

# The Construction of the Practical Curriculum System of Physical Education in Colleges and Universities

Xiaoling Xu<sup>1,a,\*</sup>, Lin Xiao<sup>2</sup>

<sup>1</sup>Sports Health College, Guangdong Business and Technology University, Zhaoqing, Zhaoqing, China

<sup>2</sup>School of Physical Education and Health, Zhaoqing University, Zhaoqing, China

<sup>a</sup>112935373@qq.com

\*Corresponding Author

**Keywords:** Colleges and Universities, Physical Education Major, Education Practice Curriculum System, Construction

**Abstract:** to Reconstruct the Practical Curriculum System of Physical Education Major in Colleges and Universities, So That Students Can Fundamentally Acquire Practical Knowledge and Professional Skills. and Based on the Gradual Improvement and Scientific Teaching System, So That College Students Can Effectively Improve the Ability of Educational Practice. Therefore, University Administrators Should Make Effective Measures, That is, to Expand the Teaching Resources of Physical Education Practice Course in Multiple Dimensions, to Integrate into More Abundant Teaching Activities, to Strengthen the Practical Ability of Students, So as to Bring New Learning Experience to Students, So That They Can Get Self-Improvement in a More Relaxed Atmosphere.

## 1. Introduction

In the process of teaching, we should pay more attention to the cultivation of students' practical ability and application ability[1]. The major courses should be based on developing people's practical wisdom and building people's practical ability. Based on this, college administrators and PE educators should be able to establish a deeper understanding of the connotation of educational practice curriculum. Taking this as the starting point, combined with the physical and mental development characteristics, learning needs and employment goals of contemporary college students, this paper reconstructs the practical curriculum system of physical education in Colleges and universities, and creates an efficient professional learning platform for students. Therefore, the relevant personnel should actively formulate effective strategies, strictly abide by the correct principles of teaching reform, and reasonably improve the physical education professional education practice curriculum system.

## 2. Establishing the Principles of Constructing the Teaching Practice Curriculum System of Physical Education Major

### 2.1 Long Term Principle

Professional teaching is a long-term teaching activity. With the development of society, the National Education Department has been carrying out the deepening reform, which requires each school to constantly update and improve the teaching mechanism and establish a more scientific teaching mode[2]. On this basis, in the process of constructing the practical curriculum system of physical education major in Colleges and universities, we should also establish a dynamic thinking mode and look at the problems from the perspective of development. In the process of building a new curriculum system, we should be clear and follow the long-term principle. And this kind of long-term should be uninterrupted, and ensure the practice of teaching content from simple to complex, deep to simple. In the process of learning, students can grow up healthily step by step, and

form a unity between practical teaching and students' development law, so as to ensure the scientificity of teaching methods.

At the same time, on the basis of ensuring that the construction behavior can abide by the long-term principle, we should integrate scientific research and training, sports professional practice, sports professional education practice and other practical teaching projects. And in the process of practical teaching activities, students can make their own professional advantages, learning characteristics, etc[3]. properly penetrate into each practical teaching link. On this basis, to build a more reasonable and practical education value of physical education professional education practice curriculum system.

Table 1 Comparison between Quality Development Training and College Physical Education

	Quality development training	College physical education
Student role	Active participant	Passive recipient
Learning subject	Students and teachers are the main subjects, but learn Mainly	Student
Learning evaluation	Process and results combined, self-evaluation, mutual Evaluation and teacher evaluation	Based on the results evaluation, using a single Evaluation, teacher evaluation
Learning process	Experience - Review (Process) - Share(Experience) - Communication (Feeling) - Integration (Essence) - Promotion - Application...	Teacher explanation - Student exercises - Focus on learning again - Correct wrong actions - Practice again - Teacher summary
Learning result	In addition to completing the functions of traditional physical education, it will also affect thoughts, change behaviors, cultivate good psychological quality and social adaptability, apply what they have learned, and improve their quality and ability.	Enhance physical fitness, cultivate the will of quality and exercise the body, but sometimes learn to use disjoint, high scores and low energy

## 2.2 Principle of Effectiveness

The basic purpose of establishing a new teaching mode is to provide students with a more efficient practice classroom and practice teaching platform. To ensure that students can learn and internalize professional theoretical knowledge with a more positive attitude, and effectively improve their professional skills, professional quality, etc. In the process of constructing the curriculum system of educational practice, teachers should follow the principle of effectiveness and create a more practical and targeted professional teaching mode.

Therefore, the relevant personnel should conduct in-depth research and Analysis on the current development status, existing problems, development trends and industry talent demand standards of physical education professional education, and be able to summarize more constructive opinions, take them as the guiding ideology, and integrate them into the curriculum teaching reform[4]. To add professional knowledge and skills training methods that are more beneficial to students' learning and development. For example, sports referee, lifelong sports consciousness theory teaching and so on, so that teachers can grasp the correct teaching direction and improve students' comprehensive sports ability when they carry out sports teaching activities to students. Pay attention to the cultivation of students' employment ability, integrate into the practical courses focusing on the improvement of professional quality and education ability, so as to meet the needs of sports professionals in various fields to the maximum.

## 2.3 Principle of Rationality

In the process of constructing the practical curriculum system of physical education, colleges and universities should adhere to the principle of rationality. While emphasizing the importance of practical teaching, theoretical teaching should not be ignored. Students' mastery of theoretical knowledge, to a certain extent, affects the improvement of their practical ability. Only by establishing a solid theoretical basis can we get a qualitative improvement in comprehensive ability.

Therefore, in the process of constructing the education practice curriculum system, the relevant personnel in Colleges and universities should strictly follow the principle of rationality[5]. That is to ensure the rationality of teaching structure, at the same time, we should pay attention to the rationality of practical teaching objectives and teaching methods. In the process of carrying out the teaching activities of physical education, colleges and universities should combine the employment direction and demand of students, and make specific plans for talent training. In the construction of the practical teaching system, with the ultimate education goal as the core, we should constantly enrich the teaching content and teaching mode, effectively integrate with social education, ensure that social education and school education constantly cross, and carry out professional education more comprehensively.

### 3. Strategies for the Construction of Practical Curriculum System of Physical Education Major in Colleges and Universities

#### 3.1 Multi Dimensional Development of Physical Education Practice Teaching Resources

Based on the rapid development of social economy, education, as the main camp of important talents output, plays an irreplaceable role in the development of the country. In the new era, in order to adapt to the new international competition pattern, our country attaches great importance to the teaching quality of educational institutions[6]. The Ministry of education continues to deepen the reform, emphasizing quality education. The specialty of physical education in Colleges and universities plays a very important role in promoting the development of physical education because of its particularity. Therefore, the physical education workers in Colleges and universities should change their teaching ideas in time, expand the teaching content of physical education practice teaching courses from multiple dimensions, so as to build a new system of physical education practice courses and stimulate students' interest in learning physical education. Based on this, physical education teachers in Colleges and universities should actively set up physical education practice courses, and take serving the teaching of physical education in primary and secondary schools as the core, so that they can gradually grow up in the basic education for physical education.

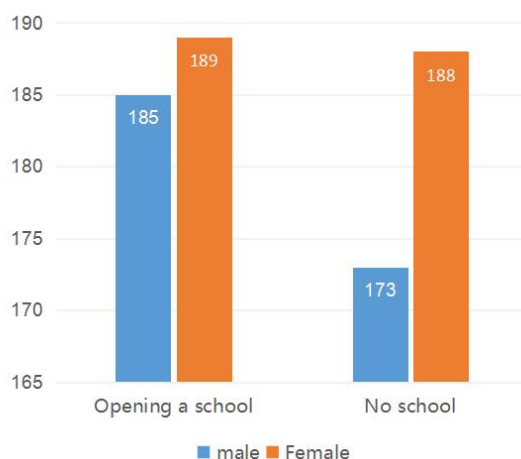


Fig.1 List of the Proportion of Men and Women Who Have and Do Not Offer Outdoor Sports Courses in the Surveyed Colleges and Universities

In the process of practical teaching, physical education workers in Colleges and universities should strictly follow the content standards of new physical education courses issued by the state, and combine with the actual situation of the development of physical education industry to extend the teaching content through multiple channels. In addition, the teaching system of theoretical knowledge of physical education should be further improved to form a unified direction with the new practical teaching objectives. We should make scientific use of media communication tools to integrate online courses and live interaction into the teaching content of practical courses.

On this basis, combined with the theoretical teaching content, create a more vivid practical teaching platform[7]. Let students in the process of learning physical education professional knowledge, with a more relaxed and positive attitude into it, to form a new understanding of physical exercise, physical education, and can realize the importance of physical education.

At the same time, physical education teachers should appropriately expand the proportion of practical teaching and be able to further integrate with the theoretical teaching system, so as to cultivate students' innovation ability and professional ability as the starting point. With the improvement of their teaching ability and professional quality as the core, we will establish more in-depth cooperation with other primary and secondary schools[8]. If you can choose the right time, lead the students out of the school classroom, enter the primary and secondary schools, and transfer their theoretical knowledge and practical skills to the middle school students or primary school students. In this process, students can feel their social responsibility more deeply, find their own advantages and disadvantages in time, and promote their self-improvement consciously. When students return to the classroom for learning, they can be more active and objective, and improve their learning quality and efficiency to a certain extent.

Integrate more abundant teaching activities and strengthen students' practical ability

In the process of actively constructing the practical curriculum system of physical education, colleges and universities should constantly update their own educational ideas. Students can effectively develop their research ability, communication ability and expression ability when they participate in practical teaching. On the basis of satisfying students' reasonable individualized learning needs, teachers should scientifically convey the importance of compulsory courses and the necessity of elective courses to students. Combined with the characteristics of students' physical and mental development, stage learning objectives and so on, to create a more targeted and practical teaching means. By integrating more practical activities, we can create a richer practical teaching platform for students.

For example, teachers can use game teaching method, fitness teaching method and competitive teaching method to make students have different learning experience in different teaching atmosphere, which can continuously stimulate students' enthusiasm in learning physical education, make practical teaching based on more feasible measures, put it into practice in teaching work, and form greater education efficiency[9]. For example, in the process of more interactive ball teaching, teachers can divide students into different groups to study and learn the teaching site, competition rules, referee rules and basketball dribbling skills. On the basis of their comprehensive grasp of theoretical knowledge, they will be brought to the corresponding site for development.

### **3.2 Practical Teaching**

The whole teaching process can be handed over to the students for organization and command, and the teachers can guide and correct beside to avoid the deviation of teaching objectives. In this way, in the early stage of theoretical knowledge research and the later stage of practical curriculum experience, students can better integrate theory and practical teaching, fully respect the main position of students, guide them to design the process of practical teaching of physical education, and with the help of competitive teaching method, let students integrate into the practical teaching of physical education with a more relaxed attitude and a positive learning attitude Activities, so as to actively strengthen their practical ability. In the process of actual competition, students can apply and improve their theoretical knowledge and sports skills more deeply, which can improve their professional skills and application ability more efficiently.

## **4. Conclusion**

In the process of constructing the practical curriculum system of physical education, the relevant personnel in Colleges and universities should adhere to the principles of long-term, effective and reasonable. And in this direction, to build a multi-dimensional, richer teaching content, more meta teaching means of education practice curriculum system.

## Acknowledgement

This research has been financed by Guangdong Province Philosophy and Social Science Planning Project “Study on the Construction of a Course System for the Innovation and Entrepreneurship of University Students from the Perspective of Positive Psychology”. (GD16XXL02).

## References

- [1] Zou, Liping., Li, Guoyuan., Li, Changchun. (2018). The Practice of Characteristic Cultivation of Outstanding Talents of Agriculture and Forestry in Local Colleges and Universities. *Journal of Higher Education*.
- [2] Chen, Aimin., He, Pinggui. (2018). An Analysis of the Influential Factors of Satisfaction to PE Teaching in Colleges and Universities Based on Logit Model of Disordered Multi-classification of Survey Data in Six Colleges and Universities in Hubei Province. *Journal of Higher Education*.
- [3] Zhao, Yongfeng. (2017). Research on the Diversified Evaluation Index System and Evaluation Model of Physical Education Teaching in Colleges and Universities. *Journal of Computational & Theoretical Nanoscience*, vol. 14, no. 1, pp. 99-103.
- [4] Wei, X., Liu, Z. (2018). Comprehensive Assessment of the Psychological Burden for Students in Physical Education Classes in Chinese Universities, no. 24, pp. 79-83.
- [5] Cai, J.Y., Zhang, P.P. (2017). The Support Environment Construction for Teaching and Research of Physical Education Based on Emerging Information Technology, vol. 14, no. 4, pp. 2015-2020.
- [6] Nazari, Hossein., Jafari, Ebrahim Mirshah., Nasr, Ahmad Reza., Marandi, Seyed, Mohammad. (2017). School Physical Education Curriculum of Iran from Experts' Perspective: “What It Is and Should Be”, no. 12.
- [7] Theodore, Michael, Christou. (2017). Tending the Student Body: Youth, Health, and the Modern University by Catherine Gidney (review). *Journal of the History of Childhood & Youth*, vol. 86, no. 4, pp. 611-613.
- [8] Malcolm, Thorburn., Steven, Stolz. (2017). Embodied learning and school-based physical culture: implications for professionalism and practice in physical education. *Sport Education & Society*, vol. 22, no. 6, pp. 721-731.
- [9] Malcolm, Thorburn. (2017). Intelligence, Practice and Virtue: A Critical Review of the Educational Benefits of Expertise in Physical Education and Sport. *Sport Ethics & Philosophy*, vol. 11, no. 9.