

INFORMATION SHEET ON THE NEW CONTRIBUTIONS OF THE THESIS

A. PERSONAL INFORMATION

Thesis title: Research on physical development solutions for primary school students in Hanoi City

Name industry: **Education**

Code industry: **9140101**

Name of PhD student: **Ly Quoc Bien**

Full name of instructors:

1. Assoc. Prof. PhD. Tran Tuan Hieu

2. PhD. Pham Thi Thanh Huong

Training institution: **Vietnam Institute of Culture, Arts, Sports and Tourism**

B. THE NEW CONTRIBUTIONS OF THE THESIS

(1) The Thesis identified nine influencing factors and two groups of criteria for assessing physical development in primary school students. In addition, it conducted a survey and assessment of the physical development status of 1,429 students from six primary schools in Hanoi City. The findings reveal initial manifestations of an urban-specific physical fitness profile. Overall, the physical development of the surveyed students appears to be relatively consistent with biological and age-related psychological patterns and reaches an average level according to national standards. However, certain limitations remain in morphological indicators (such as height, weight, and BMI) as well as in the uneven development of specific physical fitness components, particularly endurance. These results contribute additional empirical evidence for identifying characteristics of primary school students' physical development in the contemporary urban context.

(2) Based on an analysis of the current situation and relevant theoretical foundations, the thesis selected six solutions classified into two groups, of which three solutions belonging to the group of innovations in educational content, methods, and organizational forms were implemented experimentally. Comparative analysis of pre- and post-intervention data indicates that the

integrated implementation of these solutions resulted in positive changes among students. These changes were reflected in students' awareness, attitudes, and learning behaviors toward Physical Education subject; in their acquisition and application of nutritional knowledge in daily life; in the expansion of opportunities for participation in physical and sports activities; and in improvements in selected morphological indicators and physical fitness components when compared with the control group and several reference criteria. These findings provide initial evidence of the feasibility and practical applicability of the solutions proposed in the thesis.

(3) A significant contribution of the thesis lies in the design and implementation of an integrated solution model comprising three interrelated components: innovation in Physical Education teaching methods, integration of nutrition education, and diversification of extracurricular sports activities. This model was developed to address the limitations identified in the current situation while aiming to establish a relatively coherent intervention cycle linking attitudes, knowledge, behaviors, habits, and physical development outcomes. Experimental results suggest that the effectiveness of the intervention was derived not from individual solutions in isolation, but primarily from the interaction and synergistic effects among the components of the model. Accordingly, the study provides additional empirical evidence supporting the suitability of an integrated school health education approach when applied in the Vietnamese primary education context, while also suggesting the potential for application and replication of the model in educational institutions with similar conditions.

Hanoi,...December, 2025

PhD student

Ly Quoc Bien