

ONLINE TEACHING OF PHYSICAL EDUCATION FOR STUDENTS AT THE HANOI UNIVERSITY OF MINING AND GEOLOGY DURING THE COVID-19 EPIDEMIC TIME

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Covid-19 is a dangerous disease caused by a virus, which is highly contagious and quickly spreads around the world. The evolution of the Covid-19 acute respiratory infection is still very complicated, the number of infections and death tolls is constantly increasing every day. The outbreak and spread of the disease, it has upset the lives and activities of people all over the world. It is seriously affecting on life, economy, society... of all countries and all industries have been severely affected. The education sector is no exception. To adapt to the epidemic period, to the “new normal” life, thus, teaching and learning activities are not interrupted, the Ministry of Education and Training has launched many forms of teaching, online teaching (online), hybrid teaching (Hybrid), blended teaching (blended) online with face-to-face (face-to-face) are the solutions that are chosen by many countries and educational institutions during the Covid-19 period.

Keywords: *Online teaching, physical education, Hanoi University of Mining and Geology, Covid-19 epidemic.*

Question. Online teaching is an effective teaching method that teachers need to flexibly apply to transmit knowledge to students and help learners to follow the objectives of the lesson and subject...

Online teaching has been, is and will become a trend to be strengthened, consolidated, and gradually become an inevitable trend, the main task in the courses of deploying the school year to adapt to the new situation. Under the leadership and direction of the Government and the Prime Minister, the drastic, responsible and effective participation of the whole political system, the education and training sector in our country has made many innovations, promoting vigorously apply information technology, improve teaching facilities and equipment; changing and adjusting teaching activities, organizing online teaching, contributing to developing the capacity to use information and communication technology in teaching and learning, promoting digital transformation in education and training; expand educational access opportunities for learners, create conditions for children, pupils and students to study anywhere, anytime, and ensure epidemic prevention and control, and adaptation to the situation of the Covid-19 epidemic -19; at the same time, well implement the motto “stop going to school, don’t stop studying” to meet the program goals and work plans of the school year.

Online training is done through real-time online teaching software (Microsoft Teams, Zoom, Webex, Google Hangouts Meet, ...) or according to the professional online training system LMS (Learning Management System).

Problem solving. Right from the outbreak of the epidemic, Hanoi University of Mining and Geology has flexibly converted the teaching form, suitable for each actual stage of the epidemic, from offline teaching to online teaching via software. Microsoft Teams, both online and offline, and fully online, is flexible in transforming learning methods and assessing learning outcomes, assigning faculties and departments to develop online curricula.

Online teaching of physical education is a completely new and unfamiliar form for physical education teachers nationwide in general and physical education teachers at Hanoi University of Mining and Geology in particular, is a specific subject in the training program ... along with other subjects in the school, the physical education department has actively developed a detailed outline of 3 modules namely, Physical Education Quality 1 that teaches short running and long jump, Physical Education 2 that teaches volleyball content, Physical Education 3 that teaches basketball content. The subject has conducted trial lectures for teachers to see and contribute constructively to online lectures. Recently, in the complicated epidemic situation, students still cannot return to school, so as not to affect the study time of students, since the outbreak of the epidemic until now, the Department of Physical Education has maintained a form of online teaching with 11/11 lecturers in the department participating in teaching. We have completed many different online courses, completed subjects for thousands of students, in the first semester of the 2020-2021 school year, online

and face-to-face teaching, the second semester of 2020-2021 is face-to-face and online teaching, in the third semester of the 2020—2021 school year and the first semester of 2021—2022 is online for the whole class. During the teaching process, many lecturers are used to guiding practical exercises in class, while also cultivating technology knowledge to use the application in online teaching, the habit of teaching must change. Although there are still many surprises, our lecturers are still making constant efforts, trying to both do and adjust to suit the actual conditions. With the specificity of physical education, it requires lecturers to demonstrate for students to follow, so it is not possible to teach with just the teacher talking and students listening without the image of a model, the teacher must perform actions for students to observe and follow. Moreover, there are many reasons affecting an online class such as poor signal transmission, poor learning facilities, etc. The interaction in Physical Education subjects also has its own characteristics, students record practice videos, teachers supervise, check and guide students, especially those that require tools such as volleyball, basketball, which need interaction. The top goal with the subject content is still to help students maintain health, exercise to improve fitness.

The level of teaching and the use of technology and facilities (computers, phones, etc.) are also different. Although there are still many difficulties, all lecturers are constantly learning to improve their ability to adapt to new activities or performing movements with subjects such as volleyball and basketball in a narrow and low room will be affected on the learning efficiency of the subject, so the teaching of physical education should be flexible. In the teaching process, in addition to online instruction, teachers also record instructional videos to send to students to watch and learn subject techniques, doing it outside with a wide and open space will be more effective for students to watch sports competitions related to the subject... create a sense of excitement when learning the subject online.

The Department of Physical Education conducted the discussion in the meeting and agreed, trained to take multiple-choice tests, and assigned tests for all subjects that the lecturer directly taught, exchanged the technology part. There are still problems with information such as: How to do multiple-choice tests, assign assignments, collect results... Continue to share and exchange online teaching methods for high efficiency, methods, and procedures for mark-

ing the end of subjects. Unified in several subject groups on the scale and assessment content because many students who are still in epidemic areas have difficulty in training equipment. Information that students still have problems such as power failure, poor connection, or being pushed out of the study group, learning materials, costumes, tools, etc.

The best preparation for practice and end-of-school exam part. Because of the efforts of teachers and students, sports practice spaces such as study rooms, floors, corridors, terraces, yards, walls... are now open which become a regular place for students to practice, even at home, students are still very active and creatively participating in physical education lessons. Under the guidance of the teachers, students record their own exercises and upload them to the group to share with their friends or go to the chat section for the teacher to consult and edit. Therefore, students are very responsible, proactive, excited, and confident, which are initial positive signals.

Conclude. With the strong development of technology, online learning is becoming a new trend of education in the 4.0 era. Online teaching will be the orientation of the subject soon to urge students to practice non-stop. Thereby, students will change their mind about Physical Education is not only a subject that needs to be completed satisfactorily in university studies but will be an essential need in the future life, always being trained physical fitness, improve their own health to adapt to the extremely complicated situation of the Covid-19 epidemic, so that life is “the new normal” for everyone.

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Онлайн-обучение физическому воспитанию студентов Ханойского горно-геологического университета во время эпидемии Covid-19

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Covid-19 — опасное заболевание, вызываемое вирусом, который очень заразен и быстро распространяется по всему миру. Эволюция острой респираторной инфекции Covid-19 по-прежнему очень сложна, число инфекций и смертей постоянно растет с каждым днем. Вспышка и распространение этой болезни повлияли на жизнь и деятельность людей во всем мире. Это серьезно влияет на жизнь, экономику, общество... всех стран и все отрасли промышленности серьезно пострадали.

Сектор образования не является исключением. Чтобы адаптироваться к периоду эпидемии, к «новой нормальной» жизни, таким образом, преподавательская и учебная деятельность не прерывается, Министерство образования и профессиональной подготовки запустило множество форм обучения, онлайн-обучение (онлайн), гибридное обучение (гибридное), смешанное обучение (смешанное) онлайн с лицом к лицу (лицом к лицу) — это решения, которые выбирают многие страны и учебные заведения в период Covid-19.

Ключевые слова: *Онлайн-обучение, физическое воспитание, Ханойский горно-геологический университет, эпидемия Covid-19.*



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