

Thoughts on the General College Entrance Examination in Jiangxi Province Making Physical Education a Selected Subject

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ABSTRACT. This article analyzes the necessity of physical education as an elective subject for the general college entrance examination in Jiangxi Province through the method of literature data and inductive summary, and finds that the time for sports to become an elective subject for the general college entrance examination in Jiangxi Province is becoming more and more mature, but there are many problems in the specific implementation path. Urgent need to be resolved. This article aims to provide a "Jiangxi plan" for the specific implementation path of physical education for the college entrance examination, and to provide some reference for physical education as a subject under the comprehensive reform of the college entrance examination.

KEYWORDS: physical education, college entrance examination, elective subjects

1. Introduction

The college entrance examination is a way of talent selection and determines the fate of students. Under the influence of the college entrance examination baton, students have serious thoughts of "emphasizing literature and neglecting physical education", and phenomena such as "physical education classes are squeezed", "shepherd physical education classes", "substitute physical education teachers" and other phenomena are common. In recent years, the physical health of students has attracted widespread attention from all walks of life. The increase in student obesity, the high rate of myopia, and the decline in endurance have revealed that physical education is not included in the college entrance examination, which is a lack of quality education for physical education. With the continuous deepening of the comprehensive reform of the college entrance examination, the college entrance examination does not divide the arts and sciences, and the emergence of the "six selection 3" model for students to choose their own examinations. In addition, the increasing maturity and value of the physical education system in Jiangxi Province has made the college entrance examination "select sports" becomes a possibility. Students are in a dominant position in education. Instead of divergent opinions about sports entering the college entrance examination, it is better to let students choose.

2. Necessity of selecting sports for college entrance examination

2.1 The physical health of students is worrying, and school sports are "weakened"

In recent years, the physical fitness of college students has continued to show a downward trend, the detection rate of poor eyesight is still high, the detection rate of obesity among students of all ages continues to rise, and the physical health of students is worrying. Mr. Liang Qichao once said that "the strong young man makes the country strong, and the weak young man makes the country weak" [1]. With the introduction of relevant national school sports policies and regulations, the physical health of students has not improved. What is the root cause of the problem? School physical education teachers are not taken seriously in schools, and the phenomenon of lack of physical education teachers is more common. A considerable number of physical education teachers in primary and secondary schools are part-time teachers of other subjects, and there are even "substitute physical education teachers". The teaching effect of their physical education classes can be imagined. Knowing; the school's entry rate is

the top priority, and physical education as a “secondary subject” is often squeezed by the main subject teachers; high school physical education classes are useless, in order to “safety first”, there has been a “herding-type physical education class”, and students are “captive” "Get up; in order to give college entrance examination candidates more energy and time to review cultural classes, the third grade even canceled physical education classes and did not participate in school sports activities. The main reason for these problems is that sports are not the content of the college entrance examination, and everything has to make way for the college entrance examination.

2.2 The spring of comprehensive reform of the college entrance examination is an opportunity not to be missed

In 2012, the General Office of the State Council forwarded the "Several Opinions on Further Strengthening School Sports Work", which stipulated that "actively explore the practice of adding physical education subjects to the high school level examination, promote the construction of a comprehensive evaluation system for the college entrance examination, and effectively play its role in enhancing students The guiding role of physical fitness [2]. "For the first time, the exploratory idea of increasing physical education subjects in the college entrance examination was proposed in the form of a national document. The State Council's "Implementation Opinions on Deepening the Reform of the Examination Enrollment System" issued by the State Council in September 2014 marked that the reform of China's college entrance examination enrollment system has entered the exploratory stage. , The scores of 3 subjects of foreign language and the scores of 3 subjects of the high school level examination, the scores of language, mathematics, and foreign subjects remain unchanged, regardless of liberal arts and science. Candidates can choose among subjects such as ideology and politics, history, geography, physics, chemistry, biology, etc. according to the requirements of the university and their own specialties [3]. In 2017, the Jiangxi Provincial Government issued the "Implementation Plan for Deepening the Reform of the Examination Enrollment System in Jiangxi Province", which clearly stated that the comprehensive reform of the college entrance examination will be comprehensively promoted. From 2020, the subjects of the college entrance examination will be unified into three subjects: Chinese, mathematics, and foreign languages, regardless of arts and sciences. The total score of candidates is composed of three unified college entrance examination scores of Chinese, mathematics, and foreign languages and the scores of ordinary high school level examination subjects selected by the students [4]. The reform of the college entrance examination system across the country and in Jiangxi Province, especially the establishment of selective subjects regardless of liberal arts and sciences, has created good conditions for sports to become a selective subject for the college entrance examination. In 2017, Zhejiang Province took the lead in implementing the "7 Selections 3" model, and included technology (including general technology and information technology) in the selected subjects of the college entrance examination, giving Jiangxi Province the inspiration for making sports an optional subject for the college entrance examination. Historically, Nanchang, Jiangxi, was the place where the flag of the August 1st Volunteer Army was raised. The red revolutionary culture is deeply rooted in the hearts of the people. It should be the first to respond to the call for comprehensive reform of the college entrance examination and make physical education an optional subject for the college entrance examination.

2.3 Physical education has become an elective subject for the college entrance examination

Sports are included in the experience of implementing the college entrance examination abroad. As the birthplace of modern school sports, Germany has attached great importance to this aspect, especially in the ten-year consistent school, physical education is set as an important study subject in addition to German and mathematics. The French Ministry of Education regards physical education as a main subject and is clearly stipulated to be included in the category of university entrance examinations. The physical performance of French middle school students is mainly based on the usual results of the last academic year of the high school, including physical education class results, competition results, and attendance rate in physical education classes. Track and field, gymnastics and swimming are the three major test items. You can choose one of them. The most important thing is that students must pass strict physical examinations before they can enter the university [5].

There are constant voices from all walks of life. In January 2020, Professor Li Jingbo of Sun Yat-Sen University proposed in a proposal at the Guangdong Provincial Committee of the Chinese People's Political Consultative Conference: The reform of Guangdong high school entrance examination and

college entrance examination should gradually increase the weight of physical education. content. Wang Dengfeng, Director of the Department of Sports, Health and Art Education of the Ministry of Education, said: Faced with the problem of students' physical condition, the college entrance examination may increase physical education in the future, solve the problem of the "baton" of the college entrance examination, and explore the same value of physical education class scores and extra-language scores and count them SAT score. Frontline physical education teachers call for improving the status and treatment of physical education teachers, and they must use the "college entrance baton" to include physical education in the college entrance examination, so that many problems in school physical education can be fundamentally solved.

The value of sports in the senior high school entrance examination has become increasingly prominent. Since the Ministry of Education promulgated the "School Physical Education Work Regulations" in 1990, physical education has been determined as a compulsory subject for the first grade. After 30 years of testing, the physical education system of the senior high school entrance examination has become more and more perfect. Its positive effects are obvious to all. The selected subjects provide a scientific basis for reference. Initially, Jiangxi Province implemented the high school entrance examination for sports to account for 30 points. This year, Jiangxi Province's sports subjects will be included in the high school entrance examination total scores with 60 points. In the future, the scores for high school entrance examination sports will be appropriately increased. For example, Yunnan Province will be upgraded to 100 points in 2020 and Henan Province will be 70 points in 2016, showing the importance of sports to the entrance examination for high school. The reform of the enrollment system for senior high school entrance examinations has identified physical education as a compulsory subject for the beginning of the promotion, which not only promotes the physical health of junior high school students, but also injects a boost into the implementation of physical education as a selected subject for the college entrance examination.

2.4 Under the divergent opinions, physical education is the best choice

The inclusion of physical education in the college entrance examination has been controversial. In summary, previous studies have found that the opposition to the inclusion of physical education in the college entrance examination is mainly due to the following concerns: 1. Increase the burden on students and put more pressure on students for examinations; 2. Influence the top students of cultural students Entrance rate; 3. Sports entering the college entrance examination has become a new "examination-oriented education"; 4. There are differences in physical fitness among students, and the fairness of physical examinations is questioned, which is detrimental to poor sports students; 5. There are many obstacles to the implementation of sports in the college entrance examination . The voices that support the inclusion of sports in the college entrance examination are mainly as follows: 1. The inclusion of sports in the college entrance examination can arouse the attention of all sectors of society to sports and improve the status of school sports; 2. Effectively curb the decline of students' physical fitness and improve their physical health. Stimulate the enthusiasm of students to participate in sports and improve the efficiency of learning cultural knowledge; 3. It is conducive to promoting the construction of a sports power, cultivating students' sports habits and hobbies, and fostering lifelong awareness of sports; 4. Incorporating sports into the college entrance examination can be a breakthrough in quality education , To make up for the lack of physical education in the content of the college entrance examination, and promote the comprehensive development of students' morality, intelligence and physical. 5. It can further improve the sense of responsibility of physical education teachers, take good physical education classes as their own responsibility, and improve the quality and efficiency of physical education classes.

There are divergent opinions on the inclusion of sports in the college entrance examination, which is also the reason why the inclusion of sports in the college entrance examination has been stuck in controversy. Under the opportunity of the comprehensive reform of the college entrance examination in the new era, the college entrance examination system pays more attention to diversified comprehensive evaluation, regardless of liberal arts and sciences, setting up selective examination subjects has become the trend of college entrance examination reform. Why can't physical education be chosen as the "7 choices 3" model of elective subjects, and let students choose not to take physical education. This not only solves the problem of including sports in the college entrance examination, but also makes up for the lack of sports in the college entrance examination content, making the selection of sports the best choice.

3. Thinking on the path to make physical education a subject for the college entrance examination

3.1 Exploratory thinking for the physical examination

Under the background of the comprehensive reform of the college entrance examination, Jiangxi Province has issued a reform plan for the college entrance examination system. In 2020, it will be implemented regardless of the liberal arts and sciences. In the subjects of ideology and politics, history, geography, physics, chemistry, biology and other subjects, candidates will be allowed to choose 3 examinations. This "6 selections 3" model brings opportunities for sports to become a subject for the college entrance examination. At the same time, it is inspired by the "7 selections 3" mode of Zhejiang Province's college entrance examination and the "3+1+2" mode of Guangdong Province's college entrance examination. The timing of sports is becoming more mature. The implementation of selective examination sports in Jiangxi Province can be used as the center, and it can carry on the physical fitness test of college students and start the high school entrance examination sports, so that sports can accompany the growth of students and "escort" the physical health of students. The design of the physical education program for the college entrance examination in Jiangxi Province should list physical education and ideological and political, history, geography, physics, chemistry, and biology as the elective subjects, and implement the "7 selection 3" mode, so that candidates can choose 7 subjects according to their own characteristics. Choose 3 exams from the subjects. Relevant departments promulgated the sports reform plan for the college entrance examination election 3 years in advance, and announced the examination content, format, standards and specific implementation time. Provide a three-year transition period for sports as a selected subject for the college entrance examination. During the transition period, learn from the model of Shandong Province's college entrance examination and test sports. Based on the student's high school sports performance, it is divided into four levels: A, B, C, and D. Archives, provide reference for college admission students. So as to change the students' concept of "light body", and also provide a scientific reference basis for the establishment of the standard of examination items for elective sports. After the transition period is over, the college entrance examination will be officially implemented for sports. Candidates can choose according to the requirements of the relevant professional admissions announced by the colleges and universities. The selection of sports conditions must be those who have passed the physical examination to avoid "no one in the college entrance examination." "Or "crashing" phenomenon.

3.2 The content and score design of the physical examination

In the context of the establishment of selected subjects for the college entrance examination in Jiangxi Province, in order to fundamentally solve the problem of students' declining physical fitness, and to further implement the "7 Selections 3" model, it is recommended that the scores of physical education subjects be 100 points like the other 6 selected subjects. Physical examination is divided into: physical and health theory test and physical skills test, theory test is 40 points, skill test is 60 points. Theoretical examination mainly examines students' understanding and mastery of knowledge about sports, sports hygiene and health care, general knowledge of sports, and safety first aid. For safety incidents such as drowning and sports sudden injuries, the theoretical examination can be used in safety first aid. Focus on assessments, such as the steps of cardiopulmonary resuscitation, emergency treatment methods for ankle sprains, and cultivate students' safety awareness and self-rescue ability. The sports items of the skill test are combined with the content of the sports items set in the middle school entrance examination of various cities in Jiangxi Province, and it is recommended that the combination of compulsory exam items + optional exam items. The compulsory test items are set as: 1000 meters for boys and 800 meters for girls, with a score of 25 points. The selection items are: comprehensive quality items (50 meters, standing long jump, solid ball throwing, boys pull-ups/girls 1-minute sit-ups); skill items (basketball dribble, football dribble, volleyball pad ball) , One-minute rope skipping), divide the 8 sports items into two categories, and carry out "8 selection 2", stipulating that students can only choose one item from each category as the test item, and the score of each selected item is 17.5 points .

3.3 Establishment of examination standards and specific operation plans for elective sports

According to the students' physical health status and mastery of physical skills in our province, the scoring form of the National Student Physical Health Standards, the assessment standards set by the high school entrance examination sports items of various cities and cities in Jiangxi Province, and the sports college entrance examination implementation plan are used as a reference basis, and the transition period is fully integrated. Students' physical examination scores shall formulate the selection criteria for physical skills examinations, and reasonably grasp the difficulty coefficient of physical examinations.

The specific operation of elective sports needs to solve two problems: the rationality of organization and implementation and the fairness of sports examinations. In order to reduce the difficulty of the operation and implementation of the selected sports and improve the flexibility of the organizational form, two organizational forms are recommended for the skill test: 1. In the case of a large number of applicants for sports, the province will organize the sports skills at a unified time by each city. examination. 2. When the number of applicants for sports is a small number, the province will organize the sports skill test in batches at a unified time and place. The time and place for organizing the sports skill test should be announced two months in advance. In order to ensure the fairness of the college entrance examination physical examination, it is recommended that the examination strictly implement the following aspects: First, the physical and health theory examination is the same as other subjects in the college entrance examination to participate in the national unified cultural examination, and the province's unified time examination in the physical skills examination. Fingerprint and face recognition are used to check and record to avoid taking the test. Second, the invigilator will be randomly selected by the relevant department in a remote location. Third, the physical skills test should be tested with electronic equipment as far as possible, and the entire test will be recorded. Real-time video surveillance by invigilators operating electronic equipment to prevent fraud in exams.

4. Conclusion

At present, if physical education becomes a compulsory subject for the college entrance examination, there will be many obstacles. It is better to change your thinking. With the advent of the "selection" era under the comprehensive reform of the college entrance examination, the value of sports in the middle school entrance examination has appeared. To promote the healthy growth of students as the starting point and goal of the reform, let "selective physical education" become the entry point for the transformation of examination-oriented education to quality education, in order to reflect the fairness of the college entrance examination. If physical education becomes a selected subject for the college entrance examination, it will only remain in the theoretical design and voice, and it will only be forgotten by history. The new era needs to be the pioneers of "dare to think, dare to do, and dare to practice" and put ideas into practice, so that sports can be successful in the college entrance examination. Take a place in the context of comprehensive reform.

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