

# Research on Teaching Reform of Track and Field Course for Physical Education Majors Based on OBE mode

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**Abstract:** Under the background of increasing attention to physical education, track and field teaching has become an important part of physical education curriculum in primary and secondary schools, and the requirements for physical education teachers' track and field teaching ability are getting higher and higher. Applying the concept of OBE mode to the undergraduate teaching reform of physical education can not only make the teaching more suitable for the development needs of students, but also help to cultivate physical education teachers with all-round development of knowledge, skills, innovative ability and other comprehensive qualities.

**Keywords:** Mode; Sports; Track and field; Course

## 1. Introduction

"Track and field sports" is a course to research the application of track and field sports technology and the teaching and training of track and field sports, which has strong theoretical and practical application. Firstly, as the basis of physical education, promote the development of other competitive events; secondly, provide a large number of simple and effective exercise means and methods for mass fitness activities. The track and field course is based on teaching students the basic knowledge, skills and abilities of track and field sports, highlighting the cultivation of teaching skills and application ability, focusing on learning and mastering the main techniques and tactics, referee rules, referee methods, teaching and guidance methods and so on. Through the teaching of this course, students' correct explanation and demonstration ability, scientific teaching, training, scientific research and ability to analyze and solve problems, especially the ability to organize grass-roots track and field fitness activities, can be trained, so that students can have the practical application ability to organize small and medium-sized track and field sports competitions and on-the-spot referee.

## 2. Connotation and characteristics of OBE mode

OBE is the abbreviation of results-oriented education, and it is an open educational philosophy which is student-oriented, tracking the whole training process and multi-dimensional evaluation of talent training quality [1]. Its core idea is the growth of students' knowledge, ability and quality. It advocates that students should always be focused on the development of students in teaching, so that students can acquire relevant skills and successful experiences in learning, instead of what teachers teach or the scores students get, which is emphasized by traditional education mode. In higher education, this mode emphasizes the guiding role of educational objectives. In addition to providing learning resources for students as much as possible in colleges and universities, teachers should also base themselves on the different development needs of students and teach with more flexible teaching methods.

The concept of OBE has become an important orientation of teacher education curriculum reform in normal universities. The concept of OBE advocates "student-oriented" and reverse curriculum design based on the final results of students' learning. Examining the existing teacher education curriculum with the concept of OBE, the tendency of "teacher-centered" and "knowledge-oriented" in traditional teaching should be reflected and innovated. In order to improve the quality and effect of teacher education and training, it is necessary to reform teaching objectives, teaching methods, learning methods and evaluation methods.

### **3. Analysis on teaching process of track and field course for physical education majors based on OBE theory**

#### ***3.1 The result orientation of track and field course teaching***

OBE educational philosophy emphasizes that all students can succeed in their studies, which is highly in line with the school-running orientation of cultivating applied sports talents for physical education majors in local colleges and universities, guiding the direction of teaching reform and providing the implementation measures for reference [2]. Through the track and field course teaching, students can understand the characteristics and basic principles of track and field fitness exercises, preliminarily master the basic contents of track and field fitness exercises, have the basic ability of designing and guiding track and field fitness exercises, master the basic techniques of main track and field sports events, and be able to do relatively complete demonstration actions in the teaching of track and field events. Master the technical specifications and requirements, move coherently and harmoniously, and have good effectiveness. Practice: Through technical practice, improve students' ability of integrating theory with practice, enable students to fully master basic technologies, reach a certain level in explanation, demonstration and technical analysis, and be competent for school track and field teaching.

#### ***3.2 Teaching method of track and field course teaching based on OBE concept***

##### ***3.2.1 Discussion on some theoretical teaching methods***

Track field theory teaching mainly adopts teaching methods such as explanation, classroom discussion and multimedia demonstration. When adopting the explanation method, teachers use language to express the methods and essentials of technical movements of track and field sports, and combine it with demonstration method to help students establish the correct technical concept of track and field sports and guide students to practice track and field sports. When using the classroom discussion method, students take the whole class or group as a unit, express their opinions around the central issues of teaching materials, and gain knowledge or consolidate knowledge through discussion or debate activities. When using multimedia demonstration method, using multimedia demonstration can help students to establish the concept of technical movements vividly, vividly and accurately, and make students' understanding of track and field sports technology more intuitive, thus stimulating students' interest in learning track and field sports technology and improving teaching effect.

##### ***3.2.2 Discussion on teaching methods of track and field technology***

Track and field technology teaching methods mainly adopt action demonstration, complete and decomposition method, competition method, prevention and correction of wrong actions method, discovery teaching method and so on. Demonstration method refers to purposeful demonstration according to the teaching tasks, contents and requirements of track and field sports technology, and demonstration according to the specifications of technical movements, so as to achieve accurate, skilled, relaxed and beautiful movements.

Complete method is relative to decomposition method, and the whole process of practicing track and field sports technology is complete, which is convenient for students to fully master all technical movements, and avoids destroying the internal relationship between technical structure and movements, thus affecting students' mastery of complete technical movements. Divide the complete track and field sports technical process into several parts, and practice them paragraph by paragraph or part by part. Finally, practice the movements of each part in series. The practice time of decomposition action should not be too long. As long as you master it basically, you can connect with other paragraphs or parts to practice and master it completely.

Teaching track and field sports technology under the conditions of competition, organizing teaching competition, after-school competition and creating competition environment. According to the task of technical teaching and the characteristics of students, do a good job in organizing competitions such as grouping students and using venues and equipment. In the teaching of track and field sports technology, we should take effective measures against the wrong actions that students may have or have made. Practice means should be from simple to complex, from easy to difficult, strengthen explanation and demonstration, so that students can establish correct technical action concepts. In the teaching process, teachers should put forward some questions and clues according to the teaching content, so that students can learn and master track and field sports technology by self-study and self-practice. Teachers

put forward some questions and clues one after another for students to think and discover, organize students to discuss and deepen their understanding, and teachers and students sum up together.

#### **4. Analysis on the teaching process of track and field course of physical education specialty oriented by OBE mode**

##### ***4.1 Results oriented talent training***

Student-centered and results-oriented, paying attention to the growth of knowledge, ability and quality acquired by students. The concept of OBE education can point out the direction for physical education in colleges and universities, and the theory of high-performance coaches provides concrete methodology and practical experience for the implementation of the OBE concept. The OBE concept education provides an important theoretical basis for the reform of the talent training system in colleges and universities in the new era. As the core concept of the certification standard for normal majors, OBE runs through the whole process of training normal students and is an important theoretical basis for improving the quality of talent training for normal majors.

##### ***4.2 Student oriented construction of teaching material content system***

From the perspective of teaching objectives, it mainly depends on the learning output, rather than the listing of learning contents [3]. Track field teaching should aim at the development of students' abilities and be guided by social needs. Teachers can design teaching plans and arrangements according to the regulations and requirements put forward by the new teaching concept. Starting from students' reality and teaching objectives, they can fully grasp the selected teaching materials, find out the master-slave relationship between the teaching materials, and improve and expand the existing track and field teaching materials, so as to make them a brand-new teaching material form and bring more possibilities for track and field teaching.

##### ***4.3 Innovate teaching mode and improve evaluation system***

BOE concept pays attention to the results, regards the expected "learning output" as the central task of teaching, and on this basis, it extends a complete teaching theory of organization and evaluation. The teaching process needs to be student-centered, learning output oriented, and pay attention to cultivating students' self-exploration and self-learning abilities, so as to improve teaching efficiency and teaching quality. With students' successful learning achievement as the goal, different teaching methods are designed, individualized learning requirements and evaluation grades are formulated [4], educational resources are allocated with students as the center, courses are organized, and teaching is implemented, and the training quality of reverse evaluation professionals is improved with graduates' core competence.

##### ***4.4 Curriculum guarantee system based on OBE concept***

Based on the guidance of OBE concept, the comprehensive research of physical education teacher education is promoted through four dimensions, namely, talent training goal, teacher training mechanism, quality evaluation system and continuous improvement mechanism, and the realization path of building talent training mode of teacher education based on OBE concept is explored, so as to improve and guarantee the quality of talent training in schools.

#### **5. Conclusions**

OBE teaching is based on results-oriented, and teaching design is based on demand. Demand determines the training objectives and methods, and then determines the curriculum system. Normal education in colleges and universities and OBE concept have naturally high applicability and fit. For track and field course teaching, the introduction and application of OBE concept provides guidance for teaching reform. Under the concept of results-oriented, we should set talent training objectives, construct teaching material content system, adjust teaching methods and improve evaluation system, so as to ensure the effective implementation of the course and improve the quality of physical education talent training.

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