
THE CURRENT SITUATION AND SOME SOLUTIONS TO DEVELOP DANCESPORT AS AN EXTRACURRICULAR SPORT FOR STUDENTS AT THANH HOA UNIVERSITY OF CULTURE, SPORTS AND TOURISM

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Dancesport not only plays an important role in terms of theoretical values but also is a means of communication in modern society. For students at Thanh Hoa University of Culture, Sports and Tourism, dancesport is a rather new subject. The paper proposes appropriate solutions that need to be applied in practice in the hope to develop dancesport as an extracurricular sport for students at Thanh Hoa University of Culture, Sports and Tourism.

Key words: Dancesport; Solutions for the development; Extracurricular curriculum; Thanh Hoa University of Culture, Sports and Tourism.

1. Introduction

In the training program of Thanh Hoa University of Culture, Sports and Tourism, the subject of Dancesport has already been added but has also attracted many people. Dancesport is an art that uses flexible and soft movements of the body. Every movement, gesture, and movement conveys messages to the viewer through body language. Therefore, dancesport not only plays an important role in theory, but it is also a means of communication in modern society. [1]

With the needs of having a healthy playground which reduces stress after school hours, Dancesport is good choice for young people to get the comfort and joy. In this paper, the author wants to contribute his knowledge to help students improve their physical level, movement technique, and music perception ability, performance style, and at the same time create a new, useful and exciting playground.

2. The overview of research problem

Dancesport was introduced to Vietnam about 15 years ago and is growing day by day. In recent years, dancesport has developed in Thanh Hoa, used by some sports clubs and service

facilities as an entertainment type of sports. However, it is completely uninterested in among university students.

Many research works have been carried out to study the development of extracurricular sports movements for students in schools at all levels, especially about the needs, motivation, content and practice form of extracurricular sports training program. Some research papers can be noticed such as: "Study on the effectiveness of the compulsory extracurricular physical training form for female students at Hue Pedagogical University" - authors Tran Thi Thuy Linh (2001); "Research on measures to organize extracurricular activities to improve physical fitness for students of Ha Giang Pedagogical College" - author Nguyen Thi Mai Thuan (2011); "Research on the effectiveness of extra-curricular sports activities of students at Thai Nguyen Industrial College" - author Nguyen Van Tue (2012); or Doctoral thesis of author To Thi Huong (2020) with the topic "Development of Dancesport among university students in Thanh Hoa province".

In general, the authors' research work has only shown the models of sports activities and how to develop dance models, but no authors have been interested in developing dancesport in the extracurricular training for students of universities in general and Thanh Hoa students in particular.

3. Research Methods

During the research process, the article used the following methods: Method of document analysis and synthesis; interview method; pedagogical examination methods; pedagogical experimental methods and mathematical and statistical methods.

4. Research results

4.1. Situation of extracurricular dancesport training at Thanh Hoa University of Culture, Sports and Tourism in recent years:

4.1.1. The motivational needs to participate in extracurricular dancesport training of students at Thanh Hoa University of Culture, Sports and Tourism:

Researching the needs and motivations for practicing dancesport of the students at Thanh Hoa University of Culture, Sports and Tourism by questionnaire, we conducted to find out the sports training needs and preferences in internal courses and extra-curricular hours among 165 students. In the field of sport, there are many types of movements with their own characteristics. Each student also has his/ her own favourite type of sports. The research results are presented in Table 1.

Table 1: Interview results about sports practice preferences of students at Thanh Hoa University of Culture, Sports and Tourism (n = 165)

No	Types of sports	Interview Results (%)	
		Comments (n)	Rate %
1	Shuttlecock	85	51.5
2	Badminton	132	80
3	Basketball	93	56.4
4	Table tennis	85	51.5
5	Football	134	81.2
6	Volleyball	98	59.3
7	Martial arts	108	65
8	Aerobic	120	72
9	Dancesport	147	89

Through the results obtained, we can see that: Although the dancesport has just been developed in Vietnam, because of mass media, and its dance attractiveness, it has become a need, hobby and attracts a large number of classes to participate in practice and competition, especially among students at high schools, universities across the country and students at Thanh Hoa University of Culture, Sports and Tourism. The results also clearly show that some other subjects have a high rate such as: aerobics (72%), badminton (80%), or basketball (56.4%)... In particular, 90% of the answers for dancesport. Most of students said that they choose dancesport to strengthen and develop their physical health. Beside that, 89% of them participated in dancesport because of its musical attractiveness with the desire of getting beautiful body. Thus, students have a very healthy and legitimate motivation in practicing dancesport – that is to improve health as well as develop physical fitness. At the same time, dancesport also help them train the will, spirit and courage to serve well the process of studying at school.

4.1.2. Assessing the reality of extracurricular dance sport practice of students at Thanh Hoa University of Culture, Sports and Tourism

Through the synthesis of documents, we built a survey to assess the situation of students' dance practice with 9 questions, interviewed 165 students participating in extracurricular dancesport classes, and obtained the following results as in Table 2:

Table 2: Assessment of the reality of students' extracurricular dance sport practice at Thanh Hoa University of Culture, Sports and Tourism (n=165)

Questions	Level	No of people	Rate (%)	Level	No of people	Rate (%)	Level	No of people	Rate (%)
Which course are you in?	K4	55	33 %	K5	75	45%	K6	35	22%
Have you ever taken dance classes?	Never	116	70%	Learned	49	30%			
How long have you taken?	Not learning	116	70 %	under 3 months	34	20%	Over 3 months	15	10%
How do you think about dance courses?	Useful	165	100 %	Not useful	0	0%			
How are your exercises in internal courses?	Too difficult	29	17 %	Difficult	12	7%	Normal	109	66%
Do you like dancesport?	Like very much	165	100 %	Normal	0	0%	Don't like	0	0%
Do you want to learn dancesport?	Really want	165	100 %	Normal	0	0%	Don't want	0	0%
Which type of dancesport do you like?	Fast, exciting	50	30 %	medium, joyful	109	66%	slow, gentle	5	3%
Which type of dancesport do you choose?	Zumba	75	45 %	Chacha, Sam ba	55	33%	Jive, Pasodoble	35	22%

Table 2 shows that, by interview form, up to 70% of students have never studied dance; 66% think that exercise is normal, 100% love sports dance because of its usefulness. About types of dance, 45% students choose Rumba, 33% choose Chacha, Samba and most of students have a desire to learn dancesport during extracurricular hours...

4.2. Solutions for developing dance and sports for students of Thanh Hoa University of Culture, Sports and Tourism

From the current situation of extracurricular sports and dance activities, the author proposes some solutions to improve the quality of dancesport activities for students at Thanh Hoa University of Culture, Sports and Tourism.

- *The 1st solution: Strengthening propaganda and education to raise awareness about the position, role and effects of dancesport.*

Purpose: Educating and propagandizing to raise students' sense of learning, making them aware of the correct position, role, content, method, and effects of frequent practicing dancesport.

Content: Organizing, maintaining and widely disseminating all movement activities on dancesport and extra-curricular sports of the school, regularly contributing ideas to leaders at all levels on sports activities of the university.

Implementation: The Faculty of Physical Education and Sports cooperates with the Student Affairs Department to propagate and educate through the weeks of civic activities at the beginning of the school year or in weekly class activities or through organizing sports competitions on traditional holidays or annual cultural - sports activities at school.

- *The 2nd solution: Fostering professional competence in dancesports for lecturers and coaching staff.*

Purpose: Regularly sending staff to participate in training courses to improve professional capacity in dancesport.

Content: Fostering and using a contingent of professional lectures, sending them to study to improve their dancesport qualifications.

Implementation:

+ Organizing extracurricular dancesport training activities according to the set plan with the forms of collective exercise under the guidance and management of teachers.

+ Developing a plan of extra-curricular dancesport activities for the school year.

+ Directing and appointing staff of the Faculty of Physical Education and Sports and specialized students to take charge of guiding and directing extracurricular dancesport activities of students.

- *The 3rd solution: Strengthening the socialization and development of dancesport and other types of sport.*

Purpose: Strengthen the development of dancesport and other types of sport for all agencies and organizations participating in and managing sports activities.

Content: Developing mechanisms and policies to attract investment in socialization for dancesport activities, creating necessary conditions to encourage individuals and businesses to

sponsor sports activities.

Implementation: The Faculty of Sports and Physical Education cooperates with departments, centers in the school and individuals and businesses to guide and organize the development of dancesport to become a service economy to students, staff and people.

- The 4th solution: Establishing dancesport clubs of the school to create favorable conditions for students to participate in exercise and exchange.

Purpose: Developing and improving the quality of dancesport, creating a playground for students.

Content:

- + Making a plan to build dancesport club models, and their activity programs.
- + Widely propagating the club's activities to attract many students to participate in.
- + Participating in organizing exchange competitions to rubbing, and improving the professional qualifications, skills and experience of the club members.

Implementation:

- + Regularly propagandizing for students to know about and participate in physical training in clubs with posters, leaflets...

- + Developing plans, rules, charters and regulations for the club's activities to suit the actual conditions of the University in terms of time, interests, and material conditions.

- + Assigning staff with professional qualifications in each field to direct and operate the activities of each club according to each separate specialty.

- The 5th solution: Ensuring mechanisms and policies to develop dancesport.

Purpose: Applying good mechanisms and policies for coaches and guides who have made many contributions to the development of the dancesport movement of the University.

Content: Encouraging the responsibility of the coaches and guides, from which they will wholeheartedly and fully devote themselves to the school's sports development. .

Implementation: The school and training faculties ensure the implementation of mechanisms and policies for lecturers to teach extracurricular dancesport activities in accordance with the provisions of the Law on Education, the Law on Sports and related legislation; The school and its faculties are responsible for creating favorable conditions for the operation of physical training and sports clubs of students and the affiliated sports centers with funding and facilities.

4.3. Research results after implementing solutions to develop dancesport activities for students of Thanh Hoa University of Culture, Sports and Tourism

After developing the plan, organizing the application of the solutions, the results were shown in Table 3:

Table 3: Results of application of solutions to develop dancesport activities for students of Thanh Hoa University of Culture, Sports and Tourism

No	Levels of participating	Number of students participating				Growth W%
		Before application (n = 165)		After application (n=165)		
		\bar{x}	%	\bar{x}	%	
1	Regularly	52	31.5%	63	38.2%	19.23
2	Sometime	69	41.8%	75	45.5%	8.48
3	Never	44	26.7%	16	9.7%	- 93.41

Table 3 shows that, after conducting an experiment about the solution to organize dancesport practice of students at Thanh Hoa University of Culture, Sports and Tourism according to the proposed plan with different forms of exercise under the guidance and management of lecturers, the number of students participating in usually level increased from 32.9% to 40.6%, in sometimes level increased from 43% to 50%. Through the initial application results, it is possible to confirm that the selected solutions are reasonable and consistent with the current situation of school.

5. Discussion

Extra curricular sports activities play a complementary and reinforce role for the effectiveness of physical education in schools. They give students a new lifestyle that is healthy, vibrant, rich, joyful, optimistic, and help them away from social evils. However, the practice of extra curricular sports activities as well as dancesport activities is still facing many difficulties:

Firstly, most of students have not paid much attention to extracurricular activities, especially physical training activities after regular school hours. Although, the conditions and equipment of the school's gymnasium meet the needs of students.

Secondly, the current program of dancesport activities is only spontaneous, while the Faculty of Physical Education and Sports has not yet developed specific plans for students' activities. It is necessary to have specific plans and solutions to develop extracurricular activities for students, meeting the practical requirements of physical education in higher education institutions.

6. Conclusion

Although dancesport has just developed in Vietnam, , because of its dance attractiveness and the mass media, it has become a need, hobby and attracted a large number of classes to participate in practice and competitions, especially among students in general and students of Thanh Hoa University of Culture, Sports and Tourism in particular.

This paper research and give five solutions and then apply them in the development and practice of dancesport activities for students at Thanh Hoa University of Culture, Sports and Tourism, includes: Strengthening propaganda education to raise awareness about the position, role and effects of dancesport; Fostering professional competence in dancesport; Strengthen the socialization of development of dancesport; Ensuring mechanisms and policies for sports activities; Establishing dancesports clubs to create favorable conditions for students to participate in exercise and exchange. After applying the solutions according to the proposed plan with different forms, the students' participation in extracurricular dancesport activities has increased in term of quantity and quality.

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