

Microprobe into the Teaching Mode of "Integration Inside and Outside Class" in College Physical Education

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Abstract: Physical education inside and outside the integration of teaching model to extend the physical education to the outside, pay attention to the theory and practice of the close combination, the combination of classroom and outside the classroom, school physical education and health education, trying to sports teaching the role of the greatest effect to play out. This article uses research method of literature and logical analysis for ordinary university sports teaching mode of "class inside and outside integration" research, the study found that: the evaluation system is not scientific, the chasm between physical education and extracurricular sports activities, sports funds, sports venues and equipment problems such as lack of security, sports curriculum is not reasonable sports in the development of "integration" teaching model, a series of targeted measures are put forward for the existing problems, in order to better the implementation of the "integration of class inside and outside the" sports teaching model and the vigorous development of school sports provide theoretical basis and practical reference.

Keywords: integration of inside and outside the class, physical education, teaching mode

1. Introduction

School physical education is carried out from primary school to university, university is the last stop for students to accept physical education, according to the actual situation in China at present, the development of university physical education course is not optimistic, because of running sports accidents happen from time to time, which has to cause us to the existing teaching mode to think. In 2002, the Ministry of Education issued the National Physical Education Curriculum Teaching Guidance Outline, which pointed out that in order to achieve the goal of physical education curriculum, classroom teaching and extracurricular physical activities should be organically combined, and extracurricular physical exercise and sports training should be included in physical education curriculum, so as to form a curriculum structure that organically links inside and outside class [1]. In recent years, various departments of the state have issued a number of policies, many clear extracurricular sports activities into the physical education and health curriculum. In this context, through the research on the "integration of inside and outside class" teaching mode of physical education in colleges and universities, we hope to provide theoretical basis and practical reference for the reform of physical education curriculum and the implementation of the "integration of inside and outside class" teaching mode of physical education in colleges and universities in China.

2. Advantages of the integration of inside and outside class teaching mode of physical education

2.1 It is conducive to stimulating students' interest in sports and promoting students' personalized development

With the implementation of the integrated teaching model of physical education, the students can choose the physical education according to their own interests and time. The students' consciousness of physical education is greatly improved, and the enthusiasm and initiative of the students in physical education are also improved. The students can take part in various sports activities in the extracurricular activities, learning all kinds of sports skills, unlimited free play, in a very relaxed atmosphere of learning, the real let go yourself, experience the fun of sports, in the long term to make sports form a strong appeal to students, encourage students actively participate in sports activities, by taking part in all kinds of sports activities and community activities, not only can enrich the life,

improve the body quality, enhance friendship, also can promote students' personalized development, thus higher quality achieve the goal of sports teaching.

2.2 Help improve teachers' professional knowledge and teaching level

To implement physical education integration teaching mode, various kinds of extracurricular sports activities will be carried out, teachers in the process of sports activities occupy the dominant position, so the students must know something about the sports learning, information is one of the surface wider aspects, further to understand of the project is also very necessary, mastering many skills while specializing in knowledge structure, only in this way can better sports teaching and guidance to students, so teachers should update of knowledge and skills on a regular basis, improve their professional knowledge accomplishment, only in this way can better complete the teaching, close the distance with the students, only in this way can we have a deeper understanding of the problems encountered by students and solve them in time, so as to improve the quality and efficiency of students' learning and ultimately improve the teaching level [2].

3. Bottlenecks in the development of the integration of inside and outside class teaching mode of physical education

3.1 The evaluation system is unscientific

At present, the evaluation system still adopts a separate evaluation method. Many students not only have the results of physical education class, but also the results of extracurricular sports activities. However, this part of the results is not included in the evaluation system of physical education course, ignoring the important role of extracurricular sports activities. Too pay attention to the results evaluation, despise process evaluation, and part of the teacher to the student evaluation of subjectivity is stronger, the lack of overall understanding of the students cannot really reflect the students' level, only by establishing scientific evaluation system, to correct evaluation of students, to fully arouse the enthusiasm of students, stimulate students' enthusiasm.

3.2 Physical education class and extracurricular sports activities are disjointed

Due to the influence of traditional teaching concept, the teaching content mainly focuses on the technical teaching, and the final examination is also the technical demonstration, which makes the students tend to technical learning, but ignore the rules of the project competition and the study of sports health knowledge. Due to the influence of the field equipment, at present, many colleges and universities still adopt the teaching method of "sheep grazing", and the physical education will be dropped when the weather is cloudy and rainy [3]. Extracurricular sports activities have no strict organization and management agencies, did not go into the school sports teaching plan, is only what the competition will only be temporary for organizational practice, sports clubs also did not give full play to the role, on the one hand, due to lack of funds, on the other hand due to the lack of organization and management, except for a few schools each year fixed several projects, nor in other projects, gym class inside and outside the integration teaching mode in the advantages of the play.

3.3 Lack of guarantee of sports funds, stadiums and equipment

As we all know, adequate sports funds is an important guarantee to carry out sports activities, without funds, it is impossible to talk about. Gyms and equipment are the basis of sports activities. Schools have good stadiums and facilities, which can create a good sports atmosphere and encourage students to participate in sports activities. School recruitment of students scale expands unceasingly in recent years, the school of the existing sports venues and equipment can't meet the needs of the student movement, due to a lack of regular inspection and maintenance, and can't use some sports equipment is old bad loss, further aggravates the strain of the location equipment condition, such as swimming and diathesis developing project, because of some schools lack of space equipment, so can't carry out, seriously hurt the student's movement enthusiasm [4].

3.4 The physical education curriculum is unreasonable

In colleges and universities sports curriculum in the setting of content is also very monotonous, the

lack of new sports, most colleges are three big ball, three balls, track and field of this kind of easier for sports, like yoga, taekwondo, sports dance, martial arts, softball, wood pellets such projects just in few colleges and universities to carry out the condition, and course arrangement is unreasonable, mainly focus on the practice of the body, ignored the theoretical level and the improvement of cultural quality, in the teaching process set as primary and high, line up, warming up activities, demonstrations, free practice, there is no place of innovation, this can't mobilize students' learning enthusiasm at all, and the classroom effect is certainly not very good [5].

4. The development path of the integration of inside and outside class teaching mode of physical education

4.1 Establish a scientific evaluation system

With the implementation of the integrated teaching model in and out of physical education, it is necessary to perfect the evaluation method of the integrated teaching model in and out of physical education and construct a scientific evaluation system. The assessment and evaluation should be hierarchical. It should not only pay attention to the skills and health level of students, but also pay attention to the degree of improvement of students' skills, and encourage students to further improve their skills. By combining physical education, extra-curricular sports activities and sports competitions together, a diversified evaluation system can be constructed to make students fully realize the importance of sports and change passive learning and exercise into active learning and exercise. Adopt the teacher evaluation as the main method, self-evaluation and mutual evaluation as the supplement of the cross evaluation, highlighting the main position of students. The qualitative evaluation and quantitative evaluation should be combined to evaluate attendance, technical assessment, learning attitude, and learning initiative stages of evaluation and process evaluation should be paid attention to highlight students' learning effect.

4.2 Strengthen the integration of physical education class and extracurricular physical activities

Physical education, extracurricular physical activities, sports competition is an organic whole, indispensable, physical education, make students understand and master sports skills, extracurricular sports activities can make the students' sports skill has been consolidated and strengthened, and through the sports can be a good test student movement skill mastery and team cooperation ability, can only be better integrated into a piece of these three sports should play the role of, formed to support outside class, to promote sports development in class outside the good situation, build to whereas, in order to promote seamless docking sports learning chain, pay attention to the deep integration of interest and sports items, foundation and promotion, theory and practice, and fully mobilize the enthusiasm and initiative of students in physical education learning.

4.3 Increase the construction of stadiums and gymnasiums

School to increase investment in sports funds, perfect the construction of sports facilities and sports equipment update, the appropriate increase indoor sports venues, improve the quality of the outdoor playgrounds, for the school sports teaching, extracurricular sports activities, sports competitions after carrying the good material guarantee, provide students participate in extracurricular sports activities with plenty of sports venues, to meet the needs of the students of sports, location equipment maintenance is regularly check, prevent aging equipment movement caused by the accident. Indoor stadiums and gymnasiums should be opened regularly to meet different sports needs of students. Paid gymnasiums should reduce consumption standards to facilitate more students to do sports.

4.4 Optimize physical education setting

In the implementation process of the integrated teaching model of physical education, sports items should be diversified to meet the sports needs of different students, such as rock climbing, field survival, taekwondo, softball, bridge, etc., to stimulate students' interest in sports and improve the quality of physical education teaching. Make full use of the openness and convenience of the Internet, excavate online physical education teaching resources, build online physical education courses, develop all kinds of MOOCs, form a two-way teaching method combining "online" and "offline", improve students' autonomous learning ability and strengthen the effect of skill learning [6]. In addition,

colleges and universities can set up characteristic sports according to the actual situation of the regions where they are located. For example, in Northeast China, they can make full use of the ice and snow resources to set up skiing and skating courses with local characteristics, so that students can fully feel the charm of nature and experience the fun of sports.

5. Conclusion

In recent years, the party and the country have attached great importance to the development of school physical education and issued many documents to guide school physical education. The "integration of inside and outside class" teaching model of physical education was born under this background, and it has become a hot spot in physical education reform for a while. The teaching model of "integration of inside and outside class" emphasizes the integration of physical education, extracurricular sports activities, and sports competitions, and emphasizes theory and practice. The close integration of inside and outside class has fully mobilized students' enthusiasm for learning skills and stimulated students' motivation sports interest. However, there are still various problems in the implementation of the "integration of inside and outside class" teaching model of physical education. This article still need to continue to improve and reform it to make the "integrated in and out of class" teaching model more in line with the development of school sports. Actually, it can achieve the goal of school physical education more efficiently and truly improve the physical quality of students.

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