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## Disadvantages of learning physical education online at Thai Nguyen University of technology during the COVID 19 pandemic

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### Abstract

The COVID epidemic appeared with a rapid spread in the community when there was close contact with a patient infected with COVID-19 and the huge danger to the health of the patient when vaccination in the community was low. To prevent widespread spread during mass activity and close contact of this dangerous disease, adaptive education to prevent close contact is moving from traditional face-to-face teaching to learning online. However, online teaching still has limitations compared to face-to-face learning. This article studies the disadvantages of using online teaching methods with physical education subjects during the raging COVID epidemic at Thai Nguyen University of Technology (TNUT).

**Keywords:** Disadvantage, learning, PE, online, COVID-19, pandemic

### Introduction

Since the COVID epidemic started in China at the end of December 2019, then it has rapidly spread globally. Hundreds of millions of people have been infected with about 350 million and millions of people have died about 5.6 million people (WHO), Vietnam is a neighboring country, next to China where the deadly virus originated, it is the rapid spread of the virus when there is contact between people or the environment contains many viruses that lead to the mandatory block down (social distancing) is the Vietnamese government's response to the COVID 19 pandemic, to prevent a large-scale outbreak, Vietnam has repeatedly locked down on a nationwide level to prevent epidemics, with the policy Vietnam has initially succeeded in preventing the initial 3 attacks of COVID 19, however, the 4<sup>th</sup> wave caused an outbreak in Vietnam about 1.8 million people infected and about 32,000 died (Wikipedia), It is not only harmful to health but also seriously affects many areas of social life, public and crowded activities such as sports (Bruno & Dalton & Edson 2020) or education (1,37). Billions of students at home as COVID 19 school closures expend UNESCO) are affected, in today's modern context, when concentrated learning in the lecture hall contains many dangerous risks that can cause disease outbreaks on a large scale, there is still only one way. in order to keep learning and knowledge acquisition continues to be reasonably optimal and safe, to ensure that progress is to apply information technology to carry out distance learning, part of modern teaching today still uses, One of the outstanding features of modern teaching is Multiple Media and Information Technology using and impacting on teaching and learning process, such as E-learning or online teaching (M. Vijayalaksmi *et al.*, 2019) [22], Technology based learning or E-learning encompasses the use of multiple media, computer or internet resources, digital tablets, phones and other applications of digital technology to produce materials for learning, teaching and learning and also regulate courses in an organization (Fry 2001) [13] pre-pandemic acts as one of the teaching methods that impart knowledge, a flexible teaching method of diverse timetables suitable for all types of students, smartphones make learning More convenient allows students to study anywhere and anytime (Jessica L Buck *et al.*, 2013) [14] or with an auxiliary role providing materials to support teaching and learning in class for dynamic and proactive teaching and learning by preparing the daily classroom (Arnseth& Hatlevik 2012) [23] và Technology plays an important and with the most preference.

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Teachers can teach students with more depth and efficiency (M. Vijayalaksmi *et al.*, 2019) <sup>[22]</sup> now becomes the mainstream, large-scale and only method when the isolation blockade is implemented in addition to the benefits of using technology Through the system e - learning, Learners can refer to the study materials, and at the same time can exchange with the lecturer without having to meet face-to-face. In other words, an e-learning system is like a learning environment including data storage and transmission technologies.

As a result, learners can interact with each other right on the online training system without having to meet face-to-face, learners can actively study anytime, anywhere, send feedback and receive feedback immediately from teachers...the cost of delivering instruction and the speed with multi- media permit the achievement of preset learning (Richard E Clark *et al.*, 1992) <sup>[24]</sup> When applying this method, many difficulties have arisen for teachers and learners, which are difficulties in using new technology, some students can't afford modern computer technologies and lack focus on the lesson (R Raja, P C Nagasubramami 2018) <sup>[10]</sup>, Physical health problems such as eye strain, neck and shoulder fatigue, headaches when using computers and phones for a long time (Aqueen Joju 2021) <sup>[1]</sup>, mental health studies (Elmer T, Mephram K, Stadtfeld C 2020) <sup>[6]</sup> have shown that neurological diseases such as stress, anxiety, depression, and mental consequences are higher in women than in men.

The main purpose of learning physical education include improving health and function of the body for learners, Forming healthy habits, providing knowledge about sports training and injury prevention, releasing stress, change the learning environment for learners, Physical education has a good effect on improving the learning quality of other subjects, enhance social relationships between individuals, groups of individuals, the ability to coordinate in the game and apply knowledge learned in competition practice, through sporting events (Richard Bailey *et al.*, 2009) <sup>[11]</sup>, However, in the context of limited contact and mass gatherings during the period of social distancing, many contents cannot be implemented, and especially physical education, learning needs a yard as well as an environment for people to study. learning from participating in learning to the practice of participating in competitions, those are the existing difficulties when implementing online learning that affect the content and learning methods of learners, so the article will go into the study of difficulties that learners have to face when implementing online physical education during the pandemic

## Methods

To do this research, the main method we used is to deliver the questions and then collected answers from students who joined the online physical education program at the Thai Nguyen University of Technology in forming online method from 15 November to 15 December 2021. The main content of the questions about disadvantages students face when the university close face to face class and use the online method to tech PE then collect and synthesize answers by excel software. There are two types of questions. Firstly of all, for teachers: what are the limitations for teachers to teach physical education online? Based on teachers' answer we set up a list of the Questions for students, then for students to answer the questions "What's make boring and difficult to do for physical education online class?." Finally, we synthesized 1278 answers from students and then analyze answers.

## Result and Discussion

Investigated subjects, especially engineering students, the majority of which were male students in the sample survey (1116 males accounted for 87.3%).

### Summarizing the comments from the teacher and the students are

- There is no yard, and the study location is not suitable. 325 (25.43%).
- The internet connection is not stable. 189 (14.78%).
- There is no partner and no collective environment. 297 (23.24%).
- No competition environment. 167 (13.06%).
- Loss of concentration due to external influences. 127 (9.93%).
- The teacher could not come to the place to edit the movements. 90 (7%).
- Physical fatigue (eyes, nape). 57 (4.46%).
- Learners' skills in using IT are still limited. 26 (2.03%).

The first is the difficulties in the field, accounting for 25.43%, not everyone has the conditions to go to the training ground, and the place to study is not suitable due to the blockade of social distance causing obstacles in practice as well as feeling. spatial sense of movement is limited, especially physical activities learned by practice, through movement exercises to acquire knowledge and skills, all activities need space to perform, in the context of epidemic restrictions on travel. Then it is necessary to practice at home, but individuals will have different conditions in terms of practice space, some people study at home, and the narrow space cannot meet the needs of practice and study. Physical Education.

No playmate to practice 23.24% is also a boring factor when learning gymnastics online, loneliness reduces motivation to study (Sarah Jeanne Salvy *et al.*, 2009) <sup>[17]</sup> peers To promote, increase motivation, increase the positive feelings of young people towards physical activity, a partner is not only happy to have a partner to practice and talk with, when being an opponent, but oftentimes himself. Classmate is the second teacher after the teacher to help learners acquire and form technical knowledge quickly and accurately, it is the interaction and exchange with you that is the channel of adjustment information.

The network connection and internet connection are not stable, network congestion accounts for 14.78%, which is a difficulty in the opinion of students, indeed, learning will be disrupted, affecting learners' acquisition. not only creates knowledge gaps but also inhibits learners with the content of the lesson, while if they directly learn the imparted knowledge, it will not be affected by external factors such as the internet, which will have negative reactions. This immediate and immediate feedback makes the learning process easier, more receptive,

For physical subjects, the need for direct interaction is even more important for a part of students with weak motor coordination ability or to accurately visualize movements in terms of space and time. Direct interaction with the teacher for accurate and fast movement acquisition, Research by (Jieun Yu & Yongseok Jee, 2021) <sup>[18]</sup> in Korea on online gymnastics has shown a limitation when learning gymnastics online that is the teacher's feedback In terms of learning, learners should not be able to quickly correct postures and movements immediately compared to face-to-face learning, which affects the quality of sports skills.

And the above study also had similar results to this study on

highly teamwork or cooperation and competition sports in the physical education program at TNUT such as football, badminton, volleyball, football, etc. that was the really big obstacle that was not effective in online practical classes. So no competition environments are 13,06% answer for disadvantages online physical education online from students, Multiple motivation from the competition (Cristian-Mihail Rus *et al.*, 2016)<sup>[5]</sup> from "Fun and Joy" Motivation of female in practice has been influenced by male environments make their effect on the way of practicing. Girls are attracted by the social opportunities that sports provide (Sirard *et al.*, 2006)<sup>[9]</sup>, External competition can add excitement and enjoyment to sports. (Stacy Warner & Marlene A. Dixon *et al.* 2013), avoid depressed psychology for learners. Without competition physical online classes are quite boring, These are problems that online gymnastics cannot respond to.

Applying information technology helps students to understand deeply (M. Vijayalakshmi *et al.*, 2019)<sup>[22]</sup> and quickly about a problem through applications through simulation or slow motion, for example, but cannot absolutize the role of although information technology has certain advantages, some factors cannot be done online.

There are still limitations that technology can't fill 7% of students who want teachers to come to the place to edit, showing a certain limitation of online teaching when teachers can't come to the place directly, even (Huyn-Chul Jeong *et al.*, 2020)<sup>[12]</sup> pointed out that inexperienced teachers when teaching gymnastics online is also an obstacle, virtual reality still cannot be as realistic as reality but the feeling it brings, and for physical education, it is not only about quickly grasping the content that teachers need to convey, but more than that, practice the content being taught learn by doing exercises), practice with a partner, teammate or compete with the opponent by competition environment (motivation from play activities and competition). As present at on competition not effective, so it less motivation, competition increases physical motivation, motivation to practice a sport, as well as improves course performance (Brynne C at *et al.*..2015)<sup>[4]</sup>.

Loss of concentration when being affected by outside activities, especially noise and online learning activities, affecting the absorption has been shown by the above studies to account for 9.93%, followed by problems when learning online. Working with computers for a long time causes eye and neck fatigue, making students tired, bored, and lose interest in the subject (4.46%), limiting the use of information technology for TNUT students even at a very low level, although according to Wong (2006)<sup>[15]</sup>, stated several limitations of the online learning program that is Limited on technology, related to individuals, the use of new technology can be a barrier or disadvantage in online learning programs, but for For college students, online learning with information technology applications is not a challenge because they are familiar with and regularly use the available knowledge base, using information technology is not a challenge. difficulties for students at the university of industrial engineering, the number of people who consider information technology application as a barrier accounts for a very small market share of 2.03%.

In the research of Rohmad Apriyanto (2021)<sup>[16]</sup>, the effectiveness of online gymnastics learning during the raging pandemic was investigated and a preliminary understanding of the main implementation difficulties when implementing online teaching is the following: Due to the problems of information technology and partly about the difficulty of psychological concentration, this study investigates the

barriers that arise when learning physical education online, of course when learning online using information technology such as is a tool that will have problems related to operation and fatigue when using this tool but that is not the biggest problem that online gymnastics face but the difficulties related to the field. At the same time, the interaction and influence of social relationships affect the performance of an online fitness class.

## Conclusion

In the framework of this article, we only conducted a survey and research on the disadvantages of implementing online teaching methods for Physical Education and pointed out the causes leading to limitations for learners when implementing the content. Distance PE learning compared to face-to-face learning in the regular class, in the context of the pandemic will continue for a long time, but online learning with PE subjects with special content and methods is inappropriate, revealing many irreparable defects because PE is essentially the practice of exercises that need many of the factors indicated in the article to be able to improve the learning efficiency of the subject. In school, the implementation of safe face-to-face learning needs to be implemented, online learning is only a temporary solution while vaccination has not yet covered the vast majority of the population, once vaccination has been carried out. If it is popularized among all classes of people, face-to-face learning will have more advantages than online learning

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