

# *An Analysis of Current Situation and Reform Path of Track and Field Teaching in Colleges and Universities*

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**Abstract:** The orderly development of track and field teaching in colleges and universities can improve students' physical quality and enhance their individual athletic ability. By observing the college track and field teaching present situation, however, is not hard to find, track and field teaching problems is to also, in order to make the track and field teaching can play a positive role for the students' healthy development, universities improve the track and field teaching infrastructure, reform the teaching system, establishing professional faculty, enables college track and field teaching more accord with contemporary youth movement and learning needs.

## **1. Introduction**

Track and field sports can mainly exercise people's reaction speed, body flexibility, sensitivity, endurance and coordination, can enhance the constitution, promote metabolism, so as to improve the human body functions. Therefore, the efficient track and field teaching activities deeply affect the development of each student's sports comprehensive ability and the promotion of physical quality. However, with the development of society and the progress of science and technology, the existing teaching facilities, teaching concepts and other teaching levels in colleges and universities have been unable to meet the sports needs of students, and the traditional track and field sports have also lost interest in college students. These factors have promoted the reform of track and field education in colleges and universities in China. In order to keep pace with The Times and adapt to the needs of The Times, colleges and universities should actively improve the teaching quality of track and field, enrich the teaching content and innovate the teaching methods, so as to play their due role in improving the comprehensive quality of students' physical education.

## **2. The Current Situation of Track and Field Teaching in Universities**

At present, colleges and universities have gradually opened the elective system of physical education courses, so that students and teachers can reach a two-way choice. Students can acquire the spirit of unity, cooperation and perseverance in a good teacher-student environment. But today all kinds of sports to develop gradually enrich the students' sports activities, followed by, fewer and fewer students learning track and field sports, it will lead to the colleges and universities due to select fewer track to cancel the course, so, how to balance after the new curriculum reform of track

and field course and other courses of the relationship between sports, also became a university need to solve a difficult problem.

### **3. The Current Problems of Track and Field Teaching in Universities**

#### **3.1 Factors Influencing the Neglect of Track and Field**

##### **3.1.1 School**

Track and field teaching as one of the important exercise students' physical and mental health of sports, to enhance students' spirit of sports, sports quality plays an important role, but in the education teaching in colleges and universities, track and field teaching is neglected phenomenon, first of all, the teaching activity is generally prefer to imparting theoretical knowledge, to the student to the track and field teaching in colleges and universities lack of emphasis, Track and field teaching courses in colleges and universities are virtually nonexistent; Secondly, in the arrangement of sports events, the teaching hours of track and field events are less than other sports events. Again, the lack of understanding of track and field sports culture in colleges and universities, usually in physical education teaching, the teacher through their own understanding, was carried out on the track and field course teaching USES is the difficult class athletics teaching, dull, heavy machinery, and the training methods caused much pressure to students, can make the students lose interest in learning [1].

##### **3.1.2 Students**

Because the student in the face of education, the employment pressure, often in learning to pay more attention to theoretical course of study, and neglected the physical training, in front of the sports complex, students are more willing to choose physical consumption is small, flexible and interesting sports, which makes the athletics marginalized, in the long term to cause a decline in students' physical quality, can also lead to track and field sports is cancelled. And because part of the students in the choice of track and field sports, the high intensity of training and make the students physical and mental exhaustion, so that track and field sports can not reach the final teaching purpose.

##### **3.1.3 Family**

Due to the track and field sports require different equipment, the equipment relative to other sports equipment hardness strong, if there is a knock against will cause students suffered from varying degrees of damage, some colleges and universities teaching of track and field training intensity is relatively large, can also lead to students ligament injury, this is also lead to parents send for students to choose one of the main causes of track and field sports. Secondly, some parents believe that students should give priority to in order to study at school, ignoring the importance of physical exercise, even if the students in choosing sports, parents also can let students choose the exercise intensity is small, high security, high flexibility of sport exercise, to reduce the time of the sports of cultural knowledge, This has brought some obstacles to track and field teaching in colleges and universities.

#### **3.2 Simple Teaching Facilities**

Is at school in colleges and universities, only equipped with basic playground, basketball courts and other sites, site also placed only simple such as single, parallel bars and rings, sports facilities,

some colleges and universities due to the shortage of funds, not value of track and field teaching, make school leaders also not spending too much money for the track and field teaching, making teaching equipment shortages. With the development of track and field today, the simple equipment is far from meeting the students' requirements for track and field equipment. Because the facilities are not perfect, students can not enjoy the quality of track and field teaching, which will make the enthusiasm of students to track and field suffered a blow, and because the teaching facilities are not perfect, students can not diversified, targeted training of track and field, resulting in students' understanding of track and field deviation. The poor teaching equipment greatly reduced the students' track and field training effect.

### **3.3 The Shortage of Teachers**

Colleges and universities generally exist teachers' guidance is not in place, professional is not strong and other problems, which will make the students' track and field sports level can not be improved or improve slowly phenomenon. In the process of sports, students are easy to cause physical injury because of the teacher's non-standard guidance and wrong guidance. And teachers in the teaching process does not pay attention to the dominant position of students learning, teachers blindly instill repetitive movements, on the content to a certain extent hindered the student's physical and mental development, especially in modern times, social demand for talents has been transformed by the students should possess high skills for the students to conform to the requirements of the comprehensive qualities of talents, This makes colleges and universities not only should pay attention to the students' cultural learning ability, but also should pay attention to the cultivation of students' sports ability in teaching, should improve the importance of track and field sports items, in order to educate more comprehensive quality talents with development prospects.

### **3.4 The Teaching System is Not Perfect**

Various universities in track and field teaching for students, because the teaching time is short, the students can't behavioral essentials, as well as in athletics track and field, a good grasp of knowledge, long cycle, and track and field sports class colleges and universities generally to control the class hour a day on Monday, which makes the student to the knowledge of the field and track course, easy to forget, causes students to learning and memory are not coherent [2]. In the classroom, the teacher can not repeat the explanation, so that students in the insufficient teaching environment, can not learn the track and field course, so that the track and field course can not improve the students' physical quality to achieve effective assistance.

## **4. The Path of Track and Field Teaching Reform in Universities**

### **4.1 Renew the Teaching Concept**

Colleges and universities should pay more attention to track and field courses, gradually integrate track and field courses into students' physical exercise programs, strengthen the safety of track and field exercise programs, and solve the worries of students and parents. In the teaching, universities should break the traditional teaching concept, adhering to text teaching idea, in track and field course choice, should be considered suitable for students to exercise the content of teaching, and considering the track and field course content can help long-term physical exercise for the students, make students after the study of track and field knowledge in life to learn in the future also can flexible use. In addition, colleges and universities should change the traditional repetitive

mechanical exercise mode, and should choose the teaching methods suitable for students' strength, flexibility, cardiopulmonary function and other physical rules to guide students in track and field teaching. Colleges and universities can scientifically transform track and field competitive sports projects into sports and fitness projects that students like. Make track and field sports not only entertaining but also provide students with fitness and fun, which can not only reduce the psychological pressure of students in the process of exercise, but also reduce the adverse physiological reaction of students, so that students in a relaxed and pleasant atmosphere to study track and field events.

#### **4.2 Improving Teaching Facilities**

Colleges and universities should step up to the infrastructure construction of track and field, track and field teaching facilities, equipped with complete enables athletics facilities to accord with the requirement of different track and field events, so as to meet the teaching requirement, so that the students under the track and field sports facilities attract to athletics as a sports on improving the quality of the body, also make students can independently into the physical exercise. Colleges and universities can be equipped with media equipment to assist track and field teaching. Through detailed video demonstration, students can master professional track and field knowledge [3], thus improving the safety of students' operation equipment.

#### **4.3 To Establish Professional Teachers**

Colleges and universities should recruit teachers with professional theoretical knowledge and practical skills of track and field to guide students in track and field sports. In the process of recruitment, they should raise recruitment requirements, pay attention to the professionalism of teachers, and attract professional teaching talents by raising salaries. At the same time, colleges and universities should strengthen the training of physical education teachers, so that they can improve their own professional skills through learning, provide professional guidance for students, and train students to have more professional track and field knowledge and skills.

#### **4.4 Establish a Science Teaching System**

Colleges and universities should appropriately increase the class hours of track and field courses, should be changed from the original one week to two classes a week, so that track and field teaching can meet the teaching requirements in time, so that teachers can have more time to guide students to master solid theoretical knowledge and sports skills, enhance students' memory, and consolidate students' sports ability.

### **5. Conclusion**

Quality of track and field teaching can not only make students achieve the purpose of the exercise, also can enrich the students' sports knowledge, let the students get faster, stronger and higher sports spirit, causes the student to study life in the future, by track and field exercise, develop self-confidence, ZiQiangXin and self-esteem, provide effective help for students all-round development.

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