

Research on the Present Situation of Sports Club Teaching in Colleges and Universities of Shanxi Province

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Abstract: *According to the characteristics of the sports club teaching and theory, this paper investigates the present sports club teaching research and analysis of Shanxi Province ordinary university, mainly discussing the present situation of physical education and teaching mode of sports clubs in colleges and universities of Shanxi Province. It is expected to guide the physical education teaching of colleges and universities in Shanxi province to grow in a healthy direction, speed up its reform and development and provide knowledge reserve for the construction and long-term development of sports club teaching in colleges and universities in Shanxi province.*

Keywords: *colleges and universities; sports clubs; teaching mode; present situation*

1. Relevant studies at home and abroad

1.1 Definition of sports clubs

Originated from Europe and America, the word "club" was introduced into China. in the 1990s of last century, China combined the form of sports club organization with physical education, forming the initial sports club mode of teaching. As early as 1976, the Japanese Ministry of Education gave a detailed interpretation of the concept of sports club, pointing out that it is a new organizational form of sports with strong spontaneity. It takes sports fans as the main body and highlights their autonomy and innovation.

Zhou Hongbing(2015)believes that the club has its own unique organizational form and management mode, which can effectively arouse students' interest in learning, give full play to its own advantages, and mobilize students' enthusiasm to participate in sports independently. Song Xiaojie(2015)holds that the teaching of sports club organization is a teaching method in which students organize themselves, participate in, and teachers guide, impart technical knowledge, and participate in the examination and inspection. It is a richer and more flexible teaching activity. The sports club teaching mode is a kind of special teaching method to cultivate students' initiative, reflect students' subjective consciousness, enhance students' interest and enthusiasm in learning, and can effectively improve the teaching quality. What's more, sports club organization form of the teaching is more close to the needs of the students on teaching methods, and according to the school's educational target, the club's organization, management style combined with the original way of sports teaching is a more efficient mode of teaching,which means much clearer and higher quality teaching.

To sum up, through studying the viewpoints of scholars, it can be seen that although each person has different understanding of the definition of the concept of sports club, they almost share the same view in the most core essence without any obvious differences. The author thinks that the club mode teaching is a teaching method which applies the club organization form to the physical education teaching in colleges and universities, which effectively mobilizes the students' interest in learning, discovers the students' athletic ability, develops the students' enthusiasm for physical education, and lets the students establish a lifelong sports consciousness. With the premise of arousing students' learning enthusiasm, developing students' personality, guiding students to master a favorite sports skill, and keeping exercising for a long time, sports club teaching is an efficient mode of teaching (Jacques&Gisele,2016).

1.2 Research on the characteristics of sports club teaching mode

Sheng Yi, Yang Hong, Miao Lv(2016) summarize the basic characteristics of sports club activities in universities in Germany from the following aspects: the development of clubs is mainly based on students' autonomy, public welfare, mutual benefit, independence and other perspectives. Other researchers analyze several important characteristics of the development of sports clubs in China. They are the establishment of club teaching methods from the perspective of the overall environment of education, which highlights the active participation of students and creates a more flexible learning environment. In the relevant research results, there are also some researchers proposing that teaching mode should be comprehensively centered on the overall consciousness of students, respecting the development of students' personality. In his research on the influence of new teaching methods on the attitudes of college students in the process of physical exercise, Zheng Dajun(2016) points out that students at different stages have different definitions of physical exercise.

According to the above several experts for university sports club teaching system in the form of research results, combined with the specific conditions of the field, it is concluded that the teaching form of sports clubs in colleges and universities has more advantages than the traditional teaching mode, which can promote the reform of physical education in China. We can also conclude that the researchers have carried out a systematic analysis from the basic theoretical knowledge, and concluded the definition of the new teaching method of club, and carried out a systematic elaboration and analysis of it. Some researchers summarized the experience of developing sports club teaching form in other developed countries, its main characteristics with the market economy. Some researchers have studied the implementation of the teaching form of sports clubs in China, and analyzed its relevant characteristics. Some researchers, using the form of experimental analysis, conducted a study on the development of club activities in class and after class. According to the current situation of the club teaching mode in China and abroad, it has formed a relatively optimistic result, which is also in line with the development trend of the reform of physical education in colleges and universities in China.

1.3 Research on the teaching model of sports club in colleges and universities in China

Xiang Xinjian and Wang Leilei(2019) take Huaihua University as the research object and made a field investigation on the current situation of sports club teaching mode. Then, the teaching results and foreign teaching results are contrastively analyzed, and the problems encountered by Huaihua College in the process of carrying out club teaching activities are proposed, and then targeted suggestions are put forward to improve the club teaching system. Qian Huawei (2017) conducted a research on the club teaching of Xiamen University through questionnaires and mathematical statistics. Through research, it is found that the school has problems in club teaching, such as insufficient equipments, unreasonable projects, imperfect teaching system and inadequate teaching theories, which also lead to poor teaching effect. Wang Jian(2018) analyzed the organizational form, basic structure, management mode, curriculum design, assessment and evaluation of sports club teaching in colleges and universities from a systematic point of view, and constructed the club teaching system. Then he analyzes the existing problems and countermeasures in the current teaching of sports clubs in colleges and universities. Xu Caiming(2017) used literature analysis method to analyze the problems existing in the teaching of college sports clubs, and then put forward optimization countermeasures. Through the research, it is found that there are some problems in the teaching of college sports clubs in China, such as the limited teaching resources, the uneven quality of students, the simple repetition of teaching contents and the deviation of teaching subjects, which affect the play of the club teaching mode. Therefore, in order to effectively improve such problems, it puts forward improvement strategies from the aspects of highlighting teaching objective management, hierarchical teaching, progressive teaching content, and optimizing teaching design. Ji Xintao(2018) analyzes the problems existing in the current club teaching mode in colleges and universities, and then puts forward corresponding countermeasures. As mentioned above, the research found that there are some problems in club teaching, such as weak student awareness, lack of teachers and imperfect assessment system. Therefore, optimization strategies are proposed in order to effectively play the advantages of sports club teaching mode from deepening students' understanding, perfecting the management system, formulating diversified teaching objectives and strengthening the construction of teacher team.

From the above, China's research on university club teaching mode is mainly focused on the following aspects: one is about the club teaching system construction research; The second is to study the implementation strategy of club teaching mode in colleges and universities; The third is to study the practical application effect of the university club teaching mode. However, these studies are systematic

and the teaching objects selected are also public schools. Few of them involve the research contents of private colleges and universities.

From the above, China's research on university club teaching mode is mainly focused on the following aspects: one is about the club teaching system construction research; the second is to study the implementation strategy of club teaching mode in colleges and universities; the third is to study the practical application effect of the university club teaching mode. However, according to the analysis of relevant domestic and foreign research literature, there are few researches on the dilemma of sports club teaching mode and implementation strategies. Meanwhile, many research literature are not clear about the research objects or only focus on public schools, and the contents of the researches are relatively general.

1.4 Research on teaching model of sports club in foreign universities

The research results of university club mode from abroad are summarized in the following aspects: in Germany, clubs are divided into in-class and after-class, and students who are not physical education majors can only join after-class clubs; Japan requires students to join clubs during school. Clubs in the United States are mainly divided according to the number and scale of personnel, and there are quite a number of clubs. From the application status of foreign club teaching mode, we can see that club teaching is flexible and changeable, and respects the interests and needs of students.

To sum up, with the research on the teaching mode of college club, it can be found that the application of this teaching mode in colleges and universities can lay more emphasis on the exercise of students' independent ability and the healthy development of students' body and mind. The application time of sports club model in foreign countries is earlier, and it has formed a mature theoretical system, which has laid a good foundation for the teaching of sports club in colleges and universities in China. However, due to the different national conditions and school conditions in China, it is difficult to bring into play the due effect if we copy the teaching mode of foreign sports clubs. Therefore, our country also needs to carry out continuous research and innovation on the basis of lessons from the mature system of foreign countries. When Chinese scholars study the teaching mode of sports clubs in colleges and universities, they analyze the concept of club teaching, the present situation of teaching management, the difficulties of teaching and the implementation strategies, which provides theoretical guidance for the application of club teaching in colleges and universities in China. However, according to the analysis of relevant domestic and foreign research literature, there are few researches on the dilemma of sports club teaching mode and implementation strategies. Meanwhile, many research literature are not clear about the research objects or only focus on public schools, and the contents of the researches are relatively general.

2. Research objects and methods

2.1 Research objects

The objects of this study are colleges and universities in Shanxi Province which have carried out the sports club model. The author investigates the full-time PE teachers and the students who take part in the sports club, and conducts a questionnaire survey on the development of the sports club teaching mode.

2.2 The research methods

2.2.1 Literature method

The sports club education and learning system originated from the United States. After a long period of practice, the sports club teaching model in western developed countries has developed a relatively complete system. By consulting relevant literature, the author analyzed and deconstructed the implementation details and theoretical achievements of western developed countries, gradually established the basic viewpoints of this paper, and provided a lot of theoretical and practical support for the research of this paper. The author used Wikipedia to consult nearly 20 foreign articles related to this content, and through Wanfang database and CNKI to browse more than 30 articles related to China's university club teaching. In the process of finishing the paper, I made full use of the network to understand the current situation of the implementation of sports club teaching at home and abroad,

which has a positive reference for the practice of studying the teaching mode of sports club in local colleges and universities in Shanxi Province.

2.2.2 Questionnaire survey

Based on the knowledge of sports statistics principle, this paper designed and customized questionnaires for students and teachers. About 800 students in the universities of Shanxi province were surveyed by random sampling. The teachers actually sent out 100 questionnaires and 95 were recovered. The students' questionnaires were distributed and recovered by the cadres of the student union in various universities. 800 students' questionnaires were actually distributed and 781 copies were recovered.

2.2.3 Interview method

Interview with experts and teachers: According to the research objectives and requirements, after visiting, E-mail and phone contact, in view of the problems related to the scope of colleges and universities in Shanxi Province sports teachers and sports institution, we learned something about the current situation of physical education curriculum, physical education curriculum reform and sports club teaching in the actual operation of the process of teaching organization form.

Student interview method: combining a series of questions in the research process and questions not mentioned in the questionnaire, Interviews with students were conducted in spare time and sports club teaching time, so as to better understand students' views and ideas on sports club teaching mode.

2.2.4 Mathematical statistics

Using SPSS15.0 and Excel software (spreadsheet), this paper summarizes the interview results of experts in the field of physical education teaching, school physical education and leaders of physical education department of colleges and universities in Shanxi Province, and integrates and analyzes the original data of the interview.

3. Research results and discussion

Physical education is an important part of quality education. In recent years, China is carrying out comprehensive physical education reform, and the club mode of teaching is developing steadily in colleges and universities. Through the investigation, it is found that there are few colleges and universities carrying out sports club mode teaching in Shanxi province at present, and the experience of club management and organization is insufficient. In some colleges and universities in Shanxi, it is found that the teachers and students generally agree with the teaching mode of sports club, and the teaching mode of sports club has attracted the attention of the majority of teachers and students.

3.1 Survey of teachers and students' recognition of sports club teaching

Teachers have a high degree of recognition to the teaching mode of sports club. Teachers believe that the teaching mode of sports club can better stimulate students' interest in sports. In the special technology teaching and theory teaching, teachers can get more time to study, the workload has the corresponding change, the teaching quality requirements are higher; In teaching activities, each student chooses the sports club according to his own will. Therefore, it is easier for teachers to have common topics with students, which is convenient for teaching management. The orientation of teachers has changed, and the relationship between teachers and students is more cordial. It is easier for teachers to know the ideas of students in time, so as to facilitate the further development of teaching work in the future. The club mode of teaching has higher requirements for teachers' special skills. Therefore, teachers should improve themselves all the time while teaching, which is conducive to their own development. The reduction of the workload of teaching preparation and the improvement of teaching quality have been recognized by the majority of teachers. The club mode of teaching makes teachers have higher requirements on themselves, constantly improve their ability, and make progress together with students. Therefore, teachers have a high degree of recognition for the sports club mode of teaching.

As an independent individual, students have different physical qualities and personal preferences. Therefore, most students have their own ideas about physical education in colleges and universities. By visiting colleges and universities, the opinions and recognition degree of students are summarized. Students think that the sports club teaching mode is more flexible, they can choose their favorite items,

or they can choose the items they can master, which can meet the needs of different students. Because students with the same interests will choose the same club to study, it is easier for students to find a common topic; the interest in learning is more easily stimulated, and at the same time, the social skills of students are promoted. In terms of teaching time, it is more flexible. Compared with the traditional teaching method, the sports club teaching mode has more class hours, but the teaching content and forms are rich and colorful, and the time arrangement is more free, so that the students have more freedom and the sense of restraint is reduced. Students think that the sports club teaching mode can better stimulate their interest in learning, and the final assessment method is more flexible, which can arrange their time more reasonably and reduce the pressure of students from many aspects. The sports club mode of teaching is more considered by students. From the perspective of students the sports club mode of teaching is recognized by the majority of students.

3.2 Analysis of club mode teaching organization and management

Different from the traditional physical education, sports clubs have more detailed organizational structure, clear division of labor and higher requirements. The teaching organization form is easier to be accepted by students, and the teaching content is richer. Sports club mode teaching, as the name implies, is to combine the organization and management mode of the club with physical education organically. Teachers should have good teaching organization ability. An excellent organizer plays an important role in physical education teaching. The rationalization of management organization structure and the diversification of teaching organization form are the key points of sports club mode teaching. The good organization form and scientific management mode of sports club are the premise of effective sports teaching. Through the investigation of some colleges and universities in Shanxi Province, it is found that sports clubs are organized and established by the physical education department of schools, which is used for physical education teaching and is directly and uniformly managed by the physical education department of schools. In the colleges and universities in Shanxi that adopt the sports club mode to carry out physical education teaching, the teaching management situation is relatively detailed, and the colleges and universities learn from each other's experience, so the basic management situation is not too big a difference.

In the teaching management, teachers and students are used to manage and supervise together. The Ministry of Physical Education establishes the Supervision Department, with the students as ministers and secretaries. During the morning exercises and classes, the students check the activities of each sports club (teaching discipline, students' clothes, attendance, etc.). According to the survey, 84.9% of the students are willing to participate in the management of sports clubs. The organization form of club mode teaching is more conducive to cultivating students' lifelong sports consciousness. The development of sports club mode of teaching can satisfy students' own interests and hobbies, but also greatly enrich the school's campus cultural activities. Few colleges and universities in Shanxi Province carry out sports club mode teaching, so the management and organization form of the club are still groping ahead. Although the organization and management mode of club teaching is not mature enough, it has achieved remarkable results in some colleges and universities in Shanxi Province. Excellent management and rich organizational forms are the core of sports club teaching mode. The organization and management forms of college club teaching mode have also been widely recognized by students. Although the satisfaction is high, the deficiencies still need to be improved.

3.3 The contents (items) of club teaching

In the colleges and universities carrying out the sports club teaching mode in Shanxi, the sports items are relatively rich, which can meet the needs of most students to a certain extent. The sports offered by most colleges and universities are relatively common, including basketball, football, volleyball, tennis, track and field, martial arts, etc. These projects have common characteristics, not requiring high sports venues. For the projects that need venues and facilities, the development situation is not very optimistic.

The private colleges and key universities in Shanxi offer a variety of sports projects with more complete sports facilities and more flexible teaching content. However, the construction of gymnasiums and facilities in ordinary colleges and universities is poor, which makes it difficult to carry out the teaching of sports club mode effectively. In the process of PE teaching reform, the teaching content is not much different from the traditional PE education, so it is difficult to play the role of club teaching mode.

In terms of teaching content, it is divided into teaching classes, activity classes and competitions. Teachers in teaching class explain and demonstrate the special technology, correct the wrong actions in the process of learning, answer students' questions, so that students can grasp the essentials of technical actions as soon as possible. Activity class is reserved for students to do physical exercise and improve their own special skills. Students can choose the time of activity class according to their own schedule. The activity class is organized by the students and the teachers. The teachers also participate in the sports and interact with the students to cultivate the students' interest in sports and establish the awareness of lifelong sports. Competition courses are carried out in students' spare time. According to students' physical quality, learning ability and mastery of special technology, etc., as grouping standards, students are divided into low-level groups and advanced groups without distinction of grades. The results of the competition and the performance on the field are regarded as one of the contents of sports performance assessment. The competition is organized by the students, and the teachers serve as the chairman of the competition, the students serve as the referee, and the teachers play the role of supervision. Through competitions and acting as referees, students can improve their understanding of the sports and they can learn and master the rules of the sports more quickly. The teaching content is gradually enriched. There is a steady increase in the provision of sports items, and the provision of sports items in some colleges and universities can meet the needs of most students.

3.4 Analysis of venue facilities in club mode teaching

Gym facilities are the basic conditions for physical education and sports. In recent years, the major universities in Shanxi Province have appeared the situation of enrollment expansion. As a result, there is a growing demand for sports facilities, but at present, the construction of sports venues and facilities in some ordinary colleges and universities in Shanxi Province is not optimistic. It is difficult to meet the needs of students, and the lack and prohibition of facilities are serious. Through the investigation of colleges and universities in Shanxi Province, it is found that the facilities of stadiums and gymnasiums in colleges and universities are far from up to the requirements of the "Catalogue of Facilities and Equipment for Sports Gyms and Gyms in Colleges and Universities". Some colleges and universities in Shanxi Province have few indoor and outdoor sports facilities, which limits the development of sports club mode teaching. Due to the obvious regional climate in Shanxi, the utilization rate of outdoor facilities in colleges and universities will be greatly reduced due to the influence of outdoor environmental factors. Most colleges and universities in Shanxi have multi-functional indoor gymnasiums, but they are often used to hold campus cultural activities, while the utilization rate of physical education activities is not high, and the real significance of gymnasiums has been lost.

3.5 Analysis of the teaching evaluation of club teaching

Through the investigation of most colleges and universities, the evaluation and assessment methods of physical education are still relatively single, which is not conducive to the all-round development of students. In colleges and universities carrying out sports club teaching mode, teachers' evaluation of students is more comprehensive. They not only pay attention to the evaluation of students' special skills, but also pay more attention to the evaluation of students' learning attitude, number of attendance, degree of effort and theoretical knowledge. The evaluation methods of colleges and universities in the survey are similar.

In colleges and universities that carry out sports club teaching mode, teachers' evaluation of students is more comprehensive. They not only pay attention to the evaluation of students' special skills, but also pay more attention to the evaluation of students' learning attitude, number of attendance, degree of effort and theoretical knowledge. The evaluation methods of colleges and universities in the survey are similar. Although there are more and more detailed aspects of evaluation, some universities still take special skills as the main part of the evaluation of students, which is not different from traditional evaluation methods. Although there are more and more detailed aspects of evaluation, some universities still take special skills as the main part of the evaluation of students, accounting for a large proportion, which is not different from traditional evaluation methods.

In the evaluation of students, the evaluation standards of students' special skills are formulated by the teachers of each club according to different projects (such as the number of dribbles and passes in volleyball, the quality of high balls in badminton, etc.). The theoretical results are calculated according to the actual test results, and the physical test results are scored according to the national physical test standards. The competition results are converted according to the winning rate. Each university has its own requirements for the number of attendance and the attendance rate, so the conversion of scores is

carried out according to the requirements. Through the evaluation of the above points, the comprehensive evaluation of students is carried out.

4. Problems existing in the implementation of sports club mode teaching in colleges and universities of Shanxi Province

Through the investigation of some colleges and universities in Shanxi province, the author analyzes the current situation of carrying out sports club teaching in colleges and universities in Shanxi province from different aspects. Through summarizing the results of the above analysis, it can be found that although some colleges and universities in Shanxi have carried out sports club mode teaching and achieved certain results, they are in a state of steady development. However, from the analysis results, it can be seen that in the actual teaching process, colleges and universities are also faced with different degrees of problems. Problems in the actual implementation process will hinder the development of sports club mode teaching, so colleges and universities should make targeted adjustments according to their own actual situation. It is very important to solve the problems in the implementation of club mode teaching in some colleges and universities in Shanxi.

4.1 Blurring orientation of sports club mode teaching

Although some universities of Shanxi Province's have implemented sports club mode teaching, but the process of implementing will still be affected by the traditional PE teaching, with "sports club mode teaching" coat, but the actual teaching activity is still a class system of physical education teaching mode, and they did not really break away from the traditional class system of physical education model. Some colleges and universities offer fewer programs and still focus on traditional sports, which cannot meet the actual needs of some students. Students cannot choose the programs they are interested in, and it is difficult to mobilize their enthusiasm in the actual study, which leads to the low interest of students in sports. In terms of teaching content and teaching methods, it is the same as class-based teaching, with teachers as the main body. In the course selection, the time available for students to choose is relatively limited, not flexible, can not give play to the advantages of the sports club mode of teaching, ignoring the development of students, is not conducive to the cultivation of students' lifelong sports consciousness. The change of teaching idea is relatively slow, still stay in the idea of traditional physical education.

Teachers' positioning and understanding of sports clubs are not deep enough, so the development of club mode teaching is hindered. The vague concept of the teaching mode of sports club in colleges and universities leads to the empty shell of the teaching mode, which does not make reasonable use of the function of the organization form and management mode of the club. If we can't further understand the significance of the sports club mode of teaching, and can't walk out of the past teaching ideas, it is difficult to develop the sports club mode of teaching.

4.2 Lack of experience in sports club teaching organization

The sports club model teaching was carried out late in Shanxi, and few colleges and universities carried it out. All colleges and universities are trying to cross the river by feeling for stones in the construction of sports clubs, and it is difficult to learn from the experience of some successful local cases, and the club mode of teaching has a very high demand on the organization of teaching activities. Therefore teachers need to make great adjustments in the teaching organization. Sports club mode teaching is different from the traditional class system physical education teaching. The club mode teaching takes organizing activities as the main teaching method, and the teacher's organizing ability and teaching ability are equally important. If teachers want to organize effective teaching activities, they need to continuously participate in learning, improve their organizational ability, and strengthen the learning of various aspects of professional knowledge. Teachers should organize colorful teaching activities. While teaching students special sports skills, they should also pay attention to cultivating students' interest and organizational ability. The physical education teachers in colleges and universities in Shanxi have all experienced the class-based physical education teaching. Therefore, in the process of implementing the sports club teaching mode, teachers are lack of organizational experience.

4.3 Lack of experience in sports club management mode

The teaching mode of sports club in colleges and universities in Shanxi is directly managed by the sports departments of colleges and universities. However, because all colleges and universities have no experience in club management, the management system is not perfect enough in the process of implementing the teaching mode of sports club. "Management" exists as an independent discipline with strong professionalism. Excellent managers play a vital role in the management of clubs and often get twice the result with half the effort. Therefore, teachers in colleges and universities should strive to improve their own ability, and increase the learning of management while strengthening their own special skills and knowledge. As a result, each college teachers should strive to improve their ability, to strengthen their own special skills, knowledge, learning at the same time, and should also increase management aspects of learning. As a form of physical education reform, the teaching mode of sports club has been carried out suddenly in Shanxi. The PE teachers in all colleges and universities have experienced the traditional class-based teaching. Due to the sudden change of teaching methods, teachers are seriously lack of experience in club organization and management, and physical education teachers in colleges and universities have never been trained in professional management. In the process of club construction, the management system is not perfect enough, there is a serious lack of college sports club management talents, and the management system structure is not perfect and full of difficulties in the process of implementing sports club mode teaching.

4.4 The sports club teaching evaluation system is not perfect

In the colleges and universities in Shanxi Province that carry out the sports club teaching mode, the evaluation mode of each college has changed according to the traditional physical education teaching evaluation mode. Although the teaching evaluation methods are richer than the traditional teaching evaluation methods, they are still not comprehensive enough, even leaving the shadow of the previous evaluation methods. Through the investigation, it is understood that although colleges and universities take the usual performance, attendance, effort and other aspects as the evaluation criteria in the final evaluation of students, but the proportion in the final evaluation system is very small, and the assessment of special skills is still the main way of evaluation, so the evaluation of students can not reach the true all-round evaluation, which is not conducive to the all-round development of students and the cultivation of lifelong sports consciousness. The current evaluation system of colleges and universities is not perfect enough. Although changes have been made, it can still be further optimized. The excessively high proportion of special skills and the unreasonable structure of evaluation proportion will cause students to lose interest in learning physical skills, and it is difficult for them to develop the habit of maintaining exercise. The physical quality of students is different, and each sport has its own technical characteristics, so the teaching evaluation should be made according to the characteristics of the project, and all the projects can not be evaluated in a unified standard. Nowadays, college physical education does not give full play to the role of sports club model, which violates the idea of sports club model teaching.

4.5 Students are not interested in sports and are not active enough to participate in sports

Colleges and universities attach great importance to the construction of campus cultural activities, but sports activities as a member of campus culture are often not paid attention to. According to the survey of students' approval of carrying out sports club mode teaching, 95% of students are in favor of sports club mode teaching, which indicates that sport is an essential campus activity for students. Exercising body and enriching campus cultural activities are the main motivation for college students to participate in sports. The motivation of students to participate in sports varies, but according to the survey, students are paying more and more attention to sports, taking sports as a means to relieve pressure and promote social interaction. Therefore, colleges and universities should provide students with more opportunities to exercise.

5. Conclusion

Through the investigation of the implementation of sports club mode teaching in some colleges and universities in Shanxi, the above research was carried out. At present, some colleges and universities in Shanxi Province have formed a preliminary scale of club teaching mode, and the colleges and universities are trying to combine their own actual situation to develop steadily, but there are still many

problems waiting to be solved in the process of club teaching implementation. The lack of facilities, lack of teachers, lack of experience in teaching organization and other facts are in front of us, and the problems in the implementation of the club model of teaching continue to emerge. In order to implement sports club mode teaching effectively in colleges and universities, achieve long-term development and give full play to the role of sports club mode teaching, it is necessary to solve the problems existing in the implementation of sports club mode teaching in ordinary colleges and universities in Shanxi at the present stage, and provide effective strategies for the implementation of sports club mode teaching.

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