ABSTRACT OF THE DOCTORAL THESIS

Thesis title: ***Solutions to Improve the Effectiveness of Physical Education for Students at Thang Long University***

Name industry: **Education** Code industry: **9140101**

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ABSTRACT CONTENT

1. Research Purpose and Subject

Research purpose: Based on an assessment of the current situation and an analysis of factors affecting the effectiveness of physical Education (PE) work for students at Thang Long University, this dissertation aims to select and verify solutions that are scientifically grounded and feasible, contributing to improving the effectiveness of PE work within the specific conditions of the University.

Research subject: *Solutions to improve the effectiveness of Physical Education for students at Thang Long University*.

2. Research Methods Used

Methods of document analysis and synthesis

Interview and discussion method

Pedagogical observation

Pedagogical assessment/testing method

SWOT analysis

Pedagogical experimentation

Mathematical and statistical methods

3. Main Results and Conclusions.

On the current situation and factors affecting the effectiveness of PE at Thang Long University

The dissertation established a multi-dimensional evaluation criteria system built around three main pillars: Motor competence and sports skills; Students' physical fitness level; Effectiveness of PE organization and management.

The results of the current situation survey indicate that the proportions of students achieving Very Good and Good performance remain relatively low, while the

percentages of those classified as Weak and Poor are still considerable. In particular, physical fitness levels are inconsistent across different cohorts, and more than 50% of students have not yet formed the habit of self-directed physical activity - both identified as major barriers. Through SWOT matrix analysis, the key factors primarily affecting the effectiveness of PE were identified as students' awareness, teachers' teaching competence and experience, and the availability of facilities and equipment, with a high level of expert consensus. Based on these findings, the dissertation proposes four strategic groups (S–O, W–O, S–T, and W–T), providing both theoretical and practical foundations for developing solutions to enhance the effectiveness of physical education at the university.

On the development of solutions and pedagogical experiment results

Based on both theoretical and practical research, the dissertation developed a comprehensive set of ten integrated solutions, organized into three groups: (1) general solutions (technology application, resource development, and student-related measures); (2) facilities-related solutions (financial investment and sports equipment enhancement); and (3) organizational solutions (communication, leadership and management, integration of sports events, support policies, and stakeholder collaboration). A key feature of these solutions is the integration of the formal Physical Education curriculum with the sports club model, thereby addressing the discontinuity in students' physical activity caused by the credit-based education system.

The pedagogical experiment confirmed the effectiveness of the proposed solutions, with an overall improvement of 28.9% in the evaluations of experts, lecturers, and students. Most of the solutions were rated as highly effective, with effectiveness scores exceeding 80%. The number of students participating in regular physical training, the frequency of sports and physical activity participation, and the proportion of lecturers receiving professional training all increased substantially, with an average improvement of nearly 78%. Notably, students' physical fitness levels improved by 6.22% to 17.02% across the assessed indicators. All observed improvements were statistically significant and demonstrated a high level of statistical reliability.

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Scientific advisor PhD student

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