

Analysis on the current situation and effect of sports club system teaching in colleges and universities

Tao Ling¹, Tang Lu², Kong Qingbo²

1. Education Committee of Yongchuan District, Chongqing, Chongqing 402160
2. School of Physical Education, Chongqing University of Arts and Sciences, Chongqing 402160

Keywords: college sports; club system; teaching; effectiveness

Abstract: Taking the effect of the teaching implementation of the university sports club system as the object, through the methods of literature materials, observation and logical analysis, the necessity, current situation, contradiction and effect of the implementation of the university sports club system are analyzed and researched. The research results show that in the form of clubs, organizing and implementing the teaching activities of college physical education courses fully reflects the main body status of students. It is conducive to stimulating the motivation of students to participate in the sports club learning, and is conducive to promoting the reform and innovation of college physical education teaching mode.

1. The Present Situation of the Teaching Mode of University Sports Club System

1.1 Student Aspects

The teaching mode of university sports club system puts students in the main position, and students can freely choose the content, purpose, teachers, class time, etc. of physical education courses. Although the choice is free, it is by no means blind and random, and there is still an obvious motive for the choice. Most students make choices out of their own hobbies; a small number of students choose projects with the least difficulty, easy learning, and easy clearance, and the motivation is very utilitarian; Of course, there are also a very small number of students who cannot satisfy their hobbies and choose passively because their hobbies are not available in the school's optional sports [1]. At the same time, students' choice of sports has obvious gender characteristics. Because boys and girls have great differences in physiology and psychology, there are also corresponding gaps in physical function and psychological quality. Overall, boys prefer more confrontational sports, such as basketball, football, badminton, volleyball, etc; Girls prefer sports with relatively strong flexibility and coordination, such as yoga, aerobics, table tennis, etc. [2].

1.2 Teachers

Teachers play a leading role in teaching activities and play a vital role as organizers, guides, inspirations, managers and so on. Physical education teachers specializing in sports directly reflect the level of professional knowledge and technical expertise, and have a profound impact on the

teaching of physical education courses. At the same time, the structure of physical education teachers' special programs will also profoundly affect the normal operation of the university sports club system. The more reasonable the structure, the more conducive to the orderly operation of the university sports club system. As far as the current physical education teachers in Chinese universities are concerned, the distribution of specialized sports is relatively wide, covering common basketball, football, track and field, martial arts, volleyball, swimming, aerobics and so on. There are many sports items for students to choose from, which is an extremely favorable factor and has the premise and foundation of club diversification. In addition, in recent years, campus football has risen rapidly and is in full swing, requiring more teachers, so there are more and more physical education teachers specializing in football.

2. Contradictions in the Teaching Process of University Sports Club System

2.1 In some schools, there are contradictions in the tension of venues

With the expansion of colleges and universities, the number of students in colleges and universities is increasing, and each individual student has its own unique physiology, psychology and different interests. At the same time, there are many types of sports events, dozens of which are common, and most sports events require professional equipment and venues. If the hobbies and needs of students are fully or fully met, there will be many sports events included in the club-based teaching model, and the demand for equipment and venues will also be very large. For a general university, the common basketball courts, football fields, track and field fields, badminton courts, table tennis courts and swimming pools all have a certain number and size, which can meet the teaching activities of the club system. However, in recent years, with the continuous development of our country's social economy, the national living standard has been significantly improved, and people have begun to seek a higher quality of life. The pursuit of the realization of the value of sports events is richer and more diverse, and it is necessary to continuously meet the needs of higher psychological and spiritual levels. Not only to meet the needs of fitness, but also to pay more attention to the comfort of the sports environment, the novelty, fun, and pleasure of the exercise process. Therefore, water sports, ice and snow sports, mountain outdoor sports and other sports are more and more popular among students, and noble sports such as golf are also popular among students. For most schools, the venues needed to conduct club-based teaching activities in these sports are not available.

2.2 In some schools, there is a shortage of teachers

Due to the special historical status of basketball and track and field in the teaching of physical education in Chinese universities, the development trend of football in Chinese universities will continue to rise in the future. Therefore, it is impossible for physical education teachers to specialize in the project structure for a while and a half. For some unpopular sports, such as badminton, taekwondo, yoga and other projects, the number of specialized teachers is relatively small, the number of teachers is relatively weak, and the number of corresponding clubs will also appear insufficient, which cannot fully meet the students' choices. Similarly, with the development of society and economy, people's living standards are getting higher and higher, and some aristocratic sports are more and more popular among students. Such as snooker, tennis, bowling, golf and other sports, even if the students are very interested, very eager to set up a corresponding club in the school. However, the construction of the corresponding teaching staff cannot keep up, and it seems to be lagging behind, and it will be difficult to incorporate sports such as snooker, tennis, bowling, golf and other sports into the school club teaching mode within a certain period of time.

3. The effect of implementing the teaching mode of college sports club system

3.1 Effectively enhance the physical quality of students

The reform and innovation of the teaching mode of the university sports club system is mainly reflected in "people-oriented" and "student-centered", which organically integrates physical education classroom teaching with extracurricular activities, competitive competitions, sports training, fitness modeling, leisure and entertainment.[3] This is a major breakthrough, focusing on physical education in the content of quality education, which is to make up for the shortcomings of quality education reform for a long time. In the process of effectively improving the physical quality of students, the reform of the teaching mode of the university sports club system has played an irreplaceable role. Through the students' free choice and independent choice, they can better satisfy their own interests, better realize their own learning motivation and goals, and have higher learning enthusiasm and initiative, and the phenomenon of being late for class and absent from work has been significantly reduced. The classroom learning efficiency of physical education has been effectively improved, and the effect has been significantly enhanced. At the same time, the time for students to participate in sports is not limited to traditional teaching classrooms, but extends and expands to the space field of extracurricular activities, competitive competitions, sports training, fitness modeling, leisure and entertainment. The frequency and time of students' exercise have increased significantly, and the effect of enhancing physical fitness will naturally be enhanced.

3.2 Effectively promote the rapid development of students

Interest is to be a good teacher. For universities, the goal of talent training is fundamentally different from that of primary and secondary schools. After primary and secondary schools, students will enter a higher level and a higher stage of learning, while universities are mainly to cultivate high-quality and useful talents for the society. No matter what university, no matter what professional talents must be oriented to the profession and the society, otherwise its value and significance will be greatly weakened [4]. For today's university graduates, it may not be difficult to achieve employment, but to go further and smoother on the road of career development, more knowledge and ability must be used as strong support. Of course, it includes professional knowledge and ability, innovative knowledge and ability, cultural quality and comprehensive quality, but also physical quality. Because the body is the capital of the career, the foundation of the career, without a healthy body, career development and career achievements are empty talk. The college sports club system teaching mode stimulates students' interest in actively participating in sports, enhances the fun and sense of gain in the process of sports, and promotes students to develop good exercise habits. This kind of good exercise habit has been extended and extended to work and life, and has a positive effect on the development of students' career and career, and the quality of life.

3.3 Create a good atmosphere for national fitness and healthy China action

In the article "Analysis of the Effectiveness of the Policy Implementation of the Outline of the National Fitness Program in Shenyang Universities", Sun Xiao conducted a survey and research on 6 colleges and universities in Shenyang by means of sampling questionnaires. The results show that: College physical education teachers actively participated in the specific guidance activities of national fitness. In addition to the guidance of university physical education teachers, the majority of students, club coaches, and community instructors also participated in the guidance of national fitness [5]. It is the positive effect of the university sports club system teaching mode to be able to actively participate in the guidance and service of national fitness activities by physical education teachers, students, club

coaches, and community instructors. Because the teaching mode of university sports clubs is an open teaching mode, it has promoted the further organic integration of university campuses and communities. The university sports club system teaching and community fitness activities are further organically integrated, breaking barriers with each other, forming a linkage mechanism, and creating a good atmosphere for further promoting national fitness activities and promoting the Healthy China Action Plan.

References

- [1] Hu Zhaorui, Wang Shujin, Bai Miao. *Analysis of the current situation of the teaching mode of sports club system in local colleges and universities in Liaoning Province* [J]. *Journal of Anshan Normal University*, 2012(06):93-95.
- [2] Gu Bin. *The current situation and application of the sub-teaching of sports club system in college physical education* [J]. *Contemporary Sports Science and Technology*, 2012, 2(18): 45-46.
- [3] Luo Zhiyong. *Analysis of the effect of the integration reform of the sports club system in Guangxi University* [D]. *Soochow University*.
- [4] Bai Yonghong. *Based on three aspects to improve vocational education* [J]. *Journal of Shihezi University (Philosophy and Social Sciences Edition)*, 2005(1):65-68.
- [5] Sun Xiao. *Analysis of the Effectiveness of the Policy Implementation of the Outline of the National Fitness Program in Shenyang Universities* [D]. *Jilin University*, 2010.