



Building model badminton club to promote health for TNUT male students

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Abstract

The purpose of this study is to investigate the effects of practicing and competing in badminton regularly in order to form a healthy club for male students by comparing some physical index. For the scope of study, twelve males from Thai Nguyen University of Technology are selected randomly, performing some tests about the power of experimental group. Firstly, at the beginning of the semester, the badminton model club with the experimental group was checked only for 16 weeks, then, performing power was tested again at the end of semester. Finally, the results for both were compared.

Keywords: promote, health, badminton, model, club, effects

Introduction

I. Competition in sport is always exciting. Physical action attracts people to practice. It is obvious that competition has some place in sports. External competition can add excitement and enjoyment to sports. In most cases, competition may also increase performance. Stacy Warner & Marlene A Dixon (2013, pp 16) ^[1]

Badminton is a kind of sport that is very competitive, very dynamic, suitable for all the ages, from young to old, with all the ranks from school sport to professional that it brings honor all around the world. Simple and easy to play, and it does not require too much space to play. At some point, competition becomes thrilling, funny situations suddenly happen and bring out big laughs from people which make it even more relaxing. There are also some situations where a player loses a very important point and the player will be frustrated and disappointed but this situation serves as a motivation. But the most important thing is that it has a lot of benefits for the health for everyone and more importantly, to players, so forming this club will be used for this aim.

The time for Physical Education course in the school curriculum is not enough to develop skills and power. The way to promote extra-curriculum activity and make it habitual is to form a club that will necessitate a repertoire that will motivate learners to practice more and eventually take care of the environment.

Because badminton is also a team work, players need partners to practice in group so it is necessary to have an organization to gather players together and organize things. Also, with the help of a club, there will be no problem of having no one to play with because another player will always be available.

Club not only keeps the role of linking players together but also maintain the works of the club by having members who are called "center core" who regularly go to play even though they are good at their craft. This encourages the others to practice and compete. They have a big influence on the others to organize competitions that nourishes healthy environment for players to follow their passion, and researchers also suggested that it can be an arena for developing social skills like cooperation, responsibility,

empathy and self-control, as well as promote good citizenship, social success, positive peer relations, leadership skills, and a sense of initiative (Bailey R, Armour K, Kirk D, 2009) ^[2] that is educators want to form for each student for society.

There are a lot of good effects of badminton on human body had been researched and published but nearly almost all researches were on training proceeds with expert exercise. This research aims to create a model club to enhance power with amateur players. TNUT students with no special module for proper exercise, this model club is the solution to gather and promote healthy competition among them. Because badminton is a dynamic sport, it require players to make a lot of movements such as diagonal, lateral, It was suggested that there are relations between power and movement speeds (Hughes, 2005) ^[3] so we used some index about power and movement speeds to measure the benefits of our methods on human body.

Badminton has been in existence for a long time but in TNUT, it is a new option for students of Physical Education program besides football, volleyball, basketball, sprint 100 meters. This is the reason why this research, to find the way to develop the trend of practicing and competing badminton in extra-curricular in order to enhance the health off TNUT students.

Methodology

Selecting twelve students randomly, all of the twelve students are male. Firstly, these students undergo a check-up fitness index including some tests on movements and power. Secondly, they took the same test after 16 weeks. Once done, the results are compared with the model badminton club to see if they will qualify for member of this club. They must live in similar environment when doing the experiment. To do this research, we set up some tests about the students' ability in moving, some special tests' ability in badminton court, then, compare the result to find the final conclusion about the effects of the method. These include:

- Double legs hog (m).
- Sprint shuttle 4 x 10(m).
- Moving 4 angle of court 5 times (s).
- Throwing shuttle cook: (m).

Table of Comparison

Table 1

TNUT Badminton Players (n= 12)							
Evaluation test		Pre Test		Post test		t	p
		\bar{x}	δ_1	\bar{x}	δ_2		
1	Double leg hog (cm).	227.84	15, 95	245.14	19,87	2,37	<0,05
2	Sprint shuttle 4x10m (s).	10.81	0,6	10.17	0,32	3,26	<0,05
3	Moving 4 angle of the court 5 times (s).	67.32	0,35	66.89	0,22	3,64	<0,05
4	Throwing shuttle cook (cm)	755.11	22,5	783.27	15,7	3,56	<0,05

From the table, one can see that the action index result of the post test changed far way better than that of Pre Test. The obtained ‘t’ value higher is than the tabulated ‘t’ value 2,179 at 0, 05 level of significant, This just proves that the methods that we suggested have a drastic effect to promote the health of TNUT male students.

Discussion

This research studies the influence of the badminton club on the health of members at TNUT. All of them are amateur players with normal activity and basic exercises. They did not use special exercises and element power analyzer, The main activity of club is to develop competence between and among the members and some fundamental exercise to gradually play quality matches without special and advanced exercises.

Sports club is the venue where players can directly experience activities in training and practicing while enjoying the benefit of the sport contributing in developing physical health for members. The club then, groups players with the same hobby, demands and needs to promote satisfaction even though the aim is just to practice. Promoting health, relaxing or enhancing achievements in competition, positivity and obeying rules are the key ways of the club

It is widely known that physical activity has health benefits such as reducing the risk of cardiovascular diseases and different kinds of cancer as well as reducing obesity (WHO, 2004), Badminton is a sport with a lot of physical activity and an increase in physical activity level is beneficially associated with health. Badminton improves athlete's arms and legs power, speed endurance, flexibility level of the athlete's body (Bin Xu, 2015) [5]. Badminton is also a countervailing sport,. It requires players and the organization to set up everything to have a badminton game like equipments, infranstructure, schedule for practicing and setting match for players that fit with players' ability while making sure that they are excited with it and improve after each game. The club appears as an indispensable requirement. In creating a health-promoting setting, it is important to focus on changing the whole organization to meet the new challenges. It is important that clubs be solidly organized. This is sometimes challenging to accomplish (Casey and colleagues). To deal with this problem it needs help from the university. In this case, PE teachers must keep the impotance roles in being sponsors, intructors and executives for the badminton club to create its frame, and nourish and expand club gradually.

Conclusion and Suggestions

Obviously, having badminton club has a very good effect on students' health. Fitness and relaxation require a lot of

movements from players, from the legs to abdomen to arms, powers from arms, making quick reactions with sudden situations in matches. The entire body is involved during the game. Every single organ has to work harder so that when the time comes for the body organ to function with higher limit, the body will be enhanced. Hence, players have to focus on situation during the game and forget almost everything in life so, this is a good way to release stress. Students are young adults who want to prove themselves. By joining badminton club, especially those exciting ones, that apply some physical actions, it will stimulate them to practice some exercises that will build the muscle and stimulates power. Therefore, a club serves as a motivation for members to compete with and against each other. The club will also encourage competition between and among other clubs thereby expanding membership and developing camaraderie among the members.

Badminton is a newly added subject applied in curriculum of TNUT and so, the university needs mechanism to support, create condition for the club to work favors on infrastructure, finances, coach, expert and the like to widen and develop the model club.

Building model club will contribute in inspiring passion and developing environment for extracurricular activities of the university

The model club can be applied to other types sports in the university to begin a trend in promoting good health for students.

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