

Discussion on Chinese Ordinary University Sports Teaching Pattern in the New Period

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Abstract

The current discussion in ordinary university sports teaching mode, will be more conducive to set up and correct understanding of “health first” guiding ideology, play sports course proper role and value. This paper uses the system view, to constitute a sports teaching process factors were analyzed from the perspectives of the whole present ordinary university sports teaching mode, for China’s ordinary university sports teaching to provide corresponding reference.

Key words: China; College; Physical education teaching mode

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PREFACE

In the final analysis is the competition of talent twenty-first Century quantity and quality competition, and the key links of personnel training is the quality of education. In order to adapt to the development of the times, and international education, Chinese Ministry of education to teach Arts Division issued a *National Ordinary College Sports Curriculum Teaching Instruction Summary*, since the year of 2003 in all colleges and universities in the implementation of. Therefore, China’s new round of college sports curriculum reform at the turn of the century start.

Along with the education reform and the deepening

of the reform of school physical education, physical education model of teaching and research has become a hot issue. The majority of sports workers according to all sorts of new sports teaching thought and teaching theory, combined with the ordinary universities sports curriculum reform problem, by thinking, conception, experimental and theoretical summary, put forward all kinds of teaching models, the corresponding results are constantly emerging. The discussion and research, deepen the cognition on physical education physical education workers, is beneficial to improve the teaching quality, promote the *National Ordinary College Sports Curriculum Teaching Instruction Summary* in national ordinary university within the scope of implementation and the implementation. Due to the different understanding of the teaching mode of PE teaching model, most of the studies tend to focus on one or several specific operation teaching plan or teaching paradigm, the lack of China’s college physical education teaching model system comprehensive study. The main body of a book wield the systematic viewpoint, the process factor carries out analysis on the teaching composing sports, discuss the present stage regular institution of higher learning sports teaching pattern from the overall angle, sports teaching provides the corresponding reference to our country regular institution of higher learning.

1. THE CURRENT CHINESE ORDINARY UNIVERSITIES PHYSICAL EDUCATION TEACHING MODE PROBLEM

At present, the study of physical education teaching models has become one of hot topics in the field of physical education curriculum. Since the nineteen eighties, all kinds of sports teaching model like bamboo shoots after a spring rain, have emerged, such as learning,

paradigm, happy sports, situation, find, group study, the antecedents of organizational, target, procedure, cooperation, multimedia network teaching mode. The construction of physical education teaching pattern and research, a strong impetus to China's reform of PE curriculum, as the new era college physical education curriculum reform to provide beneficial guidance.

In China, actively promote sports under the background of curriculum reform, in a variety of sports education model constantly flowed in the future, China's University Students' physical quality does not improve, some index is declining. In recent years, China's College Students' height, weight, chest circumference, body shape index were significantly improved, a strong contrast is the physical quality declined, especially reflect general endurance, perseverance, hard-working, to reflect the students' psychological ability to withstand setbacks indicators such as 800 meters, 1000 meters run dropped more obvious. At the same time, the fat college students are increasing. The above problems, there are many reasons. But the student health and are more closely related to the university sports curriculum, should according to their own problems, take practical and feasible reform measures, take on the students' health education. Teaching model of physical education, physical education as a whole in a factor, in its Showtime prosperous research, behind the rapid development, also exists some detrimental to health education pitfalls and problems.

1.1 A Variety of Educational Guiding Ideology Parallel, Resulting in "Health First" Guiding Ideology and Lax

Every kind of sports teaching model, are established in certain education guiding ideology, and reflects this one guiding ideology. Many of the sports teaching pattern, will inevitably lead to various educational ideas coexist, such as skills, happy sports, lifelong sports, discovery, cooperative teaching mode, respectively, reflect the different educational thought. Motor skills to systematic teaching motor skills for the purpose of, happy, lifelong physical education teaching mode emphasizes the students' subject position play, discovery teaching model students discover problems, to solve the question ability, cooperation mode of the physical teaching pays attention to improve students and society for the purpose of. Every kind of sports teaching mode in construction and implementation process, are overly focused on its guiding thought reflect, influence and lax the guiding ideology of "health first" the guiding position, leading role. In college physical education teaching practice, some teachers with students' interest in teaching, neglect the necessary motor skill teaching, relaxed on the student organization, discipline, hard quality training; in the discovery, study, cooperation study process, the student practice time, less frequent, resulting in a class significantly reduced the density of, did not reflect the sports course "in physical exercise as the main means" features.

1.2 Multidimensional Structure of Health, Led to the "Health First" Understand Ambiguity

According to the physical characteristics, the "health first" primary meaning is "in good health". Reflected in sports participation, sports skills, physical health, mental health, social adaptation on the five areas, the five areas in the logically not side-by-side, but in sports participation, sports skills, good health as the trunk, in mental health, social adaptation for the two wings.

Because health is a comprehensive concept, is a "physical, mental, social adaptation", three-dimensional structure, or a "physical, emotional, intelligence, spiritual and social" five elements of the complex, which led to the guidance of "health first" thought understanding, will happen ambiguity, resulting in a certain error. In the sports teaching pattern in Colleges and universities during the construction process, as some teaching modes focusing too much on some psychological factors, social factors, and to consider less physical exercise, deviated from sports essence and connotation of "health first".

1.3 Traditional Concepts of Education – A Certain Amount of Inertia

Long-term since, influenced by the Confucian "Venerate Saints", "the teacher's dignity" thought influence, causes the teaching status of very unequal, performance in sports learning process, students often is a recipient, imitators, and physical education teachers is an initiator, order. Under the influence of theory of education in the former Soviet Union, sports teaching in this soil, sediment is the former Soviet Union "three" or "four" "traditional sports teaching mode" or "apprentice during the sports teaching mode of" research on the teaching mode and the other in China started late, so far only has more than 20 years of time. Influence of Confucianism on people's ingrained influences, decided to establish a new type of relationship between teachers and students is a long-term process. Teaching mode and the former Soviet Union there is also a certain amount of inertia, and new physical education teaching mode in the implementation process inherent in a certain amount of conflict, presented as a competitive sport in the concept of teaching in some schools, some teachers still occupy a certain position.

1.4 Part of Comprehensive Qualities of College Physical Education Teachers Cannot Yet Meet the Requirement of Teaching Model of Sports in the New Era

According to *National Ordinary College Sports Curriculum Teaching Instruction Summary* construction of the teaching mode of PE in the new period, the comprehensive quality of PE teachers put forward higher requirements. From the teacher's education idea, selecting and processing of PE teaching ability in physical education teaching process, the teaching method, teaching evaluation, the teachers put forward new challenge. At present, a considerable part of physical education

teachers, in the traditional physical education mode and culture, the traditional sports educational model is basically a competitive sport theory on the education objects in culture. This part of teachers in teaching sports skills tend to be competent, but in the new teaching mode, has revealed many problems, such as teaching athletics, teaching dull, do not pay attention to the dominant position of students and students' feeling of sports, such as single evaluation method.

2. TREND OF ORDINARY SPORTS TEACHING PATTERN IN COLLEGES AND UNIVERSITIES IN CHINA IN THE NEW PERIOD

2.1 Establish the Idea of "Health First"

Concern for human health is the common theme of twenty-first Century international society. 1999 June, the CPC Central Committee and State Council on deepening education reform and promoting quality education decision point out: "the school education should establish the guiding ideology of health first, strengthen the physical education." Then, based on "health first" as the guiding ideology of China's College Physical Education Course Reform in the early part of the century was a curtain. *National Ordinary College Sports Curriculum Teaching Instruction Summary* on the nature of physical education curriculum in ordinary universities sports curriculum clearly put forward the main goal is to "strengthen the physique, enhance health and improve the physical education accomplishment". Therefore, new era college physical education teaching model research and construction, should reflect this one guiding ideology, of course also should take this one thought is the basis and prerequisite.

2.2 Establishing New Relationship Between Teachers and Students

At the end of the twentieth Century the world education reform to the old concept of education has brought the very big impact, the current educational reform to promote the development of students education idea. The new education idea, education idea, education practice effects, in the construction of new period college PE teaching mode, brings some new teacher-student relationship to. In the new teaching mode, fully attention to the students' main body status, emphasizes the students' enthusiasm, initiative and creativity. Physical education teachers is to promote the healthy development of all students "guide, organizer and coordinator". Therefore, new era college physical education teaching model in the teacher-student relationship is bound to have some new changes, the guiding ideology of "health first", equality, cooperation, interaction between teachers and students should become the new trend of the development of teachers and students.

2.3 Release, Put Work of Physical Education Teaching Content

The teaching content is the teacher and the students are bound by, but also constitute one of the elements of physical education teaching mode. *National Ordinary College Sports Curriculum Teaching Instruction Summary* around the curriculum basic goal, development goals in the sports participation, sports skill, physical health, mental health and social adaptation in five big fields, highlighting the selection of teaching content of autonomy, so that physical education curriculum content has more flexibility, diversity, adaptability, reflected the teaching content of "release, open, put work" a reform trend. In the trend of the guide, a variety of new teaching content constantly in the sports teaching of ordinary higher learning school, greatly expand the teaching model of physical education teaching content in this element extension.

2.4 Construction of the New Evaluation System

Physical education learning evaluations is the sports course teaching and management of the important links. The traditional evaluation of too much emphasis on screening and selection effects, often by students of sport technology and sport achievement gives the students a quantification of the sports scores, the result is often associated with students appraising, on dry, even employment activities together. For some of the congenital physique for poor students, they often because of their poor physical basis and feel inferior, then influence their mental health.

On the basis of *National Ordinary College Sports Curriculum Teaching Instruction Summary* ideas and requirements, for evaluation of the screening and selection effect of desalination, strengthen the evaluation of incentive, promotion, development effect. In the evaluation corpus, should be established including self-evaluation, mutual evaluation of students, evaluation of physical education teachers, counselors evaluated multiple interactive subject; based on "health first" the guiding thought, including construction of emotional expression, mental health, and multiple index evaluation index system; in the evaluation mode, should use many kinds of evaluation the combined form of student achievement, the rate of progress into comprehensive evaluation. The reform of education evaluation thoughts must penetrate into the sports teaching mode in the process of building, new era college physical education teaching model should also be evaluated the evaluation requirements.

3. CONSTRUCTION MEASURE AND SUGGESTION OF COMMON SPORTS TEACHING PATTERN IN COLLEGES AND UNIVERSITIES IN THE NEW ERA

The new time sports teaching mode appears gave new development trend, which is conducive to the promotion of students' physical and psychological health and harmonious development, but some problems in the teaching of college sports, will also produce a few negative effects, so we must take some measures, construction of PE teaching mode in the process of eliminating the unfavorable factors.

3.1 Firm Establish "Health First" Guiding Ideology, Prominent Health

In the new period of any a kind of ordinary university sports teaching model construction of guiding ideology, must take "the health first" guiding ideology for over. Sports teaching in the process of discovery, cooperation, inquiry, happy, just to promote the students' healthy growth and development of a kind of surface carrier, and the final temporary lodging should be reflected in the student health for the purpose of this radically.

According to the nature of physical education curriculum, to "the health first" guiding ideology should embody the students' physical health. Therefore, from the choice of teaching content, teaching organization teaching, curriculum evaluation, should highlight the "body health y" this one index. The "body healthy" under the premise of teaching material, teaching method, and then according to the characteristics of nature, timely, the students corresponding mental health, social adaptability education, but do not have the order reversed, blindly, the excessive pursuit of PE curriculum are unable to fully assume full responsibility for the health education.

3.2 Change Ideas to Effectively Improve the Quality of Physical Education Teachers in Colleges and Universities

Advanced, scientific teaching model, dynamic factors ultimately is composed of teachers, students to reflect. Therefore, we must change the traditional teaching idea, in favor of "equality, cooperation, mutual" new teacher-student relationship.

In any kind of physical education teaching mode, implement the guiding ideology of "health first", physical education teachers are the key, the quality of PE teachers in the new period determines their college sports curriculum reform can play a positive role in promoting. Therefore, we must establish a keen-witted and capable, efficient, stable, high-quality PE teachers. The rapid development of higher education and reform of colleges and universities, leading agencies and departments should be in accordance with the new era, university sports teaching model for teachers, from the education goal, curriculum, teaching methods and requirements, assessment methods and standards and other aspects, the existing sports teachers rationally and strengthen training, and through the assessment, title, promotion and other means to strengthen the incentive effect at the same

time, as the university physical teachers should have a high sense of social responsibility, and actively through continuous learning and training in multiple ways, improve oneself quality.

3.3 System Analysis, Contingency Use and Integration of Various Sports Teaching Mode

College Students in physical, cognitive affective values such as the existence of certain difference, main characteristics it differs from man to man. PE teaching contents to release, put work, has greatly enriched the teaching material, the teaching content of diversified characteristics. Any kind of physical teaching mode, in which the complex education objects in front, facing the different physical material, are not likely to be generic, it is not possible to fit any teaching object, teaching environment, teaching materials and teaching stage. For every kind of teaching model of physical education's function is limited, "single", "ultimate" sports teaching mode is not conducive to the *National Ordinary College Sports Curriculum Teaching Instruction Summary* and carry out the implementation. Therefore, the need for colleges and universities sports teaching model system analysis, find out the advantages and disadvantages of different teaching modes and conditions; in the teaching practice, according to the composition teaching elements of all aspects of the requirements, flexible, rational choice, the integration of different teaching mode, draw lessons from, supplement, play to their respective unique features, to several teaching mode function complementary role.

CONCLUSION

To analyze the new period ordinary university sports teaching mode, will be more conducive to set up and correct understanding of "health first" guiding ideology, play sports course proper role and value.

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