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Evaluating the effectiveness of the sports club model at thanh hoa university of culture, sports and tourism, Vietnam

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Abstract
The study has selected a model of a complete Sports Club in the school, which is a relatively complete type of Club. The Club model has been selected to suit the living and studying conditions of students at Saigon University, Vietnam. It helps students have an environment to develop comprehensively in morality - intelligence - physical fitness - aesthetics, use their free time effectively and stay away from social evils.

Keywords: Club, student, Saigon University, Vietnam

Introduction

Vietnam Government always affirms that "Investing in education is investing in the future"; "Education and training are the top national policies". Students are the main force and hold an important position in the mass sports system. Therefore, the Party and State of Vietnam clearly identify the special position of school sports and consider physical education as the basic goal of comprehensive human education and training; an important part of the national education system. Physical education in schools, together with mass sports, has been contributing with high-performance sports, creating a balanced, reasonable and synchronous development; towards the basic and long-term goal: "Forming a developed and progressive sports foundation, contributing to improving health and physical strength to meet the cultural and spiritual needs of the people and striving to achieve a worthy position".

We know that health is achieved through long-term, regular, continuous, systematic accumulation through many ways, in which the path of physical training and sports is important. At Thanh Hoa University of Culture, Sports and Tourism, Vietnam, in order to implement the policy of innovating methods of education, training and physical development for students, under the direction of the Board of Directors of the School, lecturers of the Faculty of Physical Education and Sports have been making efforts to find solutions to improve the general physical fitness of students. We will conduct a study on "Evaluating the effectiveness of the Sports Club model at Thanh Hoa University of Culture, Sports and Tourism". To solve the research objectives set out, the following research methods will be used: document reference; interview; pedagogical testing; pedagogical experiment; mathematical statistics.

Results and Discussion

1. Application and evaluation of the effectiveness of the Sports Club model at Thanh Hoa University of Culture, Sports and Tourism, Vietnam.

We simultaneously conducted experiments and compared three training groups with three different forms of extracurricular activities, then compared the development of body shape and physical strength after 4 months of training.

- **Control group:** including 25 males, 25 females studying in-class and practicing extracurricular activities spontaneously (groups a, b).
- **Experimental group 1:** Including 25 males, 25 females, studying in-class and practicing extracurricular activities in the form of a pure Sports Club (2 sessions/week/session from 1:30 to 2:00).
- **Experimental group 2:** Including 25 males, 25 females, studying in-class and practicing extracurricular activities in the form of a complete Sports Club (2 sessions/week/session from 1:30 to 2:00).
- Regarding physical fitness, we use the following tests:
- 50m run for men and women
- 1000m run for men and 500m for women
- Long jump in place for men and women
- Regarding physical development, we use the above indicators
- Height (cm)
- Weight (kg)
- Average chest circumference (cm)
- Psychological and social assessment
- Changes in the number of people practicing in each type of extracurricular activity
- Changes in the number of people practicing in 3 types of extracurricular activities
- Level of enjoyment of practice in each type of extracurricular activity

2. Analysis of physical activity indicators

Physical activity is one of the manifestations of human health. Here we only analyze some physical activity indicators to evaluate the level of physical development of students, through participation in training in 3 different types of extracurricular sports, within 4 months. (research data is presented in Table 1).

Table 1: Changes in physical fitness before and after the experiment

Content	Group		Male			Female		
			Control	Experiment I	Experiment II	Control	Experiment I	Experiment II
	Number of people		(25)	(25)	(25)	(25)	(25)	(25)
50m run for men and women (seconds)	Before Experiment	$_1$	7"10	7"20	7"15	8"54	8"33	8"34
		$_1$	0,11	0,14	0,13	0,14	0,12	0,11
	After Experiment	$_2$	6"90	6"90	6"70	8"30	8"08	7"90
		2	0,08	0,12	0,11	0,11	0,11	0,12
	Growth Rate	(W) %	2,86	4,26	6,50	2,85	3,05	5,42
	Statistical Difference	T	1,45	1,87	2,92	1,52	1,73	2,88
		P	>0,05	>0,05	<0,05	>0,05	>0,05	<0,05
Run 1000m men and 500m women (minutes, secs)	Before Experiment	$_1$	4'58	4'65	4'59	2'30	2'22	2'31
		$_1$	0,67	0,60	0,56	0,51	0,61	0,57
	After Experiment	$_2$	4'20	4'07	3'78	2'02	1'80	1'74
		2	0,70	0,66	0,51	0,57	0,56	0,41
	Growth Rate	(W) %	8,66	13,30	19,35	12,96	20,90	28,15
	Statistical Difference	T	1,04	1,66	2,49	0,86	1,23	2,14
		P	>0,05	>0,05	<0,05	>0,05	>0,05	<0,05
Jumping on the spot (cm)	Before Experiment	$_1$	222	223	223	162	169	169
		$_1$	7,30	6,08	7,10	7,23	6,67	5,90
	After Experiment	$_2$	224	226	230	163	171	173
		2	6,44	6,17	6,76	6,73	6,80	6,26
	Growth Rate	(W) %	0,90	1,34	3,09	0,62	1,18	2,34
	Statistical Difference	t	1,72	2,75	6,02	0,85	1,74	3,68
		p	>0,05	<0,05	<0,05	>0,05	>0,05	<0,05

Analyzing the results of the 50m run, it can be seen that: The male 50m run indicators before the experiment were similar, with no significant difference (7"10, 7"20 and 7"15), the female indicators before the experiment were also approximately equal (8"54, 8"33 and 8"34). The indicators after the experiment showed that: The performance in all three groups increased. In experimental group I and experimental group II, the performance increased relatively high, while the control group's performance increased insignificantly.

- Compared with the physical training index according to the student's standard, it can be seen that: The results of the two control groups of men and women after the experiment were 6"90 and 8"30, only higher than the physical training standard, the growth rate was 2.86% for men and 2.85% for women.
- Experimental group I, the post-experimental achievements of men and women were (6"90 and 8"08), reaching a good level compared to the physical training standard, the growth rate was 4.26% for men and 3.05% for women.
- Experimental group II, the post-experimental achievements of men and women were the highest (6"90 for men and 7"90 for women), reaching a good level compared to the physical training standard, the growth rate was 6.50% for men and 5.42% for women, achieving a statistical reliability level of <0.05. Thus, after 4 months of training in different types of extracurricular activities, the speed of the control group increased but not significantly and only reached the standard of physical training, experimental group I achieved quite good and experimental group II achieved good standard, compared to the standard of physical training. Therefore, it can be concluded that: In the three extracurricular training groups, training in the Perfect Sports Club brought the highest efficiency.
- The 1000m running performance of the 3 male groups before the experiment was similar (4'58, 4'65 and 4'59), the 500m running performance of the 3 female groups before the experiment was approximately the same (2'30, 2'22 and 2'31).
- After the experiment, the performance of all 3 groups increased, the results were as follows:
- Control group: The results changed but increased insignificantly, the performance of the 2 control groups of males and females after the experiment was 4'20 and 2'02, only higher than the standard of physical training, the growth rate was 8.66% for males and 12.96% for females.
- In experimental group I, the performance of men and women increased significantly, the results of the two groups of men and women after the experiment were 4'07 and 1'80; reaching a good level compared to the physical training standard, the growth rate was 13.30% for men and 20.90% for women.
- In experimental group II, after the experiment, the performance increased the most with the results of the two groups of men and women being 4'59 and 2'31. Reaching a good level compared to the physical training standard, the growth rate was 19.35% for men and 28.15% for women and achieved a statistical reliability level of <0.05.

Thus, the performance of the 1000m running of men and 500m of women of all groups after the experiment increased, only the 2 groups of men and women of experimental group II, the performance achieved the highest results and achieved a statistical reliability level of <0.05.

It can be seen that: The standing long jump achievements of the male groups before the experiment were similar (222, 223 and 223 cm) and the achievements of the female groups before the experiment were also approximately the same (162, 169 and 169 cm).

- The control group had changes, but the results increased insignificantly, the achievements after the experiment of males and females were 224 cm and 163 cm, the growth rate was 0.90% for males and 0.62% for females. Only approximately at the "Achieved" level compared to the physical training standards.
- In experimental group I, the results after the experiment increased insignificantly, the achievements achieved by males and females were 226 cm and 171 cm, the growth rate was 1.34% for males and 1.18% for females. Achieved equivalent to the good level compared to the physical training standards.
- Experimental group II had the largest change, the post-experimental achievements of males and females were 230 cm and 173 cm, the growth rate was 3.09% for males and 2.34% for females. It was equivalent to the good level compared to the physical training standards and achieved statistical reliability from 0.05 to 0.01.

Thus, the on-the-spot long jump performance of both male and female groups after the experiment increased significantly. Only the male and female groups of experimental group II achieved the highest results and achieved statistical reliability at <0.05.

3. Analysis of changes in body shape indexes of groups before and after the experiment.

Table 2: Changes in body morphology of groups before and after the experiment

Content	Group		Male			Female		
			Control	Experiment I	Experiment II	Control	Experiment I	Experiment II
	Number of people		(25)	(25)	(25)	(25)	(25)	(25)
Height (cm)	Before Experiment	$_1$	163,45	163,47	163,50	153,80	153,91	153,92
		$_1$	8,35	7,55	8,10	8,20	7,10	2,20
	After Experiment	$_2$	163,85	164,10	164,50	154,00	154,4	154,9
		2	6,2	8,02	9,10	8,00	7,9	7,1
	Growth Rate	(W) %	0,24	0,38	0,61	0,13	0,32	0,63
	Statistical Difference	t	0,33	0,51	0,77	0,15	0,40	0,90
		p	>0,05	>0,05	>0,05	>0,05	>0,05	>0,05
Weight (kg)	Before Experiment	$_1$	50,70	50,46	50,31	47,30	47,20	47,10
		$_1$	6,7	8,2	7,4	6,1	6,4	8,3
	After Experiment	$_2$	51,68	51,84	53,30	48,28	49,17	50,05
		2	8,4	4,4	6,2	5,0	6,8	5,2
	Growth Rate	(W) %	1,91	2,70	5,77	2,05	4,09	6,07
	Statistical Difference	t	0,81	1,22	2,58	0,93	1,74	2,53
		P	>0,05	>0,05	<0,05	>0,05	>0,05	<0,05
Average bust (cm)	Before Experiment	$_1$	79,30	79,31	79,20	78,50	78,80	78,50
		$_1$	0,75	1,2	1,4	8,6	6,3	6,7
	After Experiment	$_2$	80,03	81,20	81,21	79,70	80,70	81,50
		2	1,4	1,1	1,8	7,6	7,4	9,1
	Growth Rate	(W) %	0,92	2,35	2,51	1,52	2,38	3,75
	Statistical Difference	t	1,63	1,89	3,61	0,95	1,65	2,44
		p	>0,05	>0,05	<0,05	>0,05	0,05	<0,05

Analyzing the results of Table 2, it can be seen that

- The height of the male groups before the experiment was approximately equal (163.45; 163.47 and 163.50 cm) and the height of the female groups before the experiment was similar (153.80; 153.91; 153.92 cm).
- After the experiment, the height of both males and females in the 3 groups increased, but in the control group, the increase rate of males and females was very low at 163.85cm and 154.00cm; the growth rate was 0.24% for males and 0.13% for females.
- In experimental group I, the increase rate of the two groups of men and women was higher than that of the control group: 164.10cm and 154.40cm, the growth rate was 0.38% for men and 0.32% for women. But the change was still lower than that of experimental group II, which was 164.50cm for men and 154.90cm for women, the growth rate of men was 0.61% and women was 0.63%; achieving statistical reliability at >0.05.

Thus, it can be said that in the control group, with the spontaneous type of extracurricular activities, there was no stimulation or positive impact on the growth of body height, it could also be due to lack of guidance on the method and irregular training that this growth in height during training was limited. Therefore, the height change of this group is insignificant, only suitable for age-related development.

- For experimental groups I and II. Training with guidance and regular impact, with programs, methods, and continuous training, has stimulated the development of the skeletal system, making the height change more obvious. However, compared to experimental group I, experimental group II, under the training impact of the complete SPORTS CLUB activity model, brought the most positive results.
- The weight of all 3 male groups before the experiment, the results were relatively equal (50.70 kg; 50.46 kg and 50.31 kg) and the weight of all 3 female groups before the experiment, the results were similar (47.30 kg; 47.20 kg and 47.10 kg).
- The control group had changes, but the results increased insignificantly, the post-experimental achievements of males and females were 51.68 kg and 48.28 kg, the growth rate was 1.91% for males and 2.05% for females. Only approximately at the "Achieved" level compared to the physical training standards.
- In experimental group I, the post-experimental results of the two groups of men and women were (51.84 kg

and 49.17 kg), the growth rate was 2.70% for men and 4.09% for women and achieved a statistical reliability level of >0.05.

- In experimental group II, the post-experimental results of the two groups of men and women were (53.30 kg and 50.05 kg), the growth rate was 5.77% for men and 6.07% for women and achieved a statistical reliability level of <0.05. This reflects the impact of the type of SPORTS CLUB, although it is organized, guided, and planned, the effectiveness is still very low compared to training according to the type of complete SPORTS CLUB.
- The average chest circumference of men before the experiment of all 3 groups was similar (79.30; 79.31 and 79.20 cm) and the average chest circumference of women before the experiment of all 3 groups was approximately equal (78.50, 78.80 and 78.50 cm).
- After the experiment, the chest circumference indexes of men and women in all 3 groups increased. In the control group, the increase was insignificant, the results of the 2 groups of men and women after the experiment were 80.03 cm and 79.70 cm, the growth rate was 0.92% for men and 1.52% for women.
- In experimental group I, after the experiment, the chest circumference indexes of men and women were 81.20 cm and 80.70 cm, the growth rate was 2.35% for men and 2.38% for women, achieving statistical reliability at >0.05.
- In experimental group II, after the experiment, the chest circumference indexes of both men and women increased very high (81.21 cm and 81.50 cm), the growth rate was 2.51% for men and 3.75% for women, achieving statistical reliability from <0.05. In summary, after 4 months of training in 3 different extracurricular types, through the results of the body shape changes of the 3 groups of subjects participating in the experiment, we found that: Due to spontaneous training, no organization, no guidance and many other objective reasons such as weather, exams, and unscheduled free time, the control group had very little change in the 3 body shape indexes. It can be said that the change was insignificant and was almost just a natural development change according to the law of age.
- In experimental group I, the subjects were trained with a program, plan, guided training, and relatively adequate training conditions, but still could not avoid difficulties and obstacles, interrupting the training program. Although there was a relatively clear change in the body indexes, the change was only at a low level compared to the change in the body indexes of experimental group II. - The maintenance and stability of the Perfect Sports Club has created many advantages for the practitioners, especially the continuous impact with appropriate physical methods and exercises has stimulated very positive changes in the practitioner's body shape, the results of all 3 indexes of height, weight and average chest circumference of the 2 groups of men and women have developed very well.

4. Psychological and social assessment

Extracurricular activities in the form of Complete Sports Clubs, not only bring about physical and physical development for students, but also educate and train personality, aesthetics, moral qualities and will, creating a habit of regular physical training.

We conducted a survey and interviewed lecturers, coaches, managers in the Pure Sports Club, Complete Sports Club and the number of students participating in the above 3 types of extracurricular activities at Thanh Hoa University of Culture, Sports and Tourism, Vietnam. The comparison content includes:

- The change in the number of people in each type of extracurricular activity.
- The level of interest of the participants in each type of extracurricular activity.
- The level of diligence of the participants in each type of extracurricular activity.

The Results are as Follows

- Changes in the number of people practicing in each type of extracurricular activity (Research data are presented in Table 3).

Based on the plan and training program of Thanh Hoa University of Culture, Sports and Tourism and colleges and vocational schools, we conducted a survey of the number of people practicing in 3 types of extracurricular activities at 4 points in time: early July 2017, early August 2017, early September 2017 and early October 2017, the results are as follows.

- **In the Spontaneous Training Type**

The number of people practicing in early July 2017 was 151 people, early September 2017 was 53 people, early September 2017 was 160 people, early November 2017 was 69 people.

- **In the type of Pure Sports Club**

The number of people participating in training in early July 2017 was 103 people, early August 2017 was 62 people, early September 2017 was 153 people, early October 2017 was 109 people.

- **In the type of Complete Sports Club**

The number of people participating in training in early July 2017 was 180 people, early August 2017 was 160 people, early September 2017 was 200 people, early October 2017 was 188 people.

In all 3 types of extracurricular activities above, at the 4 survey times, the number of people practicing increased and decreased in the same trend, which is consistent with objective conditions and can be explained as follows: July is the time when students are on summer vacation. Therefore, the number of students participating in training in all 3 groups increased. By August, due to the requirements of studying, the number of students participating in training in the 3 types above decreased significantly. From September, when students enter the school's extracurricular activities, training and also the time of many sports competitions to celebrate major holidays, the number of people practicing in all 3 types increased sharply. But by October, due to the requirements of exams and some other objective factors, the number of people practicing decreased. Although the increase and decrease in the number of people practicing is mainly due to objective factors, in each type, the increase and decrease have different levels. Comparing the reduction

rate of the 2 phases: August 2017 and October 2017, we see that:

- **In the spontaneous type:** The reduction rate of phase 1 is 64.9% (from 151 people to 53 people); the reduction rate of phase 2 is 56.8% (from 160 people to 69 people). The average reduction rate of both phases is 60.75%.
- **In the type of pure sports club:** The reduction rate of phase 1 is 39.8% (from 103 people to 62 people); the reduction rate of phase 2 is 28.7% (from 153 people to 109 people). The average reduction rate of both phases is 34.25%.
- **In the type of Complete Sports Club:** The reduction rate of phase 1 is 11.1% (from 180 people to 160 people); the reduction rate of phase 2 is 6% (from 200 people to 189 people). The average reduction rate of both phases is 8.55%.

From the above research results, we see that: in the spontaneous type, the number of people practicing is unstable and has decreased the most, the average reduction rate of both phases is 60.75%; in the type of Simple Sports Club, the reduction rate is also quite large, the average reduction rate of both phases is 34.25%; and in the type of Complete Sports Club, the number of people practicing also decreased, the average reduction rate of both phases is 8.55%.

Thus, the form of pure sports club activities maintains and stabilizes the number of practitioners more than the spontaneous type, but among the 3 types of extracurricular activities above, the number of practitioners in the complete sports club type is the most maintained and stable.

Table 3: Survey table of changes in the number of participants in three types of extracurricular activities

Extracurricular content	Number of people practicing			
	7/2017	8/2017	9/2017	10/2017
Spontaneous Type	151	53 64,9%	160	69 56,8%
Sports Club Type Pure	103	62 39,8%	153	109 28,7%
Sports Club Type Complete	180	160 11,1%	200	188 6%

- The level of interest in training in each type of extracurricular activity (Research data is presented in Table 4)

We conducted a survey on 3 groups in the experimental plan, each group of 50 people, through a 4-month training process, with 3 separate types. We investigated the level of interest of the trainees, for the type of exercise being practiced, including the following 3 levels: - Very interested, Liked and Normal.

Table 4: Survey table of "Enjoyment of exercise" level in each type of extracurricular activity

Content Group	Level of interest in exercise		
	Very much	Much	Normal
Spontaneous type	6/ (12%)	14/ (28%)	30/ (60%)
Sports Club Type Pure	34/ (68%)	9/ (18%)	7/ (14%)
Sports Club Type Complete	42/ (84%)	8/ (16%)	(0,0%)

Analyzing the results of Table 4, it can be seen that:

- In the control group, the number of people who answered "very much" because the training did not take up 12%; meanwhile, there were up to 30 people who answered "normal" accounting for 60%. This can be explained that: Due to training without a program, without a plan, without an instructor, without regulations on training time, number of training sessions per week, month. At the same time, due to not properly arranging free time, weather conditions, the number of training times, training sessions sometimes increased, but there were also many consecutive weeks without any training session, so the level of interest in training was very low.
- In experimental group I, the number of people who answered "very much" was 34/50 people, accounting for 68%; meanwhile, the number of people who answered "normal" had only 7 opinions, accounting for 14%. It proves that in this training model, although the training conditions are lower, this is still a good model that can be applied to some schools and units with an average development movement, in order to attract and encourage extracurricular sports activities. - In experimental group II, the number of people who answered "very much" accounted for the highest percentage of 84%; while no one answered at the "normal" level. That, it can be seen that: with the condition of a full training ground, being organized and managed reasonably, a team of enthusiastic teachers, especially, being sponsored by Party committees, authorities and organizations at all levels, the Perfect Sports Club has really operated effectively and will certainly maintain and develop stably in universities and professional schools.

Conclusion

From the research results of the topic, we have some conclusions as follows: During the research process, the results for the control group were very low, while in the two groups Experimental I and Experimental II, the interest in training was very high and brought about efficiency. It proves that organized extracurricular activities in Sports Clubs, especially the Complete Sports Club, help the trainees become more and more interested in training. Select the Complete Sports Club to apply and develop for students of Thanh Hoa University of Culture, Sports and Tourism of Thanh Hoa, Vietnam.

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