



# Enhancing Physical Education for Students at University

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**Abstract:** Physical education is an aspect of comprehensive education that contributes to training the young generation with solid professional capacity, ethical qualities, and the best health to improve the quality of life. The article deals with finding solutions to enhance and improve physical education for students at universities. It is very necessary to fulfill the training goals in general and physical education.

Physical education is an important aspect of student life at universities as it contributes to their overall health and well-being. However, traditional physical education programs may not be effective in meeting the diverse needs of university students. To enhance physical education for students at universities, several strategies can be implemented. Firstly, a wider range of physical activities can be offered to cater to the different interests and abilities of students. Secondly, technology can be incorporated into physical education classes to provide interactive and engaging learning experiences. Thirdly, partnerships with local sports clubs and organizations can provide students with opportunities to participate in physical activities outside of the university. Additionally, the integration of physical education with other academic subjects can help to reinforce learning and make it more meaningful to students. By implementing these strategies, universities can ensure that their physical education programs are inclusive, engaging, and effective in promoting physical health and well-being among their students.

**Keywords:** physical education, students, enhancing, universities

## 1. INTRODUCTION

In the education system in Vietnam, the typical content of physical education is associated with education, moral, aesthetic and labor education. Physical education is one of the important contents, contributing to the comprehensive education of students in universities.

Physical education in universities is a compulsory subject, belonging to the educational program of all levels and training levels, to equip pupils and students with knowledge, basic motor skills, shape and form into the habit of practicing exercise and sports to exercise health, comprehensively develop physical qualities and stature and progress to perfecting necessary skills and techniques important for life. To educate physical culture, improve mental health, know how to adapt and harmonize with living conditions, learning and working environment conditions, and social situations.

Physical education is an important aspect of a well-rounded education, providing students with the opportunity to develop their physical abilities and overall health. At universities, physical education programs can be enhanced in several ways to better meet the needs and interests of students.

Offer a variety of activities: To accommodate the diverse interests and abilities of university students, physical education programs should offer a range of activities, such as team sports, individual sports, yoga, dance, and fitness classes. This variety can help students find activities they enjoy and keep them engaged in the program.

Use technology: Technology can be leveraged to enhance physical education by providing students with access to online resources, such as virtual fitness classes or instructional videos. Wearable technology, such as fitness trackers, can also be used to help students track their progress and set achievable goals.

Focus on overall health: Physical education programs should go beyond just teaching physical skills and instead focus on promoting overall health and wellness. This can be achieved through the incorporation of nutrition education, stress management techniques, and sleep hygiene practices.

Create opportunities for competition: University students are often highly competitive, so incorporating opportunities for competition can increase engagement and motivation in physical education programs. This can be achieved through organized sports leagues, intramural tournaments, or other competitive activities.

Encourage community building: Physical education programs can also be used to foster a sense of community among university students. By encouraging students to participate in group activities, such as team sports, physical education can help build relationships and foster a supportive and inclusive environment.

According to Novicov A.D. and Matveev L.P. (1979), physical education is a process of solving certain educational-reformatory tasks, the characteristic of which is having all the common signs of the pedagogical process with the leading role of teachers, organization of activities corresponding to pedagogical principles. [1]

According to the Law on Physical Training and Sports: Physical education is a compulsory subject in the educational program to provide knowledge and basic motor skills to learners through exercises, mobilize and contribute to the achievement of the goal of comprehensive education. [2]

The goals of physical education include improving physical fitness, promoting healthy habits, and providing opportunities for students to develop physical skills and abilities. Physical education classes typically include a variety of activities, such as team sports, individual activities, and fitness exercises. The specific activities and exercises taught in physical education classes vary depending on the age and skill level of the students.

Physical education is important because it helps students develop good habits that can lead to a healthy lifestyle. Regular physical activity has been shown to have numerous benefits, including reducing the risk of chronic diseases such as heart disease, stroke, and diabetes. Additionally, physical education can improve students' academic performance by increasing their energy levels, improving their concentration, and reducing stress.

Physical education in universities has great significance in promoting and fostering the human factor. At the same time, it contributes to improving physical strength, perfecting physical abilities, developing intellectual capacity, educating personality, morality and living a healthy and civilized lifestyle.

In conclusion, enhancing physical education programs at universities requires a focus on diversity, technology, overall health, competition, and community building. By addressing these key areas, universities can create programs that are engaging, effective, and accessible to all students.

## 2. FACTORS AFFECTING THE ENHANCING OF PHYSICAL EDUCATION AT UNIVERSITIES

There are several factors that can impact the enhancement of physical education programs at universities, including:

2.1. Student Interest: The level of student interest in physical education programs is a key factor in determining the success of these programs. If students are not interested in participating in physical education, then it may be difficult to engage them in meaningful physical activity. [3,4]

2.2. Funding: Adequate funding is crucial for physical education programs, as it allows for the purchase of equipment, facilities, and resources. Without sufficient funding, physical education programs may suffer, making it difficult to maintain high standards. [4]

2.3. Faculty Qualifications: The qualifications of physical education faculty play a significant role in the quality of physical education programs. Physical education faculty should be well-versed in anatomy, physiology, and exercise science, and have the ability to teach these subjects effectively. [4]

2.4. Availability of Facilities: The availability of facilities, such as gyms, sports fields, and swimming pools, is also a critical factor in the success of physical education programs. Without access to adequate facilities, it may be difficult to provide students with a well-rounded physical education experience. [4]

2.5. Student Health and Wellness: The health and wellness of students is a major concern for universities, and physical education programs can play a significant role in promoting student health and wellness. A focus on physical activity and healthy habits can help students maintain a healthy lifestyle, which is essential for their overall well-being. [5]

2.6. Integration with other Academic Programs: Integrating physical education programs with other academic programs, such as sports medicine or exercise science, can help to create a more comprehensive and interdisciplinary approach to physical education. [4]

2.7. Community Support: Finally, community support is also important for physical education programs, as it can help to provide funding, resources, and facilities. Community partnerships can also help to promote the importance of physical education and encourage student participation. [6]

### 3. SOLUTIONS TO IMPROVE PHYSICAL EDUCATION FOR STUDENTS AT UNIVERSITIES

To be able to choose scientific, reasonable and feasible solutions, in addition to basing on scientific basis and practical basis, the author offers suitable solutions to enhance physical education for students is as follows:

3.1. Incorporating technology: Using technology such as wearable fitness trackers and fitness apps can help students track their progress and set fitness goals. It can also be used for gamification of fitness activities, making it more fun and engaging.

3.2. Offering a variety of physical activities: Students have different interests and abilities, so it's important to offer a wide range of physical activities, such as yoga, dance, strength training, and team sports. This allows students to find activities they enjoy and are good at and encourages them to participate.

3.3. Encouraging group participation: Group physical activities can be more enjoyable and motivate students to be physically active. Group activities also foster a sense of community and can help build social relationships.

3.4. Making fitness accessible: Universities should provide adequate equipment and facilities, such as weight rooms, sports fields, and gyms, that are accessible to all students, regardless of ability or fitness level. This can help students feel more comfortable and confident participating in physical activities.

3.5. Providing education and resources: Physical education classes should include lessons on the benefits of physical activity, proper exercise techniques, and injury prevention. Additionally, universities can provide resources such as nutrition information and wellness programs to help students maintain a healthy lifestyle.

3.6. Encouraging outdoor activities: Encouraging students to be active outdoors can help them get a change of scenery, get some fresh air, and experience the benefits of nature. This can also be a great way to encourage students to be more physically active on a regular basis.

3.7. Partnering with local organizations: Universities can partner with local organizations, such as parks and recreation departments, to offer physical activities and programs that are off campus. This can provide students with additional opportunities to be active and explore the local community.

### 4. CONCLUSIONS

In conclusion, enhancing physical education for students at universities is an important aspect of their overall development and well-being. With the increasing sedentary lifestyle and prevalence of chronic health conditions, it is vital for universities to provide opportunities for students to engage in physical activity and promote a healthy lifestyle. This can be achieved through a variety of ways, such as incorporating fitness programs, sports clubs, and outdoor activities into the curriculum, providing state-of-the-art facilities and equipment, and offering wellness education and resources. By doing so, universities can help students to build healthy habits that will benefit them both physically and mentally and prepare them for a lifetime of healthy living.

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### AUTHOR'S BIOGRAPHY



With 25 years of teaching experience and a plethora of research on physical education for college students, To Thi Viet Chau, lecturer of Trade Union University, Vietnam - the author's biography boasts an impressive track record in academia. As a seasoned educator with over 25 years of experience, the author has a deep understanding of the challenges faced by college students in physical education, which is reflected in their body of research. The author's biography is a testament to their unwavering commitment to advancing the field of physical education for college students, with a career that spans over two decades and dozens of scholarly publications.

**Citation:** ToThi Viet Chau. "Enhancing Physical Education for Students at University" *International Journal of Humanities Social Sciences and Education (IJHSSE)*, vol 10, no. 2, 2023, pp. 113-116. DOI: <https://doi.org/10.20431/2349-0381.1002011>.

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