

On the Construction of the Integration Mode of Physical Education in Colleges and Universities

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Abstract: With the deepening of higher education reform and the establishment of comprehensive teaching model in China, face-to-face physical education in colleges and universities has entered a new stage of development and achieved certain achievements. However, from a higher standard, especially with the goal of "health first" and "foster character and civic virtue", there are still some deficiencies in college physical education teaching. Therefore, it is still necessary to attach great importance to this issue, research and integrate the teaching model. The application ability of comprehensive sports teaching strategies and methods will include sports teaching and extracurricular activities in the physical education teaching model.

Colleges and universities are the positions and carriers for training professional and high-level talents. Under the background of further deepening the reform of higher education and the development of physical education in colleges and universities, the teachers of physical education in colleges and universities need to think over an important problem, that is, how to carry out the work of physical education in colleges and universities better. In particular, under the new situation, the education goal of "ruling the country by virtue" has been put forward in the 19th National Congress of the Communist Party of China, and strengthening college physical education has become an important development direction of colleges and universities in China. According to the requirements of the National Physical Education Syllabus in colleges and universities, it is necessary to combine classroom teaching with extracurricular and external sports activities. As a general review of the situation of physical education in colleges and universities, great achievements have been made in the integrated teaching reform, especially in strengthening the connection between physical education and extracurricular activities. To be more specific, some college physical teachers lack of understanding of the reform of physical education, which hinders the promotion of the comprehensive teaching model of physical education. Therefore, it is necessary to have a more in-depth discussion on this educational model.

1. The teaching value of integrated teaching mode of physical education in and out of class in colleges and universities

The integrated education mode refers to combine classroom teaching and extracurricular time, cooperating with each other, and realizing teaching task and teaching goal together. Nowadays,

colleges and universities start to adopt the internal and external integrated teaching mode of physical education. This mode of education effectively combines sports theory and social practice. Students' health education and liberal education education can not be separated from physical education. In short, in order to implement the integrated education of physical education in and out of class in colleges and universities, we must change the traditional educational concept. According to the actual situation of students, appropriate education methods are taken to promote the physical education activities to a new stage of development. That is to say, the integration education mode of physical education in and out of class can promote the diversified development of education mode, can better promote the reform of college physical education, not only cultivate students' interest, but also enhance students' physical quality. Only by helping students to establish lifelong sports awareness, can we promote the balanced development of students.

2. Integrated teaching of physical education in and out of class in colleges and universities

Through the analysis and in-depth research on the integrated education mode of university physical education, it is of great value to promote the reform of physical education and the all-round development of students. Also, many universities are actively seeking effective application mechanisms, but in accordance with the requirements of "health first" and "fostering character and civic virtue" goals, there are still many restrictive factors so that the integrated teaching model of university physical education in and out of class can not play a more active and effective role.

In-depth analysis about the constraints of the integrated teaching model of the university physical education in and out of class highlights in three areas:

2.1. Lack of innovation in teaching concept

Ideas are the forerunners of action. As far as the integration of physical education in and out of class is concerned, it is important for the educational concept to strive for a breakthrough in the innovation of teaching theories. Nowadays, in the implementation process of the integrated teaching mode in the physical courses in and out of class in some universities, it also lacks the innovation of educational concept. For example, some universities have not yet adopted "selective education" as an important method of the integrated sports education mode in and out of class. In most cases, the traditional education model is adopted; some universities implement the integrated sports education model in and out of class, but the educational goal is not clear. It has not taken "health first" and "fostering character and civic virtue" as the important goals of implementing the integrated teaching mode in physical education classes in and out of class, which has led to a certain formalism of the internal and external integrated teaching mode in physical education classes and can not get a breakthrough in the training of students' comprehensive quality and improving the core quality of students' sports.

2.2. Simple content of the course

In order to carry out the integrated education mode of physical education, we should not only support the advanced idea, but also innovate the educational content of physical education. However, some universities are still weak in the design of integrated education content, lack of diversification and systematization, which is an important problem. Some universities, for example, have not yet incorporated extracurricular sports scores into their evaluation systems. Extracurricular education and extracurricular practice are only the necessary supplement to classroom education and classroom practice, which directly leads to the lack of balance between in-class and out-of-class education, especially not included in the assessment system, so many students just "go through the

motions" and "learn for the test" towards the extracurricular teaching and practice. Besides, some colleges and universities do not attach importance to the development of the integrated curriculum resources, especially lack of sufficient attention to the "network curriculum" resources, and "Internet + sports" has not become an important teaching carrier and teaching platform.

2.3. The lack of character in teaching model

Carrying out the comprehensive teaching mode of physical education should not only embody the teaching content, but also have strong characteristics, and give full play the attraction of the comprehensive education of students. However, some universities have not yet been able to set up a comprehensive education system for the sports community, with few "elite courses" . The development of sports clubs is not enough, all kinds of clubs can not be effectively developed. In addition, some universities have not got rid of the "discipline-oriented" educational ideology, lack of the effectiveness of establishing a unique physical education curriculum, and have not integrated sports games, sports culture, folk sports and so on into physical education. Therefore, "extroversion training" is weak and the comprehensive physical education of individual university has no characteristics, charm and influence. There are very few fashion movements and leisure sports and recreational sports events are less. These will inevitably affect the physical education model.

3. Construction and implementation of the integrated teaching mode of physical education in and out of class in colleges and universities

3.1. Strengthen the teaching of health theory and cancel the unreasonable teaching mode of physical education

The integration of teaching education mode in and out of class is used in physical education, and its integration in and out of class is connected with extracurricular activities and education. Teaching knowledge is put into practice in extracurricular activities. The combination of in-class and out-of-class knowledge strengthens the consolidation of in-class knowledge, which makes school and society combine organically, thus promoting the innovation and development of new teaching model. As a modern university student, what kind of knowledge should we learn through physical education? In the survey, many students do not understand the health indicators, do not understand some of the normal human vitality standards, so they are not clear about health index evaluation in the study of exercise methods, which is not meaningful.

3.2. Increase sports elective items, improve the quality of classroom teaching and improve the quality of students all round

The basis of exercise is achieved through theory and practice, the theory and practice in the classroom can enable students to grasp the rapid methods and attention, they will get better results in the practice of exercise. We should master the quality of teaching, cultivate the basis of training in the society of practice after class, and teach the sports knowledge. At the same time, we should also remind the matters needing attention in sports training. What kind of movement is easy to hurt? Please tell the students to use the usual exercise to protect their body. How to deal with emergencies, how to deal with injuries and injuries, these are very important. Like this, laying a good foundation for extra-curricular activities for students can avoid the students confused outside, thus leading to a second injury.

3.3. Carry out optional physical education and establish physical activity club

Extracurricular sports patterns are diverse. On the university playground, there are many exercise students, but most of these students have a lot of randomness, because they do not exercise every day, so the physical exercise effect is not powerful. A lot of people go for a jog or exercise because of a friend or because they have something to do. However, it doesn't have an impact completely, and it can hurt if you don't warm up properly. I hope students who interested in a particular project can form an alliance and exercise on time every day in order to enhance the students' enthusiasm.

3.4. Perfect sports facilities and set up a reasonable curriculum system

For a variety of sports facilities, different products of different groups are also different, especially the boys and girls sports equipment is very different. Boys are more powerful and girls are more flexible. In the gym, there are very few sports equipment suitable for women. As a result, girls do not participate actively in physical activities, which makes it more limited for girls. In the teaching of physical education, boys are dominant in the courses of male and female students, like various ball games. Very few sports are suitable for girls, so it is easy for girls to resist.

4. Conclusions

Under the new situation of vigorously promoting the reform of higher education in our country, physical education in colleges and universities should meet the needs of the development of the situation, especially from the implementation of the educational goal of "health first" and "moral cultivation" to the exploration of more scientific, more diversifies and more distinctive model of education. The comprehensive teaching mode of physical education is not only beneficial to the reform of physical education in colleges and universities, but also an important measure to cultivate students' core physical quality and to develop students' overall development. In the physical education teaching, we should persist in innovation. Especially in the innovation of the concept the integrated physical education, we must deepen physical education teaching content and the internal and external integration, explore the characteristics of the internal and external integration of physical education teaching, etc. New and greater achievements have been made in college physical education of the comprehensive teaching model in and out of class.

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