

# Analysis of sports clubs at Vietnam National University, Hanoi

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## ABSTRACT

This study aimed to determine the types of sports clubs operating in accordance with the functions and tasks of the Center for Physical Education and Sports at Vietnam National University, Hanoi. Additionally, it proposed solutions to organize sports clubs to enhance the quality of comprehensive physical and mental education and improve sports performance for students. The study employed a mixed-methods design, including document analysis, interviews, social investigations, and pedagogical testing. A total of 70 individuals at Vietnam National University, Hanoi, comprising 40 physical education and sports lecturers and 30 officials and students from the Youth Union and Student Association, were interviewed. Five solutions have been proposed for organizing and operating the university's sports clubs managed by the Center. Additionally, four solutions have been identified to develop sports and entertainment clubs at the member universities of Vietnam National University, Hanoi. These initiatives have led to significant improvements, including enhanced quality of comprehensive physical and mental education, an increase in the number of clubs and members, and notable advancements in sports achievements through training in various disciplines. As a result, the overall sports level at Vietnam National University, Hanoi, has been elevated. The selected solutions have demonstrated effectiveness in promoting sports club activities at the university and advancing physical education as a whole.

## KEYWORDS

Sports Clubs; Solution; Development; Vietnam National University; Hanoi

## **1. INTRODUCTION**

Extracurricular sports activities hold an important position in school education and sports. Combined with teaching activities, they form a complete school educational structure, contributing to the achievement of educational goals and tasks. Extracurricular physical education and sports activities, together with curricular physical education, make up a unified whole, supporting and complementing each other, no aspect is dispensable. In the process of organizing sports training, we can also effectively address the following tasks: improving health, fostering comprehensive and balanced development, educating physical qualities, and forming necessary movement skills and techniques for daily life and work. Students are equipped with the knowledge required to engage in physical training and sports in work and daily life. These activities also help shape a materialist worldview, foster political awareness, educate patriotism and collective consciousness, and train rearguard forces for the team. Developing an effective sports movement involves focusing on organizing sports club activities, particularly in universities and colleges (Nguyễn & Phạm, 2000; Do & Huynh, 2008)

Vietnam National University, Hanoi has firmly established itself as a center for high-quality, multi-disciplinary, and multi-field education, scientific research, and knowledge transfer, all in line with international standards. With its advanced university governance model, Vietnam National University, Hanoi is striving to become Vietnam's leading center for knowledge and education. In the university's development plan through 2020 and its vision for 2030, the field of school sports plays an important role and holds the responsibility for modern development, in accordance with the strategic plan approved by the Government.

Under the leadership of Vietnam National University, Ha Noi, the intra-curricular physical education program and the development of physical education and sports activities have made significant progress. These activities have a practical impact on improving health, enhancing career knowledge, promoting physical fitness, and advancing sports skills, contributing to the overall development of students.

At Vietnam National University, Ha Noi, numerous sports clubs operate under the direction and management of the Physical Education Center, along with several other clubs affiliated with the city's universities. Students with a shared interest in sports come together to participate in these activities. Overall, the scale of the sports movement within the member universities and faculties of

Vietnam National University, Ha Noi has grown significantly, with quality and effectiveness continually improving in response to the university's potential and the needs of the country.

The policy of Vietnam National University, Ha Noi is to establish, manage, and invest in extracurricular sports activities through sports clubs, which are not only overseen by the Center for Physical Education and Sports but are also developed at the member universities and affiliated faculties. In line with this policy, the project conducts a survey and evaluates the current status of the activities and management of sports clubs for students at Vietnam National University, Ha Noi in recent years.

Diversifying the organizational structure of physical education and sports clubs at Vietnam National University, Ha Noi, both those managed by the Center for Physical Education and Sports and those at the member universities, is essential to create a vibrant extracurricular sports environment. This diverse structure will meet the demand for improved sports skills and cultural, recreational, and athletic activities, contributing to enhanced academic performance, sports achievements, and overall physical well-being of the students at Vietnam National University, Ha Noi.

Researching and developing a model for student sports clubs to improve the quality of physical education and promote the sports movement among students is a crucial and timely initiative (Phuc et al., 2012). The aim of this study is to identify the types of sports clubs that align with the functions and responsibilities of the Center for Physical Education and Sports at Vietnam National University, Ha Noi. Additionally, the study proposes solutions for organizing these clubs to enhance the quality of comprehensive physical and mental education and improve sports performance among students at the university. The specific objectives are:

1. To assess the current status of physical education and sports at member universities and the Center for Physical Education and Sports at Vietnam National University, Ha Noi.
2. To determine the theoretical and practical foundations for organizing the sports club system within the Center for Physical Education and Sports at Vietnam National University, Ha Noi.
3. To develop and implement solutions for effectively organizing sports clubs that align with the structure of the Center for Physical Education and Sports at Vietnam National University, Ha Noi.

## 2. METHODS

This study employed a mixed-methods design, including document analysis and synthesis method, interview method, social investigation method, and pedagogical testing method. A total of 70 individuals at Vietnam National University, Ha Noi, comprising 40 physical education and sports lecturers and 30 officials and students from the Youth Union and Student Association, participated in this study. Statistical techniques, including frequencies, percentages, means, and standard deviations, were used to analyze the quantitative data. All analyses were performed using SPSS (Statistical Package for Social Sciences) version 23.0, with a significance level of  $p < 0.05$ .

## 3. RESULTS AND DISCUSSION

### 3.1. SWOT Analysis for the Development of Sports Clubs

The current status of physical education and extracurricular sports activities at Vietnam National University, Ha Noi indicates that extracurricular physical education and sports are organized through subject-specific sports clubs. These activities have initially achieved some positive results, though there are still many difficulties and shortcomings. We have identified several strengths and weaknesses in the management and operation of physical training and sports activities, as well as opportunities and challenges related to the development of sports clubs for students at Vietnam National University, Ha Noi.

Using the SWOT matrix analysis method, we reflect on the current situation as a basis for selecting solutions to improve the quality of management and development of sports clubs at the university during this period. The SWOT analysis for the development of Vietnam National University, Ha Noi's sports clubs is presented below (Table 1).

**Table 1.** SWOT Analysis of sports clubs at Vietnam National University, Ha Noi

<b>Strengths (S)</b>	<b>Weaknesses (W)</b>
1. Vietnam National University, Hanoi's position at home and abroad. 2. The autonomy of the Center for Physical Education and Sports is assigned by Vietnam National University, Hanoi. 3. Lecturers and students are very passionate about sports. 4. Sports achievements have a tradition. 5. The teaching staff has political qualities, specialized knowledge and experience.	1. Lack of lecturers and coaches. 2. Limit the ability to attract people to practice extracurricular sports at member universities and peak at the Center for Physical Education and Sports. 3. Club operating regulations and the promotion of social resources contributing to development are still limited. 4. Criteria for selecting students into the club have not yet been established. 5. Currently, facilities for teaching and extracurricular sports activities are lacking and

	inconsistent.
<p><b>Opportunities (O)</b></p> <ol style="list-style-type: none"> <li>1. Integration and exchange of physical training and sports competitions for domestic students are expanding day by day.</li> <li>2. The need for sports club activities associated with sports entertainment is increasingly growing among students.</li> <li>3. Integration and exchange with students from Southeast Asia and Asia will increase domestically and abroad..</li> <li>4. Vietnam National University, Hanoi has an additional member, Vietnam-Japan University, creating more motivation to develop physical education and sports.</li> <li>5. Utilize foreign students studying at Vietnam National University, Hanoi to widely popularize foreign sports and entertainment for students.</li> </ol>	<p><b>Threats (T)</b></p> <ol style="list-style-type: none"> <li>1. The capacity to organize and manage activities of the Vietnam National University, Hanoi sports club is limited.</li> <li>2. The level and sports achievements of major universities in Hanoi and Ho Chi Minh City have the conditions to advance faster than Vietnam National University, Hanoi.</li> <li>3. Finance and sponsorship for sports activities are very limited.</li> <li>4. Only a few sports achievements are quite good compared to the general level, many other subjects are still limited.</li> <li>5. Sports facilities lack uniformity and there is no ability to invest in the next few years, so it is difficult to attract a large number of students to participate in training.</li> </ol>

The SWOT matrix enables the combination of strengths with opportunities to overcome weaknesses and challenges, guiding the selection of solutions to improve the operational efficiency of various types of sports clubs for students at Vietnam National University, Ha Noi, as illustrated below (Table 2).

**Table 2.** SWOT analysis matrix for enhancing sports club operations

<p><b>Combination of strengths and opportunities (SO)</b></p> <ul style="list-style-type: none"> <li>- Strengthen the organization of sports clubs in the Center’s strong subjects.</li> <li>- Develop regulations to organize and operate the Club in accordance with new trends.</li> <li>- Determine the elements that constitute the organizational structure of the club under the Center for Physical Education and Sports Management and the organizational structure of the management of physical education and sports clubs at member universities.</li> </ul>	<p><b>The combination of strength overcomes internal weakness (SW)</b></p> <ul style="list-style-type: none"> <li>- Promote socialization of club organizations at member universities and funding sources from society, propagate the role of the Youth Union and Student Association in physical training and sports.</li> <li>- Promote creative ways to use grounds and gyms so that students have more opportunities to practice sports.</li> </ul>
<p><b>The combination of staff strengths and facilities (WO)</b></p> <ul style="list-style-type: none"> <li>- Use theoretical training for lecturers on organizing sports training for teams to improve sports performance and participate in many sports tournaments.</li> <li>- The trend of sports activities associated with entertainment needs is growing more and more widely.</li> </ul>	<p><b>Combining the quality of the Center’s lecturers with the activities of the clubs to limit difficulties (ST)</b></p> <ul style="list-style-type: none"> <li>- Apply some policies to students with achievements in competition.</li> <li>- Enhance the attention and professional guidance of the Center for Physical Education and Sports with clubs at member universities of Vietnam National University, Hanoi</li> </ul>

### 3.2. Solutions for Developing Sports Clubs for Students of Vietnam National University, Ha Noi

This study also investigates legal issues related to regulations for establishing grassroots sports clubs, guided by the Ministry of Culture, Sports and Tourism, and the Ministry of Education and Training (2011). The analysis is based on the Laws on Physical Education and Sports and the practical experiences of sports club activities at Vietnam National University, Ha Noi. The study has developed solutions for the organization and management of sports club activities and sought opinions from experts, managers, and sports administrators. The results are presented in Table 3 (Decision No. 1589/2003/QĐ-UBTĐTT, Decision No. 72/2008/QĐ-BGDĐT, Circular No. 18/2011/TT-BVHTTDL, Decree No. 11/2015/NĐ-CP).

**Table 3.** Interview results for enhancing operational efficiency of sports club

S/N	<b>Solution group for organizing and managing sports clubs of Vietnam National University, Hanoi managed by the Center for Physical Education and Sports</b>	<b>Mean</b>
Solution 1	Complete the Regulations on the operation of the sports club of Vietnam National University, Hanoi	<b>4.51</b>
Solution 2	Train managers on physical training theory for the teaching staff of the Center for Physical Education and Sports, Vietnam National University, Hanoi	<b>4.12</b>
Solution 3	Make rational use of technical facilities and sports equipment of the Management Center	<b>4.06</b>
Solution 4	Promote socialization in sports activities and sponsoring competitions	<b>4.2</b>
Solution 5	Apply a number of policies on benefits for practice, training, competition, and rewards for lecturers, coaches, and students.	<b>4.14</b>

The study applied Cronbach's Alpha method with five values when selecting solutions, indicating that the management organization solutions all scored between 4.06 and 4.51, which is considered very high (Table 3).

#### 3.2.1. Solutions for Developing Sports and Entertainment Clubs at Member Universities

Based on the consensus of experts, managers, and lecturers with extensive experience in physical education and sports at member universities, this topic proposes solutions to enhance the physical training and sports movement at Vietnam National University, Ha Noi. The selected results are presented in Table 4.

**Table 4.** Interview results for developing sports and entertainment clubs

<b>S/N</b>	<b>Solution group for developing sports and entertainment clubs at member universities</b>	<b>Mean</b>
Solu tion 1	Increase the Board of Directors' interest and create favorable conditions for the club's activities	<b>3.73</b>
Solu tion 2	Enhance professional support of the Center for Physical Education and Sports	<b>4.04</b>
Solu tion 3	Promote the propaganda of benefits of participating in sports and entertainment clubs organized by the Youth Union and Student Association	<b>3.89</b>
Solu tion 4	The Youth Union and Student Association have a resolution on organizing sports and entertainment clubs in the form of socialization	<b>3.94</b>

The study applied the five-value Cronbach's Alpha method to evaluate four proposed solutions (Table 4), revealing that the solutions aimed at enhancing the physical education and sports movement at member universities received average scores ranging from 3.73 to 4.04, indicating strong agreement. Consequently, these proposed solutions have garnered significant support from researchers and experts, making them well-suited for the study.

After selecting these solutions, the study will proceed to develop specific content for each identified solution and implement them in the organization and operation of the sports clubs at Vietnam National University, Ha Noi.

### **3.3. Evaluating the Effectiveness of the Development of Sports Clubs**

#### **3.3.1. Increase in Sports Clubs Managed by the Center for Physical Education and Sports**

To assess the growth of sports clubs (team clubs) at Vietnam National University, Ha Noi, managed by the Center for Physical Education and Sports, the study relies on collaboration with the Sports Department, as well as input from lecturers and coaches regarding active clubs after implementing effective solutions tailored to the current situation (Circular No. 18/2011/TT-BVHTTDL).

From 2015 to 2022, the Center for Physical Education and Sports served as the focal point for data synthesis. The results illustrating the stability and development of the clubs and teams are presented in Table 5.

**Table 5.** Number of sports clubs at Vietnam National University, Hanoi from 2015 - 2022

S/N	Sports teams	Club name	Number of clubs	Number of members
3	2015	Women's Soccer, Karatedo, Men's Basketball, Women's Basketball, Athletics, chess	07	89
4	2016	Aerobic, Women's Football, Men's Football, Men's Basketball, Women's Basketball, Futsal Football, Women's Volleyball, Badminton, Chess, Athletics, Dance Sports, Karatedo, Gummy Cheerleading, Gymnastics Rumbo and Vovinam fans	15	292
5	2017	Table tennis, Women's soccer, Men's basketball, Women's basketball, Badminton, Chess, Gummy gymnastics, Rumbo cheerleading gymnastics, Vovinam, Karatedo, Volleyball	11	286
6	2018	Table tennis, Taekwondo, Women's soccer, Men's soccer, Men's basketball, Women's basketball, Badminton, Chess, Karatedo, Gummy cheerleading, Rumbo cheerleading, Vovinam	13	305
7	2019	Table tennis, Women's football, Men's basketball, Women's basketball, Badminton, Chess, Karatedo, Vovinam	9	280
8	2020	<b>Covid - 19 pandemic</b>		
9	2021	<b>Covid - 19 pandemic</b>		
10	2022	Table tennis, Women's football, Men's football, Men's basketball, Women's basketball, Volleyball, Badminton, Chess, Dance sport, Karatedo, Gummy cheerleading, Rumbo cheerleading, Vovinam	16	352

Table 5 illustrates the determination of the types of sports clubs at Vietnam National University, Ha Noi, along with the implementation of reasonable and effective solutions. The number of clubs operating stably, with coaches focused on enhancing training and competition, has led to significant improvements in both quality and quantity. In 2015, there were 7 clubs with 89 members. By 2022, this increased to 16 clubs and 352 members. It is important to note that in 2021 and 2022, most sports tournaments could not be organized due to the COVID-19 pandemic. These results confirm that the research and development of sports clubs at Vietnam National University, Ha Noi (team clubs) have been appropriate and effective.



### 3.3.2. Results of Sports and Entertainment Clubs at Member Universities

Research findings indicate a consistent annual increase in both the number of clubs and the participation of members in club activities. Since 2015, a total of 21 clubs were established with 308 members. By 2019, this number had risen to 48 clubs and 1,140 members. However, in 2021 and 2022, all club activities were suspended due to the COVID-19 pandemic. By 2022, club activities resumed, resulting in the establishment of 50 clubs and a total of 1,462 members (Decision No. 72/2008/QD-BGDDT).

### 3.3.3. Student Attitudes Towards Participation in Sports Clubs

Students' attitudes toward training and competition activities in clubs were assessed through pedagogical observation, documentation, and qualitative analysis of specific criteria. These attitudes were reflected in behaviors indicating will, concentration, and levels of engagement in advocacy activities. Student awareness and attitudes in training and competition were evaluated on a four-level scale: Very Good, Good, Average, and Weak. The evaluation sample consisted of students participating in sports club activities at Vietnam National University.

We conducted interviews with 70 individuals at Vietnam National University, Ha Noi, comprising 40 physical education and sports lecturers and 30 officials from the Youth Union and Student Association (Circular No. 18/2011/TT-BVHTTDL). The results are presented in Table 6.

**Table 6.** Assessment of student attitudes toward participation in sports clubs

Attitude	Sports Instructor (n= 40)		Officer Youth and student associations (n=30)		Medium%	$\chi^2$
	SL	%	SL	%		
Very good	23	57.5	17	56.67	57,09	0.03
Good	14	35	11	36,67	35.84	
Average	3	7.5	2	6.67	7.09	
Weak	0	0	0	0	0	

The results of Table 6 indicate the assessment results of lecturers and officials from the Union and Student Association regarding students' attitudes toward exercise during extracurricular sports activities, categorized by the type and organization of sports clubs. The results reveal that the sports education and competitions at Vietnam National University, Hanoi are rated as good or very good, with an average of 57.04% of students demonstrating a very good attitude. Notably, there were no students with weak attitudes, and only 7.09% exhibited average attitudes. These findings highlight

the high spirit, self-discipline, and positive outlook of students participating in physical training and sports activities. The results of Vietnam National University, Hanoi sport teams in recent years are shown in Table 7.

**Table 7.** Performance of the Vietnam National University, Hanoi sport team from 2015-2022

S/N	Performance by year	Medal			Total medals of all types
		Gold	Silver	Bronze	
1	2015	7	10	15	<b>32</b>
2	2016	16	4	15	<b>35</b>
3	2017	22	15	24	<b>61</b>
4	2018	25	14	29	<b>68</b>
5	2019	13	16	25	<b>54</b>
6	2020 (Impact of covid-19 epidemic)	7	7	7	<b>21</b>
7	2021 (Impact of covid-19 epidemic)	18	12	19	<b>49</b>
8	2022	16	12	12	<b>40</b>

Achievements of the student sports teams at Vietnam National University, Hanoi, have increased annually from 2015 to 2022. These accomplishments were recognized by the Ministry of Education and Training (2011) as well as the Sports Association of Hanoi Universities and Colleges following various tournaments. This success reflects the collective efforts of both teachers and students at the Center for Physical Education and Sports. To sustain and enhance these achievements in the coming years, the Center needs to invest in financial resources, facilities, and human capital, including highly qualified lecturers and trainers. Additionally, there must be increased funding for the sports teams at Vietnam National University, Hanoi, to enable participation in various professional tournaments.

#### 4. CONCLUSIONS

Through the study and development of sports clubs at Vietnam National University, Hanoi, five solutions have been proposed for organizing and operating the university's sports clubs managed by the Center. Additionally, four solutions have been identified to develop sports and entertainment clubs at the member universities of Vietnam National University, Hanoi. These initiatives have led to significant improvements, including enhanced quality of comprehensive physical and mental education, an increase in the number of clubs and members, and notable advancements in sports achievements through training in various disciplines. As a result, the overall sports level at Vietnam National University, Hanoi, has been elevated. The selected solutions have demonstrated

effectiveness in promoting sports club activities at the university and advancing physical education as a whole.

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The authors declare no conflict of interest.

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