

Brief Discussion on Current Situation of Rural Physical Education and Countermeasures

Liu Jing, Dong Na, Dong Yan

Xi'an Railway Vocational & Technical Institute, Shaanxi, China

ABSTRACT. *Under the new trend of overall implementation of quality-oriented education, the physical education is the top priority for implementing the quality-oriented education. In the current stage, the current situation of rural physical education is not optimistic and it faces some problems such as physical education disconsidered by the school and backward physical education facilities. An important task for school leaders and physical education teachers is to change the current situation of rural physical education and improve the students' physical quality. This paper analyzes the current situation of rural physical education and explores the countermeasures for further improving the current situation of rural physical education in order to promote the development of rural physical education.*

Keywords: *Rural education; teaching; current situation; countermeasures*

1. Introduction

Physical exercise is a kind of cultural and educational activity in the society and a scientific method that is taken to consciously strengthen physique and promotes physical and mental health through the movement of the human body itself according to the natural laws of human adaptation and change. The school physical education is an important aspect for school education, in which the physical education activities are carried out with the students acting as the participant. The physical education class is a course that each student must learn according to the national regulations and is a kind of mandatory and obligatory education activity that requires the students' physical strength reaching certain standard. The physical education in rural schools has been always a weak link in school education. In recent

years, with the comprehensive promotion of new curriculum reform, the physical education work in rural schools develops quickly, but many problems still exist in the rural physical education due to the restriction of such factors as regional environment and humanistic environment, so it urgently needs to be improved.

2. Current Situation of Physical Education in Rural Schools and Cause Analysis

2.1 The backward physical education concept affects the implementation of physical education work

Chinese education is being transformed from examination-oriented education to quality-oriented education. Compared with the urban schools, the rural schools are greatly affected by examination-oriented education. The schools only care about the learning results and attach little importance to physical education, and the physical education is formalistic. It is thought that regardless of the poor physical quality, the physical education class is not important as long as the learning results are good. Some rural schools even reduce the physical education class hours in order to improve the academic performance, and some teachers giving the culture classes often occupy the physical education class hours to make the students feel that the physical education class is not essential. Currently, with the advance of new curriculum reform, the schools also have made corresponding regulations and adjustments in the curriculum reform, but in the implementation process there is a lack of implementing strength, manifested as that it seems to be important but the schools abandon the physical education when busy.

2.2 The status of physical education in rural schools is still disconsidered

Affected by the traditional concept, the status of rural physical education discipline and physical education teachers is still disconsidered. The status of school physical education is not specified in the new curriculum reform, so the school physical education is still in an embarrassing position. The school administrators only attach importance to the results of various competitive sports competitions in physical education instead of the effective implementation of physical education work and the decline of students' physical quality year by year. The schools only

emphasize the safety issue of physical education class, so the physical education teachers have to give up some difficult sporting events such as single bar, parallel bars, vaulting box and long horse. Under the influence of these factors, the training intensity of students' normal physical education declines and thus the students' physical quality level is very hard to be improved.

2.3 The hardware facilities such as teaching venues and equipment cannot keep up with the development of physical education

The insufficient physical education funds lead to backward physical education conditions in rural schools, and some schools don't even have a physical exercise venue that is suitable for the development of physical education. In recent years, the physical exercise venues of rural schools are improved to a certain extent but only limited to the physical education and extracurricular sporting activities. Although the sports equipment has increased a lot, the equipment that is really used in the physical education class is still insufficient and is mostly the equipment that is used for coping with the superior inspection. This situation directly affects the quality of physical education.

2.4 The professional physical education teachers are scarce

The physical education class is a highly specialized course, and the teaching quality of physical education teachers is a precondition for affecting the quality of school physical education. Currently, the professional physical education teachers in rural schools are still short. As the physical education class is disconsidered, some professional physical education teachers switch to the culture classes, so the physical education that is originally short of professionals becomes worse. Many in-service physical education teachers have weak basic professional skills, so the physical education plan cannot be well made. A good physical education class cannot be given, let alone reform and innovation and even the students' physical education knowledge.

3. Countermeasures for the Reform of Physical Education in Rural Schools

3.1 Change backward concept in physical education and attach importance to physical education

The government, competent education department, school leaders, physical education teachers and parents should change the concept and attach importance to physical education. The government and competent sports department should strengthen policy guidance and publicity and formulate clear physical education teaching objectives, and the school leaders and physical education teachers should formulate practical and effective solutions for the problems existing in the teaching of physical education and strengthen management to avoid the teaching of physical education from becoming formalistic. The schools should also cultivate the students' interest in physical exercise according to the features of rural students, carry out colorful physical exercise activities, ensure that the physical education curriculum is adequate and complete and the students' exercise time reaches the standard, assess the physical education curriculum and make the students and parents attach great importance to physical education.

3.2 Strengthen the management of physical education and improve the status of physical education

The physical education in primary and secondary schools is the basis of the whole physical education, so it is necessary to strengthen the teaching of physical education in primary and secondary schools, make the students know about the physical education knowledge and form the correct physical exercise movements. The rural students think that it's only important to enter college under the long-term influence of the thoughts of placing more emphasis on culture class than physical education class. To implement the quality-oriented education in the rural physical education, a new concept that realizes the all-round development of students should be set up so as to develop the lifelong sports consciousness of students. Actually, the physical education not only can strengthen the students' physical quality and make the students master the sports skills, but also can improve the students' psychological and social adaptability, develop the students' teamwork spirit and improve the social interaction and interpersonal relationship. In the physical education, the students also can learn how to face failure and they will have new

experiences and further ideas whenever they fail.

3.3 Increase the investment in rural physical education facilities and improve the quality of physical education teachers

The government, competent education department and school leaders should strengthen the support for physical education and increase the investment in physical education facilities. Without sufficient financial support, the rural schools can gradually build necessary physical exercise venues and supplement various sports equipment and facilities according to the actual situation, make the physical education teachers have enthusiasm for work and provide necessary equipment for them so as to create conditions for developing the students' lifelong sports consciousness.

The schools that have insufficient faculty should actively employ the professional physical education teachers. The in-service physical education teachers should also receive training periodically to improve the professional ability for physical education and cultivate the pioneering and innovative ability. In addition, the schools should also constantly improve the benefits of physical education teachers, care about their life and stimulate their enthusiasm for work.

4. Conclusion

In short, changing the current situation of rural physical education cannot be done overnight. The rural schools should realize the importance of physical education and take the teaching of physical education as the key point of education work. Objectively, related departments and leaders should increase the investment in hardware facilities for rural physical education. Subjectively, the related departments, schools, teachers, parents and students should transform the consciousness to improve the overall teaching level of rural physical education.

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