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Editorial

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Reconstructing new perspectives in physical fitness

Physical fitness is a multifaceted characteristic and ability of humans. It is a set of physical attributes (Fahey et al., 2015) which supports an individual's body systems to work efficiently for health (Corbin & Le Masurier, 2014), the ability to move to complete planned and unplanned tasks, and the ability to function effectively and efficiently for life (Corbin et al., 2008). Customarily, physical fitness attributes are classified either as health-related or skill-related fitness components. Health-related fitness (HRF) components include body composition, cardiorespiratory fitness, flexibility, muscular strength, and muscular endurance. Skill-related fitness (SRF) includes balance, coordination, reaction time, agility, speed, and power.

Health-related fitness components are vital for achieving optimal well-being. Cardiorespiratory fitness and body composition are essential components of a healthy lifestyle that can predict coronary heart disease risk. In addition, flexibility, muscular strength, and muscular endurance support the performance of physical activities and exercises, which are necessary for a healthy and active lifestyle. They help people maintain a healthy lifestyle through correct and appropriate functioning in their daily activities.

Skill-related fitness components are associated with abilities necessary in sports performance. Although such components also support lifestyle functions necessary for a healthy and active lifestyle, they are more prominent in athletic, recreational, and rhythmic performance.

It is essential to grasp the concept of each component and its association with the body's different systems to gain a new perspective on the components of physical fitness. With this, fitness professionals will examine the constructs to be measured and identify issues and challenges surrounding physical fitness and assessment.

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Research on Building Assessment Scale of Circular and Respiratory Indicators in Movement of Vietnamese Young Badminton Athletes

Vu Quynh Nhu: Bac Ninh Sport University, Vietnam.

Abstract:

In the research process, the researcher selected 15 indicators to evaluate circulatory and respiratory functions in movement of young Vietnamese badminton athletes. The MetaMax 3B machine was used to evaluate the circulatory and respiratory functions in movement of young Vietnamese badminton players in general, and at the same time build a scale to assess these indicators in movement of the research subjects. Keyword: scale, circulatory indicators, respiratory indicators, in movement, Vietnamese young athletes, badminton.

1. Introduction:

In modern sports, people are increasingly reaching the peak of their athletic ability, following the trend of "volume and intensity" training. Based on that trend, experts and coaches have brought athletes' achievements to superior levels. To achieve these goals, managing the training process becomes an increasingly complex business, requiring the information about athletes' physical fitness and preparation ability to be instant, objective and accurate. From the above meanings, it is important to understand the changes in some respiratory and circulatory indicators in athletes' movements.

The Cortex MetaMax 3B system is a functional circulatory and respiratory system (also known as the CPX system) that measures the gas exchange in the lungs under real conditions, directly measures the gas exchange including the concentration of O2 and co2 during exhalation/inhalation, heart rate, pulmonary ventilation, ambient temperature and pressure. Besides, other important physiological parameters are also measured (such as AT, VO2max, ECG electrocardiogram during operation) to evaluate the athlete's respiratory circulation in a comprehensive way, thus to evaluate the level of training. Due to the practical need, we decided to conduct the research on building a scale to evaluate circulatory and respiratory indicators in movement of young Vietnamese badminton athletes.

2. Methodology:

The research process was carried out using the following methods: Analyzing and synthesizing documents - Interview - Medical examination - Laboratory methods (hematology biochemistry) - Mathematical methods of statistics.

3. Findings and Discussion:

3.1. The selection of functional indicators reflecting the overall performance of young Vietnamese badminton players in maximum exertion on the MetaMax 3B system

Through the use of document analysis and synthesis method, and interview, we selected 15 circulatory and respiratory indicators in movement of young Vietnamese badminton athletes during maximum physical exertion on the MetaMax 3B system, including: Recovery time(s); Power (w); Exercise volume (m); tidal volume (VT); Respiratory rate (Rf); Maximum minute ventilation (MV); Absolute volume of oxygen absorbed VO2 max

(liter/min); Relative VO2 max (ml/min/kg); Exhaled carbon dioxide volume absolute VCO2 (liter/min); Relative VCO2 max (ml/min/kg); Aerobic(ml/p/W); heart rate (HR); Oxygen index – pulse (ml); Circuit reserve (%); Energy storage (%) We conducted a study on 13 young badminton players aged 16-18 (including 09 male athletes and 04 female athletes). This study used the test of increasing movement to maximum on the running mat. The amount of movement increases gradually in 2 forms: Increase speed and increase incline.

3.2. Developing classification standards and scorecards to evaluate the circulatory and respiratory indexes of young Vietnamese badminton athletes during maximum exertion on the MetaMax 3B system

3.2.1. Developing a standard for classifying circulatory and respiratory indicators of young Vietnamese badminton players during maximum exertion on the MetaMax 3B system

Based on the results of checking the current status of circulatory and respiratory indicators in movement on the Cortex Metamax machine system of the players and the results of the interview to select the circulatory and respiratory indicators, we was able to conduct classification in 5 levels: Good, Fairly good, Average, Below average, Poor according to the 2δ rule. The results are illustrated in Table 1 and Table 2.

- Good > $\overline{X}$ + 2δ.
- Fairly good from $\overline{X}$ + 1δ to $\overline{X}$ + 2δ.
- Average from $\overline{X}$ – 1δ to $\overline{X}$ + 1δ.
- Below average from $\overline{X}$ – 1δ to $\overline{X}$ – 2δ.
- Poor < $\overline{X}$ – 2δ.

Table 1. General classification criteria for circulatory and respiratory indexes in movement of young Vietnamese male badminton athletes

No.	Indicators	Units of measurement	Classification				
			Poor	Below Average	Average	Fairly good	Good
1	Recovery time	s	>265.03	248.07-265.03	214.15-248.07	197.19-214.15	<197.19
2	Power	w	<222.88	222.88-241.05	241.05-277.39	277.39-295.56	>295.56
3	Exercise volume	m	<647.64	647.64-758.2	758.2-979.32	979.32-1089.88	>1089.88
4	VT	litre	<1.12	1.12-1.46	1.46-2.14	2.14-2.48	>2.48
5	MV	litre/ph	<80.97	80.97-93.53	93.53-118.65	118.65-131.21	>131.21
6	Maximum absolute VO_2	litre/ph	<1.86	1.86-2.52	2.52-3.84	3.84-4.5	>4.5
7	Absolute VCO_2	litre/ph	<1.83	1.83-2.62	2.62-4.2	4.2-4.99	>4.99

8	RER		<0.87	0.87-0.97	0.97-1.17	1.17-1.27	>1.27
9	Maximum relative VO_2	ml/ph/kg	<49.44	49.44-54.82	54.82-65.58	65.58-70.96	>70.96
10	Relative VCO_2	ml/ph/kg	<51.26	51.26-57.91	57.91-71.21	71.21-77.86	>77.86
11	Aerobic	ml/ph/w	<8.27	8.27-10.29	10.29-14.33	14.33-16.35	>16.35
12	HR	(times / min)	<172.79	172.79-179.06	179.06-191.6	191.6-197.87	>197.87
13	Oxygen-pulse	ml	<12.04	12.04-14.62	14.62-19.78	19.78-22.36	>22.36
14	Pulse reserve	%	<91.24	91.24-94.01	94.01-99.55	99.55-102.32	>102.32
15	Energy storage	%	<73.35	73.35-79.23	79.23-90.99	90.99-96.87	>96.87

Table 2. General classification criteria for circulatory and respiratory indicators in the movement of young Vietnamese female badminton athletes

No.	Indicators	Poor		Below Average		Average		Fairly Good		Good	
		Number	%	Number	%	Number	%	Number	%	Number	%
1	Recovery time	2	25	0	0	4	50	1	12.5	2	25
2	Power	2	25	0	0	4	50	2	25	1	12.5
3	Exercise volume	2	25	1	12.5	3	37.5	1	12.5	2	25
4	VT	0	0	1	12.5	6	75	2	25	0	0
5	MV	2	25	2	25	1	12.5	2	25	2	25
6	Maximum Absolute VO_2	0	0	2	25	6	75	1	12.5	0	0
7	Absolute VCO_2	0	0	2	25	5	62.5	2	25	0	0
8	RER	0	0	1	12.5	6	75	2	25	0	0
9	Relative VO_2	1	12.5	1	12.5	5	62.5	1	12.5	1	12.5
10	Maximum relative VCO_2	2	25	0	0	5	62.5	1	12.5	1	12.5
11	Aerobic	0	0	1	12.5	7	87.5	1	12.5	0	0
12	HR	1	12.5	0	0	5	62.5	3	37.5	0	0
13	Oxygen - Pulse	0	0	3	37.5	4	50	1	12.5	1	12.5

14	Pulse reserve	0	0	1	12.5	7	87.5	1	12.5	0	0
15	Energy storage	1	12.5	1	12.5	4	50	2	25	1	12.5

3.2.2. Building an assessment scale (scoreboard) of circulatory and respiratory indicators of young Vietnamese badminton players during maximum exertion on the MetaMax 3B system

In order to evaluate the circulatory and respiratory indicators in movement of young Vietnamese badminton players, we attribute the parameters, the circulatory and respiratory indicators in movement of athletes from Bac Ninh University of Physical Education and Sports to point on the C scale (10 points scale) C = 5 + 2Z. The results are illustrated in Tables 3 and Table 4.

Table 3. Scoreboard of circulatory and respiratory indicators of young Vietnamese badminton players in maximum exertion on MetaMax 3B system

	Indicators	Units of measure-ment	Scores										
			10	9	8	7	6	5	4	3	2	1	0
1	Recovery time	s	231.11	239.59	248.07	256.55	265.03	273.51	281.99	290.47	298.95	307.43	315.91
2	Power	w	304.645	295.56	286.475	277.39	268.305	259.22	250.135	241.05	231.965	222.88	213.795
3	Exercise volume	m	1145.16	1089.88	1034.6	979.32	924.04	868.76	813.48	758.2	702.92	647.64	592.36
4	VT	litre	2.65	2.48	2.31	2.14	1.97	1.8	1.63	1.46	1.29	1.12	0.95
5	MV	litre/ph	137.49	131.21	124.93	118.65	112.37	106.09	99.81	93.53	87.25	80.97	74.69
6	Maximum Absolute VO_2	litre/ph	4.83	4.5	4.17	3.84	3.51	3.18	2.85	2.52	2.19	1.86	1.53
7	Absolute VCO_2	litre/ph	5.385	4.99	4.595	4.2	3.805	3.41	3.015	2.62	2.225	1.83	1.435
8	RER		1.32	1.27	1.22	1.17	1.12	1.07	1.02	0.97	0.92	0.87	0.82
9	Relative VO_2	ml/ph/kg	73.65	70.96	68.27	65.58	62.89	60.2	57.51	54.82	52.13	49.44	46.75
10	Maximum relative VCO_2	ml/ph/kg	81.185	77.86	74.535	71.21	67.885	64.56	61.235	57.91	54.585	51.26	47.935
11	Aerobic	ml/ph/w	17.36	16.35	15.34	14.33	13.32	12.31	11.3	10.29	9.28	8.27	7.26
12	HR	(times/ min)	201.005	197.87	194.735	191.6	188.465	185.33	182.195	179.06	175.925	172.79	169.655
13	Oxygen - Pulse	ml	23.65	22.36	21.07	19.78	18.49	17.2	15.91	14.62	13.33	12.04	10.75
14	Pulse reserve	%	103.705	102.32	100.935	99.55	98.165	96.78	95.395	94.01	92.625	91.24	89.855
15	Energy storage	%	99.81	96.87	93.93	90.99	88.05	85.11	82.17	79.23	76.29	73.35	70.41

Table 4. Scoreboard of circulatory and respiratory indicators of young Vietnamese female badminton athletes during maximum exertion on the MetaMax 3B system

No.	Indicators	10		9		8		7		6		5		4		3		2		1		0	
		No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%	SL	%	SL	%	SL	%
1	Recovery time	2	22	0	0	4	44	0	0	2	22	1	11	0	0	0	0	0	0	0	0	0	0
2	Power	0	0	1	11	2	22	0	0	1	11	3	33	0	0	0	0	0	0	0	0	2	22
3	Exercise volume	1	11	1	11	1	11	0	0	0	0	2	22	1	11	0	0	0	0	1	11	2	22
4	VT	0	0	0	0	1	11	1	11	1	11	0	0	5	55	0	0	1	11	0	0	0	0
5	MV	1	11	1	11	0	0	2	22	0	0	1	11	0	0	0	0	1	11	2	22	1	11
6	Maximum Absolute VO_2	0	0	0	0	1	11	0	0	3	33	2	22	0	0	2	22	0	0	1	11	0	0
7	Absolute VCO_2	0	0	0	0	1	11	2	22	0	0	2	22	1	11	2	22	1	11	0	0	0	0
8	RER	0	0	0	0	1	11	2	22	0	0	2	22	1	11	2	22	1	11	0	0	0	0
9	Relative VO_2	1	11	0	0	0	0	1	11	2	22	2	22	1	11	1	11	0	0	0	0	1	11
10	Maximum relative VCO_2	1	11	0	0	0	0	1	11	3	33	0	0	2	22	0	0	0	0	1	11	1	11
11	Aerobic	0	0	1	11	0	0	0	0	1	11	3	33	3	33	0	0	0	0	1	11	0	0
12	HR	0	0	0	0	1	11	2	22	4	44	1	11	0	0	0	0	0	0	0	0	1	11
13	Oxygen - Pulse	0	0	1	11	1	11	1	11	2	22	1	11	0	0	0	0	2	22	1	11	0	0
14	Pulse reserve	0	0	0	0	1	11	2	22	1	11	2	22	2	22	0	0	0	0	1	11	0	0
15	Energy storage	1	11	0	0	2	22	1	11	0	0	1	11	2	22	0	0	1	11	0	0	1	11

3.2.3. Building a synthetic assessment scale to evaluate the circulatory and respiratory indicators of young Vietnamese badminton players during maximum exertion on the MetaMax 3B system

We have built a composite scoreboard for 15 indicators, in which the values of the indicators are the same and the total score of these 15 indicators (on a 10-point scale) is 150 points. The results are presented in Table 5.

Table 5. Assessment scale to evaluate the circulatory and respiratory indicators of young Vietnamese badminton players during maximum exertion on the MetaMax 3B system.

Classification	Rating results (points)
Good	>135
Fairly good	105-134
Average	75-104
Below average	45-74
Poor	<45

However, to achieve the final total score, it is not necessary to achieve the above score in each Test, in other words, it is possible to take the score obtained from this Test to compensate for the other Test, provided that the total score obtained must be within the specified range of the criteria.

4. Conclusion:

Through the research, the researcher has selected 15 indicators to evaluate the circulatory and respiratory function of young Vietnamese badminton players during maximum exertion on the MetaMax 3B system.

Thanks to the results, a classification standard, a scoreboard and a general scoreboard to evaluate the circulatory and respiratory indicators of young Vietnamese badminton players during maximum exertion on MetaMax 3B system have been developed.

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The Reality of Conditions to Ensure the Young Vietnamese Athletes Training and Coaching

Nguyen Manh Toan: Hanoi University of Physical Education and Sports

Abstract:

The results of the assessment of the reality of facilities, fields, training equipment as well as factors of technical means, investment funds for training, the training plan, the leaders' attention, the management of athletes and coaches during the training process will be the scientific basis in proposing the training measures for talented young Vietnamese athletes.

Keywords: Athletes, Coach, Conditions, Training, Coaching, Athletics, Vietnam.

1. Introduction:

Athlete training and coaching is a multifaceted process, purportedly using factors (means, methods and conditions) that allow a deliberate impact on athlete development and make sure they have the necessary level to achieve sports performance. In order to develop the achievements of young athletes, it is necessary to have a high level of investment in all aspects of ensuring conditions in training and coaching. Therefore, it is indispensable to increase investment sources for the training of Vietnamese athletes, in which, appropriate investment should also be spent on the young talented athletes' training. Step by step investing and upgrading the facilities, ensuring conditions for the National Sports Training Centers in terms of nurturing conditions both facilities and equipment for training. More investment in medical care for athletes. Proposing a specific mechanism for concentrated investment in sports talents in order to create the best conditions for talents to reach peak achievements.

However, these issues have not been properly invested. The mechanisms, policies and management are not appropriate and there are still many difficulties. Therefore, studying the reality of ensuring conditions in training - coaching is an urgent requirement in the current practice of training young Vietnamese athletes.

2. Research Methods:

The research uses the following research methods: Method of document analysis and synthesis, interview method, social investigation method, mathematical and statistical method to evaluate the reality of ensuring conditions for the training and coaching of young Vietnamese athletes.

3. Research results:

3.1. The reality of facilities and training equipment.

Facilities, yards, training equipment as well as technical equipment to support and apply in the process of training young athletes are important factors to improve training effectiveness. To clarify the reality of this issue, we have conducted a survey of 149 athletics coaches through interviews. The results are shown in Tables 1 to 3.

Table 1. Reality of facilities and equipment for training young athletes in Vietnam (n = 149)

No.	Conditions of sports field, training equipment	Quantity	Percentage
1.	Very good condition	13	8.72
2.	Good condition	22	14.77
3.	Normal condition	24	16.11
4.	Poor condition	57	38.26
5.	Very poor condition	33	22.15
	Total	**149**	**100.00**

Table 2. The reality of sportd field quality for training young Vietnamese athletes (n = 149)

Survey results	Quality of training sports field				Total
	Synthetic surface sports field	Coal paved sports field	Rammed earth sports field	Sports field of other materials	
Quantity	12	68	63	6	149
Percentage	8.05	45.64	42.28	4.03	100.00

Table 3. The reality of technical facilities to support the training of young Vietnamese athletes (n = 149)

No.	Conditions of technical means to support the training	Survey results			
		Yes	Percentage	No	Percentage
1.	Center for health, care and physical rehabilitation	13	8.72	136	91.28
2.	Medical equipment to restore health	46	30.87	103	69.13
3.	Technical equipment to support training	68	45.64	81	54.36

The results are shown in table 1, 2, 3:

- Most coaches' opinions say that the conditions of facilities for training young athletics athletes are very limited (accounting for 60,40%), and rate at a poor level (accounting for 38.26%) to very poor (accounting for 22.15%), while 16.11% coaches say that new facilities meet the training requirements at an average level, 14.77% of opinions rate at a good level and 8.72% of the reviews is at a very good level. Through research, these reviews are mainly from the coaches at the National Sports Training Center - where the state has the largest infrastructure investment today.

- In terms of the quality of the training field and the technical facilities to support the training work, there are similar results. 45.64% of the respondents says that the athletic field serving training at the athlete training facilities is just a coal yard; 42.28% comments that the athletic field for training is currently only a clay court (so it is not guaranteed for training and competition); Only 8.05% says that there is a standard synthetic paved yard. Regarding the conditions of technical support equipment also give similar results, the majority of opinions (accounting for 54.36% to 91.28%) claim that currently, most athletes training centers do not have the necessary equipment. Technical equipment and facilities to support training such as:

Most of the sports centers and gifted schools in the provinces haven't had medical and rehabilitation centers, as well as necessary technical equipment yet.

3.2. The reality of funding.

To further clarify this issue, we have conducted interviews and consulted with 149 coaches about the factors that directly affect the training of athletes and the current state of funding for training and coaching athletes. The results are shown in Table 4

Table 4. The reality of funding sources for the selection and training of athletes and factors affecting the training process of young Vietnamese athletes (n = 149)

Influencing Factors	Quantity	Percentage	Funding Sources for training	Quantity	Percentage
Training level	31	20.81	Totally depend on the state budget	99	66.44
Athlete's qualifications	12	8.05	Training remuneration	9	6.04
Funding	69	46.31	Budget money with support from fees	37	24.83
Management mechanism	10	6.71	Self-balancing with budget support	4	2.68
Leadership factor	27	18.12	Due to the socialization factor of sports, funding	0	0.00
Total	**149**	**100.00**	**Total**	**149**	**100.00**

The results shown in table 4:

- When consulting the coaches about the factors that directly affect the training and coaching of athletes, with 5 factors that we have given, the opinions are relatively scattered, but most opinions said that funding is one of the factors that have the greatest influence on athlete training (69/149 comments, accounting for 46.31%), the rest, the selected opinions said that the training level factors and leadership factors also have a great influence on the process of training and coaching athletes (accounting for 18.12% and 20.81%). The factors of athletes' qualifications and management mechanism have the lowest number of opinions (accounting for 6.71% and 8.05%).

- In terms of the funding for training: 99/149 opinions (accounting for 66.44%) say that the funding source for training and coaching young athletics athletes at most training centres today mainly base on the state budget, the remaining 24.83% says that in some centres, this funding source also has additional support from their own service fees. Only 4/149 opinions (accounting for 2.68%) claim that the training places had self-balanced funding with additional support from the state budget, and 6.04% say that the athletes training budget got from training fees. It has been shown from the fact that, with a few of these sports training centres, they have implemented the training of athletes according to the training model, training by order, and considered it as one of the service activities to generate funding. Organizing this type of service in some places has also brought some very positive results.

3.3. The reality of development planning in training and the leaders' attention.

Development planning in sports training (also known as training plans, including: Long-term, medium-term and short-term training plans) is a mandatory working direction to control the training process for one or more athletes or for one sports team over a specified period of time.

Without a training plan, the job of a coach is just a random and groping job. They are able to neither appreciate all the causes that leads to the victory nor fully understand the causes and consequences affecting the future and athletes' health.

In order to find out the current situation of planning the training, as well as the leaders' concern at all levels about the development of training plans, we have conducted a survey of this issue at the training centres of young athletes in Vietnam through interviews with 140 coaches. The obtained results are shown in Tables 5 and 6.

Table 5. The reality of development planning in training at the sports training centres (n = 149)

Survey results	The reality of making the training plan				Total
	Long-term	Medium-term	Short-term	None	
Quantity	56	77	16	0	149
Percentage	37.58	51.68	10.74	0.00	100.00

Table 6. The reality of leadership's interest in training young athletes (n = 149)

Attention, Facilitation	Quantity	Percentage	Leadership Support for Training	Quantity	Percentage
Very often	41	27.52	Very supportive	44	29.53
Regular	78	52.35	Supportive	93	62.42
Normal	28	18.79	Normal	11	7.38
Unusual	2	1.34	Unsupportive	1	0.67
Very little	0	0.00	Extremely unsupportive	0	0.00
Total	**149**	**100.00**	**Total**	**149**	**100.00**

From the results obtained in Tables 5 and 6, it can be seen that:

- The vast majority of coaches claim that the development of a training plan is sufficiently concerned, mainly a medium-term training plan for young athletes (77/ 149 opinions, accounting for 51.68%); 37.58% of the respondents have said that they have developed a long-term training plan in training young athletes, while the rest, only a few, comments that they are only interested in a short-term training plan (16/149 opinions, accounting for 10.74%).

- In terms of the attention, facilitation and support of leaders in training athletes, most of the comments say that leaders at all levels have cared and facilitated from often to very often (accounting for 79.87%, of which 52.35% says that they are interested often, and 27.52% says that they are interested very often).

Similarly, most of the opinions also claim that the training of athletes is supported by the leaders (accounting for 91.95%, of which 62.42% says it's supportive, and 29.53% thinks it's very supportive).

3.4. The reality of the management of the training process for athletes and coaches.

3.4.1. Management of athletes.

Athletes in the centers are a special group, because athletes have to participate in both training and cultural learning. In the management process, there are still some manifestations: Weakness in political thought, daily management is still loose... The results are presented in Table 7 and 8.

Table 7. Methods of managing young track and field athletes

Organizational Form	Three concentrations (studying, daily routine, training)	Two concentrations (studying, training)	Non-resident (training)
Quantity	119	25	5
Percentage	79.86	16.78	3.36

The results in Table 7 show that: The majority of athletes are concentrated in the form of three centralized management (studying, daily activities, training) at the centers, accounting for 79.86%, only a small number of these are in the form of two centralized management (study and training), accounted for 16.78% and non-resident (owner in charge of training) accounted for 3.36%. Thus, it can be seen that for athletes' activities, coaches must often have strict requirements. Coaches are required to take on the responsibility of daily training of athletes and ideological education related to training, strengthen the unity within athletics teams and athletes, improve the style and manners for athletes.

Table 8. Management situation of the coach for the training, learning and daily activities of young athletes

Attitude	Very strict	Strict	Normal	Not too strict	Not strict
Quantity	296	195	49	10	0
Percentage	53.82	35.45	8.91	1.82	0.00

The results in Table 8 show that: 53.82% of athletes think that the coach's management for the training, learning and activities of athletes is very strict, 35.45% of athletes say that the coach's management of the athlete's training, learning and activities is strict; 8.91% of athletes say that the coach's management of the athletes' training, learning and activities is normal; 1.82% of athletes think that the coach's management of the training, learning and activities of athletes is not too strict. Thus, it can be said that for the training of young track and field athletes, the coaches have been strict in athlete management. They have full responsibility and are dedicated to strengthening the management of athletes.

3.4.2. Coach management.

From the coaches' management, we conduct the research. We analyze the effectiveness of the policy implementation, the reward mechanism for the coaches. The results are presented in Tables 9 to 11.

Table 9. The reality of work management and administration for athletics coaches (n = 149)

Survey results	Management and administration					Total
	Very reasonable	Reasonable	Normal	Unreasonable	Very unreasonable	
Quantity	34	30	63	22	5	149
Percentage	19.46	20.13	42.28	14.77	3.36	100.00

Table 10. The reality of the assignment of tasks for athletics coaches (n = 149)

Survey results	Management and administration			Total
	Learder's assignment	Designation of Superior	Recruitment by job	
Quantity	57	64	28	149
Percentage	38.26	42.95	18.79	100.00

Table 11. Status of effective implementation of policies and regimes for coaches and management, emulation and reward mechanisms (n = 149)

Regime and policy for athletics coach	Quantity	Percentage	Emulation and reward mechanism for Coach	Quantity	Percentage
Very complete	14	9.40	Very good	9	6.04
Perfection	47	31.54	Good	41	27.52
Normal	78	52.35	Normal	72	48.32
Not perfect	10	6.71	Poor	27	18.12
Very imperfect	0	0.00	Very poor	0	0.00
Total	149	100.00	Total	149	100.00

Results are shown in tables from 9 to 11:

- When being asked about the management and administration of coaching work, most of the comments said that the management work, as well as the current operating mechanism of the coach's work, is reasonable and very reasonable (accounting for 39.59%, of which 19.46% says that it is very reasonable and 20.13% think it is reasonable), up to 42.38% evaluates that it is at normal level, only 18.13% rates it at unreasonable and very unreasonable level.

- Regarding the assignment of training tasks to the coach, the chosen opinions are not focused, in which most of the comments say that the training task (selecting the coach) is directed by the leaders of the superior sports training centres (42.95%); 38.26% claims that the leader directly assigns tasks to the coach; the remaining 18.79% says that this issue is implemented in the form of recruiting coaches on demand.

- Through learning about regimes and policies, emulation and reward mechanisms for coaches, we find that: up to 6.71% of opinions say that regimes and policies for coaches are not paid enough attention; 52.35% of the opinions say that the regime and policies for coaches have not been paid enough attention yet; 31.54% of the comments rate the policy regime for

the coach at a good level (completed), only 9.40% claim that this issue is performed very well. Similarly, for the emulation and reward mechanism, there are 48.32% of opinions to have rate at normal level (meaning being interested) and 18.12% rates at a poor level; However, there are also up to 27.52% of opinions to have rated at a good level, and 6.04% of opinions to have rated at a very good level.

4. Conclusion:

The conditions of the sports field and technical facilities to support the training of young athletes are still limited and do not meet the standards; Most of the sports centers and gifted sports schools in the provinces do not have health and rehabilitation centers, nor do they have the necessary technical equipment.

Funding for training young athletics athletes at Sports Centers, Gifted Sports Schools and National Sports Training Centers is mainly based on funding from the state budget, whereas, funding from socialization and sponsorship is almost impossible.

The training plan is given sufficient attention, in which it is mainly the medium-term training plan for young track and field athletes; in the training of young athletes, leaders often show their interest, facilitation and support; for athletes and coaches management mechanisms, the incentive and competitive effects are low.

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Evolution of New Media and its Impact on Indian Politics

Arvind Kumar Singh: Research Scholar

Abstract:

Today, new media particularly virtual entertainment turned into a significant device in human existence from giving data, correspondence; examine an issue to activate individuals. Individuals can do anything they desire just by involving online entertainment each time for 24 hours and wherever paying little mind to time or place. Also, new media either Facebook, Twitter or Youtube use by everybody including legislators these days to share their plan, other than different techniques. In India, the utilization of new media primarily Twitter seen play a significant in Delhi General Election 2014. For instance, the majority of the political race member like Narendra Modi or and their gatherings, Bharatiya Janata Party (BPJ) seen utilizing new media widely in their internet-based mission to draw in the elector. Consequently, the motivation behind this examination is to comprehend the jobs of new media on politic in India and how legislator utilizes Facebook, Twitter or Youtube in their internet-based mission and spread out plan. For this reason, an inside and out interview (subjective) was utilized to get the discoveries on the effect of new media in legislative issues. There is not many media association staff and previous laborer participated in an inside and out interview. Eventually, this investigation discovered that new media, obviously, can influence individuals particularly when it is being utilized oftentimes.

Keywords: India, New Media, Social Media, Politician, Online Campaign, Voters.

Introduction:

As per Situmorang (2012), the development of web connects to new media that began with email and site just before emerges the online entertainment, writes thus. What's going on media? New media is characterized as a term that shows the rising advanced, PC or organization data innovation and correspondence toward the end 20 century, for example, the web, PC, sight and sound and PC games (Putri, Prananingrum, and Safirti, 2018). Nicoleta (2008) expresses that there are a couple of sorts of new media, for example, web recording and blog. In the interim, as indicated by Friedman and Friedman (2008) likewise incorporate virtual entertainment (Facebook), social bookmarking (del.icio.us), Wikis (Wikipedia.com), video cuts (YouTube, etc.).

Literature Review:

Kaplan and Haenlein (2010) expounded that web-based entertainment is a stage that permits people to talk issue, offer a viewpoint and offer regular routine with others. Additionally, those web-based entertainment giving opportunity for a client to cooperate with individuals, other than give data in regards to any issues. For example, youngsters utilize new media particularly friendly stage to mess around, impart and visit with others, as well as gaining data or new information from the web (Baboo, Pandian and Prasad, 2013.) These days, everyone utilizes online entertainment like Facebook, YouTube and Twitter in their life from imparting, advance, gain ally and create pay. India was one of the main 20 nations with the large number Internet client. By 31 December 2017, India was the second most elevated client with some of a client is around 462 million (Internet World Stat). As per Statista,

Internet clients in India is assessed to increment to 635.8 million by 2021 contrasted with earlier years (Statista). Thus, virtual entertainment these days became well known as significant instruments to the lawmaker in India to collaborate with individuals and for all intents and purposes play news jobs in Indian vote based system. More lawmaker involved virtual entertainment as a device in their political mission and opened new medium in the political field. In 2008, the primary mass utilized of web-based entertainment happens when Mumbai Attack occurs, which is Indian and the external offer data through a medium like Twitter. In the interim, second mass utilization of web-based entertainment began when lawmaker and gatherings attempt to draw in citizen involving online entertainment in May 2009 National Election. For instance, it's seen that Bharatiya Janata Party (BJP) being a seed to utilize online entertainment even before the 2009 general political race. Another lawmaker, for example, Prime Minister of India, Narendra Modi and President of Indian National Congress, Rahul Gandhi additionally utilized virtual entertainment to speak with individuals. (R. Prakash Sings, 2016). Individual from Parliament (MP) Lok Shaba, Shashi Tharoor was initial one among Indian lawmaker begin tweeting, often referenced as the Twitter Minister (Rajput, 2014). As per Katkar (2014) and Kaur and Verma (2016), Delhi General Election 2014 showed that all ideological groups successfully utilize virtual entertainment to draw in with individuals, predominantly elector and seeks after votes. Nonetheless, virtual entertainment likewise being utilized by a government official or ideological groups to be taunting one another, as it did by BJP by calling Rahul Gandhi as Pappudan Narinder Modi being called as Feku by India National Congress (Kaur and Kaur, 2013). Muntean (2015) expressed that web-based entertainment is a beneficial medium in the political domain today for a government official to prevail upon and connect citizen. Besides, a citizen additionally can know political race up-and-comer or government official better before pick utilizing online entertainment. In any case, did new media assume significant parts and give advantage for a government official in India to draw in individuals particularly the youthful age that less associated with legislative issues, as do casting a ballot in the political race

Research Objectives:

This research has the following objectives:

a. To concentrate on the effect of new media on politic in India on the forthcoming general political decision.
b. To break down the capacity of new media to changed political situation in India.
c. To look at the utilized of new media in a political mission by Indian government official according to editorial manager viewpoints.

Research Questions:

This research has the following questions:

a. What is the effect of new media on politic in India on the forthcoming general political race?
b. Are new media being able to change the politic situation in India?
c. How new media can impact political mission by Indian legislator according to proofreader point of view?

Significant of Study:

The review is zeroing in on the jobs in new media on politic in India. The utilization of web-based entertainment, for example, Twitter and Facebook among up-and-comer and ideological groups itself will ready to give sway on their mission. This year, India General Election expected to be held between April to May 2019. Virtual entertainment will be a significant milestone for ideological groups, like BJP, India National Congress and AAP for this forthcoming political decision.

Problem Statement:

New media with is minimal expense turned into another power and arising apparatus for political correspondence, commitment, and interest. Be that as it may, India likewise applies control and limitation about issues of political and social clash starting around 2003. For example, India contention with Pakistan over Kashmir or different cases, similar to an issue between standings. With the developing interest of the web in India that incorporate 29 states and seven association domains, network unsettling influence became one of the significant concerns in the country. Additionally, network issue at any point occurred during the political struggle in Jammu and Kashmir in January 2012. Besides, in light of a review in 2018, 43,088 towns of 5.9 million towns in India actually don't have cell phone administration. Thus, the stage successful to impact individuals stills an inquiry. However, numerous lawmakers start to involve web-based entertainment in their mission to move toward individuals in the past political race, for example, Delhi General Election 2014 charming the consideration of analysts. This paper investigates how India lawmaker involving new media as a mission stage to connect citizen.

The used of New Media during the Election:

In Indian General Election 2014, BJP and Aam Aadmi Party (AAP) utilize broadly web-based entertainment, for instance, Twitter to relate and draw in with an ally during the mission. Both ideological groups likewise shared crusade related materials like recordings and images in web-based entertainment. Subsequently, the BJP web-based entertainment crusade became one of its causes winning the political race (Chadha and Guha, 2016). The political race remained as most productive and memorable decisions in the entire popularity based history of India. Individual gatherings utilize different online entertainment like Twitter to make mindfulness about competitor profile, statement up to technique of casting a ballot. Truth be told, it additionally utilizes as showcasing parties, survey expectation, and examination about the political race (Shushi). Safiullah, Pramod Pathak and Anshul (2016) referenced web-based entertainment as an arising device being utilized generally to speak with the elector in the politic field. They are an alternate kind of virtual entertainment can be utilized, like Facebook and LinkedIn (person to person communication), Twitter (microblogging) and YouTube (media sharing). For instance, Twitter can be an entirely reasonable stage to impart the political mission to target citizen for ideological groups as it's occurring in different nations. Nowadays, virtual entertainment continuously well known particularly among youthful age since it gives benefit, for example, impart, share data and collaborate with one another without restriction. Additionally, online entertainment development as a gadget for ideological groups and lawmaker to contact individuals in a brief time frame. Dissimilar to customary media, this stage likewise let competitor doing numerous things with an elector, incorporating connecting straightforwardly with them

(Narasimhamurthy, 2014). Kulkarni (2017) recommends that political campaigners use image as a component of a political mission and stage to speak with netizen in online entertainment. Additionally, the quantity of virtual entertainment client involved the medium to share material or giving remark for political exercises became developing, subsequently supports political commitment.

Media Theory:

Bennet (1982) expressed that Theories of Media and Communication was important as its presence in this world support media individuals accomplish their fantasy, for example, to assurance the specific issue that causes. In this examination, the hypothesis will support to figure out whichever media give data, give impact, make an issue or so on toward society. In this way, Agenda Setting Theory will be use to help the examination. McCombs and Shaw (1972) presented the hypothesis in 1972 in light of the 1968 Presidential Election in North Carolina. Them observed that there was an association in the midst of what citizens accepted was indispensable and the issue of media consideration through the review. The hypothesis apparently verifies that the media can impact people in general on the importance of an issue. In this manner, one might say that media consideration on any issue will be pretty much known by general society, while less media consideration on any issue will be less known by general society. In extra exploration, McCombs and Shaw (1977), believe that this hypothesis connected with issues, for example, news occasion or news gives that being presented by media to concentrate on crowd mind about a specific issue. This explanation additionally support by (Purvis, 2001) that figure media can control crowd mind utilizing Agenda Setting Theory. This uncovered that could media at any point give impact by change crowd assessment and decision. In the mean time, Rogers and Dearing (1988) says that Agenda Setting Theory comprise media, public, and strategy plans. In their further investigations, Rogers and Dearing (1992) asserted that the media plan is a media-driven issue, the public plan talks about to issues considered essential to general society and the policymakers' plan is one that represents a nation's policymakers. Academician Akpabio (2005) accepted that media association have specific plan toward society by a disseminated news story in the paper frequently. Plan setting hypothesis uses to achieve something, for example, to give exposure. There are not many neighborhood and global academians utilizing Agenda Setting Theory in their exploration. For instance, research on 'Twittering public opinions: A prescient investigation of pre-survey Twitter prominence of Prime Ministerial possibility for the Indian Election' that take on a volume, commitment and feeling examination for foreseeing the ubiquity of Prime Ministerial competitor on Twitter as an approach the India Election 2014 demonstrated the plan setting impact of Twitter toward applicant (Suresh and Ramkrishnan, 2015). In Chanda and Bose research 'Online entertainment and plan setting: A investigation of the changing patterns of electon crusade in India' showed that the changing pattern of mission when Bharatiya Janata Party (BJP) and its up-and-comer Narenda Modi famous because of web-based entertainment crusade. In the review, specialist attempt to figure out how media sets the plan for political decision and actuates well known feeling and sentimens between open. In the interim, Baumann, Zheng and McCombs (2017) concentrated on 'First and second-level plan setting in the 2014 Indian general political decision: a period series examination of party-media connection' demonstrated that media inclusion center around applicant from Bharatiya Janata Party (BJP's) Narendra Modi. This describe to concentrate by McCombs and Shaw (1972) that the recurrence of inclusion can prompt increment consideration toward related issues.

Methodology:

This part examines the thing connected with this exploration like examination strategy that connected jobs of new media on politic in India. Idid (1993) says that once there are issues then the information accessible through systems. In the mean time, as per Baharom (1998), the system uses to tackle the examination. Which is research is the strategy to check or examine. Utilizing research strategies, in general techniques taken to accomplish every one of the targets of the examination. Albeit a piece of the exploration interaction should be possible in the library, the best way to deal with make research is going down to the field. Subsequently, the researcher would look and concentrate on genuine occasions that happen in public activity. Consequently, the critical exploration really founded on the information coming about because of field work like meeting (Idid, 1993). To satisfy the exploration goals, a subjective method was led. The subjective exploration technique utilizes a top to bottom meeting. This strategy is abstract in light of the fact that the singular translation of occasions is significant. Maxwell (2005) says that the subjective strategy is one technique for research plan that the reflexive cycle that works with a different stage. In this exploration, the inside and out interview included talk with different media association staff, for example, the supervisor of the unfamiliar work area in regards to the jobs of online entertainment on politic in India. In this review, five unfamiliar work area editors from an alternate association that have over 10 years in the media business being a meeting around 30 minutes to 60 minutes. Besides, this concentrate likewise utilized technique incorporates the assortment of optional information (data that is accessible) that are firmly related investigations, particularly those including reference to help scientist learn about peruser insight in regards to on subjects of study. This data is normally gotten from libraries, documents and all the more however not from significant data assets, like a book (print media) or Internet (electronic media) (Hashim, n.d.).

Data Analysis and Findings:

As indicated by Braun and Clarke (2012), a topical examination is an open and normal strategy for subjective information investigation used to finding, sorting out and proposing to comprehend through the meeting based investigation of jobs of new media on politic in India. There are three principle subjects tracked down in light of the topical examination about the utilization of new media (Braun and Clarke, 2012) that is done in this exploration, which are: 1) availability, 2) political member and 3) Editor viewpoint.

Accessibility:

The speed up web access and cell phone make new media, as Facebook, Twitter, WhatsApp, YouTube, Instagram, and LinkedIn generally welcomed by all age bunch in India, particularly among the youthful age (Bhardwaj, Avasthi, and Goundar, 2017). Witness 1 and 2 noticed that public utilize different new media stage to partake in political talk to get refreshed data.

"Indian individuals who get web access utilizing Facebook, Twitter, and WhatApps to get the most recent data regardless of when in governmental issues. One might say, interpersonal interaction clients, for example, Twitter and Facebook in India are very high."

"Among the new media utilized in India are Twitter, Facebook, and WhatsApp. The quantity of clients is immense. In this way, they just utilize the stage to get data on current and policy centered issues."

However, Prabu and Manoov (2013) illuminate that provincial region in India has a lower level of web access or not have web network contrasted with different areas in light of many variables, like unfortunate framework. As indicated by source 1, not every person utilizes the web and virtual entertainment in light of the fact that not all region in India web access, so the public utilized different media to get data. Witness 2 adds that web availability issue experienced by individuals rustic and struggle.

"There are north of 600,000 towns in India, but not all regions get power supply, also a web. As a matter of fact, one might say that more than 40,000 towns actually have no cellphone administration. Thus, still numerous regions don't have the innovation yet. Along these lines, a great many people get data on TV."

"Notwithstanding, rustic and violent regions need to depend on TV for data on the grounds that challenging to get web access. As a matter of fact, individuals from with no innovative offices region will be trusting that local people will get back home with news and tales about the most recent advancements locally hear by them."

Witness 1 thinks that there is a tremendous hole between the country and metropolitan to get to political data by means of the web and a social medium, which is additionally concurred by source 2.

"To be sure, there is an enormous hole for metropolitan and country individuals to help data through new media. In metropolitan regions, everything is good to go tracking down any data, as long as it has web access."

"For provincial regions or seething regions, there is still no admittance to web offices because of absence of offices, distances area, and limitations."

"Simply by utilizing the web and web-based entertainment metropolitan individuals as of now can get data on legislative issues. Many individuals can involve the office therefore; portable internet providers are less expensive in India."

"In any case, the vast majority living in rustic regions are battling to track down the most recent data on the web. This is a direct result of absence of web access, unfortunate line issue, destitution and the failure to buy cell phones."

Other than that, source 1 cases that availability in the web and online entertainment to get political data in India likewise impact by limitation and oversight. Witness 2 support up the proclamation by expressed that the public authority will confine web-based entertainment in the event that it can compromise security and influences the country.

"India is among the world's most successive country that square and shuts its web access. Most web limitations include issues of religion, rank, struggle, viciousness, legislative issues, government and hostile. Beforehand, India once shut and prohibited in excess of 20 social locales including Twitter, Facebook, and WhatApps in Kashmir."

"On account of a ton of misleading data is spreading that makes a negative difference, which prompted assaults and killings, then, at that point, the application was impeded. Last year, a young fellow was gone after by reports in WhatsApp that the man was hijacked. The men were harmed, and his companion was killed".

Political Participants:

As per Singh (2016) and Rajput (2014), Prime Minister of India, Narendra Modi, Presiden of Indian National Congress, Rahul Gandhi and Member of Parliament (MP) Lok Shaba, Shashi Tharoor was among legislator in India utilized new media. The vast majority of the lawmakers and gatherings started to dominate and utilized new media totally in a political

race, other than go on the field. State head of India, Narendra Modi has demonstrated that great web and virtual entertainment utilization can impact triumph in a political decision when he wins di India General Election in 2014. Today, numerous different legislators make a similar stride.

"In India, a few legislators are likewise involving the new media overall quite well, including Narendra Modi of Partai Bharatiya Janata (BHP) who have numerous devotees in online entertainment. He is currently Prime Minister of India subsequent to winning the 2014 Indian General Election."

"Apparently, numerous Indian government officials utilize this web, for example, Narendra Modi, Rahul Gandhi, Shahshi Taroor, Arvind Kejriwal, Suresh Prahbu and Smritilrani on the grounds that they know the upsides of utilizing the stage."

All ideological groups in India effectively utilize web-based entertainment to draw in with individuals, for the most part citizen and tracks votes in 2014 India General Election (Katkar, 2014; Kaur and Verma, 2016). Witness 1 and 2 concurred that they utilized different sorts of new media from Twitter to Facebook to WhatsApp for their political interest, like methodology elector.

"Modi utilizes different innovation devices from Google Hangout to virtual entertainment. He is among the notable government officials on Twitter after Barack Obama. Modi utilized different new media to get a general view during his mission. Truth be told, he utilizes virtual entertainment to contact general society, particularly likely citizens by speaking with them. He is likewise seen telling their political vision in virtual entertainment, which is viewed as having the option to draw in open consideration."

"Government officials or ideological groups are utilizing the new media stage to interface with individuals, particularly the more youthful age on their plan and political exercises. We see through India General Elections in 2014, when web-based entertainment is a spot to fight different political missions and political perspectives."

Source 1 proposes that utilization of new media successfully improves the potential success the core of individuals, on the double won in the political race, yet prone to lose assuming it neglects to appropriately utilize the stage. His perspectives are upheld by source 2 that add that absence of utilized virtual entertainment might bring about inability to excuse the criticism of phony news against themselves.

"Modi himself won since he was shrewd to utilize online entertainment paying little mind to Twitter or Facebook is the evidence. Simultaneously, we can see that the absence of virtual entertainment use can influence legislators to lose in decisions in view of the absence of prominence among citizens particularly youngsters."

"Assuming any government official neglects to deny criticism and phony news the virtual entertainment, they are probably going to lose the political race. In this manner, they and their gatherings should be more forceful in online entertainment to acquire the trust of individuals, as well as freed the criticism."

Discussion:

This examination plans to decide the viability of new media on politic in India. The jobs of new media toward client can be found through this examination. In this review, specialists will utilize the accompanying strategies, for example, subjective. The subjective permits analysts to acquire detail to assist with portraying the jobs of new media by leading a meeting with respondents. In this review, the scientist chose the respondents from media

association particularly senior proofreader and unfamiliar manager. Frequently the meetings are direct done weeks, month or year relying upon the respondent. This finding uncovered that respondents offer their perspective on convenience, job and the viability of new media in impacting the public choice in a political decision in India. The discoveries showed that the respondent considers new media was an imperative apparatus and assume significant parts for a lawmaker and ideological groups, especially during the political decision. Narendra Modi from Bharatiya Janata Party (BJP) selected as Prime Minister of India after win in 2014 Indian General Election. Modi is said to utilized virtual entertainment, for example, Facebook and Twitter starting around 2009, which is it prompted Modi memorable political won. Online entertainment help Modi in the political mission during a political race to connect public, express vision and plan, speak with public and impact citizen. Today, Modi is among champion and famous lawmaker in virtual entertainment in India turned into a guide to other people. This was completely shown by Singh (2016) in their review. For the most part, all respondent being interview recognize that new media extraordinarily affects politic in India assuming being utilized successfully. In any case, respondent reminds that this stage can influence picture and status government official assuming being abuse by unreliable individuals for their advantage. Additionally, virtual entertainment can be utilized by certain individuals to go after the legislator when not happy with their assertion. The phony word being gotten out in new media can make the public lost trust in a lawmaker, despite the fact that the data might be bogus. Academian Bhaskaran, Mishra, and Nair, (2017) demonstrated that phony news isn't new peculiarities in India, and they trust in a metropolitan story in their review. In addition, discoveries additionally show that there is a major hole among metropolitan and provincial region on exactly the way in which individuals acquire data. The two respondents say that many individuals in India utilize new media to acquire information these days, yet obviously, not every person utilizes the stage because of variable, for example, region, destitution, failure to buy, network issue, etc. Respondent concedes individuals in a provincial region was challenging to involve web-based entertainment to look through data due to web access and availability issue. This tracking down upholds the concentrate by Prabu and Manoov (2013) on 'Examining the Impact of the Internet in Rural India'. Also, respondent thinks web limitations, particularly in a contention region like Kashmir, make openness harder.

Consequently, these finding additionally find new media help and straightforwardness columnist work in acquiring material and detailing news according to proofreader viewpoint. All respondent has the very assessment that new media can be another news source, yet can't rely a lot upon that stage itself, rather than other perusing material too. They additionally concur that new media can't impact political interest assuming they are holding ethic and rule of reporting. These discoveries notice legislator commitment in virtual entertainment use can be news source to the columnist. These discoveries were exhibited by Paulussen, Harder and Johnson (2017) in their exploration.

Conclusion:

The development of new media assumes a significant part in the political mission and to assemble a decent picture. To do as such, the issue, for example, organization, web access and neediness should be dealt with. Web-based entertainment and web opportunity is required however on term and condition be gathered to stay away from maltreatment of the stage. Henceforth, a view from online entertainment and web client including legislator, citizen, and

columnist is vital for ensure that web-based entertainment being utilized shrewdly. It is certain, a legislator who can utilize web-based entertainment and the web well is more compelling to individuals. This exploration on the jobs of new media on politic in India was a pilot study. All in all, to figure out the adequacy of new media in the political mission needs extra and further review.

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Prevention of Hypertension through Physical Education

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Abstract:

All over the world, hypertension is in prevalence and it gets increases continuously. So it is very important to aware the people about hypertension. Due to this global public health initiative about hypertension is prevented. The problem like hypertension is mostly prevented by doing the physical activity and through the people about physical education. In recent years our life style gets modernized, due to this modernization and change in our life style the health issue like hypertension gets increases. This modernization can also gives us one problem known as "stress". This stress can directly affected health issue like hypertension. From experimental studies and evidence it is concluded that the risk of hypertension can be reduces by doing some physical activities on daily basis. It is our duty to aware the people about the role of physical education in the prevention of hypertension. The protective benefits of physical activities are to reduce the risk factor of blood pressure. In my study I am reviewed the most recent evidence for the role of physical education in prevention of hypertension and sought out the unanswered question about hypertension.

Keywords: Physical activity; Exercise; Hypertension; Prevention; Blood pressure; Resistance training, Endurance training.

Introduction:

One fourth of the worlds adult population estimated to hypertension. It is seems that about 2025 the world wide prevalence of hypertension projection increases to 60%. To aware the people about physical education for the prevention of hypertension is itself a challenge. There are some literature demonstrating protective effects of physical activity and exercises. These literature can also be demonstrate what are the advantages of protective effects of physical activity to control the problem like hypertension. Such as the publisher Paffenbarger in 1968 was publish the protective effects of physical activity in hypertension prevention. Who showed that the men who exercised more than 5hours per week can reduces the chances of hypertension. The publisher like Boyer and Kasch, lowering effect of exercise was published in 1970, who showed that an aerobic interval training program 2 days/week can gives reductions in BP in hypertensive men.

As per study of the last few years data, it is generally showed that the good and protective effect of physical activity and awareness about physical education can gives reduction in chances of hypertension. The physical education is important because vigorous intensity workout such as running, moderate intensity work such as walking can also gives helpful benefits to reduced hypertension. The protective prevalence of hypertension can be reduced by awareness about physical education is important. We can have hypertension without any symptoms. More you have hypertension more you have risk of heart related problems like cardiovascular diseases.

Literature Survey:

Using recent data from large prospective studies it is concluded that 1] data from the CARDIA and ACLS studies have also shown that cardio respiratory fitness is inversely associated with the development of the hypertension. 2] In young adults the Coronary Artery Development (CARDIA)Study have shown that the physical activity and exercise can decreases the development of the hypertension. 3] data from the CARDIA and ACLS studies have also shown that cardio respiratory fitness is inversely associated with the development of hypertension. 4] one of Bradford Hill's criteria of causation studies suggest that temporality and a dose-response relationship. 5] The various international population in Chain, France, Italy, Saudi Arab, Thailand, Britain in past recent years, the associations between physical activity and cardio respiratory fitness and indent hypertension. 6] The relative consistency of findings across different populations meets. 7] The paper published in year 2012, this paper gives the temporal relationship between cardio respiratory fitness and hypertension. 8] In the ACLS study, daily performing the cardio respiratory workout can reduces the chances heart diseases. I am review these criteria in recent prospective data that provided information about undressed questions such as: Does the high risk of hypertension can reduced by physical activity and by through about physical education? What are the factors that cause the relationship between physical activity and hypertension? What training and exercise should be beneficial for the prevention of the hypertension? What factors that affects the hypertension?

Definig Hypertension:

The term hypertension is common condition in which long term force of blood against artery walls is high enough that it may eventually causes health problem such as heart disease.

The amount of blood pump to our heart pumps and amount blood flow resist in our arteries known as blood pressure. More the blood pumps our heart and narrower our arteries, higher our blood pressure. The blood pressure can be measured in millimeters of mercury. Denoted in mm Hg.

The blood pressure measuring unit have two numbers:

1. Systolic pressure commonly known as top number.
   The systolic pressure measures the pressure in our arteries when our heart is beat.
2. Diastolic pressure commonly known as bottom number.
   Diastolic pressure measures the pressure in our arteries between the beats.

Defining Physical Education:

An element of an educational curriculum concerned with body development, strength, physical coordination and agility known as physical education.

Defining Physical Activity:

Any bodily movement that can be produced due to contraction of the muscles which can be increases the energy expenditure above the resting levels and comprises the daily routing task such as household task, occupational expenditure as well as purposeful health enhancing activities. The component of physical activity that is planned, structured and repetitive to maintaining the health commonly called as exercise.

Classification of the Hypertension:

The hypertension generally classified into two categories:

1. Primary Hypertension/ Essential Hypertension
2. Secondary Hypertension

1. Primary Hypertension:

The followings are the factors that can cause the primary hypertension:

- Environmental Factors
- Genetic Factors
- Salt Intake
- Interaction among genetic and environmental factor

2. Secondary Hypertension:

The secondary hypertension can generally cause due to other diseases like diabetes, etc.

Diagnosis of Hypertension:

The medical assistant, doctors and nurses will place pressure measuring gauge to know our blood pressure that arm cuff around. It is generally measure in both arms.

Blood pressure measurements falls into several categories are as follows:

- Normal Blood pressure
  - If it is below 120/80 mmHg.
- Elevated Blood Pressure
  - It is systolic hypertension range is in between 120 to 129 mmHg.
  - It is also called as pre-hypertension.
- Stage 1 hypertension
  - Systolic pressure ranging from 130 to 139 mmHg
  - Diastolic pressure ranging from 80 to 89 mmHg.
- Stage 2 hypertension
  - Systolic pressure ranging from 140 mmHg or higher
  - Diastolic pressure ranging from 90 mmHg or higher.
- Hypersensitive crisis
  - A blood pressure measurement is more than 180/120 mmHg is an emergency situation, in this case the patient should requires urgent medical care.

Symptoms of Hypertension:

You may not know that have a hypertension it the One of the most dangerous thing about the hypertension. Worldwide one third of people does know that they have hypertension because the hypertension does not have any symptoms unless it is very severe.

If our blood pressure is very high then they have certain symptoms which are as follows:

a. Severe head ache
b. Nosebleed
c. Fatigue
d. Confusion

e. Vision problem
f. Chest pain
g. Difficulty in breathing
h. Irregular heart beat
i. Blood in Urine
j. Pounding in chest, neck or ears.

There are some peoples that can feels some other symptoms related to hypertension:
a. Dizziness
b. Nervousness
c. Sweating
d. Trouble in sleeping
e. Facing flushing problems
f. Blood spots in eyes

Prevelance of Hypertension:

Due the modernization, prevalence of hypertension increases continuously. The very common age group affected by hypertension prevalence are as follows:

Sr. No.	Category	Age (in years)	Hypertension chances
1	BABIES	0-2	VERY RARE
2	TODDLERS	3-5	VERY RARE
3	CHILDREN	6-13	RARE
4	TEENAGERS	14-18	RARE
5	YOUNG ADULTS	19-40	COMMON
6	ADULTS	41-60	COMMON
7	SENIORS	60+	COMMON

Health Problems with Hypertension:

The hypertension can lead to form some health issues such as:
a. Heart attack
b. Heart failure
c. Aneurysm
d. Narrowed and weakened blood vessels in our kidney
e. Thickened and torn blood vessels in eyes
f. Metabolic syndrome
g. Troubling to understanding
h. Dementia

General treatments of hypertension:

The change in life style can help you to prevent hypertension, even though you are taking medicine.

Then what should we can do:
- Eat Healthy Food
- Decrease the salt intake
- Maintain a healthy weight

- Increases physical activity
- Limited the alcohol consumption
- Don't Smoke
- Manage your stress
- Regularly monitor your blood pressure
- Practice relaxation, slow and deep breathing

Role of Physical Activity and Awarness of Physical Education in Prevention of Hypertension:

Although no conclusive evidence proves that a physically active lifestyle prevents hypertension, most physicians agree that physical activity is an important part of the treatment plan.

The following are some exercises and physical activities that are help to prevent the hypertension:

a. Walking
b. Running
c. Aerobic Exercise
d. Resistance Training
e. Combined Aerobic and Resistance Training
f. High Intensity Interval Training
g. Accumulated Exercise

a. Walking:

The walking base interventions are generally accumulated of daily step count goals. These steps are generally 10,000 per day. If we can achieve the goal of physical activity of 10000 steps per day then the problem of the hyper tension can far away from our body. The study regards that the maintain the physical activity like walking can reduces the systolic and diastolic hypertension.

b. Running:

The physical activity like running can also gives proper health benefits and prevent the hypertension. Lungs can work with their full capacity during and after running. Hence it is very important us to perform running as a physical activity on daily basis. A healthy heart function can be done by such physical activity.

c. Aerobic Exercise:

It is examine that the physical activity like aerobic exercise can gives such a wonderful beneficial effects to our heart related problems and as well as our body. An aerobic exercise not only gives us a toned body but also it gives a healthy heart. We are all knows that if once our heart is healthy then our whole body system will be healthy.

d. Resistance Training:

Some studies can be concluded that the resistance training can reduces risk of high blood pressure. The net effect of resistance training can lowering the type 1 hypertension as well as type 2 hypertension. It also can reduces the systolic blood pressure and diastolic blood

pressure. Resistance training can also gives help to proper strengthening to muscles and bones.

e. Combned Aerobic and Resistance Traing:

The American college of sports medicine, in 2004 concluded that exercise supplemented with resistance training with aerobics prevents the hypertension. It is also recommended that the combination of aerobic and resistance training can gives more beneficial health effect than single alone.

f. High Intensity Interval Training:

The high intensity interval training has gives considerable attention towards the prevention of hypertension. The person who perform the high intensity interval training on daily basis can improving their own cardiovascular health.

g. Accumulated Exercise:

The guidelines of physical activity endorse the accumulation of exercise on daily basis, gives the controlled blood pressure. once our blood pressure is in controlled then cardiovascular problems are far away.

Additive Benefits of Physical Activty and Exrcise:

- The person who meet daily physical activity have greater mortality rate.
- The women who meet daily physical activity have controlled blood pressure at the time their mono pause.

Conclusion:

In recent studies and evidence can continues to suggest that daily performance of physical activity can prevent the hypertension. It Is also suggest that by awareness of physical education, we can gives the healthy life style to our community. Finally it is concluded that physical activities play important role in preventing and treating coronary artery disease, hypertension, obesity, and diabetes. Further, exercises can decrease individual risk and also can be an integral part of treatment, improving overall health as well as alleviating some symptoms.

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Assessing Students' Satisfaction and Learning Outcomes Participating in Sports Club Activities at Hanoi National University

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Abstract:

Through the theoretical and practical basis, after applying the solutions on the organization of sports clubs (Sports Clubs) of Vietnam National University, Hanoi (VNU) the research clarifies the satisfaction, learning results and physical development of students participating in the activities of the VNU Sports Club.

Keywords: Assessment, satisfaction, results, physical fitness, students, clubs, sports, Vietnam National University, Hanoi.

1. Introduction:

Testing and evaluation is an important step in assessing the quality of physical education subjects and the development of extracurricular physical training and sports activities in order to determine the results of the goals of a learning and teaching. At VNU, initially, there are a number of sport clubs under the direction and management, whereas, some other sport clubs of member universities and faculties belonging to VNU, Hanoi are gathered and operated by students. In order to find out the attitude and satisfaction with the learning results of the physical education subject of students who are training at the Sports Clubs of VNU. Students will actively give their own opinions on the organizing and operating management, the training and the policies and regimes of the Center for Physical Education and Sports, VNU and schools create favorable conditions for students in the process of participating in training at clubs. That is the reason why we have conducted the research: "Assess the satisfaction and learning outcomes of students participating in sports club activities at Vietnam National University, Hanoi."

The research uses the following research methods: Document analysis and synthesis, interview method, expert method, social investigation method, pedagogical test method, SWOT analysis method, experimental methods in management, mathematical and statistical methods.

2. Research Results:

2.1. Evaluating the students' satisfaction training at the sports club at Vietnam National University, Hanoi

To find out the attitude, satisfaction of students who are practicing at sports clubs. Students will actively give their own views on the management and administration, training and policies of the Center of Physical Education and Sports, Hanoi National University and schools create favorable conditions for students in the process of practice at clubs. Randomly interviewed 92 students/total 292 children who are participating in training at VNU's Sports Club managed by the Center of Physical Education and Sports and 128 students/total 595 children training at sports and entertainment clubs in member universities and faculties under VNU.

Table 1. Students' satisfaction training at Sports Club of Hanoi National University (n=220)

No.	Contents	Priority level									
		Very satisfied		Satisfied		Relatively satisfied		Unsatisfied		Very dissatisfied	
		n	%	n	%	n	%	n	%	n	%
1	Satisfaction with the organization and operation of the club	48	21.82	152	69.10	12	5.45	5	2.27	3	1.36
2	Places and training plan of the club	25	11.36	158	71.82	29	13.18	7	3.18	1	0.45
3	Incentive policies and training results at the club with physical education	12	5.45	106	48.18	86	39.09	16	7.27	0	0
4	Attitudes between coaches and athletes	41	18.64	163	74.09	15	6.82	1	0.45	0	0
5	The spirit of cooperation and solidarity in the club	18	8.18	145	65.91	45	20.45	10	4.55	2	0.91
6	Satisfaction with club activities	19	9.64	179	81.36	22	10.00	0	0	0	0
	Minimum – Maximum	**12 - 48**	**5.45 - 21.82**	**106 - 179**	**48.18 - 81.36**	**12 - 86**	**5.45 - 39.09**	**1 - 16**	**0.45 - 7.27**	**1 - 3**	**0.45 - 1.36**

It is found from the results recorded by students for practicing at the Sports Club that: The very satisfied and satisfied levels are high in all criteria (reaching over 70% of the assessment), the level of dissatisfaction and satisfaction is less than 10%. The very satisfied level is a very high requirement, so the number of opinions on the basic criteria from 12 to 48 selected students accounts for 5.45% to 21.28%. There were 106 to 179 students, accounting for 48.18% to 81.36% of the satisfied opinions about the organization, training plans, policies, and attitudes in coordination during the activities. 7 students were dissatisfied and 1 student was very dissatisfied with the training places, accounting for 3.64% of the opinions, which is common sense because the training places are still lacking, cramped, and the time overlaps in students' training session. The obtained results show that after applying the solutions, the majority of opinions are very satisfied and satisfied with the management and the organization of the sports club to improve the quality of student training; There are 8 unsatisfied and very dissatisfied comments, accounting for 3.64%. The criteria to evaluate the spirit of cooperation and solidarity in the club, the relationship between lecturers and students proved to be very friendly. Thus, the working atmosphere of the clubs was much more exciting.

2.2. Assess the students' attitude training the Sports club of Hanoi National University

Students' attitudes in sports club activities were assessed through pedagogical observation, recording and qualitative analysis of criteria, expressed through behavior of will, concentration, and level of students' participation in sports activities. Perception and attitude in training were assessed at 4 levels: Very good; Good; Average; Poor. The selected sample for evaluation is taken from students who are participating in VNU Sports Club activities.

The research has interviewed 40 sports teachers and 30 officials of the Youth Union and Student Association in VNU. The results are presented in Table 2 and Figure 1

Table 2. Assess the students' attitude attending the Sports club of Hanoi National University

Attitude	PE teachers (n= 40)		Youth Union, Student Association (n=30)		Average %	χ^2
	Quantity	%	Quantity	%		
Very good	23	57.5	17	56.67	57,09	0.03
Good	14	35	11	36,67	35.84	
Fair	3	7.5	2	6.67	7.09	
Poor	0	0	0	0	0	

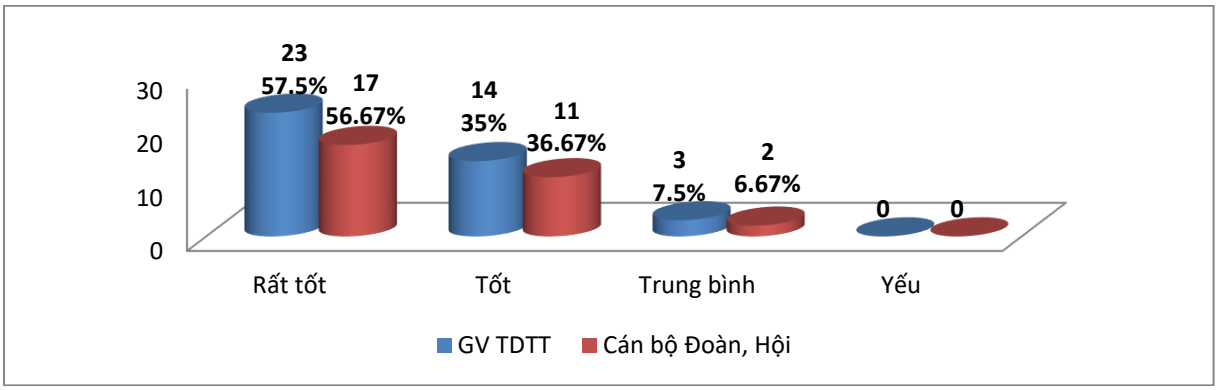

Figure 1. Students' attitude when attending the club and competing sports

Table 2 shows that the evaluation results of lecturers, officials and staff of Student Union about the training attitude of students during the operation of the VNU Sports Club are good and very good, reaching the average rate. The average rate of men and women at very good level is 57.04%, there are no students with bad attitudes, the percentage of students with average attitudes is also very low, accounting for only 7.09%. This shows that the spirit, self-discipline and positive attitude of students participating in VNU Sports Club activities is very high.

Agree with the sports teachers and the Youth Union officials' opinions on the attitude of students participating in the club (χ^2 tính = 0.03 < χ^2 bảng (05)).

2.3. Assess the learning outcome of physical education credits of students training at the sports club, Hanoi National University

Assessing the quality of students participating in activities of VNU Sports Club under the credit system through study results. The research has done statistics on students' learning results at VNU Sports Clubs in the academic year 2014-2015 and 2015-2016. Learning outcomes are rated according to 2 levels: Pass and fail. The obtained results are shown in Table 3.

Table 3. Learning results of sports in the physical education curriculum of HNU students

School year		Students	PE learning results				χ^2
			Pass	%	Fail	%	
Students of Sports Club, HNU	2014-2015	89	80	89.89	9	10.11	18.46
	2016-2017	292	289	98.97	3	1.03	
Students of Sports and Entertainment Club	2014-2015	308	273	88.64	35	11.36	33.23
	2016-2017	595	581	97.65	14	2.35	

The results presented in Table 3 shows that the percentage of students who train at the VNU Sports Club managed by the Center of Physical Education and Sports in the 2014-2015 school year with credit-based course results accounted for 89.89%, only 10.11% failed; Students participating in sports and entertainment clubs at member universities and affiliated faculties achieved course results according to credits accounting for 88.64%, only 11.36% failed. In the academic year 2015-2016, students participating in the VNU Sports Club managed by the Center of Physical Education and Sports achieved 98.97%, only 1.03 % failed; Students participating in sports and entertainment clubs at member universities achieved the results of subjects by credit accounting for 97.65%, only 2.35% did not pass.

A comparison between the number and learning results of VNU Sports Club students in the 2014-2015 school year and the 2016-2017 school year shows that the percentage of students achieving academic results in the 2016-2017 school year increased to 9.08% compared to the 2014-2015 school year. Although in the 2016-2017 school year, the number of students recruited into the VNU Sports Club is three times higher than that in 2014-2015 school year. From the above analysis results, it can be seen that the results of determining the type of sport clubs and applying solutions to organize and manage club activities are clearly effective through the index (χ^2 tính = > χ^2 bảng (05)).

For the academic results of sports and entertainment club students in the 2016-2017 school year, the number of students who passed increased by 9.08%, while the number of students who failed also decreased by 9.01%. Although the number of students in the club in 2016-2017 school year was nearly 2 times higher. Thus, the vast majority of students who train at the sports clubs have met the requirements for physical education subjects prescribed by credits with the percentage from 97.65% to 98.97%. From the above analysis results, it can be seen that the results of applying solutions to organize and manage club activities are clearly effective through the index (χ^2 tính = > χ^2 bảng (05)).

2.4. Assessment and ranking students' physical fitness participating in the physical education and sports clubs of Hanoi National University in the 2016-2017 school year according to regulations 53/2008/QD-BGD&DT

To assess and rank the fitness of students who are participating in activities at Vietnam National University's sport clubs, the research has tested 292 students (154 male, 138 female) who are training at sport clubs and randomly selected 287 students (147 male, 140 female) participating in activities at a number of sports and entertainment clubs of member universities, basing on 4/6 tests selected according to the standard of fitness assessment, applying for students of Universities, Institutes and Colleges as prescribed by the Ministry of Education and Training in Decision No. 53/2008/QD-BGDĐT dated September 18th, 2008 signed by the Minister of Education and Training on the assessment and grading of Students' physical fitness, including: Test of lying on the back with sit-ups (times/30s); test of standing long jump (cm); Test of running 30m XPC (s); Test of run as your ability for 5 minutes (m). Specific results are presented in Tables 4, 5, 6 and 7.

Table 4. Students' physical fitness test results at HNU Sports Club according to regulations 53/2008/QD-BGD&DT

No.	Targets	Male (n=154)	Female (n=138)
		$\bar{x} \pm \delta$	$\bar{x} \pm \delta$
1	Lie on your back with sit-ups (times/30 seconds)	22.87 ± 1.98	18.36 ± 2.29
2	Standing long jump (cm)	224.77 ± 24.39	165.79 ± 9.25
3	Running 30 meters XPC (seconds)	4.57 ± 0,35	5.68 ± 0.32
4	Run according to health 5 minutes (m)	1008.62 ± 55.47	913.67 ± 34.73

Table 5. Students' physical fitness ranking results at HNU Sports Club according to regulations 53/2008/QD-BGD&DT

Criteria/ Subject		Testing contents			
		Lie on your back with sit-ups (times/30 seconds)	Standing long jump (cm)	Running 30 meters XPC (seconds)	Run according to health 5 minutes (m)
Male students of VNU sports club (n=154)					
Good	Quantity	89	83	91	59
	%	57.79	53.90	59.09	38.31
Pass	Quantity	63	69	61	93
	%	40.91	44.80	39.61	60.39
Fail	Quantity	02	02	02	02
	%	1.30	1.30	1.30	1.30
Female students of VNU sports club (n=138)					
Good	Quantity	61	64	59	55
	%	44.21	43.38	42.76	39.86
Pass	Quantity	76	73	78	82
	%	55.07	52.90	56.52	59.42
Fail	Quantity	1	1	1	1
	%	0.72	0.72	0.72	0.72

Tables 4 and 5 show that: When considering the satisfactory level compared with the standards of the assessment and the classification of students' physical capacity by the Ministry of Education and Training according to each criterion in the general fitness tests, we find that: The number of students meeting the requirements according to the strength standard is relatively high, specifically, for the criterion of "Lie on your back with sit-ups", students with good results (male 57.79%, female 44.21%); students with pass level are 40.91% male, 55.07% female; for the criterion of "standing long jump", students achieved good level (male 53.90%, female 43.38%), students pass (male: 44.80%, female 52.90%). The number of students gets good grade of "running 30m XPC": (59.08% male, 42.76% female; students pass (male 39.61%, female 56.52%); for the criterion of "run according to your strength for 5 minutes", the number of students who achieved good level accounted for the percentage (male 38.31%, female 39.86%), students with 'pass' level (male 60.39%, female 59.42%). Besides, there were only 2 cases of male students and 01 female student (0.72% to 1.3%) failing due to handicapped students in chess club. Most students who have been selected to participate in the activities of the VNU Sports Club in each subject are in good health. Through the training and practice playing sports at the VNU Sports Clubs, they all meet the physical fitness standards set by the Ministry of Education and Training.

Table 6. Physical fitness test results of students of sports and entertainment clubs at VNU's member universities according to regulations 53/2008/QD-BGD&DT

No.	Criteria	Male (n=147)	Female (n=140)
		$\pm\ \delta\ \bar{x}$	$\pm\ \delta\ \bar{x}$
1	Lie on your back with sit-ups (times/30 seconds)	20.75 ± 1.75	17.44 ± 1.90
2	Standing long jump	215.88 ± 13.28	160,98 ± 5.21
3	Running 30 meters XPC (s)	4.81± 0.25	5.78 ± 0.19
4	Run according to health 5 minutes (m)	987.08 ± 42.12	891.34± 24.80

Table 7. Physical fitness ranking results of students of sports - entertainment clubs at VNU's member universities according to regulations 53/2008/QD-BGD&DT

Standard / Subject		Testing contents			
		Lie on your back with sit-ups (times/30 seconds)	Standing long jump (cm)	Run 30m XPC (seconds)	Run according to health 5 minutes (m)
Male students of Sports Club, HNU (n=147)					
Good	Quantity	30	34	39	32
	%	20.41	23.13	26.53	21.77
Pass	Quantity	114	110	105	112
	%	77.55	74.83	71.43	76.19
Fail	Quantity	03	03	03	03
	%	2.04	2.04	2.04	2.04
Female students of Sports Club, HNU (n=140)					
Good	Quantity	24	29	23	21
	%	17.14	20.71	16.43	15.00

Pass	Quantity	114	109	115	117
	%	81.43	77.86	82.14	83.57
Fail	Quantity	2	2	2	2
	%	1.43	1.43	1.43	1.43

Tables 6 and 7 show that: The number of students who meet the requirements for strength standards is relatively high. Besides, there are only 5 cases of 03 male students, accounting for 2.04% and 02 female students accounting for 1.43% which fail because the students in the class are weak and the number of students is injured during training and in daily life. Most of the students who have participated in the clubs organized by the Youth Union and the Student Association are in good health with the high rate in all 4 criteria: For good level, male students achieve from 20.41% to 26.53%; female students account for 15.00% to 20.71%. For male students, "pass" level accounts for from 71.43% to 77.55%; female students account for 77.86% to 83.57%.

3. Conclusion:

Most students participating in activities and training at VNU sports clubs and sports - entertainment clubs are satisfied with the training work and the right to enjoy the regimes and policies of the State. Students participating in club activities can cooperate and exchange with each other in training and competition activities. In addition, when participating in the VNU Sports Club, the learning results are recognized “pass” in the physical education subject, which is a reasonable encouragement in the study regulations at VNU, which are different from many universities in different places.

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