

# Assessment Perspectives on the Sports Values and Role of the Higher Education Institution Head for Sports Development in the School

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## Abstract

Physical exercise is good for health, both physical and morale for every human being, leading to a happy life. Sports training have an important place in schools activities. Higher education institutions usually have good human and facilities resources to support learners to increase physical exercise, athletes train, serve the community, thereby improving the quality of training. In this context, the head of the higher education institutions has an important role in leading and organizing sports activities inside and outside the school. The universities need to institutionalize extracurricular activities, especially to encourage sports exercise.

**Keywords:** physical exercise, sports train, health, higher education institution, activity

## 1. Introduction

Since man was born on earth, food was the priority for humankind to maintain life and health. Gradually, people got involved in other activities, and sports became the favourite choice for their leisure. Sports has been a helpful way for people to increase their mastery of nature and the environment live. Sports seem to relate basic human skills to find food, protect themselves, and gradually develop and exercise their welfare. The leader of a group is a healthy person who knows how to food and protect his group.

Similarly, when a good sportsperson becomes the institution's head or leader of institutions that play good sport, their institution will have high achievements in sports and effective physical education activities (Hanks & Eckland, 1976). The need is to consider sports as science in higher education institutions. The participation and sport achievement of students, effective attention to the role of the head of an institution in the sports activity is one of the most discussed and researched topics to consider a sports scholarship. So have many researchers thought the subject, from disciplines ranging sociology, psychology, and economics to sport management, kinesiology, and education, and has explored many exciting issues in the field (De Boer, 2000).

This work is the assessment of the relation between sports and the physical health of persons in society. Consider the role, awareness and motivation of the higher education institution leader with physical education activities and sports competition. The content includes three main parts: (1) The importance of sports - Review for the relationship between sport and health; (2) Sport in educational institutions - Reviews the relationship between sports and learning success of students as a sportsman; (3) Assessment of implications for policy formation, program design, and training and recommendations for future research and analysis for school sports.

## 2. Content Study

### 2.1 The Importance of Sports

The World Health Organization (WHO, 2003) defines *health* as "a complete state of physical, mental and social prosperity". This definition shows that health is more than just the absence of disease. The state of health is not constant, certain factors can maintain or increase health, and some factors impair health. In particular, the practice of sports are activities that are beneficial to health.

In the past, sports was not the goal of health development until the late 19th century. Juvenal's motto, "A healthy mind in a strong body", formed a new perspective on physical training when the benefits of the sport were recognized. This view became more and more evident as the phenomenon of mechanization and automation of

society appeared, meaning that physical activities during work were reduced and a sedentary lifestyle began to manifest revealed some harmful effects.

There have been many studies on the role and benefits of physical exercise in human health (physical and mental), thereby improving the quality of life (Le Viet Vinh, 2020).

#### (1) Extend the life

Since the 19th century, scientists have studied the impact of sport on longevity. The results of many studies show that participating in physical activities and sports in the majority of subjects can increase life expectancy. For example, according to Bouchard (1994), rowing athletes at Cambridge and Oxford Universities and Finnish skiers have a longer life expectancy than those who do not exercise. Another study by Paffenbarger et al. (1986) of more than 15,000 Harvard University alumni showed that those who participated in physical activities, especially walking, increased life expectancy by nearly two years compared to the normal person.

#### (2) Disease prevention

A WHO report (2003) estimated that physical inactivity is the leading cause of 1.9 million deaths annually, including 250,000 in the United States. A sedentary lifestyle in the United States is responsible for the disease, accounting for 18% of all cardiovascular diseases, 22% of colon cancer cases, and 3.5% federal health expenditures (US Department of Health, USA, 1996). In Canada, 21,000 premature deaths were attributed to inactivity, costing \$2.1 billion in 1999, accounting for 2.5% of health care funds (Katzmarzyk et al., 1999). Many studies have shown the cost of a sedentary lifestyle and the benefits of physical exercise, plays of sports, leading to the promotion of an increasingly sizeable physical activity program worldwide.

One of the most visible harmful effects of motor dysfunction is cardiovascular disease. Morris (1980) confirmed that cardiovascular disease rates occurred less in the group with physical activity, 3.1%, and to 6.9% in the group without sports. A study of 16,936 Harvard alumni showed that those who participated in physical activity less than once a week had a 64% higher risk of cardiovascular disease than those who participated in intense physical activity (Paffenbarger et al., 1986). A Harvard University study of 48,000 men found that most sedentary men faced a 50% increased risk of developing and developing epilepsy (Parkinson's disease) than regularly active people. Men over the age of 65 who jogged, biked or went swimming at least three times a week had an increased risk of developing prostate cancer is 70% lower than people who do not exercise. A study at the University of Honolulu showed that people who walked less than 400 meters a day were almost twice as likely to have memory loss than active participants.

#### (3) Character formation, especially for children

The most precious thing of every human being is health and wisdom. Having good health will create conditions for better intellectual development and vice versa. Physical training and sports help practitioners to have good health, from which the efficiency of studying, working and participating in school and social activities is more effective. When participating in sports activities, it is required to have organization, discipline, solidarity and responsibility before the collective, agile behaviour, effort, honesty. This is the process of moral education and the formation of children's personalities, helping practitioners have a healthy, joyful lifestyle, study and work scientifically (Nguyen Van Hai, 2020).

In training and competing in gymnastics and sports, if they fail, the practitioner will learn to accept failure and find a way to overcome it, which means learning how to succeed. In addition, the process of sports training will give the practitioner their own style, no longer ashamed, timid in front of the crowd, strong in expressing their ability..., it is this style that will contribute to helping the practitioner become self-sufficient more confident in life (Pham Thi Quyen, 2020).

#### (4) Improve physical health

Summary of many studies shows that exercise and sports can improve the musculoskeletal, circulatory, respiratory, and digestive systems' performance and improve the body's adaptability to the external environment. Exercise and sports with an appropriate amount of movement have a stimulating effect on the development of height and bone quality in adolescents (Mc Ardle, 2000), increase the heart rate, strengthen the contractility of the heart muscle, reduce the rate of hardening of the blood vessels and high blood pressure. Exercising and sports help to have a deep breathing reflex, breathe faster, increase the activity of the respiratory muscles, increase the amount of oxygen supplied to the cells, make the body healthier, and there are fewer diseases.

#### (5) Refreshing spirit, reducing stress

According to the World Health Organization (WHO): "Mental health is an integral part of health". In modern life,

with intense work intensity and pressure in life, more and more people are stressed. Many studies show that sports train is one of the effective ways to relieve stress quickly and effectively. Some speed sports will help redirect the practitioner's focus away from the troubles and awkwardness of life. Reality shows that regular sports players have not only good physical strength but also have reasonable emotional control, as well as clearer thinking in all tasks.

#### (6) Forming life skills

The process of physical training and sports activities is working and communicating with a collective consisting of coaches, lecturers, teammates, and exercisers. Thereby, an athlete can learn valuable life skills such as: Making decisions; Problem-solving; Creative thinking; Critical thinking, Efficiently communication; Interpersonal relationships; Self-consciousness, Decisive; Coping with stress, trauma and loss; Psychological resilience; Communication; Working group; Leader, etc. Confidence will increase when winning and achieving goals. In the sports environment, we will have the opportunity to meet and expand our social relationships.

#### 2.2 Sports in the Educational Institutions

Indoor and outdoor games are the annual competition at the high school, college, and university levels. Athletics, football, and basketball are held outdoors, while badminton, volleyball, and table tennis are played indoors. The university is a significant training institution that must engage students, faculty, staff, and communities and spends substantial sports resources (Hanks & Eckland, 1976).

Some critics argue that higher education institutions' heads are passionate about the organized sports competition, not sure it is good. However, others argue that sports activities and competition are essential components of higher education institutions and public schools. Both assessments are only partially correct. Sports has a long and enduring tradition that represents a fundamental construct within almost every activity in society, in which have higher education institutions (Alwin & Luther, 1977).

At present, many student-organized sports competitions have the followers significantly. However, the discussions about this issue tend to degenerate into argumentation about the qualities and harms of competitions sports. It is believed that the character of persons has been built due to sports. Sports have developed individual values of teamwork, self-sacrifice, discipline, and achievement (Boer, 2000). In contrast, others think that university sports a corrupting affected on learning. Sport has falsified good values, teaches students and fans of sports to cheat to win, and consumes the university's core values of quality and integrity. Both perspectives are also only partially correct. Sport's purpose in school is how sports have come to clearly have such a presence and attract people, physical health training, service for teaching and learning, even in academically robust research prominent institutions as universities (Marsh & Kleitman, 2003).

Some important characteristics of collective sport such as football, volleyball, or other team sports have trained and created a strategy, discipline characteristics, sacrifice and teamwork for the play-person. However, the principal purpose of sports remained to win. Thus, many problems occur during the development of sports, such as the rules and regulations, the money, cheating and even corruption, etc. These serve the ultimate purposes of determining the winner (Lipscomb, 2006).

The principles of sports are to create the effort to exploit the achievements to spread and develop while strengthening communities. Sports will provide the background that will support an environment where there will be increased participation among all learners and citizens around the educational institution, help infrastructure and human resource development promote improved accessibility and the drive for sports. A suitable sports policy will support the athlete in particular and students general development and progression to high-performance sports and, through that economic development, increased quality learning and teaching. These policies must be by steps taken by the head of the institutions.

The head of the higher education institution is important in ensuring that sport is incorporated policies and laws in the peculiarities of higher education. The strategic role of sport in achieving development goals and growth is significant. Therefore the higher education institutions must be proactive in exploiting every opportunity to diversify and develop sports while strengthening the health of the community and learners (Hanks & Eckland, 1976).

The head of the higher education institution interested in sports will be setting targets to invite partnerships at all levels to ensure that the sport system functions in a transparent, synchronized and effective manner. This approach promotes and facilitates shared leadership and collaboration amongst all stakeholders to achieve increased participation for sports from that to develop training activities and drive-by economic development. Through sports, facilities and social infrastructure are enhanced, the sports system is synchronized between

universities and throughout the country. Developing this framework means placing greater emphasis on policies that strengthen human sports capital at all levels through maintaining sports development in the educational institutions and the communities and improving the quality of education and training. The head of the higher education institution must be committed to prioritizing cross-cutting sports issues, protecting a clean, healthy environment in sports, continuing the firm stance against doping, and removing barriers with special needs participate in sports. Finally, we need to have policies from the government for sports in universities and intercollegiate sports tournaments to recognize the values of sport in universities as a means of cooperation, mutual development (Alwin & Luther, 1977).

The Minister of Education of Vietnam also said that it is necessary to change the knowledge of the purpose, role and effect of physical education and school sports in the education sector, thereby creating a spillover in the whole society. Movement activity plays an important role and is indispensable in the daily life of every student and lecturer. Doing well in physical education for students will create a solid foundation for sustainable and long-term development for human health, physical and intellectual (MOET, 2019).

### 3. Discussions

The head of the higher education institutions must encourage all forms of sports activities that contribute to physical train, mental grooming and social interaction such as competition sport, the play of traditional sports or games at all levels in school. The approach is based on a broad scope, include all sports. The sports policy issued by the head of the educational institutions in general and higher education institutions, in particular, is often required to call for integrated and harmonious coordination and administration of sports. The coordination and administration of sports in the higher education system is decentralized and relatively complex. It relates to policies of the government, Ministry of Education and Training and universities themselves. The collaboration and coordination of sports activities between schools are challenging, and this is an issue that needs to be emphasized in stakeholders' consultations and requires their input. The governance system of the sports common of schools is constrained due to limitation in public resources of public school (Alwin & Luther, 1977).

Higher education institutions viewed sports as an important task in the school's activities that will contribute to achieving university development and a strong society. Healthy sports will drive students' emotional, physical, cultural and academic development, enhance the individual quality of life, prevent disease, and is fundamental to positive human development and contribute to healthier, longer lives. Participation in physical activities and motion at all ages increases resistance to heart disease, cancer, diabetes, osteoporosis, arthritis, obesity, and mental health disorders. Increase investment in sports, which means improving the quality of health and reduce medical costs, from which teaching and learning in the school will also be better (Marsh & Kleitman, 2003).

In general, the factors listed above influence a lot of the programs of sports development in school. Simultaneously, expenses for sports activities is also a significant challenge for universities, especially for local universities. Therefore, the head of the higher education institution should use the sports policy to call for programs that will support the development of and students need an approach for systematic, analytical, and collaborative to develop high-performance athletes. The input of past athletes, the performance of athletes at the current as a student or stakeholders are also critical in the consultative process and seek financial assistance and facilities, equipment resources for the physical education.

Follow the trend development of society, at present several non-traditional fields in the training majors in sports have appeared. Such as facilities management sports, psychologists of sport, sports psychologists, sports medicine, and many other areas also have training in the higher education institution. These are all critical for developing sports, ensuring sustainability, and expanding a high-performance training and coaching program in the university. Unfortunately, however, all these training areas are in short supply in universities, especial local universities in Vietnam (Nguyen Duc Hanh, 2020).

Higher education institutions, both at the local and national level, have generally provided adequate and effective management mechanisms and resources for sports development. However, it is necessary to upgrade and supplement facilities for recreational sports and multi-sport systems, facilities and services to support the comprehensive development of professional athletes in the universities. In addition, the development of sports in the general school is necessary. Therefore, the need to be more resources to improve facilities and organized sports programs in schools and communities. In Vietnam, many general schools rely on other class teachers to manage the physical education program due to the lack of physical education. However, it is still challenging for universities to open the industry to train physical education teachers and sports coaches due to the law.

Some tertiary institutions are now beginning to strengthen their curriculum by introducing sports development programs. The head of the institution has been provided with requisite tools and autonomy to promote and

facilitate adherence to principles and standards, which are the pillars of accountability and transparency. The government expects the universities and sports organizations to adhere to the highest ethical standards. It also demands that there is integrity in the governance of the society as a whole. The government expects that the private sector, professional associations, international organizations, and universities in Vietnam will adhere to these principles in promoting their self-interests and ensuring public acceptance in the sports area.

#### 4. Conclusion

Sports has an important place among school activities, good for health both physical and morale for every human being, leading to a happy life. Moreover, universities have good human resources and facilities for learners to increase physical activity, train top athletes, and serve the community. Therefore, the head of the educational institution has an important role in leading and organizing sports activities, institutionalize extracurricular activities, especially physical training and sports.

Sports in school attract people physical health training, service for to teach and to learn. The sports activities train and created a strategy, discipline characteristics, sacrifice and teamwork for the play-person. However, the principal purpose of sports remained to win, thus having many problems occur during sports development. A suitable sports policy will support the athlete in particular and students general development and progression to high-performance sports, through that economic development, increased quality learning and teaching.

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#### Author contributions

All authors contributed to the study design. The first draft of the manuscript was written by Nguyen Duc Hanh - The corresponding author. Material preparation, data collection and analysis were performed by Nguyen My Viet. All authors read and approved the final manuscript.

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