the number of sports clubs;
- Article 8. Criteria for the number of sports records;
- Article 9. Criteria for the number of annual sports tournaments (Ministry of Culture, Sports and Tourism, 2019).

Based on the suggested evaluation criteria of physical training and sports movements both in Vietnam and foreign countries, the research aims, the research objects, and the current conditions at Tra Vinh University, the author has selected five following criteria to assess the current situation of Pétanque at Tra Vinh University:

Criterion 1: The number of students who practice Pétanque regularly

Criterion 2: The number of collaborators, and trainers available to instruct Pétanque

Criterion 3: The number of clubs and teams of Pétanque

Criterion 4: The number of practicing records of Pétanque

Criterion 5: The number of prizes on Pétanque the school gains annually

*** Step 2: Interview of experts, managers, and physical education lecturers**

A questionnaire (Appendix 1) was created based on the abovementioned criteria to survey 12 professionals twice, one month apart, with the same content and responding forms. The first and second interviews' participants included 12 individuals, namely 04 Pétanque lecturers, 03 Pétanque trainers working in Tra Vinh province, 03 managers, and 02 experts. No one was changed during the two interviews.

Afterward, the author tested the difference between the two interviews through the squared test (χ^2) obtained from the questionnaire results. The data is presented in Table 3.1.

Table 3.1: Results of the interviews on the criteria to assess the current situation of Pétanque at Tra Vinh University

	Criteria	Results				χ^2	P
		1 st (n = 12)		2 nd (n = 12)			
		Agree	%	Agree	%		
1	Criterion 1: The number of students who practice Pétanque regularly	12	100.0	12	100.0	0.00	>0.05
2	Criterion 2: The number of collaborators, and trainers available to instruct Pétanque	10	83.33	11	91.67	3.18	>0.05
3	Criterion 3: The number of clubs and teams of Pétanque	10	83.33	11	91.67	3.18	>0.05
4	Criterion 4: The number of practicing records of Pétanque	10	83.33	9	75.00	2.10	>0.05
5	Criterion 5: The number of prizes on Pétanque the school gains annually	10	83.33	10	83.33	0.00	>0.05

Table 3.1 indicates that all of the five evaluation criteria receive 75.00% or more of the total agreement in the two interviews. It can be seen that all items have $\chi^2_{\text{calculated}} < \chi^2_{\text{table}} = 3.84$ at the probability $P > 0.05$ level, so the difference between the mean values of the two interviews is not statistically significant at the probability $P > 0.05$ threshold. It can be concluded that the experts, lecturers, trainers, and managers show a broad consensus in their responses.

The criteria chosen to assess the state of Pétanque at Tra Vinh University are those that receive approval votes of 75% or more from the professionals in both interviews. The items selected include:

Criterion 1: The number of students who practice Pétanque regularly

Content:

- Pétanque enthusiasts are those students who practice the sport at least twice a week for at least 30 minutes each time.
- The ratio (%) of students who regularly practice Pétanque as compared to the total number of students in the school is used to calculate the number of students who participate in this sport.

Criterion 2: The number of collaborators, and trainers available to instruct Pétanque

Content:

- The number of capable trainers and collaborators in Pétanque is in charge of organizing and instructing students when they practice, perform, compete, and take part in activities to advance the sport in school.
- The ratio (%) of the total number of trainers and collaborators of Pétanque to the total number of physical education lecturers in the school is used to calculate the number of trainers and collaborators of Pétanque.

Criterion 3: The number of clubs and teams of Pétanque

Content:

- The clubs and teams are approved by the school board. They have the mission of promoting students' engagement in Pétanque to improve their physical and mental health, as well as to increase the number of athletic prizes for the school.
- This criterion is determined by the total number of Pétanque clubs and teams in the school.

Criterion 4: The number of practicing records of Pétanque

Content:

- This criterion is determined by the total number of courts for practice and competition at school.

Criterion 5: The number of prizes on Pétanque the school gains annually

Content:

- This criterion is determined by the total number of Pétanque prizes obtained by the school.

3. Conclusion

From the synthesis of documents and interviews with 12 professionals, 05 criteria for evaluating the situation of Pétanque at Tra Vinh University have been identified, namely:

Criterion 1: The number of students who practice Pétanque regularly;

Criterion 2: The number of collaborators, trainers available to instruct Pétanque;

Criterion 3: The number of clubs and teams of Pétanque;

Criterion 4: The number of practicing records of Pétanque;

Criterion 5: The number of prizes on Pétanque the school gains annually. The paper has also presented the detailed content of each criterion.

References

1. Ministry of Culture, Sports and Tourism (2009), Circular No. 02/2009/TT-BVHTTDL, March 17, 2009, on *Guidelines of the organization and assessment of mass sports movements in a locale*.
2. Ministry of Culture, Sports and Tourism (2012), Circular No. 08/2012/TT-BVHTTDL, September 10, 2012, on *Assessment of physical training and sports development*.
3. Ministry of Culture, Sports and Tourism (2019), Circular No. 01/2019/TT-BVHTTDL, January 17, 2019, on *Regulations to assess the mass physical training and sports movements*.
4. National Assembly of the Socialist Republic of Vietnam (2018), "Amendment and supplementation of a number of articles of the Law on Physical Training and Sports", Law No. 26/2018/QH14, dated June 14, 2018.
5. Nguyen Toan (2004), *Theory and methods of physical training and sports*. Department of physical education, Ho Chi Minh City University of Education.
6. Prime Minister (2021), Decision No. 1660/QĐ-TTg approving the School Health Program for the 2021-2025 period to ensure comprehensive physical and mental care for students through promoting physical activities at educational institutions.
7. Beier M, Bombardier CH, Hartoonian N, Motl RW, Kraft GH. *Improved physical fitness correlates with improved cognition in multiple sclerosis*. Arch Phys Med Rehabil, 2014;95:1328–1334.
8. Bielak AA, Cherbuin N, Bunce D, Anstey KJ. *Preserved differentiation between physical activity and cognitive performance across young, middle, and older*

- adulthood over 8 years. *J Gerontol B Psychol Sci Soc Sci*,2014;69:523–532.
9. Booth FW, Roberts CK, Laye MJ. *Lack of exercise is a major cause of chronic diseases*. *Compr Physiol*,2012;2:1143–1211.
 10. Greenwood BN, Loughridge AB, Sadaoui N, Christianson JP, Fleshner M. *The protective effects of voluntary exercise against the behavioral consequences of uncontrollable stress persist despite an increase in anxiety following forced cessation of exercise*. *Behav Brain Res*,2012;233:314–321.
 11. Kratz AL, Ehde DM, Bombardier CH. *Affective mediators of a physical activity intervention for depression in multiple sclerosis*. *Rehabil Psychol*,2014;59:57–67.
 12. Lynch WJ, Peterson AB, Sanchez V, Abel J, Smith MA. *Exercise as a novel treatment for drug addiction: A neurobiological and stage-dependent hypothesis*. *Neurosci Biobehav Rev*,2013;37:1622–1644.
 13. Mattson MP. *Interventions that improve body and brain bioenergetics for Parkinson's disease risk reduction and therapy*. *J Parkinsons Dis*,2014;4:1–13.
 14. McKercher C, Sanderson K, Schmidt MD, Otahal P, Patton GC, Dwyer T, Venn AJ. *Physical activity patterns and risk of depression in young adulthood: A 20-year cohort study since childhood*. *Soc Psychiatry Psychiatr Epidemiol*,2014;49:1823–1834.
 15. Mokdad AH, Marks JS, Stroup DF, Gerberding JL. 2004. *Actual causes of death in the United States, 2000*. *JAMA* 291: 1238–1245
 16. Mura G, Moro MF, Patten SB, Carta MG. *Exercise as an add-on strategy for the treatment of major depressive disorder: A systematic review*. *CNS Spectr*,2014;19:496–508.
 17. Nishijima T, Llorens-Martin M, Tejada GS, Inoue K, Yamamura Y, Soya H, Trejo JL, Torres-Aleman I. *Cessation of voluntary wheel running increases anxiety-like behavior and impairs adult hippocampal neurogenesis in mice*. *Behav Brain Res*,2013;245:34–41.
 18. Peterson AB, Hivick DP, Lynch WJ. *Dose-dependent effectiveness of wheel running to attenuate cocaine-seeking: Impact of sex and estrous cycle in rats*. *Psychopharmacology (Berl)*,2014;231:2661–2670.
 19. Schoenfeld TJ, Rada P, Pieruzzini PR, Hsueh B, Gould E. *Physical exercise prevents stress-induced activation of granule neurons and enhances local inhibitory mechanisms in the dentate gyrus*. *J Neurosci*,2013;33:7770–7777.
 20. Zlebnik NE, Anker JJ, Carroll ME. 2012. *Exercise to reduce the escalation of cocaine self-administration in adolescent and adult rats*. *Psychopharmacology*,2012;224:387–400.