

# Assessment of the Status of Health and Fitness of Students of Thanh Hoa University of Culture, Sports and Tourism, Vietnam

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## Abstract

A study on the current state of health and fitness of students at Thanh Hoa University of Culture, Sports, and Tourism has provided scientific and practical evaluation data according to 3 health contents, physical fitness, and physical education subject scores. The research results have proved that the health and fitness status of students majoring in Culture and Tourism at Thanh Hoa University of Culture, Sports and Tourism is at an average level, ensuring the requirements for studying. ; However, the fitness test results of many male and female students are still weak when compared with the regulations on physical fitness standards of the Ministry of Education and Training and the physical standards of Vietnamese people.

**Keywords**— reality, health, fitness, students, university Thanh Hoa culture, sport, and tourism.

## SOURCE OF THE ARTICLE

The article is extracted from the research thesis of the same author. The thesis has been completed but has not been defended before the scientific council, with the title “Research on the content of physical education for students in weak health groups majoring in Culture and Tourism at the Thanh Hoa university of Culture, Sports and Tourism, Vietnam”.

## I. INTRODUCTION

Physical education is considered as a field of physical training and sport with the mission of: "Comprehensive development of physical qualities and on that basis develop physical capabilities, ensuring perfect bodybuilding, strengthen health, systematically form and proceed to perfect as necessary skills and techniques important for life". At the same time, the physical education program in universities, colleges and professional secondary schools aims to solve the educational tasks that are: "Equipping knowledge, skills and physical training for students, students tablets".

The outstanding advantages of Physical Education have been proven in many scientific studies, but at many universities today, there is a large number of students who show signs and psychology of fear of

studying Education subjects. physical. Through observation, part of the reason is that the children have weak health (or weak health) ... their physical strength is not guaranteed, leading to the failure to complete the subject, gradually showing signs and psychological fear of learning Physical Education subject. matter. Therefore, it has partly affected the effectiveness of physical education work in universities today. To find out about this issue, we conducted a study to assess the health and fitness status of students at Thanh Hoa University of Culture, Sports and Tourism.

## II. RESEARCH METHODS

The main research methods used include the Method of document analysis and synthesis; Method of pedagogical observation; Interview method; Statistical Mathematical Methods.

## III. RESEARCH RESULTS AND DISCUSSION

Based on the selected contents to assess the health and fitness of students of Thanh Hoa University of Culture, Sports and Tourism based on the health examination criteria prescribed by the Ministry of Health (Decision No. No. 1613/BYT-QD) and physical fitness

standards prescribed by the Ministry of Education and Training (Decision No. 53/2008/QĐ-BGDĐT).

### 1. Contents of health and fitness assessment of students of Thanh Hoa University of Culture, Sports and Tourism

Using interview method to solicit expert opinions on the contents of health and fitness assessment of students

at Thanh Hoa University of Culture, Sports and Tourism. The opinions are rated on a 5-point Likert scale from  $\mu = 1$  to  $\mu = 5$  (from disagreeing to completely agree). After analyzing and processing information obtained from expert interviews (n=28), 3 evaluation contents were divided into 3 groups: health check; fitness test; Evaluation of the subject of Physical Education. The content of the assessment is presented in Table 1.

Table 1. Results of interviews with a selection of content to assess health, fitness, and results of physical education subjects of students of Thanh Hoa University of Culture, Sports and Tourism (n=28)

No	Content	Evaluate	Interview result			
			Total	(%)	Mean ( $\mu$ )	Std. Deviation
<b>I</b>	About health content					
	Type I:	Very healthy	116	82.86	4.14	0.817
	Type II:	Strong	117	83.57	4.18	0.896
	Type III:	Medium	106	75.71	3.79	0.755
	Type IV:	Feebleness	117	83.57	4.18	0.823
	Type V:	Very weak	117	83.57	4.18	0.824
<b>II</b>	About the content of the fitness test					
	Standing height (cm)	Assess body height	103	73.57	3.68	0.741
	Weight (kg)	Assessment of body weight	103	73.57	3.68	0.745
	Body mass index BMI (kg/m <sup>2</sup> )	Assess the level of balance of the body	101	72.14	3.61	0.724
	Heart function	Evaluation of the functioning of the cardiovascular system	106	75.71	3.79	0.725
	Vital capacity (ml)	Assess the maximum capacity of respiratory depth	116	82.86	4.14	0.873
	Single reflex (ms)	Assess the ability to focus attention, and respond quickly to sudden signals	116	82.86	4.14	0.806
	Complex reflex (ms)	Assess the ability to focus attention, and respond to unexpected and unpredictable signals.	113	80.71	4.04	0.847
	Handgrip force (kg)	Hand strength rating	116	82.86	4.14	0.812
	Lie on your back with sit-ups (times/30 seconds)	Assess abdominal muscle strength	107	76.43	3.82	0.766
	Thrust in place (cm)	Strength Rating	106	75.71	3.79	0.657
Run 30m XPC(s)	Quick power rating	107	76.43	3.82	0.707	
Run the shuttle	Assess coordination, dexterity	110	78.57	3.93	0.782	

	4x10m(s)	and speed				
	Run according to strength for 5 minutes (m)	Endurance rating	108	77.14	3.86	0.754
<b>III</b>	About the assessment of the results of the subject of Physical Education					
	Score 9-10:	Good	116	82.86	4.14	0.813
	Score 7-8:	Rather	116	82.86	4.14	0.789
	Score 5-6:	Medium	115	82.14	4.11	0.785
	Score 3-4:	Feebleness	105	75.00	3.75	0.756
	A score below 3:	Least	109	77.86	3.89	0.804

Table 1 shows that 100% of experts, scientists, and lecturers have a level of agreement with the contents of the assessment of health, fitness and the results of the Physical Education subject of the students of the University of Literature, Culture, Sports and Tourism Thanh Hoa with an average score of 3.61-4.18 points in the agreement.

Thus, to conduct an assessment of the health, fitness and results of the Physical Education course of students majoring in Culture and Tourism, Thanh Hoa University of Culture, Sports and Tourism needs to be assessed. conducted according to 3 contents: Health check; Physical examination; Evaluation of the subject of Physical Education.

**2. Assessment of the current health status of students majoring in Culture and Tourism at Thanh Hoa University of Culture, Sports and Tourism**

There are 912 students in the School of Culture and Tourism in the 2018-2019 school year, 595 students in Culture and 317 in tourism.

Conducted health assessment of students majoring in Culture and Tourism at Thanh Hoa University of Culture, Sports and Tourism by summarizing the results of annual health checks of students. The school invites the unit with the function of health examination, An Binh Hung Medical and Pharmaceutical Joint Stock Company, to perform health checks for students. Student health assessment is assessed according to 5 levels according to Decision No. 1613/BYT-QD of the Ministry of Health: Class I: Very good; Type II: Strong; Class III: Medium; Class IV: Weak and Class V: Very weak. The results of the student health assessment are presented in Table 2 and Figure 1.

Table 2. Results of health assessment of students majoring in Culture and Tourism of Thanh Hoa University of Culture, Sports and Tourism according to the health classification prescribed by the Ministry of Health

No	Content evaluate	Department of Culture (n=595) (1)						Tourism (n=317) (2)						Total (1+2) (n=912)	
		Male (n=113)		Female (482)		Total (n=595)		Male (n=87)		Female (n=230)		Total (n=317)			
		n	%	n	%	n	%	n	%	n	%	n	%	n	%
1	Type I: Very strong	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
2	Type II: Healthy	18	15.93	0	0.00	18	3.03	0	0.00	0	0.00	0	0.00	18	1.97
3	Type III: Medium	95	84.07	482	100	577	96.97	87	100	230	100	317	100	894	98.03

4	Type IV: Weak	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00
5	Type V: Very weak	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00	0	0.00

From Table 2, it can be seen that the assessment according to the health classification prescribed by the Ministry of Health, the students majoring in Culture and Tourism at Thanh Hoa University of Culture, Sports and Tourism all have average or higher health. The healthy category has 18/912 students, reaching 1.97%; The average category has 894/912 students, reaching 98.03%. Specifically:

For students majoring in Culture, there were 577/595 students with 96.97% average and 18/595 students with 3.03% healthy. In which, there are 95/113 male students, reaching 84.07%; female 482/482 students achieved 100%.

For students majoring in Tourism, there are 317/317 students with 100% average grades.

Thus, the health assessment of Culture and Tourism of Thanh Hoa University of Culture, Sports, and Tourism all meet the health requirements of studying at the school. In addition, in the assessment results, there are no students with disabilities, or serious diseases affecting students' mobility and learning ability.

However, this is the result of a survey to assess the general assessment of the diseases, congenital diseases, disabilities... of the students when attending school at the school, of which part is still "complete" improve the procedural records", so the level of health of the children is not properly expressed through the physical fitness assessment.

### 3. Assessment of physical fitness status of students majoring in Culture and Tourism at Thanh Hoa University of Culture, Sports and Tourism

From the criteria for selecting the fitness assessment for students majoring in Culture and Tourism, Thanh Hoa University of Culture, Sports and Tourism, the thesis examines the physical fitness of students majoring in Culture, Sports and Tourism. Tourism of Thanh Hoa University of Culture, Sports and Tourism.

The number of students voluntarily participating in the fitness assessment of the Department of Culture and Tourism of the school is quite high, with 684/912 students reaching 75.0%. In which, 187/684 students achieved 27.0% and female 497/684 students achieved 73.0%. The results are presented in Tables 3, 4, and 5.

Table 3 shows that the physical fitness of male students with the average achievement is lower than the regulation on the fitness level of the Ministry of Education and Training and the physical standard of Vietnamese people in all indicators. , kiểm TRA. Performance evaluation shows that the dispersion is quite large with 9/13 indicators, test, showing  $C_v > 10\%$ . At the same time, comparing the difference in achievement with the prescribed standard has a statistically significant difference, shown in 6/13 indicators, the test is  $>$  tabular at the probability threshold  $P < 0.05$ .

Table 3 shows that, similar to male students, the average fitness of female students is lower than the fitness standards of the Ministry of Education and Training and Vietnamese physical standards. Male in all indicators, test. Performance evaluation showed a large dispersion in all test indicators with 11/13 indicators, and tests with  $C_v > 10\%$ . At the same time, comparing the difference in achievement with the prescribed standard has a statistically significant difference, shown in 10/13 indicators, the test has a  $>$  panel at the probability threshold  $P < 0.05$ .

Table 3. Results of physical fitness test of male students majoring in Culture and Tourism of Thanh Hoa University of Culture, Sports and Tourism

No	Classify	Test content	Level of Passing Decision 53/ Fitness of Vietnamese people	Test results		Compare							
				MALE (n=187)		Compare Cv%	Compare $t_{\text{tinh}}$	Compared to the assessment of Decision 53/Vietnamese physicality					
				$\bar{X} \pm \sigma$				Good		Pass		Below reach	
				n	%	n	%	n	%				
1	Form, function	Standing height (cm)	164	161.3 ± 5.36	3.32	1.566	53	28.34	97	51.87	37	19.79	
2		Weight (kg)	53	53.3 ± 4.16	7.80	0.314	63	33.69	102	54.55	22	11.76	
3		Body mass index BMI (kg/m <sup>2</sup> )	19.55	20.37 ± 2.15	10.55	1.358	0	0.00	146	78.07	41	21.93	
4		Heart function	6 - 10	12.43 ± 3.94	31.70	3.652*	39	20.86	135	72.19	13	6.95	
5		Vital capacity (ml)	3400	2967 ± 261.5	8.81	4.361*	13	6.95	129	68.98	45	24.06	
6		Single reflection (ms)	200 ≥ K > 180	183.5 ± 21.53	11.73	1.024	39	20.86	114	60.96	34	18.18	
7		Complex reflex (ms)	360 ≥ K > 301	326.5 ± 37.39	11.45	1.745	36	19.25	108	57.75	43	22.99	
8	Physical	Handgrip force (kg)	≥ 41,4	39.5 ± 6.94	17.57	1.879	26	13.90	127	67.91	34	18.18	
9		Lie on your back with sit-ups (times/the 30s)	≥ 17	14 ± 3.5	25.00	3.214*	37	19.79	131	70.05	19	10.16	
10		Thrust in place (cm)	≥ 207	197.5 ± 13.46	6.82	2.035*	20	10.70	119	63.64	48	25.67	
11		Run 30m XPC(s)	≤ 5,70	6.47 ± 1.33	20.56	4.321*	11	5.88	97	51.87	79	42.25	
12		Run the shuttle 4x10m(s)	≤ 12,40	13.27 ± 2.45	18.46	2.687	11	5.88	91	48.66	85	45.45	
13		Run according to strength for 5 minutes (m)	≥ 950	886 ± 107	12.08	2.031*	0	0.00	92	49.20	95	50.80	

Table 4. Results of physical fitness test of female students majoring in Culture and Tourism of Thanh Hoa University of Culture, Sports and Tourism

No	Classify	Test content	Level of Passing Decision 53/ Fitness of Vietnamese people	Test results		Compare							
				FEMALE (n=497)		Compare Cv%	Compare $t_{\text{tinh}}$	Compared to the assessment of Decision 53/Vietnamese physicality					
				$\bar{X} \pm \sigma$				Good		Good		Good	
								n	%	n	%	n	%
1	<b>Form, function</b>	Standing height (cm)	153.66	152.5 ± 6.15	4.03	2.131*	65	13.08	136	27.36	296	59.56	
2		Weight (kg)	45.77	42.5 ± 5.36	12.61	2.345*	57	11.47	352	70.82	88	17.71	
3		Body mass index BMI (kg/m <sup>2</sup> )	19.48	18.27 ± 3.23	17.68	1.325	0	0.00	438	88.13	59	11.87	
4		Heart function	6-10	13.36 ± 1.36	10.18	2.244*	136	27.36	303	60.97	58	11.67	
5		Vital capacity (ml)	2500	2141 ± 249.5	11.65	4.355*	15	3.02	123	24.75	359	72.23	
6		Single reflection (ms)	200 ≥ K > 180	214 ± 24.74	11.56	0.977	13	2.62	249	50.10	235	47.28	
7		Complex reflex (ms)	360 ≥ K > 301	379 ± 39.21	10.35	0.913	22	4.43	257	51.71	218	43.86	
8	<b>Physical</b>	Handgrip force (kg)	≥ 26,7	19.5 ± 3.26	16.72	3.879*	16	3.22	321	64.59	160	32.19	
9		Lie on your back with sit-ups (times/the 30s)	≥ 16	12 ± 3.5	29.17	3.696*	59	11.87	328	66.00	110	22.13	
10		Thrust in place (cm)	≥ 153	136.5 ± 9.46	6.93	2.894*	32	6.44	285	57.34	180	36.22	
11		Run 30m XPC(s)	≤ 6,70	7.68 ± 2.11	27.47	3.643*	6	1.21	157	31.59	334	67.20	
12		Run the shuttle 4x10m(s)	≤ 13,00	16.67 ± 3.13	18.78	4.138*	8	1.61	162	32.60	327	65.79	
13		Run according to strength for 5 minutes (m)	≥ 870	654.5 ± 98	14.97	5.675*	3	0.60	86	17.30	408	82.09	

Table 5. Classification of physical fitness status of students majoring in Culture and Tourism at Thanh Hoa University of Culture, Sports and Tourism according to the summary score table

No	Classify	Point evaluation	Male (n=187)		Female (n=497)	
			n	%	n	%
1	Good	106.6-130	7	3.74	4	0.80
2	Rather	83.2-106.5	22	11.76	34	6.84
3	Medium	59.8-83.1	98	52.41	149	29.98
4	Feebleness	36.4-59.7	38	20.32	243	48.89
5	Least	<36.4	22	11.76	67	13.48

Table 5 shows that according to the classification of the general fitness scorecard of students majoring in Culture and Tourism, Thanh Hoa University of Culture, Sports and Tourism is still concentrated at the average level (52.41% male, 52.41% male, 52.41% male). female 29.98%), weak (male 20.32 %, female 48.89%) and poor (male 11.76%, female 13.48%). In particular, all the students at the low level (male with 22 students, female with 67 students) had

test results below the level achieved in 12/13 indicators, test tests, except for the body mass index. body. Thus, initially, it can be identified that this is a group of students with weak health, according to the total score of physical fitness classification of the construction thesis.

To assess more specifically the fitness of the group of students with weak health, we show them in Tables 6 and 7.

Table 6. Physical fitness status of male students in the weak health group majoring in Culture and Tourism of Thanh Hoa University of Culture, Sports and Tourism (n=22)

No	Classify	Test content	Male test results (n=22)		
			$\bar{X} \pm \sigma$	Compare Cv%	The rating according to regulations
1	Form, function	Standing height (cm)	159.5 ± Below reach	2.34	Below reach
2		Weight (kg)	51.7 ± Below reach	6.60	Below reach
3		Body mass index BMI (kg/m <sup>2</sup> )	20.32 ± Normal	7.97	Normal
4		Heart function	13.53 ± Below reach	8.35	Below reach
5		Vital capacity (ml)	2741 ± Below reach	4.54	Below reach
6		Single reflection (ms)	212.5 ± Below reach	6.82	Below reach
7		Complex reflex (ms)	370.5 ± Below reach	6.61	Below reach
8	Physical	Handgrip force (kg)	33.5 ± Below reach	6.69	Below reach
9		Lie on your back with sit-ups (times/the 30s)	13 ± Below reach	7.69	Below reach
10		Thrust in place (cm)	187.5 ± Below reach	6.26	Below reach
11		Run 30m XPC(s)	7.12 ± Below reach	5.76	Below reach

12		Run the shuttle 4x10m(s)	14.84 ±	Below reach	6.94	Below reach
13		Run according to strength for 5 minutes (m)	826 ±	Below reach	6.90	Below reach

Table 7. Physical status of female students in the weak health group majoring in Culture and Tourism of the Thanh Hoa University of Culture, Sports and Tourism (n=67)

No	Classify	Test content	Women's Test Result (n=67)			
			$\bar{X} \pm \sigma$	So sánh Cv%	Rating level	
1	Form, function	Standing height (cm)	147.5 ±	Below reach	2.28	Below reach
2		Weight (kg)	40.5 ±	Below reach	8.91	Below reach
3		Body mass index BMI (kg/m <sup>2</sup> )	18.62 ±	Normal	6.61	Normal
4		Heart function	14.62 ±	Below reach	7.05	Below reach
5		Vital capacity (ml)	1987 ±	Below reach	5.36	Below reach
6		Single reflexion (ms)	225.5 ±	Below reach	5.65	Below reach
7		Complex reflex (ms)	397.5 ±	Below reach	4.97	Below reach
8	Physical	Handgrip force (kg)	16.5 ±	Below reach	8.61	Below reach
9		Lie on your back with sit-ups (times/the 30s)	11 ±	Below reach	9.09	Below reach
10		Thrust in place (cm)	118.5 ±	Below reach	5.77	Below reach
11		Run 30m XPC(s)	8.43 ±	Below reach	6.29	Below reach
12		Run the shuttle 4x10m(s)	18.64 ±	Below reach	4.56	Below reach
13		Run according to strength for 5 minutes (m)	454.5 ±	Below reach	7.70	Below reach

Tables 6 and 7 show that the fitness results of the weak group of students have high uniformity, shown in all the evaluation indicators,  $Cv < 10\%$  in both men and women. This result reflects and proves that the above group of students has a poor physical background, and weak health and does not meet the prescribed physical requirements. Therefore, it is necessary to change and improve the contents, Methods of teaching Physical Education to contribute to improving the health and fitness of students.

#### IV. CONCLUSION

The health assessment of students majoring in Culture and Tourism at Thanh Hoa University of Culture, Sports and Tourism according to the health classification of the Ministry of Health prescribed by the Ministry of Health are all at grade III, and the average health level in both Male and females are 894 students, accounting for 98.03%. According to the medical examination results, none of the students had diseases, congenital diseases,



disabilities, etc., which affected the students' motor activities. However, this is only the result of a preliminary medical assessment of health when students start the admission procedure, this result is not enough to confirm that all students are in good health.

The results of the physical fitness assessment of students majoring in Culture and Tourism at Thanh Hoa University of Culture, Sports and Tourism, the overall average achievement of both male and female students is lower than the standard achievement level nail. In which, 22 male students achieved 11.76% and 67 female students achieved 13.48% with poor fitness test results in all test indicators. From these results, it can initially be determined that this is a group of students with weak health, it is necessary to change and improve the content and teaching methods of Physical Education subjects to improve physical fitness, and contribute to health promotion for students.

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