

Exploration on the Reform of Physical Education in Colleges and Universities in the New Era

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Abstract: *The new era puts forward new propositions for physical education courses in colleges and universities, and physical education courses must adapt to the development requirements of the times. This article uses literature research methods and logical analysis research methods to carefully sort out the main problems and development directions of the physical education courses reform in colleges and universities. The study believes that the physical education courses of colleges and universities should focus on the practical problems of the continuous decline of college students' physical fitness, combined with the "healthy China" strategy and related policies, to objectively evaluate the reform of college physical education for more than ten years, and clarify the reform ideas; the goals and laws of the school physical education curriculum reform form a unified understanding to serve the needs of the times; the reform parties must strengthen the division of labor and coordination; each university must focus on condensing its own characteristics, and ensure the effectiveness of the reform through a series of mechanism construction.*

Keywords: *new era, physical education curriculum, reform*

1. Introduction

The new era puts forward new goals and new requirements for higher education. As an important part of higher education, physical education courses play a pivotal role. At this stage, college physical education has played an important role in the education of colleges and universities, and it has been included in the final assessment of students on an equal footing with other professional courses. This is one of the achievements of my country's physical education reform in recent years. It does not mean that the physical education courses of colleges and universities at this stage has reached perfection, and there are still many problems remaining [1]. In practice, some college physical education teachers have difficulty in clearly understanding the status of college physical education reform, lack of innovative physical education concepts, and lack of adaptability to the background of physical education reform, which is not conducive to the better development of college physical education. Therefore, it is extremely crucial to do a good job in the analysis of college physical education reform strategies in the new era.

2. Current problems still exist in Chinese college physical education courses

In recent years, the results of the reform of college physical education have been obvious. Physical education courses that were not valued by teachers and students have received a certain degree of attention. The society has also paid more attention to the physical health of college students. Even so, colleges and universities, there are still some "historical issues" in physical education, which urgently need the attention and exploration of college physical education teachers.

2.1 The structural system of physical education courses in universities is unreasonable

At this stage, the structure of physical education courses in colleges and universities is set up according to the specific requirements of the old "Outline". Normally, the physical education of freshmen is a general course. The goal of the general course is to popularize basic sports skills and teach in class units. The physical education of sophomores is mainly in the form of electives, that is, students choose appropriate sports based on their personal interests and follow the teachers of this sports. In the third and fourth years of physical education, based on use my spare time to participate in

elective courses, and no special physical education courses are offered [2]. From the perspective of teaching content, college physical education content is not much different from junior and high school physical education content. The intrinsic nature of physical education is not sufficiently explored. There are also loopholes in the entire physical education teaching system, which ultimately leads to a strange and common phenomenon: students like sports but don't like physical education courses.

2.2 Focus on teachers and ignore the dominant status of college students

In traditional college physical education, teachers take complete teaching tasks as their sole purpose, and believe that physical education is to teach as many sports skills as possible. Under the teacher's demonstration and command, the students are forced to do exercises, using their physical memory to repeat certain exercises to acquire a certain skill. The students are not respected as the main body of the teaching process, and the entire teaching process is severely enforced. The students gradually lose their enthusiasm for physical education, and even try to get medical records to avoid physical education [3].

2.3 The teaching method of physical education is single and lacks a good learning atmosphere

At the present stage, college physical education is the teaching mode of "teacher demonstration action-student practice action", and then provide evaluation according to the students' practice and mastery of the action, and finally enter the final exam score system of the students [4]. The single teaching method makes the physical education class lose its original value, making physical education only for students to get good grades, not for their own health and overall quality. The learning atmosphere of the entire physical education class is not strong, passive learning knowledge and movements cannot really understand the principle of movement, leading to the reform of physical education teaching is only a formality.

3. Exploration of the reform of college physical education courses in the new era

The 19th National Congress of the Communist Party of China established that my country's socialism has entered a new era. The Party Central Committee attaches great importance to sports and school sports. It emphasizes that the dream of a strong country in sports is closely related to the Chinese dream. It regards the construction of a healthy China as an important support for the Chinese dream and requires sports and school sports. Integrate into the realization of the "two centenary" goals, and raise the national fitness program to a national strategy. This is not only the guiding ideology of college physical education in the new era, but also pointed out the direction for college physical education curriculum reform, that is, rethinking closely around the issues of improving college students' physical fitness, promoting lifelong sports, and tempering their personality.

3.1 Objective evaluation, clear thinking

The 2002 "Outline" clearly pointed out that "physical education is a public compulsory course for college students with physical exercises as the main means, through reasonable physical education and scientific physical exercise process, to achieve the main goals of strengthening physical fitness, improving health and improving physical education; An important part of the school curriculum system; it is the central link in the physical education work of colleges and universities." The study believes that more than ten years after the "Outline" was promulgated, various ordinary colleges and universities broke the original department and class system, recombined classes, and formed multiple classes. A variety of physical education curriculum models, but their performance is mediocre in terms of strengthening physical fitness, improving health and improving physical literacy, especially the continuous decline of college students' physical fitness [5-7]. As pointed out in the "Opinions on Strengthening School Physical Education to Promote the All-round Development of Students' Physical and Mental Health" issued by the General Office of the State Council in 2016, although "active progress has been made in school physical education in recent years", "school physical education is still relatively weak for the entire education industry link". Therefore, only by objectively evaluating the reform of college physical education in the past ten years can we not simply deny it because of the limited effectiveness of the past reforms, and then we can build on the status quo, inherit and develop on the original basis, and further explore the promotion of college students' physical health. Only by clarifying the thinking can we clarify the direction and provide impetus for the reform.

3.2 Reach a consensus and serve the age

The current academic circles are still expanding the research and exploration of the functions of university physical education curriculum, but it should be clearly recognized that although with the development of modern civilization, physical education plays an important role in more and more fields, these increasingly powerful functions are not. It cannot be presented through limited classrooms [8]. All blindly optimistic or pessimistic attitudes are undesirable, and it is not acceptable to believe that strengthening the physical fitness of college students in the future is the only goal of college physical education curriculum reform because of the continuous decline in the physical condition of college students. The nature of the university physical education curriculum has not changed to this day. Since it belongs to the curriculum, it should follow the laws of education and teaching, and allow college students to develop their sports participation, sports skills, physical health, mental health, social adaptation, etc. in the process of receiving physical education [9]. In addition, college physical education courses not only allow college students to learn or master certain sports and health knowledge and skills, but more importantly, let college students learn how to learn and flexibly use sports and health knowledge and skills to strengthen physical exercise and to strengthen their physical fitness in the long term. , Improve health, improve quality and develop lifelong physical education. In the new era, university physical education curriculum reform should be closely linked with the Chinese dream of a sports power and a healthy China. As pointed out in the "Notice on Further Strengthening of School Sports Work" issued by the General Office of the State Council in 2012, "Implement well Physical education courses and extracurricular sports activities will cultivate students' good physical exercise habits and healthy lifestyles." For this reason, the university physical education curriculum reform should continue to expand its extension while returning to its essence, and establish a sports curriculum concept to better serve the times and society.

3.3 Strengthen the division of labor and coordinate participation

Although the reform of physical education in colleges and universities across the country has achieved certain results in the past ten years, the physical education in colleges and universities still generally shows a state of free development and fighting each other. There are some problems such as insufficient division of labor and cooperation, ungrounded policies, unrealistic measures, and theory. Regardless of issues such as practice, practice does not emphasize effectiveness, and implementation does not emphasize evaluation [10]. For example, although some scholars continue to innovate theories, they cannot contribute to practice. Some key universities or some local colleges and universities have determined whether to carry out physical education curriculum reform as an assessment indicator of physical education work effectiveness. They seem to attach great importance to it, but they gradually formalize or exaggerate the reform effectiveness due to the lack of concerted implementation. There is no clear distinction between colleges and primary and middle school physical education courses. Compared with the 2014 "Basic Standards for Physical Education Work in Colleges and Universities", most college physical education courses are difficult to meet the standards. The reform of college physical education is inseparable from the participation of policies, universities, scholars, physical education teachers and college students. The government should combine the needs of the society in the new era, especially the local and school realities, and constantly revise and improve policies. For example, facing the problem of ineffective implementation of policies by universities, it pays attention to the establishment and introduction of related evaluation systems and measures; facing the problem of serious disconnection between theoretical scholars and practitioners, it focuses on the participation of teachers and students in theoretical research and practical exploration. In particular, it is necessary to increase the research and exploration of the curriculum reform for college students to enhance their physical fitness, temper their quality, and establish lifelong physical education awareness. In short, only when the various parties involved in the reform of university sports strengthen their division of labor and coordinate their participation, can they seek common development.

3.4 Condensing characteristics and seeking practical results

China has a vast territory and a wide spread of universities. The reform of university physical education curriculum is affected by many factors such as geography, climate, environment, economy, ethnicity, and school types. There are bound to be differences. The reform of college physical education curriculum should be based on a unified guiding ideology, focusing on the development of a physical education curriculum that has distinctive regional, national, and popular characteristics, and is popular among college students, focusing on distinctive features, and sticking to its own path.

Departments in charge of sports work in universities of the same type and in the same region should establish a leading group for the reform of university sports courses, and set up a series of platforms for communication between universities. For example, build a mutual aid exchange platform for college physical education curriculum reform to promote the exchange of curriculum reform experience among colleges and universities; establish a curriculum research platform with the promotion of college students' physical health and lifelong physical training as the theme, classify and layer regularly organize guidance and evaluation, and pass papers scientific report meetings, experience exchange meetings and other forms to discuss new methods of construction of physical education courses in different universities. In addition, it is necessary to establish a reward and punishment evaluation mechanism for college physical education curriculum reform results, link the curriculum reform results and the conversion of results with the project declarations of physical education teachers, promotion of professional titles, and performance evaluation of college sports leaders, so as to create a high-level leadership and general sports teachers actively participate in the strong atmosphere of teaching reform and curriculum reform, and promote the reform of university physical education to achieve practical results.

4. Conclusion

Socialism with Chinese characteristics has entered a new era. As an important part of college courses, college physical education curriculum reform must actively adapt to the new needs of the new era. To this end, it is necessary for the government, academia, universities, physical education teachers and college students to unify their thinking and understanding, and coordinate and jointly promote reforms. The government should promptly introduce policies that are more in line with the requirements of the times, guide academics to carry out theoretical research close to the reality of reforms and social needs, and guide universities to launch practical measures based on their own characteristics to promote the implementation of policies and the transformation of theoretical results. In this process, it is necessary to always adhere to the extensive participation of physical education teachers and college students, so as to make the reform of college physical education curriculum grounded, vigorous and effective.

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