

Instruct Thoroughly, Practice Diligently, Compete Regularly: A Brief Discussion on Several Exploration of Xidian University under the Guidance of the New Documents on Sports

Yingchu Dong

Department of Physical Education, Xidian University, Xi'an, China

Abstract: *By analyzing the vital documents regarding physical education reform published for the contemporary colleges and universities in China, this research discusses the importance of the trinity method of physical education in university, as well as the concepts and practices of the trinity of “Instruct Thoroughly, Practice Diligently, Compete Regularly”. Pilot projects guided by such a trinity physical education reform has been implemented in Xidian University. It is concluded from the front-line results that such a trinity reform is proved to be an innovative system, which could potentially improve the students’ enthusiasm of sports and physical fitness in Xidian University.*

Keywords: *Physical Education Reformation, University, Trinity Method*

1. Introduction

At present, the physical education on campus is an indispensable and important part of the development of education in China. To realize the modernization of physical education, the future work should be focusing on governance system planning, mechanism upgrading and capacity improving [1]. Since 2007, the Chinese government has promulgated 7 high-standard documents related to campus sports, which reveals how the government values the great importance of school sports, and reflects the arduousness and complexity in reforming school sports [2]. Correspondingly, Xidian University has released the document "Xidian University <Implementation of Opinions on Comprehensively Strengthening and Improving School Physical Education in the New Era> Physical Education Reform Implementation Plan" (Xidian Released [2021] No. 28) in 2021 to carry out sports reform on campus aiming at improving students' physical fitness.

Referring to the latest documents of the Central Committee of the C.C.P., the State Department, and the Ministry of Education, as well as the researches and observations from front-line experts in physical education in Greater China area, this research analyses and explores the outstanding challenges faced by Xidian University as a pilot in physical education reform in China. Further, this research summarizes the practical experiences gained in Xidian University, and discusses the following topics from the perspective of “Instruct Thoroughly, Practice Diligently, Compete Frequently”, namely 1) how to help the students to master the sports skills they learnt from class, 2) how to stimulate the students’ practicing sufficient frequently after class, and 3) how the utilization of information technology could promote the whole participation of competition.

2. The trinity of mastering sports skills

In fact, most of college physical education classes focus only on the teaching part. It often happens that students have learned techniques in class, but they fail to practice in time after class. And in the following course next week, they would fail to strengthen the former knowledges when trying to catch up with the syllabus. As a result, students would not have a solid understanding of basic skills, and they could not apply what they have learned in class to their daily exercise as well as in sports competitions. Dengfeng Wang, the director of the Department of Sports, Health and Arts of the Ministry of Education proposed a new school sports measure centred on “Instruct Thoroughly, Practice Diligently, Compete Regularly” at the 2018 annual meeting of the China University and Middle School Students Sports Association. This new idea aims to improve the quality of college students' physical education and

improve their physical fitness comprehensively.

The document issued by Xidian University conducts that the trinity of teaching, practice, and competition will help students master the sports-specific skills they are interested in during college. That is to say, the trinity aims to gradually help the students, through the organizations of student sports associations, clubs and activities, to form the habit of deep participation in exercise and competition. The sports club would be the core to maintain the link between the course and the extracurricular sports, as well as the whole process of teaching, practice, and competition.

3. Instruct thoroughly

Teaching is the first and foremost stage. In order to help students lay solid foundation, Xidian University's idea is to teach students in accordance with their aptitude and focus on cultivating interests. The specific approach is to further push the construction of sports clubs. First, continue and enrich the existing clubs, and set up at least 25 clubs covering the popular projects as well as the minor ones, so that students can choose the specific subject according to their own interests. Further, the sports club (managed by teachers) and the sports association (arranged by students) should be integrated. In the meantime, the sports courses that cover the whole four years for undergraduate students have been fully provided.

In the stage of practice, there is a trade-off between sports-specific teaching and basic physical fitness training. Mao and et al. mentioned in the goal setting of school sports in 2021 that until the physical fitness of Chinese students is fundamentally improved, school sports must always adhere to student physical fitness enhancement as the primary goal and evaluation standard. It serves as the main line of school sports [2]. However, some teachers reported that in the basic education stage, the extracurricular sports condition of the contemporary students is extremely unsatisfying, and the excessive schoolwork burden lowers the students' overall physical quality. Under such a level of physical fitness, it is impossible to carry out sports-specific projects with strong confrontation and high physical requirements. To solve this problem, Xidian University plans to improve students' physical fitness first before carry out sports-specific teaching. Based on the annual physical fitness test results in which all members have participated, those who fail the test can only choose the basic training courses in order to improve their physical fitness. At the same time, Healthy Qigong courses are offered for students who are physically weak or not suitable to participate in more vigorous exercise due to various reasons.

4. Practice diligently

By setting up dozens of extracurricular sports check-in points in different sports complexes on campus, students are encouraged to leave the dormitory and start the outdoor practice. The document (Xidian Released [2021] No. 28) requires students to exercise at least four times a week (including one club course). In order to implement this code, students are required to participate more than 50 extracurricular exercises per semester in total, and they will be assessed through the face recognition system. They are required to check in once a day from three open, and to scan their face before and after the exercise. A valid check-in requires the scan interval to be no less than 30 minutes and no more than 60 minutes. At last, the extracurricular exercise records will cover 30% of the final grade every semester, as shown in Table 1.

Table 1: Recorded average check-in times in two semesters

| Average check-in times Semester | All students | Students with higher scores |
|------------------------------------|---------------|-----------------------------|
| 2019-2020 | Male: 24.81 | Male: 25.04 |
| | Female: 28.08 | Female: 28.62 |
| 2020-2021 | Male: 16.52 | Male: 17.37 |
| | Female: 18.55 | Female: 19.26 |

In 2020, a data analysis on extracurricular exercise times and physical fitness test scores conducted by the Sports Department of Xidian University had analyzed more than 10,000 freshmen and sophomore students who had participated in physical fitness tests and extracurricular punch cards simultaneously in the first semester of the 2019-2020 school year and the first semester of the 2020-2021 school year. By analyzing the correlation between extracurricular exercise check-in and physical fitness test scores, it is observed that: students with more than average check-in times generally have higher average physical

fitness test scores than all students, and students with higher scores generally have more check-in times in turn. It can be observed that there is a positive correlation between the times of extracurricular exercises and physical fitness test scores, as shown in Table 2 and Figure 1.

Table 2: Recorded average scores of physical fitness test in two semesters

| Average scores Semester | All students | Students with more check-in times |
|-------------------------|---------------|-----------------------------------|
| 2019-2020 | Male: 66.79 | Male: 68.77 |
| | Female: 74.21 | Female: 75.08 |
| 2020-2021 | Male: 66.79 | Male: 67.76 |
| | Female: 74.02 | Female: 74.97 |



Figure 1: One of the extracurricular exercise check-in Point.

5. Compete regularly

Research from Hong Kong studied the effect of the application of competitive sports teaching mode on the students' physical quality and physical activity level in the compulsory course of college physical education. It is concluded from experimental data on 372 participants that Sport Education was beneficial in developing the behavioral domain of undergraduate student physical literacy [3].

Xidian University pays much efforts to organize various kinds of competition items for students. Every year on campus, besides college students' physical fitness tests, Xidian University focuses on organizing the School Sports Meeting for all students, Fun Sports Meeting for postgraduate students, and "Xijundian Cup" individual competitions on mini marathon, basketball, volleyball, etc. The variety of the campus sports events have truly realized the whole participation of students. Outside the school, relying on clubs and student sports associations, outstanding student athletes are selected to participate in provincial and national competitions.

It is worth mentioning that, in 2021, the Department of Physical Education of Xidian University has held an Informational All-member Competition throughout the semester. Relying on the informational technique, it has launched a series of pilot activities for students including basketball, tennis, and Chinese Wushu. The university has created an intelligent event organization system. On the premise that the rules are set in the early stage, the entire schedule does not require personnel engagement, which greatly reduces the burden of the staff and highlights the discipline characteristics and strength of the university. There were more than 3000 students joined the Informational All-member Competition. Meanwhile, as for the encouragement and reward, students who enrolled the competition could gain 5 points per person

for the final score of Physical Education course, and the top sixteen students could also gain money award amongst 100 to 1000 RMB, as shown in Figure 2.



Figure 2: The Awarding Ceremony of Informational All-member Competition.

6. Conclusions

The school sports reform has been carrying out in progress, Chinese universities are also constantly exploring ways to improve the physical fitness of students. The modernization level of the sports management mechanism is also improving gradually. It has been preliminarily confirmed by the exploration and practice of Xidian University that the three-in-one education model of teaching, practice and competition can effectively stimulate students' enthusiasm to go out of the dormitory and improve students' physical fitness to a certain extent. Meanwhile, some details still need to be discussed, revised, and improved in this reform, and more attention should be paid to the physical and mental health of students.

Acknowledgements

It is grateful to acquire the practice records and the data from the Department of Physical Education in Xidian University for this research.

References

- [1] Qingwen Guan, Xiaolin Zhang, Zhen Tian, Zhixuan Gong. *Characteristics, Difficulties and Paths of High-Quality Development of School Physical Education in the New Development Stage*. *Sports Culture Guide*, (2022) 1, 104-110.
- [2] Zhenming Mao, Tiancun Ding, Xiaoyu Lin. *On the Goals and Strengthening and Improving China's School Physical Education in the New Era—Based on the Analysis and Comparison of Seven Important Documents on School Physical Education Issued Since 2007*. *Journal of Beijing Sport University*, (2021) 9, 2-12.
- [3] Siuming Choi. *Effectiveness of Teaching Modes of Physical Education Courses on University Students' Physical Literacy-related Correlates*. *The Chinese University of Hong Kong*, (2021) 51.