

SUMMARY OF THE NEW FINDINGS OF THE DOCTORAL DISSERTATION

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

Name industry: **Education**

Code industry: **9140101**

Name of PhD student: **Bui Van Phuong**

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

NEW CONTRIBUTIONS OF THE DISSERTATION

- The dissertation has systematized, consolidated, and developed the theoretical foundations of physical education (PE) work in higher education, clarifying the roles, content, and organizational methods of PE in the context of comprehensive educational reform. On that basis, the study constructed an integrated approach model combining theory, practice, management, and sports movements, thereby contributing to the scientific foundation of modern PE.

- The dissertation also applies a comprehensive and creative combination of research methods, including theoretical analysis and synthesis, pedagogical observation, expert consultation, SWOT analysis, pedagogical experimentation, and quantitative statistics, through which it proposes organizational, evaluation, and implementation procedures grounded in both scientific and practical rationale, applicable to comparable higher education institutions.

- The dissertation developed 10 specific, practical, and feasible solutions that contribute to improving the effectiveness of PE work for students, while also laying the groundwork for innovations in management and the organization of sports activities in universities.

- Experimental results confirm that the proposed solutions yield comprehensive improvements across students' physical fitness, awareness, attitudes toward learning, and physical exercise behaviors, thereby contributing to the refinement of both the theoretical and practical foundations of PE in higher education, with strong potential for replication and application at other educational institutions.

Scientific advisor

Hanoi, date month year 2026
PhD student

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