

Research on Introducing Sports Education Model into College Physical Education

Kou Dong

Changji University, Xinjiang, 831100, China

Keywords: College physical education, Sports education, Innovative research, Educational model

Abstract: college physical education has always been an indispensable part of college education, the teaching model of physical education has attracted much attention from the society. Therefore, it has become imperative to conduct innovative research on college physical education. Reforming the methods and strategies of physical education are all issues that people should think about. This article studies the reform of college physical education under the new sports model, and hopes that the majority of students will pay attention to the new attempt and transformation of the physical education model.

1. Introduction

According to the document guidance of “national college physical education curriculum instruction outline”(hereinafter referred to as the outline), there are new requirements for the curriculum setting and structure, curriculum content and teaching methods, the development of physical education curriculum resources and students’ learning evaluation of public physical education in colleges. The teaching ideas and frontier scientific knowledge of colleges have injected new vitality into the traditional physical education teaching mode^[1]. Under the background of diversified society, the new sports education model is more in line with the trend of physical education reform. This paper discusses the problems existing in the model of college physical education and the innovative research on the model of physical education and sports education.

1.1 Problems in Public Physical Education

In recent years, due to the lack of controllable factors and operability in some teaching concepts of the new outline, many colleges have not adapted to the trend of thoughts of sunshine sports and happy sports. For example, some common mistaken teaching phenomena: the teaching organization is loose and the students lack enthusiasm and interaction. From the teacher’s perspective, the teaching content is single, lacks novelty, the teaching objectives are not clear, and lacks interest; the assessment is not “people-oriented”. From a student’s point of view, the lack of students’ initiative for physical examination items limits students’ interest choices.

1.2 Errors in Public Physical Education Teaching

In teachers' teaching, the traditional teaching method follows the teaching method of competitive sports. Most colleges constantly improve their own hardware sports facilities, but do not make the best use of it. Students have less access to sports facilities^[2]. In the process of teaching, students did not establish a correct understanding, did not feel "student-centered". At present, many indoctrination teaching methods have become habitual for a long time. Most students tend to forget about the sport at the end of the semester, so they lack a sustainable role.

The physical education evaluation model is a prerequisite to ensure a sound teaching system. Generally, it includes sports technology assessment, quality exercise, theoretical examination, and usual results. The most important item is the sports technology assessment item, which tests the comprehensive quality level of students in physical exercise throughout the year. Under the background of exam-oriented education, students are subconsciously used to "highlight" breakthrough one by one and spend a lot of time to practice a single examination content. This phenomenon causes students to lack their own systematic and reasonable learning plan. In terms of performance, teachers lack many factors to judge students' comprehensive performance; attendance is the main factor to judge students' performance. Doing so will dampen the initiative of students, and it is also contrary to the goal of achieving lifelong sports.

2. The Necessity of Introducing Sports Education Mode

2.1 The Connotation of Sports Education Model

The sports education model is a model for cultivating athletes and systematically educating students proposed by the American sports educator Siddentop in the 1980s. At first, this theory was only based on game theory, but later evolved into the dominant idea of sports education theory^[3]. The usual manifestation is that the instructor teaches in unit form. When the teaching unit has a fixed number of lessons, partner learning and two-person collaboration are also introduced as learning modes. In this process, students' autonomy and enthusiasm for participating in learning can be reasonably mobilized. At the same time, in order to stimulate students' fighting spirit, the competition is set as the main line of the process, providing students of different sports levels with a real and rich sense of experience.

2.2 The Significance of Introducing Sports Education Model

Sports education mode is a teaching mode that gathers all teaching advantages into a comprehensive one in the present physical education teaching mode. This paper will discuss the significance of introducing sports education mode from the following four aspects.

2.2.1 Under the Trend of Sports Education, Students Participate in Activities Spontaneously

Sports education is different from traditional physical education, which is to combine physical education, extracurricular activities and inter school sports organically; students actively cooperate with each other and try different roles. In the process, the lack of elimination makes students relax and participate in it, without any pressure and passivity.

2.2.2 Under the Trend of Sports Education, Various Roles Emerge in an Endless Stream

In the model of sports education, students are encouraged to change their roles, which include athletes, referees, coaches, scorers, trainers, propagandists, etc. In this way, the derivation of the role is based on the situation of the participants in the venue, and the participants can try to change more. In this mode, college students feel more fresh and involved than tired of physical education

curriculum.

2.2.3 Under the Trend of Sports Education, It Combines the Needs of students' Physical and Mental Development

The mode of running sports education in colleges and does not focus on the main purpose of education, which should also be felt by students. In order to reduce the requirements and difficulty of competitive sports, colleges should use learning groups or other learning methods to make students have comprehensive learning ability^[4]. So that students can easily grasp the essentials of competitive sports. In the competition system, paying attention to flexibility can reduce the degree of difficulty of the event; increase pre-competition practice opportunities, set different levels of competition system, so that students can effectively relax the body and mind to relieve pressure. College students who grow up under the background of exam-oriented education pay more attention to results; the need for college students to pay attention to physical and mental development is also an important result of the practice of sports education trends. Only in this way can the public sports practice its own superior value under the innovative research of the sports education model.

3. Conclusion

To sum up, the reform of public physical education in colleges is imperative, and the introduction of sports education model is also an effective decision to solve the problems faced by public physical education in colleges at this stage. The reform of college public sports is an important practical way for students to relax. Colleges should pay attention to the physical and mental relaxation of students under the background of sports mode education, comprehensively consolidate the progress of public physical education reform, make sports education mode enter the university campus as soon as possible, and draw the most brilliant ink for the grand blueprint of China's sports cause.

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