

The Construction of Curriculum System and Training Scheme for the Advanced Football Referee Course of Shandong Technology and Business University

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Abstract: Research is underway to further enhance the quality of teaching in the elective physical education courses at Shandong Technology and Business University and to promote the development of teaching and improve teaching abilities, utilizing the advanced football referee course as an example. It is worth noting that in contemporary times, physical fitness levels among ordinary college students are relatively poor, and their enthusiasm for and emphasis on physical education courses are low. Most students in colleges and universities do not have the habit of engaging in regular physical exercise, with weekly physical education classes being their only opportunity for physical activity. The perspective of sports teaching in the 21st century emphasizes the need to meet all students' high-quality and diversified development needs in sports learning. It is suggested that suitable sports should be provided to each student to enable their sports potential to be fully developed, encourage individual development, and cultivate the concept of lifelong sports. Against this backdrop, the sports department at our university has taken bold steps toward creating a vibrant campus football culture. The department has organized welcome football matches and various college super leagues and offers advanced football referee courses, aiming to ensure the smooth operation of campus leagues and cultivate reserve talents for the Yantai Football Association referees. This article seeks to elaborate on the teaching objectives, methods and forms, teaching content, and training programs for constructing football referee courses. Zhao Zuofu mentioned in his article the necessity of cultivating students' football referee ability in university sports football elective courses, analyzed the favorable conditions of cultivating students' football referee ability in university sports football elective courses, clarified the basic qualities of cultivating students' football referee ability in university sports football elective courses, and pointed out several issues that should be paid attention to in cultivating students' football referee ability in university sports football elective courses.[5] Liu Qinyi mentioned in his article that with the rapid development of football both domestically and internationally, the requirements for the ability of the referee team have become increasingly strict. He analyzed the advantages and disadvantages of specialized and non specialized students in the international football referee class under the new situation, providing improvement suggestions and references for future teaching and team construction, in order to improve the quality of the international referee class team. Kong [4] Xiangxin proposed a diversified teaching method, which is based on the spirit of the Ministry of Education documents and the requirements of the school's goal of cultivating talents. After selectively optimizing and combining various teaching methods, methods, and teaching auxiliary equipment, it forms

the most suitable teaching method. This teaching method can fully mobilize students' various proprioceptive organs such as vision, touch, and hearing in classroom learning, thereby promoting the improvement of students' learning interest and efficiency.[3]Liu Xuan mentioned that the domestic and international football environment has undergone tremendous changes, and the referee team needs to make timely and appropriate adjustments with the development of the times. Through in-depth research on various elements of the teaching process, problems are identified and solutions are proposed to improve the teaching quality of the referee class, ensuring the continuity of talent cultivation.[1]Yue Yaopeng summarized the advantages and existing problems of the teaching mode of the football referee class at Beijing Sport University in his article, providing theoretical reference for Beijing Sport University to cultivate more excellent football referees in the future, and also providing reference basis for the further development of the training work of student football referees in higher sports institutions in China.[2]

1. Teaching Objectives of Football Referee Course

Teaching objectives refer to the direction and anticipated outcomes of the teaching process and serve as the starting point and ultimate goal of all teaching activities. They are combined with teaching and cultivation goals. College students have poor physical fitness and weak exercise habits, and one physical education class per week cannot meet the national standards for college students' physical health. To address this, our school has offered physical education classes in various sports to cultivate students' individual development and solve the problem of "Physical Education Courses for Everyone to Enjoy", which allows students to learn the sports they are interested in and cultivate their exercise habits. As a regular university, it is rare for our school to offer a football referee course, which better meets the needs of students' individual development. Interest is the best teacher, and based on their interests, we teach them professional football referee knowledge to enable students to have the ability to officiate football matches. Throughout this course, students are expected to develop a proficient understanding of the rules of football matches and possess a certain level of football referee skills and theoretical knowledge. They will deepen their understanding of football referee knowledge and improve their ability to officiate matches through theoretical learning and practical exercises. They will be able to officiate in our school's football league matches, assist the Yantai Football Association in improving the competition system and related work needs, actively promote the game atmosphere of various college football teams, promote healthy and orderly development, improve the competitive level of our school's football league, enrich students' cultural life, and enhance friendship among students. Learning the football referee course will enable students to be recommended to participate in matches in Yantai City according to their performance, which can deepen their learning, increase their social experience, hone their character, cultivate their personality, and establish a foundation for the moral and educational cultivation of students.

2. Teaching Content, Methods and Form

Five principles underpin the course. Firstly, the principle of disciplinary nature aims to combine physical education with teaching and prioritize practicality and sports orientation over general

teaching principles. Secondly, the principle of theoretical nature emphasizes the integration of theory and practice, with theory enriching practice and practice validating theory. Thirdly, the principle of practicality and practice ensures that students find it easy to learn and apply what they learn daily. Fourthly, the principle of scientific content promotes individualized teaching to meet the unique needs of each student. Lastly, the principle of operability prioritizes clarity in instruction, with students being able to understand what is being taught and teachers providing clear and concise guidance.

2.1 Advanced Football Referee Course in the First Term

2.1.1 Theoretical Teaching

Teaching form: Each college is assigned the task of explaining the 17 chapters of football match rules through PowerPoint presentations. After the first-round presentation, the teacher will conduct a second-round presentation and provide additional information.

Teaching requirements and content:

Requirements: In-depth understanding of the 17 chapters of match rules to better carry out officiating tasks.

Teaching content:

1) The playing field; 2) Football; 3) Players; 4) Equipment; 5) Referees; 6) Other officials in the match; 7) Match time; 8) Starting and resuming the match; 9) Match progress and stopping; 10) Determining the match results; 11) Off-side; 12) Fouls and foul play; 13) Free kicks; 14) Penalty spot kicks; 15) Throw-ins; 16) Goal kicks; 17) Corner kicks.

2.1.2 Practical Teaching

Table 1: Course content

Week	Teaching Content	Learning hours
1	Match field and football (Theory)	2
2	Players and equipment (Theory)	2
3	Referee (Theory)	2
4	Hand signals and whistle sound (Practice)	2
5	Other officials in the match (Theory)	2
6	Learn how to use assistant referee flags and the training of foul balls (Practice)	2
7	Starting and resuming the match, match progress and stopping and determining the match results (Theory)	2
8	Off-side (Theory)	2
9	Off-side training (Practice)	2
10	Fouls and foul plays I (Theory)	2
11	Fouls and foul plays II (Theory)	2
12	Penalty kicks (Theory)	2
13	Throw-ins, goal kicks and corner kicks (Theory)	2
14	Penalty spot kicks training (Practice)	2
15	Matches in class as a part of the final assessment	2
16	Final assessment	2
Total learning hours		32

Teaching form: practical course on the football field

See Table 1 Course content:

(1) Learning how to use assistant referee flags

- (2) Learning referee hand signals and whistle sounds
- (3) Physical training
 - 1) Speed: reaction speed, displacement speed, speed endurance
 - 2) Endurance: middle-distance aerobic running, variable speed running
 - 3) Strength: upper body strength, core strength, leg strength
 - 4) Agility and coordination: footwork exercises, coordinated movement exercises
- (4) Matches: strictly follow the rules of the match

2.2 Advanced Football Referee Course in the Second Term

Teaching form: Combination of theory and practice

Teaching requirements: Enhancing the ability to officiate a match while comprehending the learning of the content covered in the introductory level theory course

Teaching content: 1) Standardized criterion; 2) Position and the game reading; 3) Teamwork; 4) Match management; 5) Handball fouls; 6) Tactical fouls; 7) Challenge; 8) Deliberate touches and deflections

Table 2: Course content

Week	Teaching Content	Learning hours
1	Standardized criterion (Theory)	2
2	Referee positioning and running (Theory)	2
3	Challenge (Theory)	2
4	Challenge (Practice)	2
5	Deliberate touches and deflections (Theory)	2
6	Deliberate touches and deflections (Practice)	2
7	Handball fouls (Theory)	2
8	Handball fouls (Practice)	2
9	Referee running (Practice)	2
10	Endurance training (Practice)	2
11	Position and the game reading (Theory)	2
12	Strength training (Practice)	2
13	Tactical fouls (Theory)	2
14	Tactical fouls (Practice)	2
15	Matches in class as a part of final assessment	2
16	Final assessment	2
Total learning hours		32

Please refer to Table 2 for details:

(1) Practical teaching content

Teaching content:

- 1) Referee judging and positioning
- 2) Assistant referee judging and running
- 3) Responsibilities and tasks of the fourth official
- 4) Football-specific training: ball control, ball feel, dribbling, passing, long passing
- 5) Physical fitness exercise:
 - (1) Speed: reaction speed, displacement speed, speed endurance
 - (2) Endurance: middle-distance aerobic running, variable speed running
 - (3) Strength: upper limb strength, core strength, leg strength
 - (4) Agility and Coordination: footwork exercises, coordination exercises
 - (5) Flexibility: individual and partner stretching exercises (dynamic and static)

6) Matches: team-based instructional matches officiated by three referees in each class session

3. Course Assessment Proportion and Standard:

3.1 Assessment Proportion:

Table 3:Assessment proportion distribution

Regular performance: in-class performance, attendance, sick leave (each absence deducts 0.5 points, each late arrival or early departure deducts 1 point, and each missed class deducts 5 points).	10%
Records on LeRun App: twice a week as passing, meeting the required number of times for the semester.	10%
Physical test: the score is converted to the final score by proportion.	10%
Scores of in-class matches: Officiating matches.	10%
Online learning: in-class performance, attendance and after-class learning report.	10%
Total assessment	100%

Table 3: Assessment proportion distribution

Table 3 shows the classroom exam standards and the proportion of each score to the total score for this class.

3.2 Assessment Standard:

1) Physical fitness test (75m and 25m interval running, qualified of 10 laps for 15 points, 12 laps for 20 points);

2) Officiating a match (fluency, accuracy of penalty calls, running and positioning), full marks as 20 points, qualified as 15 points, unqualified as 10 points.

4. Training Scheme

The course is designed to teach students the fundamental knowledge and practical skills required to become proficient football referees. Students can integrate theoretical knowledge with practical experience to continuously enhance their officiating abilities by participating in officiating exercises during class. The aim is to enable them to serve the Shandong University of Technology Football School League more effectively. Exceptional referees will be identified and recommended for further training in Shandong Province to qualify as third-level, second-level, and first-level referees. Consequently, these students can eventually become professional referees, competing in higher-level tournaments.

5. Conclusion and Analysis

The success of public college physical education courses depends on students' interests as the foundation, improving their physical fitness as the key, and developing their personalized potential as the defining characteristic. The common physical education football referee course at Shandong Technology and Business University exemplifies these objectives and requirements by continuously improving and innovating. Therefore, colleges should incorporate more stimulating and specialized courses that enable students to acquire professional knowledge, enhance their physical fitness, and cultivate the concept of lifelong sports. This approach allows students to maximize their sports potential, realizing their athletic goals.

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