

Research on the Construction and Guarantee of Practical Teaching System of Physical Education Major

Xiaoting Wang

Nanjing Normal University Taizhou College, Jiangsu, Taizhou, 225300, China

ABSTRACT. *At present, the national attaches more and more importance to the construction of physical quality, and the practical teaching system which is set up for the physical education course has gradually changed significantly. It can be said that practical education is the key element in the field of sports specialty education. Therefore, in order to ensure that the quality of students majoring in physical education meets the needs of the development of modern society, colleges and universities need to improve and innovate from the aspects of objectives, content, monitoring system and security system according to the development process of the current practical teaching system, so as to ensure that under the support of the improved practical teaching system, the quality of sports professionals in China has been significantly improved. This paper studies how to establish a scientific, reasonable and practical teaching system from the construction of practical teaching objectives and content system, assessment and guarantee system of pre-school direction of physical education major, so as to provide reference for the cultivation of applied talents and the development of physical education major in colleges and universities.*

KEYWORDS: *Physical education, Practice teaching, System construction, Personal training*

1. Introduction

With the advancement of modernization, education is also rapidly moving towards modernization. As an important part of school education, school physical education curriculum is destined to be modernized. Therefore, in order to promote the development of campus culture, this paper attempts to explore the construction of campus sports culture, find and improve the key and difficult points of campus sports culture construction, and finally create a widely used campus sports culture brand project [1]. At present, the practical experience of the construction of campus sports culture has been transformed into theoretical achievements, and the purpose is to provide reference experience for the construction of campus sports culture system. I hope to further discuss with peers and promote the development of campus sports culture cause [2].

Physical education curriculum is characterized by its practicality and comprehensiveness. The so-called comprehensiveness mainly refers to the professional curriculum system formed by the effective integration of demonstration and normal education [3]. In order to comply with the current education reform in the new period, the practical teaching system of physical education curriculum should be adjusted [4]. Through practical teaching, the students of physical education can understand the working environment and working system of future sports teaching. Under the background of the new era, colleges and universities should optimize the curriculum design of physical education major from the two parts of theory and practice [5]. Especially in the practical teaching system design, we should strictly according to the students' future development and career planning specific direction, improve the teaching system, and improve the teaching security system [6].

Whether in terms of “teacher training” or “physical education”, the specialty of physical education is characterized by strong practicality. It combines the teaching and demonstration together, so the physical education curriculum should form the characteristics of physical education specialty [7]. We should strengthen physical education teaching practice, which is also an important way for physical education teachers to obtain work experience and practical ability before they are employed [8]. Practice teaching plays an important role in whether the talents trained by schools can adapt to the social needs. The quality of practical teaching is particularly important to the success or failure of physical education teachers [9]. Therefore, strengthening the construction of multi-directional practical teaching system of physical education major in Colleges and universities has become the top priority [10].

2. The Construction of Practical Teaching System of Physical Education Major

2.1 Teaching Objectives

The goal of practical teaching of physical education major is to inherit the fine tradition of normal education, constantly strengthen the quality improvement and professional ability training as the most basic guiding ideology, according to the training specifications and specific training objectives, to straighten out its role and position in the process of teaching, and constantly clarify each practical teaching link Teaching objectives and requirements. At the same time, it must be in line with the actual situation of local universities, must conform to the laws of higher education in our country and the specific norms of talent demand. In accordance with the training objectives of professional talents, we should focus on the cultivation of quality and ability, take the cultivation of practical skills as the important purpose, take the reform of practical learning content and the effective combination of practical teaching as the main line, and take the management of

practical learning and the construction of teaching practice team as the fundamental guarantee, so as to build a relatively independent and ability-based training as the main line and always Through the whole year training and theoretical teaching organic combination of physical education practice teaching system.

2.2 Teaching Content

As an important part of higher education, practical learning has been paid more and more attention. Practical learning is a kind of practical teaching activity organized and implemented by students to improve their professional knowledge level according to the talent training plan. It can cultivate basic skills and improve practical skills. To be specific, first, we should explore and correct the role and position of practical learning in the whole process of talent cultivation according to the objective requirements, skill requirements and practical requirements of teaching content. Second, we should pay more attention to multiple relations and substantive cooperation, and fully consider the relationship between the subject of responsibility and the subject of relief. The third is to deepen professional awareness, industry awareness and social awareness through systematic and scientific practical learning, so as to realize the leap from consciousness to practice.

3. Experimental Ideas and Design

3.1 Experimental Ideas

Practice teaching is an important link and breakthrough point of physical education personnel training in Colleges and universities. It can improve the comprehensive quality of students, but also cultivate students' innovative spirit, so that the quality of talent training in Colleges and universities can be guaranteed. Colleges and universities are the important bases for students to form sports habits. The quality of physical education teaching directly affects the cultivation of students' physical and mental health, interest and will quality. Due to the particularity and professional characteristics of the PE teaching period, on the basis of the current sports talent training plan, we should strengthen the personnel training, and build a practical learning system of physical education specialty, which takes improving students' practical skills and application ability as the main line, and has both skill learning and practical application, so as to meet the general needs of college physical education.

3.2 Experimental Design

In the design, this paper adopts two forms: questionnaire survey and field interview. 878 college students and professional teachers were selected as the survey samples. There are college students and professional teachers among the interviewees. The purpose of this study is to explore the current situation of the

development of physical education in China. Through the analysis of questionnaire survey and interview results, this paper analyzes 108 students who study physical education courses and teachers who teach this kind of courses, and divides them into two groups. One group represents the students, the other group represents the teachers, respectively expounds their opinions on the major of physical education. After one semester of teaching, we investigated and analyzed the degree of curriculum recognition of the two groups, and the results are shown in Table 1. Based on the survey results of the two groups, we found that there are some problems in physical education.

Table 1 Investigation and Analysis on the Recognition of Students and Teachers to the Current Physical Education Major

Investigation factors	Students Group (%)	Teachers Group (%)
Teaching staff construction	66.4	58.3
Construction of practice and training base	25.1	31.7
Construction of extracurricular second classroom	33.2	15.6
With practical teaching	47.9	35.8

4. Discussion

4.1 Analysis of Practical Teaching Content System of Physical Education Major

According to the training objectives and requirements of physical education professionals, the practical teaching system can be divided into three modules: classroom practice, extracurricular practice and centralized practice. Classroom practice refers to that students use subject knowledge, integrate theory with practice, and solve problems under the supervision of teachers. Extracurricular practice activities are mainly realized through training in sports associations, sports clubs, and training bases and sports institutions. It is a planned, targeted and organized sports activity. Through the feedback of students and concentrated time for training, students can reach or approach the employment level.

It can be seen from Figure 1 that both teachers and students in China are not satisfied with the subject of physical education. From the student's point of view, the existing physical education major in China lacks practicality, institutionalization and evaluation mechanism. They have a very serious employment problem. However, for teachers, the backwardness of the physical education curriculum system in our country has hindered the development of the discipline. Subject teaching method is old-fashioned and lack of practicality, which affects the cultivation of compound talents. Generally speaking, the reform and innovation of physical education major needs to be solved. First of all, we should strengthen the construction of internal teachers. Secondly, it is necessary to establish a multi form practice base inside and

outside the school. Finally, it is necessary to strengthen the construction of the second classroom and provide rich educational opportunities for students majoring in physical education.

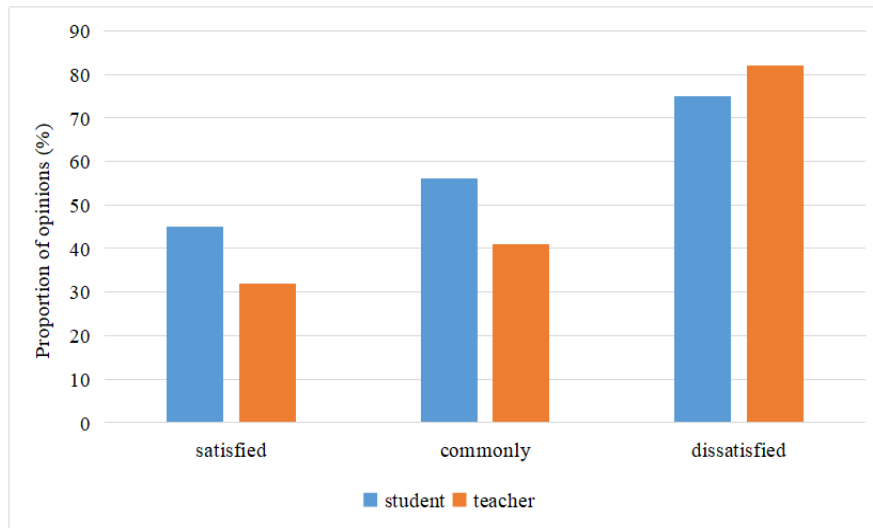


Fig.1 Survey on the Recognition of Students and Teachers to the Current Physical Education Major

In addition, this paper makes further research on teachers and students after the reform and innovation in the teaching process of physical education major, and the results are shown in Figure 2. From Figure 2, it can be seen that the satisfaction of teachers and students to the practical teaching system of physical education specialty is obviously improved, which is because the criticism of traditional physical education discipline has been improved. The construction of practice course module gives the appropriate teaching method of physical education major. The reform of curriculum system of physical education major provides practical help for training research-oriented talents. The increase of high-quality teachers promotes the overall development of the discipline. The change of teaching form and mode enhances the communication between teachers and students.

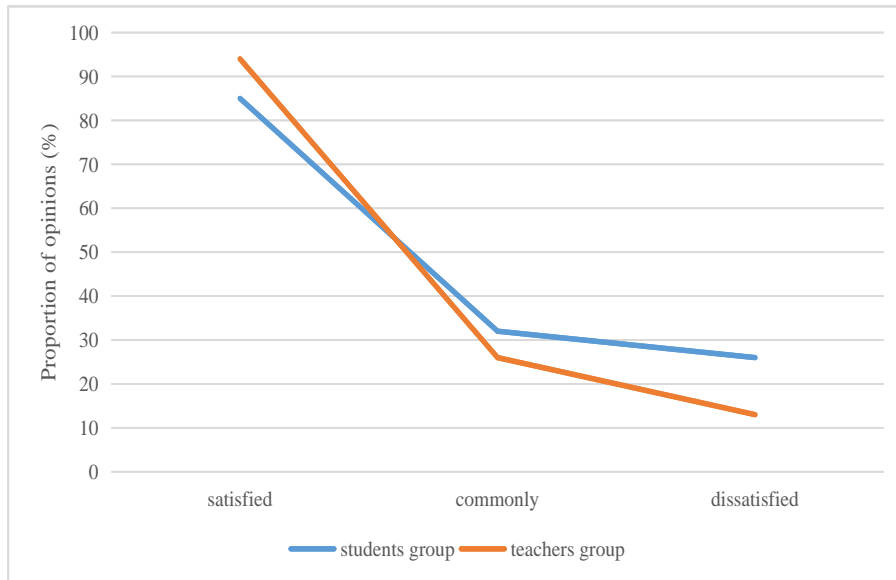


Fig.2 Investigation on the Support of Students and Teachers to the Practical Teaching System of Physical Education Major

4.2 Practical Teaching Guarantee System of Physical Education Major

(1) Construction of Teaching Staff

If the school wants to strengthen the construction of the students' own quality, the school should strengthen the construction of internal teachers, build a teaching system of content updating and form updating based on rich teaching experience, so as to lay a solid foundation for better practice teaching. First of all, the number of teachers should be sufficient to ensure that there are enough teachers to participate in the teaching system designation. At the same time, teachers should build a physical education teaching system combining theory and practice, and strengthen the construction of teaching staff. Generally, the school reasonably arranges the teaching staff in accordance with the teaching standards from the teaching fields of theory, skill, experiment and normal school. Taking the experimental teaching as an example, the students are required to make a perfect experimental system around the specific requirements of physical education teaching, so that students can fully understand physical education from the ideological and technical aspects. In the selection and employment of professional teachers, the school should carry out the examination of teachers' entry qualification from the perspectives of theory, practice and comprehensive quality. At the same time, schools should invite teachers with excellent teaching experience in compulsory education stage to participate in the construction of school practical teaching system. And regularly carry out training according to the

quality of school teachers to ensure that internal teachers have enough teaching quality to participate in the professional practice teaching.

(2) Construction of Practice and Training Base

The establishment of practice training base is one of the most important contents in the whole practice teaching process. According to the actual resources of the school and the detailed characteristics of the specialty, the construction of the practice and training base should consider the two more important forms: the base inside the school and the base outside the school. Among them, the training base in the school: in the traditional teaching mode process, it greatly ignores the necessary teaching ability training for the students majoring in physical education. Some students cannot master the basic password, teaching method and other related steps before graduation practice. And the new teaching mode is mainly to highlight the cultivation of students' teaching ability. In all courses, we must constantly compress the compulsory courses to effectively expand the elective courses of education, and constantly strengthen the educational skills, which cannot be effectively combined with the practice of off campus segmentation. Reasonable use of simulated classroom, on-the-spot teaching and case analysis to carry out diversified teaching, students in the simulation of the real competition environment can get very full skill training, in combination with the relevant education theory, continuous integration of teachers' practical experience, so that all students can participate in the whole teaching process. Fully excavate the advantages of comprehensive universities and create multi form practice bases.

(3) Construction of Extracurricular Second Classroom

Through the extracurricular second class, regular employment and entrepreneurship training activities are carried out to let students understand social information and market demand, and encourage students to carry out paid practical activities, such as swimming coach in summer high school entrance examination, accompaniment training of various sports events, etc. Each graduate can obtain multiple certificates according to the professional requirements, such as graduation certificate, degree certificate, teacher qualification certificate, putonghua grade certificate, etc. Let the students be able to apply what they have learned, accumulate social experience, and more importantly, cultivate their confidence and interest in the major of physical education, and devote themselves to the study with greater enthusiasm. In the practical teaching of entrepreneurship, we should explore students' new ideas through activities such as science, technology, culture and Art Festival, entrepreneurship plan competition and so on. The school takes advantage of the situation to urge students to start their own businesses, guide students to actively participate in school work activities, such as teachers, teaching assistants and part-time social work; cultivate students' interest in Entrepreneurship and improve their entrepreneurial awareness and entrepreneurial ability.

5. Conclusions

The major of physical education is the backbone specialty of training future physical education teachers. We must attach importance to the development of physical education major. Combining with the training objectives, social development, market orientation and employment needs of students, we should strive to build a relatively perfect teaching objective system, content system, security system and practical learning management mechanism. To establish a perfect practical learning system is the key task to change the current mode of personnel training in colleges and universities. Physical education in colleges and universities has the characteristics of high application requirements and strong practicality. Therefore, vigorously developing practical teaching can effectively guarantee the development of disciplines, social needs and employment needs of students. Therefore, how to innovate the practice mode, make use of the appropriate construction path, and construct a set of scientific and appropriate practice teaching system is the only way to improve the social competitiveness of students majoring in physical education and promote the development of physical education major in colleges and universities.

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