

# Exploration on the Reform of University Physical Education Curriculum Aiming At Cultivating Students' Basic Qualities -- Taking Dezhou University as an Example

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**ABSTRACT.** *Ordinary university students with the key objective different between college students' basic quality, and quality education is the physical education specialty, through the university physical education curriculum reform, can make the teaching more accord with experience of students physiological and cognitive psychological characteristics in the new period, the greatest degree of basic quality education of the university students, try to get rid of the students quality problems lead to the development of the school and passive situation, so that the students can have higher development prospect and space.*

**KEYWORDS:** *Basic quality, Physical education curriculum reform*

## 1. Introduction

Our general understanding of college students' comprehensive quality includes three levels. The first level includes six all-round core qualities: humanistic background, scientific spirit, learning, healthy life, responsibility, practice and innovation. The second level includes the most basic ideological morality and cultural quality and positive and healthy psychological quality. The third level is also the most able to determine the quality of students serious and rigorous learning attitude and not afraid of difficulties tenacious style. From the perspective of narrow concept of physical education, physical education is an educational process of developing the body, strengthening the body, imparting physical training knowledge and skills, and cultivating moral and volitional qualities. It is the process of cultivating and shaping the human body. Is an important part of education; Is an important aspect of cultivating a well-rounded person. If the core in the face of the first level of students' overall quality, although PE education alone is not enough to achieve, but still have a lot of effect, while the second and third two levels of quality education is physical education specialty, through well-designed sports course system and targeted control to improve the physical education curriculum.

In 2016, our school began to develop a new talent training program. We organized personnel to conduct extensive and in-depth investigation and research, and obtained a large amount of information, which laid a solid foundation for our reform. Subsequent group discussion teaching goals and plans, through research the correct understanding of our school's students and key university students gap exists objectively, almost all these gaps reflect on the quality of the most basic literacy, namely moral character and earnest rigorous indomitable style two aspects, the quality of education is physical education specialty, through carefully designed sports course system and physical education curriculum can effectively increase the targeted control. Through to the original university physical education curriculum reform, can make the teaching more accord with experience of students physiological and cognitive psychological characteristics in the new period, to improve students' learning enthusiasm, enrich teaching project for the construction of the curriculum group, after efforts to design a complete coverage for this four years of college sports teaching system and strict teaching process supervision, initial success has been built and the content of physical education curriculum teaching system, as many as 60 door covers all kinds of required courses, elective courses, courses, sports events, the purpose is to improve the college students' basic quality in our school, so they can have a higher development prospect and space. According to the survey, this reform is the national leading institution in terms of target accuracy and system integrity. The specific reform measures are as follows:

Original university sports curriculum in our school high school students learning track and field course in four semesters of the first semester, after the three semesters of teaching, the teaching content relatively rich enough, a student is not widely contact with a variety of sports activities, is not easy to realize associated with a variety of sports in a variety of fun, although three semesters of special class can better grasp a foreign sports

skills, but some programs can appear cycle is too long to make the students lose interest, and decided to study the effect of an important factor is interest, reform is needed here. In addition, there are still many problems in teaching, such as unclear teaching objectives and ideas, which need to have an appropriate time to make a profound change in the whole college sports. Through the reform, a comprehensive and complete university physical education teaching system covering the whole four-year university period is designed; Demand from each teacher teacher's ethics, with the most rigorous attitude towards each teaching problem, wuxi to demonstration education affect students, training for students' quality, teaching target, optimizing choice of teaching content, teaching content mining expand teaching methods, increasing sports style of ideological and moral education function of will of students, strengthen the classroom discipline, focus on students' attention, cultivate seriousness, firmly combining the ideas of the teaching in the teaching, make students get fully improve on earnest rigorous learning attitude, in overcoming difficult challenge ourselves to get the joy of success. The specific measures are as follows:

1) Set up university first second semester for the general class, student contact learning experience more than four or five kinds of the most popular has a broad mass base of sports (basketball, volleyball, football, tai chi, aerobics), the process is realized and auxiliary examination, expand the class with some small game interesting movement during movement, the rich student experience, popularity of football teaching also response to the request of the chairman xi campus football, the taijiquan teaching practice has proved in the students how to cultivate core has important and far-reaching significance.

2) Special elective third four semesters, students according to his be fond of, choose the school project, we have prepared more than 20 kinds of project for students to choose, this phase is to achieve the requirements of the national students to master a two sports skill, this stage study is given priority to with motor skill learning examination, highlight the cultivation of sports skill to form lifelong sports leading role, hours shortened but the standard is changeless, think under many courses require students to do more practice in order to achieve the test standard. This is in line with the core quality of students learning.

3) During the junior and senior years, the elective course of physical education is started, which provides an opportunity for students who want to further their study and a way for students who want to develop the second kind of sports skills. In this way, the absence of physical education in the junior and senior years is avoided and the physical education can cover the whole undergraduate teaching stage. In addition, a large number of elective courses of sports theory are also offered, such as sports health care, leisure sports, sports appreciation, Olympic culture and so on. On the one hand, they provide students who need to get credits with a choice; on the other hand, they enrich the theoretical sports curriculum system, which should reflect the scientific spirit of students' core quality.

4) Sports training competition to type joined the course system, activists and sports enthusiasts gathered each college, teaching rules and judging method and teaching to explore a higher level of motor skills and tactics, etc., these sports backbone can be effective organization field match, become an active member of the sports club sports association, and can maintain a long-term training, preparing themselves for a higher level of the game, this points to the core quality responsibility and practice innovation. Our school sets up 11 school-level sports competitions every year, which enriches students' sports life. Through participating in the competitions, a large number of students cultivate the qualities of courage, tenacity, determination, self-confidence, positive and upward, as well as the fine style of not being arrogant when winning, not being hungry when losing, obeying the referee, obeying the discipline, and uniting and cooperating with their peers.

5) Vulnerable groups set up specifically for physical health classes, students present a variety of reasons cause obesity and physical weakness, physical health test can't up to standard, we set up the elite fitness classes to deal with this kind of situation, substandard students taking this course, use several times a week to exercise management to improve health, this corresponds to the core quality of healthy life.

6) Strengthen the national culture and sports in the teaching content, the Chinese civilization is broad and profound, the Chinese national sports have these characteristics, We have set up classical Chinese wrestling, shuttlecock, Yang's 24 Simplified Taijiquan, martial arts Changquan, Xingyiquan, Wuqinxi, Baduanjin and so on, which have responded to the cultural connotation of students' core quality. Many students a keen interest in the national sports, when course is hot project, we used the basic content of western sports, national sports actually has the very strong vitality, although not a Olympic projects, martial arts but martial arts is a very wide range of cultures, has the extremely deep inside information.

In this way, a relatively perfect college physical education teaching system has been formed, including basketball, volleyball, football and aerobics courses with modern western sports as excellent representatives, and Taijiquan (Yang's simplified 24 style) courses with the most representative national culture. There are both general courses and specialized courses, as well as compulsory courses and elective courses, as well as sports

courses and theories The course plays an important role in training the six core qualities of college students.

Through reform has seen great effect in our most attention on the basic quality cultivation of especially: basic physical education curriculum is outside class, has been by a variety of actions to form, teachers on students have action immediately after exercise, serious learning attitude or not on the later action performance at a glance, this is don in physical education and theory, the most obvious difference between can test students' learning attitude.

In this aiming at students' basic quality cultivation of physical education curriculum reform, we obviously feel the change in the brings to students, schools, the improvement of the overall teaching level also saw significant to the implementation of four or five years later, we will see more practical and more persuasive effect, we will unswervingly efforts go down, also can find problems in a timely manner to solve the problem, hold fast to the goal of basic quality education is not shaken, fully play the unique role of sports education, training high quality for the ordinary university provides a train of thought and method.

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