



## Petanque model of extracurricular sport club for students in soc trang province

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### Abstract

The purpose of this article was to deliver an effective model of an extracurricular Petanque sports club for students in Soc Trang province, in line with their needs, facility conditions, and state regulations. With traditional scientific research techniques in the field of physical training and sports, the study successfully surveyed the demands and the current circumstances of facilities by referencing a wide range of Ministry of Culture, Sports and Tourism publications. When drafting a Petanque club's operating guidelines, there were three key elements to consider: (1) Club regulations; (2) Membership fees and the management of facilities, financial budgets, and activities; (3) Implementation. Moreover, the Petanque club was discovered to have been constructed in the specified sequence, properly organized, managed, and maintained to attract a large number of students to participate in regular practice.

**Keywords:** model, club, extracurricular sports, soc trang

### Introduction

Sport activities in the schools are voluntary activities of students organized basing on extracurricular activities, physical training and sport clubs, groups and individuals which are suitable to interests, gender, age groups and health. The purpose of these activities is to improve exercising skills, to support physical education goals through the forms of exercise, sport competition, and to create recreational conditions for students, development and fostering of sport talents.

Developing types of extracurricular sport clubs in schools, focusing on developing a variety of sports and encouraging students to participate in extra-curricular sport activities is one of the important tasks and solutions identified in the overall project of physical education and sport educational development in schools for the period 2016 – 2020 and the orientation to 2025 promulgated according to Decision No. 1076/QĐ-TTg, June 17, 2016 of the Prime Minister.

Organizing for students to practice ethnic sports and games according to local conditions is one of the contents of extracurricular sport activities encouraged by the Ministry of Education and Training.

Petanque is considered a traditional sport of the Khmer people in Soc Trang.

It is not only easy to practice and play but also creates a lot of excitement for players and suitable to the conditions of facilities at schools and local tradition. This is also a sport that many students participate in because of its strong attraction and spread and it is suitable for regular health training and exchange competitions.

For the reasons above, I conducted a research on the topic "*Model of an extracurricular sport club of Petanque for students in Soc Trang province*".

The study was conducted in order to offer Soc Trang students a model of an extracurricular Petanque sports club that fulfilled their demands, met facility conditions, and adhered to state regulations. As a result, a large number of students are expected to engage in regular physical exercise, leading to the growth of the sport movement in Soc Trang province.

**Research methods:** Synthesis and analysis of documents, interviews and statistical math.

**Interviewees:** 1024 students (381 males, 643 females) at schools in Soc Trang province.

### Research results

To study the model of an extracurricular sport club of Petanque for students in Soc Trang province. The researchers have conducted a survey of 1024 students on the choice of extracurricular sport activities and organizing methods and the results as follows

**The results of the survey of students' opinions on the selection of content of the extracurricular sport activities (Table 1)**

**Table 1:** Students in Soc Trang province selected the content of the extracurricular sport activities (n=1024)

Schools Contents		Soc trang Teacher's Training college		Soc Trang Community College		Soc Trang Vocational College		Total	
		Quantity	%	Quantity	%	Quantity	%	Quantity	%
Football	The Kinh	24	2.34	28	2.73	20	1.95	72	7.03
	Ethnics	8	0.78	5	0.49	9	0.88	22	2.15
	Total	32	3.13	33	3.22	29	2.83	94	9.18
Basketball	The Kinh	23	2.25	7	0.68	7	0.68	37	3.61
	Ethnics	30	2.93	6	0.59	13	1.27	49	4.79
	Total	53	5.18	13	1.27	20	1.95	86	8.40
Martial arts	The Kinh	18	1.76	14	1.37	15	1.46	47	4.59
	Ethnics	4	0.39	0	0.00	3	0.29	7	0.68
	Total	22	2.15	14	1.37	18	1.76	54	5.27
Chess	The Kinh	4	0.39	1	0.10	2	0.20	7	0.68
	Ethnics	19	1.86	3	0.29	6	0.59	28	2.73
	Total	23	2.25	4	0.39	8	0.78	35	3.42
Volleyball	The Kinh	154	15.04	46	4.49	51	4.98	251	24.51
	Ethnics	52	5.08	12	1.17	14	1.37	78	7.62
	Total	206	20.12	58	5.66	65	6.35	329	32.13
Badminton	The Kinh	67	6.54	24	2.34	38	3.71	129	12.60
	Ethnics	12	1.17	2	0.20	6	0.59	20	1.95
	Total	79	7.71	26	2.54	44	4.30	149	14.55
Swimming	The Kinh	5	0.49	0	0.00	0	0.00	5	0.49
	Ethnics	0	0.00	0	0.00	0	0.00	0	0.00
	Total	5	0.49	0	0.00	0	0.00	5	0.49
Table tennis	The Kinh	7	0.68	10	0.98	0	0.00	17	1.66
	Ethnics	22	2.15	8	0.78	5	0.49	35	3.42
	Total	29	2.83	18	1.76	5	0.49	52	5.08
Athletics	The Kinh	42	4.10	9	0.88	37	3.61	88	8.59
	Ethnics	13	1.27	0	0.00	6	0.59	19	1.86
	Total	55	5.37	9	0.88	43	4.20	107	10.45
Shuttlecock	The Kinh	1	0.10	0	0.00	4	0.39	5	0.49
	Ethnics	0	0.00	0	0.00	2	0.20	2	0.20
	Total	1	0.10	0	0.00	6	0.59	7	0.68
Petanque	The Kinh	15	1.46	9	0.88	8	0.78	32	3.13
	Ethnics	36	3.52	14	1.37	24	2.34	74	7.23
	Total	51	4.98	23	2.25	32	3.13	106	10.35
Total	The Kinh	360	35.16	148	14.45	182	17.77	690	67.38
	Ethnics	196	19.14	50	4.88	88	8.59	334	32.62
	Total	556	54.30	198	19.34	270	26.37	1024	100

The data in Table 1 shows that In general: Students' choice of content for extracurricular sports training is quite scattered. There are significant differences in the number and proportion of sports students choose to practice. However, it is easy to see the sports that students love and practice the most are volleyball 32.13%, badminton 14.55%, athletics 10.45%, petanque 10.35%, football 9.18% and basketball 8.40%.

Overall by ethnicity: In general, the choice of content for extracurricular sports training of ethnic students is slightly different from the overall. The number and proportion of sports that ethnic students choose to practice is also uneven. However, it is easy to see the sports that ethnic students love and practice the most are volleyball 7.62%, petanque 7.23%, basketball 4.79%, table tennis 3.42%, chess 2.73% football 2.15%. The remaining sports which are not chosen by ethnic students to practice much because of its attraction, training conditions or ethnic traditions, the rate is only 1.95% or less like badminton 1.95%, athletics 1.68%, martial arts 0.68%, shuttlecock 0.20%, and there were no ethnic students choosing swimming.

In terms of schools by ethnicity: Most ethnic students in schools choose the content extracurricular sports training including volleyball, petanque, basketball, table tennis, chess and football. This number accounts for the majority compared to the remaining sports, specifically the sports from high to low are as follows Teacher's Training college (volleyball 5.08%, petanque 3.36%, basketball 2.93%, table tennis 2.15%, chess 1.86%, football 0.78%), Community college (petanque 1.37%, volleyball 1.17%, table tennis 0.78%, basketball 0.59%, football 0.49%, chess 0.29%), Vocational college (petanque 2.34%, volleyball 1.37%, basketball 1.27%, football 0.88%, chess 0.59%, table tennis 0.49%) .

**The results of the survey of students' opinions on the choice of extracurricular sport practice methods (table 2)**

**Table 2:** Students choose the method of extracurricular sports practice (n=1024)

Schools Contents		Soc trang Teacher's Training college		Soc Trang Community College		Soc Trang Vocational College		Total	
		Quantity	%	Quantity	%	Quantity	%	Quantity	%
Method of organizing exercise	Team	68	6.64	24	2.34	35	3.42	127	12.40
	Club	260	25.39	95	9.28	123	12.01	478	46.68
	Group, class	228	22.27	79	7.71	112	10.94	419	40.92
	Self- exercise	0	0.00	0	0.00	0	0.00	0	0.00
Training method	Instructor	417	40.72	139	13.57	203	19.82	759	74.12
	Without instructor	1	0.10	0	0.00	2	0.20	3	0.29
	Both	138	13.48	59	5.76	65	6.35	262	25.59
Practice time	< 30 minutes	25	2.44	7	0.68	4	0.39	36	3.52
	30 minutes – 1 hour	183	17.87	108	10.55	118	11.52	409	39.94
	1 hour – 2 hours	344	33.59	83	8.11	148	14.45	575	56.15
	More than 2 hours	4	0.39	0	0.00	0	0.00	4	0.39
Number of training sessions	1 session	0	0.00	0	0.00	0	0.00	0	0.00
	2 sessions	329	32.13	122	11.91	126	12.30	577	56.35
	3 sessions	227	22.17	76	7.42	144	14.06	447	43.65
	More than 3 sessions	0	0.00	0	0.00	0	0.00	0	0.00
Training place	School	439	42.87	154	15.04	199	19.43	792	77.34
	Home	28	2.73	18	1.76	22	2.15	68	6.64
	Park	84	8.20	24	2.34	49	4.79	157	15.33
	Other	5	0.49	2	0.20	0	0.00	7	0.68
Training time	Morning	136	13.28	39	3.81	64	6.25	239	23.34
	Afternoon	0	0.00	0	0.00	0	0.00	0	0.00
	Evening	357	34.86	130	12.70	175	17.09	662	64.65
	Freetime	63	6.15	29	2.83	31	3.03	123	12.01
Training cost ( VND)	< 100.000	22	2.15	9	0.88	35	3.42	66	6.45
	100.000 – 200.000	436	42.58	155	15.14	193	18.85	784	76.56
	200.000 – 300.000	94	9.18	32	3.13	40	3.91	166	16.21
	> 300.000	4	0.39	2	0.20	2	0.20	8	0.78
Total		556	54.30	198	19.34	270	26.37	1024	100

The survey results in Table 2 show that

The training method through the club is chosen the highest by students in Soc Trang province with 478 students accounting for 46.68%, 419 students chose the method of group or class training accounting for 40.92% and 127 students chose to practice the team accounting for 12.40%.

#### **The organization method**

The total of 1024 students in Soc Trang province surveyed, 759 students chose the training method with the instructor accounting for the highest 74.12%, 262 students chose both accounting for 25.59% and 03 students chose the training method without the instructor accounting for 0.29%. This shows that students need instructors when practicing extracurricular sport activities.

#### **The training time**

The survey results of 575 students, the numbers of students who chose practice time from 01 to 02 hours are the highest accounting for 56.15%, 409 students chose practice time from 30 minutes to 1 hour accounting for 39.94%, 36 students chose practice time less than 30 minutes accounting for 3.52%, 04 students chose practice time more than 2 hours accounting for 0.39%.

#### **The number of extracurricular sport training sessions**

The survey results of 577 students, the numbers of students choosing practice 2 sessions are the highest accounting for 56.35%. The remaining 447 students chose practice 3 sessions accounting for 43.65% and there were no students choosing practice 1 session or more than 3 sessions.

#### **The training place**

The results of the survey on extracurricular sports training place for students in Soc Trang province are mainly choosing schools with 792 students accounting for 77.34%, 157 students chose practicing in the park accounting for 15.33%, 68 students chose practicing at home accounting for 6.64% and 07 students chose practicing other places accounting for 0.68%.

**The training time**

The survey results 662 students chose practice in the afternoon after school accounting for 64.65%, 239 students chose practice in the morning accounting for 23.34%, 132 students chose practice whenever they're free accounting for 12.01%, and there were no students choosing practice at noon.

**The training costs (VND):**

The results of the survey show that 784 students chose training costs from 100,000 - 200,000 VND accounting for 76.56%, 166 students chose 200.00 - 300,000 VND accounting for 16.21%, 66 students chose less than 100,000 VND accounting for 6.45% and 08 students chose more than 300,000 VND accounting for 0.78%.

**The facilities for extracurricular sport activities at colleges in Soc Trang province****Table 3:** The facilities for extracurricular sport activities at colleges in Soc Trang province (n=3)

Facilities	Schools					
	Soc Trang Teacher's Training College		Soc Trang Community College		Soc Trang Vocational College	
	Quantity	Area (m <sup>2</sup> )	Quantity	Area (m <sup>2</sup> )	Quantity	Area (m <sup>2</sup> )
Multi-purpose gym	1	864	0	0	1	750
Artificial grass football field	1	2340	0	0	1	2400
Natural grass football field	1	800	1	800	0	0
Volleyball court	2	320	2	320	2	324
Basketball court	1	375	0	0	0	0
Badminton court	4	326.9	2	163.5	2	163.5
Petanque court	2	120	2	120	3	540
Table tennis gym	0	0	1	800	0	0
Running track 100m – 200m	1	200	1	200	1	300
Hole high jump, long jump	1	57	1	45	1	45
Total area		5402.9		2452.5		4422.5
Total students		860		448		390
Student ratio/m <sup>2</sup>		6.3		5.5		11.3

The number in table 3 shows that the facility for extracurricular sport activities at colleges in Soc Trang province have petanque courts. Teacher's Training College has 02 courts (120m<sup>2</sup>), Community college has 02 courts (120m<sup>2</sup>) and Vocational college has 03 courts (540m<sup>2</sup>).

The research results in Table 1, Table 2 and Table 3 show that

Petanque is one of the extracurricular sport activities that students chose to practice.

The method of organizing extracurricular sport activities that students in Soc Trang province prioritize to practice is at clubs.

The facilities of the colleges in Soc Trang province ensure the organization of the petanque model of an extracurricular sport club.

**Organizing and operating petanque model of extracurricular sport club for students in Soc Trang province.**

The research developed the model in accordance with the students' demands, facility circumstances, and Circular No. 18/2011/TT-BVHTTD.

In order for the extracurricular sport club for students in Soc Trang province to be established according to regulations and effective operation, it is necessary to complete the following documents and procedures:

Dossier of application for recognition of the extracurricular sport club petanque for students in Soc Trang province including:

- Establishment decision;
- List of the Board of Directors;
- List of members;
- Location of practice;
- Regulations;
- Operational Regulations.

**The Organization of the extracurricular sport club of petanque for students in Soc Trang province including**

- The Board of Directors includes The Chairman and Vice-Chairmen appointed by club members.
- Club members.

**Operational Regulations of Petanque clubs**

To organize and put the Petanque Club into operation effectively in accordance with the purposes set out in the Club's Charter; The Board of Directors Petanque Club promulgates the Club's Regulations as follows:

**Part I. Regulations on the Club's activities + Practice time:**

- Every Tuesday, Thursday and Saturday.
- From 5:30 PM to 7:00 PM

Members who wish to practice more must get permission from the Club's Board of Directors.

**+ Time for social events and tournaments**

Based on the request, the Tournament Charter, and the club's competition strategy, the Club's Board of Directors will stipulate the time for socializing and competing with other teams; as well as allocate tasks to particular members.

**+ Practice location**

Pedagogical Court of the College of Education

**+ Regulations on management and operation of the club**

- The Board of Directors meets every three months to assess and analyze the club's operations, and if required, the standing board of the club might call an extraordinary meeting. At least 2/3 of the members of the Board of Directors must be present at the meeting.
- The standing Board of Directors consists of the Chairman and Vice-Chairmen, who are in charge of the club's professional work, finances, and assets. The Standing Board of Directors meets once a month, and the meeting is convened by the Club Chairperson.
- All Club members are required to submit to the Board of Directors' leadership, management, and administration; all comments should be shared in a systematic manner to ensure objectivity and democracy.

**+ Others**

- When entering and leaving the practice places, club members are expected to completely adhere to the club's regulations.
- To maintain tidiness, the objects must be placed in the proper location;
- Members should dress in sports clothes (pants, shirts, soft sole shoes...) when visiting the practice site in order to show decency, kindness, and respect for one another; do not talk indiscriminately to provoke chaos at the practice location;
- On the basis of being supervised by the Board of Directors, all club members have the same duties and rights in training and competition;
- Members need to inform the Board of Directors as soon as visitors arrive, because social programs are expected to be implemented by the Board of Directors.

**Part II. Membership fees and the facility and financial management****+ Membership fees**

Each member pays a monthly membership fee of 100,000 VND (this fee may change according to the actual club activities).

**+ Facility and financial management**

- The Board of Directors oversees the club's facilities and finances;
- Funds raised from member contributions, organizations, and individuals will be utilized for training, exchanges, tournaments, and other development activities;
- The club's earnings and spending will be openly presented in Board of Directors meetings.

**Part III. Implementation**

- After receiving comments from the Board of Directors and receiving approval from the Club Chairperson, the contents of the club regulation will be formally enacted;
- The Club Board of Directors is in charge of thoroughly conducting and disseminating the table of club rules to other members;
- Members of the club are supposed to follow the club's rules and contribute to the growth of the Petanque clubs at the College of Education.

**Conclusion**

The outcomes of the research come from surveys of demands and facility conditions in Soc Trang province. As a result, a model of Petanque extracurricular sports club for students has been built based on Circular No. 18/2011/TT-BVHTTD. Furthermore, the fact shows that the current Petanque clubs have been constructed in accordance with the specified order, which are organized, managed efficiently so as to attract a large number of pupils to participate.

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