

Discussion on the dilemma and countermeasures of physical education integration in colleges and universities

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Abstract: *The physical education integration is an important content of the construction of a leading sporting nation in the new era, which has great significance for the implementation of quality education and the training of competitive sports talents. This concept has played a positive role in the reform of college sports teaching, but it must also face its existing problems, including the lack of management for college athletes, the lack of funds for competitive sports, the lack of support for competitive events and the lack of high-quality coaches. Colleges and universities should build a sound management system, expand the channels of funds, build high-level sports teams, as well as the innovation of competitive events and the training of high-quality coaches, so as to strengthen the university sports work and deepen the development of "physical education integration" with Chinese characteristics.*

Keywords: *college sports; Physical education integration; Personnel training; Countermeasure analysis*

1. Introduction

The integration of physical education in colleges and universities is an important measure to the cultivation of high-level competitive sports talents, the comprehensive and organic integration of physical education in colleges and universities, the promotion of youth sports development, and the realization of the goal of building a leading sporting nation in China. This paper aims to analyze the problems of the physical education integration in colleges and universities in the new era, and put forward the realistic path of high-quality development of sports in colleges and universities on the basis of theoretical compliance and practical development.

2. The value analysis of "physical education integration" in colleges and universities

2.1 Promoting quality-oriented education

The fundamental goal of education is to cultivate morality and cultivate people. Under the background of quality education, the proportion of physical education is increasing. Physical education can not only guide students to take the initiative to participate in physical exercise, but also make gain and experience in physical exercise practice, hone the quality of will, and exercise a strong body. However, from the actual situation, the practical effect of physical education in colleges and is not ideal, the enthusiasm of college students to participate in physical exercise is not high, the lack of scientific physical exercise guidance and support, the will quality of college students and the formation of exercise habits is more difficult, from the physical health of college students, all indicators are generally low. Driven by the "integration of physical education", the pattern of physical education in colleges and universities has shown an open trend. The integration of resources between the physical education system and the education system has aroused the vitality of physical education in colleges universities, helped college students continue to participate in physical exercise, strengthened their bodies, and promoted the implementation and development of quality education.

2.2 Broaden the path for cultivating competitive sports talents

With the promotion of the strategic goal of "a leading sporting nation", the development of sports in

China has entered a new stage. As the core component of the development of sports, the training of competitive sports reserve talents is very important. From the perspective of the combination of sports and education, the training environment of competitive sports reserve talents has gradually improved. After the "physical education integration" was proposed, the resources of sports and education have been more fully integrated, and the realistic dilemma of college sports reform is being broken through. At present, the training of college athletes has become the key work of the current sports reform in colleges and universities, and also the key to the implementation of the fundamental goal of "physical education integration", which also encourages colleges and universities to broaden the path of competitive sports talent training from many aspects. For example: the integration of college sports resources, open up college sports reserve talent training channels; Reshape the value concept of college sports, build a multi-level college sports teaching, competition, training system; Break the barriers of school departments, promote the deep integration of teaching and sports departments, cooperate with the organizational mechanisms of various departments, and develop flexible student registration and evaluation systems. Driven by the "physical education integration", the reform of physical education in colleges and universities has achieved remarkable results, which provides a new way for the training of competitive sports talents.

2.3 Promoting scientific sports training

Scientific training should improve the level of scientific training according to the actual situation of students and training rules. In order to promote the physical and mental health of athletes, it is necessary to strengthen the research and application of sports science training technology. Scientific training is to make full use of multidisciplinary knowledge system and modern science and technology, follow the rules of sports training, constantly update the scientific theory, methods and means of sports training, and finally achieve the best training results with exploratory and creative practice process. Sports scientific training is not only the inevitable trend of modern sports development, but also the internal requirement of realizing the physical education integration in colleges and universities. To deepen the "physical education integration", colleges and universities should use the best quality resources to serve sports students, promote the construction of compound training teams that integrate college training and medical security, promote scientific sports training in colleges and universities, and accelerate the development of college sports.

3. The dilemma of the integration of physical education in colleges and universities under the background of a leading sporting nation

The "sports" in the physical education integration actually refers to competitive sports, which can be further refined into "training of competitive sports talents". "Teaching" refers to school education, which can be concretely implemented as school physical education. Therefore, the physical education integration means that under the premise of the coordination and cooperation between the sports system and the education system, the training of competitive sports talents and school physical education can promote each other, and promote the organic integration of the two. The reality of China's national conditions and the needs of the development of sports cause determine that the physical education integration is an inevitable move to promote the construction of a leading sporting nation, and colleges are an important platform to implement the physical education integration.

3.1 Insufficient funds for competitive sports

Funds are the basic guarantee for colleges and universities to promote the integration of physical education. If they simply rely on financial allocation, they cannot flexibly use their own advantages to broaden the financing channels, resulting in insufficient start-up funds for competitive sports and unable to promote the reform and development of physical education. At present, most colleges and universities mainly rely on financial allocation, the source is single, and the shortage of funds has become the main problem that hinders the promotion of "physical education integration" in colleges and universities. From the actual situation of physical education in colleges and universities, although the "integration of physical education" has been paid attention to, the lack of funds for competitive sports limits the continuous promotion of "integration of physical education", and has a certain impact on the training and growth of high-quality college athletes.

3.2 The physical education system of colleges and universities is not perfect

The physical education system in colleges and universities is the main component of the framework of higher education, and also the main channel and platform for training college athletes. A perfect education system can properly deal with the current problem of "learning and training contradiction" faced by "integration of physical education". In order to properly solve this problem, the construction of the physical education system in colleges and universities becomes the top priority [1]. From the current situation of the construction of the physical education system in colleges and universities, the physical education system in colleges and universities should be further improved, which is as follows: The current sports teaching content can not take into account all students, that is, the training content suitable for competitive sports athletes can not take into account the needs of the majority of students, and the physical exercise items suitable for the majority of students can not reach the special training goals of competitive sports athletes. In the case of the contradiction between the two, the physical education system of colleges and universities shows the characteristics of fragmentation and fragmentation. The classroom teaching content is single and outdated, and the curriculum is not arranged according to the actual needs of students, resulting in students' low interest in learning, weak subjective initiative to participate in sports, and few student associations and independent sports activities.

3.3 The consultation linkage between the sports system and the education system is not in place

The comprehensive promotion of the integration of physical education in colleges and universities must be guaranteed by the consultation and linkage between the physical education system and the education system. However, in the process of the physical education integration in colleges and universities, it is not uncommon that the sports system and the education system are not in place. For example, university sports events held by the education system often lack the support of the sports system, thus affecting the scale and influence of the events. The sports events of the sports system and the sports events of the education system are different and incompatible, and have their own independent organization and development paths. These situations essentially reflect the lack of coordination between the sports system and the education system in the integration of physical education in colleges and universities, which is not only an obstacle to the deepening of the integration of physical education in colleges and universities, but also the main crux of the limitation of the integration of physical education in colleges and universities to promote the construction of a leading sporting nation.

4. Strategies for the high-quality development of college sports under the background of the physical education integration in the new era

4.1 Create a comprehensive management plan for college athletes

First of all, colleges and universities should fully understand the basic characteristics of college athletes. As the main position of training high-quality talents, colleges and universities should comprehensively consider the personality characteristics, interests and personalized learning of college athletes, so as to rationally divide the teaching and training of sports items, complete the project planning and distribution, ensure that the physical teaching and training are based on the growth of students, and achieve the fundamental goal of "integration of physical education". Secondly, colleges and universities should actively promote double control and double credit system. For the sports training and teaching of college athletes, colleges and universities should deal with the relationship between sports training and cultural course learning [2]. Colleges and universities should actively promote dual control, ensure that sports training and teaching work are not wrong, provide better training environment and learning environment for college athletes, and formulate scientific evaluation programs to promote college sports teaching. Thirdly, establish the management scheme of college student athletes. Colleges and universities should actively establish a complete management plan for the personal growth of college athletes, clear management details, and improve management quality.

4.2 Formulate a sound cultural and educational system based on the actual situation of college athletes

In view of the imperfect cultural education system of college athletes, unreasonable training

arrangement and cultural education arrangement of college athletes, time conflict, lack of relevant rules and regulations and other problems, colleges and universities should formulate a perfect cultural education system based on the actual situation of college athletes. For example, college athletes are different from ordinary college students in that they should not only complete the learning tasks of cultural subjects, but also insist on training and constantly improve their level of competitive sports. Therefore, compared with ordinary college students, college athletes have more tight time for learning and training. If there is a lack of scientific planning in the time arrangement and energy distribution of cultural learning and competitive sports training, not only cultural learning will be affected, but also the improvement of athletes' competitive level will be negatively affected. In order to avoid the above situation, in the process of promoting the physical education integration, colleges and universities should pay attention to the group of college athletes, and formulate a more targeted and perfect cultural education system according to the actual situation of college athletes. In the specific operation process, refer to the following methods.

The first is to pay attention to the identity of college athletes and protect their learning time of cultural courses. College athletes are both athletes and students. In order to avoid the utilitarianism of individual schools and the excessive emphasis on the identity of college athletes, but not enough attention to their identity as students, we must put the development of the comprehensive quality of college athletes in the first place, and take the academic performance as an important content of high-level sports talent training. By optimizing the quality of sports training, improving the efficiency of sports training, deepening the reform of sports training and so on, we can guarantee the learning time of student-athletes' cultural courses.

The second is to provide personalized guidance from various aspects according to the actual training and learning needs of college athletes. In order to solve the conflict of academic training commonly faced by college athletes, colleges and universities should, on the premise of ensuring the quality of sports training, start from various aspects as far as possible to help outstanding athletes to complete their academic tasks. For example, it provides targeted guidance for college athletes' cultural compulsory courses, elective courses, credit completion progress, graduation thesis completion, etc., and timely solves the problems they encounter in the process of completing their academic tasks.

The third is to improve the rules and regulations of college athletes' cultural education, especially the enrollment system, teaching system and graduation system, to ensure the quality of college athletes' cultural education. In addition, in view of the heavy training tasks and many competition tasks of college athletes, which affect the learning of cultural courses, we can also formulate corresponding school system extension system and personalized teaching system, through the system to ensure quality, through quality to ensure effectiveness.

4.3 Expand fund-raising channels

The survey found that the funding sources of "physical education integration" in most colleges and universities are short, and the funding channels are mainly based on the allocation of higher authorities, which can not meet the needs of the current college physical education reform. Colleges and universities should constantly explore ways to cope with it and broaden the financing channels of "integration of physical education". Colleges and universities should actively promote sports reform, organize all kinds of competitions, and actively build sports competition programs with schools as the core, and constantly improve the level of sports competition in colleges and universities. The college should build the brand of school competitive events, attract more social organizations and groups to participate in school competitive events sponsorship activities, so as to broaden the influence of school competition brands and achieve a virtuous cycle^[3]. The widening of fund-raising channels has made the influence of current sports competitions in colleges and universities continuously improve, providing support for the improvement of the environment of "physical education integration" in colleges and universities, and promoting the continuous development of sports reform.

4.4 Eliminate institutional and ideological barriers between physical education departments

The essential attribute of physical education is "with sports person". The integration of physical education indicates the development direction of school physical education work and reserve talents in competitive sports in a new era. It requires cooperation between sports departments and education departments in our country to realize resources sharing, and to form resultant forces for cultivating sports talents. All departments should shoulder heavy responsibilities. If the physical education

integration should be truly implemented, it is necessary to strengthen the coordination of departments in terms of policy orientation, management mode, function allocation, resource allocation and performance evaluation. In essence, "the physical education integration is not only the physical education integration departments or undertakings in China, but also the profound recognition of the original function of sports in all walks of life in China" [4]. This requires the administrative departments of sports and education to break the institutional and ideological barriers and truly achieve integration.

First of all, local sports administrative departments and education administrative departments should base on the integration and common development of sports and education, integrate sports into education, and aim at cultivating literate and high-quality competitive sports talents, strengthen school sports work, improve the sports event system, realize the sharing of resources between sports departments and education departments, and provide a good prerequisite for the optimization of sports work under the physical education integration in colleges and universities. The college should break down the institutional barriers and play the synergistic role of sports and education in order to better promote the physical education integration, break down the institutional barriers and play the synergistic role of sports and education.

Secondly, the sports administrative department and the education administrative department can learn from the exchange and cooperation mode between international organizations, and bind the behavior of both parties by signing detailed cooperation agreements. Specifically, local sports administrative departments and education administrative departments or educational institutions can sign cooperation agreements to specify the specific layout arrangements of campus sports competitions and teacher team construction in the physical education integration in colleges and universities, so as to achieve a good situation of mutual integration and interaction between the two.

Thirdly, the sports department and the education department can carry out regular communication and exchanges through the normal linkage mechanism, discuss and coordinate the problems involved in the sports work of colleges and universities under the physical education integration, mobilize the resources of various departments of sports and education, and carry out the "integration" work for the construction of sports disciplines in colleges and universities, cooperative education, sports personnel training, and sports facilities construction. If the sports departments and education departments of provinces, autonomous regions and municipalities directly under the Central government can carry out normal work on the development of college sports and solve specific problems, the physical education integration will be more significant. The institutional reform and ideological transformation of sports and education departments provide a prerequisite for further promoting the top-level design and practice of the physical education integration.

5. Conclusion

The integration of physical education is an important strategy for the development of physical education in our country. In the new era, school physical education should become the basic position of personnel training. How to better realize the coordination and integration between the sports department and the education department and promote the high quality development of college sports has become the urgent task for the development of college physical education. Under the background of sports and education integration strategy, the high-quality development of college sports work should adhere to the principle of "integration design, integration promotion", further open the mind, establish the concept of cooperation and integration, eliminate the institutional and ideological barriers between sports and education departments, and build the mechanism channel of sports and education integration in the training of competitive sports talents. The college should understand the value goal of building high-level sports teams in colleges and universities under the background of physical education integration, give full play to the role of ideological and political education in physical education courses, gather forces, and jointly promote the road of integration and innovation of sports and education in colleges and universities with the goal of educating people and strengthening the country.

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