

Research on the development status and training strategies of students' sports core literacy in private colleges and universities in Shaanxi Province

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Abstract: This paper mainly uses the research methods of literature, questionnaire and logical analysis to investigate and analyze the current situation of the core literacy of students in private colleges and universities in Shaanxi Province, and constructs a new training strategy from three aspects: the development of sports ability, the development of healthy behavior and the development of sports morality, which has strong practical value for promoting the cultivation of College Students' Sports Core literacy.

Keywords: Student; Physical education literacy; Current situation and strategy

1. Introduction

With the development of modern society, core accomplishment is a standard for cultivating high-quality talents. And the goal of sports core accomplishment is the formation of lifelong sports consciousness. Physical education in schools needs to cultivate lifelong awareness of physical education from sports skills, interests and health knowledge. Therefore, in order to lay a solid foundation for the formation of students' lifelong sports awareness, we should pay attention to the cultivation and development of students' sports core quality.

2. Investigation and Analysis on the Current Situation of Physical Education Core Accomplishment of Students in Private Colleges and Universities in Shaanxi Province

2.1. Current Situation of Sport Ability Development of Students in Private Colleges and Universities in Shaanxi Province

The basic goal of physical education is to strengthen students' physique. Sports ability is one of the key points in students' physical education and the foundation of students' healthy behavior and sports morality. This study investigates and analyzes the sports ability from the aspects of physical fitness development, participation in competition activities, fitness program and event concerns.

2.1.1. Current situation of physical fitness development

(1) Physical fitness test results

Physical fitness test is one of the indicators to measure the participation of college students in sports activities. According to the requirements of the Ministry of Education, every college student must have a physical fitness test every year, and in 2019, the Opinions on Deepening Undergraduate Education and Teaching Reform to Comprehensively Improve the Quality of Talent Training emphasize that the assessment of physical education courses for students must be strengthened, and the National Physical Fitness Standards for Students for unqualified students shall not graduate successfully^[1]. This also reflects the higher requirements for the physical development of college students at the national level. According to the survey, the students who have just passed the physical fitness test account for more than half of the students who have been tested, and the excellent ones and the unqualified ones account for a small number.

(2) Assessment of physical condition

Physical fitness is related to daily life and exercise is the basic condition for the development of all

sports technology, so attention should be paid to the development of physical fitness. Students only comprehensive understanding of their own physical condition in order to better participate in physical activity. Summing up experience in physical exercise to master physical exercise methods to gradually improve their physical fitness level^[2]. Through the survey found that most students on their own physical condition is not enough to understand, only a small number of exercise-loving students on their physical condition more understanding.

2.1.2. Participation in organizing sports competitions

The organization and participation of school sports competition is the process that students practice and improve their sports knowledge and skills. Based on the survey of the number of times students participated in school sports competitions, the number of students participating in 3 times or more accounted for half of the total number of students. Students participate in sports competitions less times so the practice of knowledge will be less, not conducive to their own physical fitness practice to solve the problem.

2.1.3. Formulation of fitness plan and effect evaluation

The ultimate goal of physical education is to develop lifelong physical exercise habits. Training students to independently develop fitness program is conducive to students life-long sports habit development^[3]. Only 11.3% students thought it was unnecessary to make a fitness plan, but only 24.3% students thought it was important to make a fitness plan, but few students thought it was necessary to do it. There are 39.6% people who evaluate the effect of exercises. The reason of not evaluating the effect of exercises is that the evaluation is not comprehensive and only simple.

2.1.4. Attention to major sporting events

Through the survey, we know that students pay more attention to the sports events organized by the school, but pay less attention to the large-scale events outside the school and at home and abroad.

To sum up, the development of sports ability of students' sports core accomplishment needs to make exercise plan, more people participate in the evaluation of practice effect and higher attention to events. But there are fewer events, less attention to large-scale events and other issues that private college students in Shaanxi Province have a certain ability to exercise but the degree of execution is not high.

2.2. Investigation and analysis of students' health behaviors

2.2.1. Participation, habits and management of sport

Through a survey of students' motivation to participate in physical exercise, 76.9% of them were physical fitness, 55.8% were communication and 53.4% were hobbies. Only 25.9% of the students can meet the requirement of 1 hour of exercise every day through the survey of exercise time and frequency, so it is necessary to strengthen students' physical exercise intensity^[4]. Most of the students surveyed were able to exercise three times a week and guaranteed to do a good job of warm-up and relaxation activities can show that students have some physical exercise habits and management ability.

2.2.2. Capacity for cooperation and communication in sports

The main aim of fostering students' cooperation ability in the core accomplishment of physical education is to improve students' ability of social communication. Through a questionnaire survey on the students' choice of sports activities, it is found that they have a strong sense of collectivism in collective activities. But it is believed that the movement can promote the cooperation and exchanges of very few, thus the need to further strengthen the movement process of communication and cooperation.

2.2.3. Health management and lifestyle

Regular living habits and health management promote the development of students' physical and mental health. This part of the health management and lifestyle from the daily living, diet with, work and rest habits, physical examination, physical health awareness, participation in sports activities, the overall situation of health management and lifestyle of students is good, but should pay attention to active physical examination.

To sum up, the health behavior of private college students has the advantages of reasonable motivation to participate in sports activities, basic level of time frequency to participate in exercise, good health management and lifestyle. However, there are still some deficiencies in the overall time of

exercise, cooperation ability and awareness of self-health management.

2.3. Investigation and Analysis of Students' Sports Morality

Among the elements of students' core accomplishment in sports, the cultivation of sports morality is divided into the cultivation of sports spirit, the treatment of competition results and the cultivation of competition ethics.

2.3.1. Campaign adherence

Persisting in sports can reflect students' sports spirit of overcoming difficulties, bravely and bravely, and actively meeting challenges. Through the survey of sports persistence in sports, 62.3% students are willing to insist on sports, indicating that students are willing to insist on sports accounted for the majority.

2.3.2. Performance attitude and sports role competency

Through the investigation of the competition results, 59.2% of the students think that the results do not accord with the competition results, which shows that the students pay more attention to the competition results, the attitude towards the competition results is relatively subjective^[5]. Sports role survey shows that the students participate less in organizing the competition, and the ability to use the referee and technical and tactical knowledge is weak.

2.3.3. Respect for opponents and observance of competition rules

Sports morals are mainly manifested in the respect for opponents and the observance of rules on the sports field. Through the survey that students are willing to respect the opponent to abide by the rules of the competition accounted for more than 60%, that students a strong sense of sports ethics. Being unfamiliar with the rules, some students choose not to respect the opponent and obey the rules.

To sum up, the advantages of the students' sports morality are that they are willing to insist on sports, respect competition rules and opponents. The disadvantage is that the ability to organize the competition is weak and the subjectivity of the result is too strong. Therefore, it is necessary to strengthen the knowledge of competition referees, emotional guidance to promote students to establish a correct concept of competition and sports ethics.

3. Problems in the Development of Core Accomplishment of Physical Education for Students in Private Colleges and Universities in Shaanxi Province

3.1. Problems in the development of sports ability of private colleges and universities in Shaanxi Province

The assessment of students' sports ability development in private colleges and universities in Shaanxi Province is mainly carried out from the aspects of physical quality development, participation in organizing competitions, formulation of fitness plans and evaluation of fitness effects, and attention of competitions. After the investigation, it was found that only 36.3% of the students had good physical fitness test, and the students knew little about their physical condition, so they lacked physical ability. The chain effect leads to the lack of ability to choose physical exercise methods. The number and frequency of events participated in the lack of training opportunities and therefore lack of technical and tactical skills displayed on the field.

3.2. Problems in Healthy Behavior Development of Students in Private Colleges and Universities in Shaanxi Province

The survey of students' health behavior development in private colleges in Shaanxi Province mainly focuses on students' participation in sports, exercise habits, ability of cooperation and association, health management and life style. Through the survey found that students exercise awareness is strong but poor habits, for the warm-up before exercise and relaxation after exercise is not enough attention. Most of them are willing to cooperate when they exercise, but the actual effect of the implementation process is not ideal. The life aspect has not formed the regular work and rest the custom, the late sleep situation is serious, the diet is not regular, cannot achieve the regular physical examination.

3.3. Problems in the Development of Sports Morality of Students in Private Colleges and Universities in Shaanxi Province

The investigation of students' sports moral development in private colleges and universities in Shaanxi Province is mainly carried out through the students' sports insistence, respect for competition rules and competitors, and understanding of competition results. After the investigation, it is found that more students are willing to insist on sports, and more students agree that they need to respect the competition rules and competitors on the field, but they have a strong subjectivity for the competition results, which can reflect that the summary after the competition is not in place, and that they fail to reflect on and look for deficiencies, learn from each other's strong points, and lack deep understanding of sports competitions.

4. Optimization Strategy of Physical Education Core Literacy Cultivation for Students in Private Colleges and Universities in Shaanxi Province

4.1. Optimal strategy for sports ability development

4.1.1. Increase the amount of exercise in students' spare time and enhance the initiative of participation

Through the above investigation and study of private colleges and universities in Shaanxi Province, the development of sports ability of students there are excellent places also need to improve the place. College students can freely allocate more after-school time. How to plan and use the out-of-class autonomous allocation of time is also an essential ability during college. According to the survey found that students spare time is the main activities of learning, playing games, watching small video, physical exercise and so on. Less time to participate in physical exercise in several activities, the biggest reason is the high dependence of electronic products. Long-term indulgence in electronic products, diet and life irregular physical quality downward trend. Therefore, it is urgent to improve students' physique.

Through the actual survey found that students participate in less exercise is the most important reason for the lack of exercise habits to develop the drive. Therefore, the core task of cultivating students' sports core accomplishment is to improve students' autonomy and let students participate in exercise independently. The formation of autonomy first needs students to improve their awareness, through self-control or external influence to gradually improve the habits. For example, teachers ask students to use their spare time to play sports and punch in the form of assigning homework. Students in the same class and dormitory work together to complete the quantitative exercise every day. As time goes on, the habit is gradually formed, and the autonomy of exercise naturally forms.

4.1.2. Focus on the family and school sporting environment

The environment of students in the learning process mainly includes family environment and school environment. Through relevant research shows that the family's physical exercise environment has a profound impact on students' attitude towards physical exercise. College students spend more time at school than at home. Therefore, they need to communicate with their families through the Internet. They can interact with each other through sports videos and articles on exercise methods. College students live on campus and students get along longer, so the class and dormitory sports environment is particularly important. In order to create a positive sports environment, the class of students who love sports to lead the other students to exercise over time gradually develop the habit of loving exercise.

4.1.3. Attaching importance to the development of intra and extra-curricular sports activities

The most direct way for college students to carry out sports activities is physical education, which not only teaches students sports skills but also cultivates students' sports interest and lifelong sports ideology. Through field survey in Shaanxi Province private colleges and universities physical education class hours and class size did not fully meet the requirements of "College Physical Education Standards". Although the types of courses are many, but are mainly technology. Attention should be paid to the teaching of theoretical knowledge, such as sports injury and rehabilitation, sports nutrition and so on to cultivate good sports habits and healthy lifestyle.

Extracurricular sports activities carried out better, mainly to organize various competitions within the school. Schools should further optimize the form and content of the competition to attract more students to participate. At the same time, strengthen the construction of the community, each

community is equipped with the corresponding instructor, solve the problems such as community funding to encourage students to actively participate in community activities.

4.1.4. Building a platform for sports exhibition and competition

Competition is the charm of sports, and the building of sports display and platform can make students feel the charm of sports competition. Taking part in the competition can cultivate students' perseverance, tenacity, unity and cooperation. Therefore, more opportunities should be provided to students for sports display and competition. The school may provide the sports demonstration and the competition platform by the competition generation study way, raises the student good moral character. For example, the physical education curriculum examination can be reformed as a way to increase the number of students participating in the examination. Also, the students can accumulate points from different sports events and count them into their final scores to encourage students to participate.

4.1.5. Optimizing curriculum design

Curriculum is a bridge to cultivate students' core accomplishment, and instructional design is a necessary condition of curriculum. The development of the core accomplishment of students' physical education is inseparable from teaching design. Because of the obsolescence of the actual classroom teaching content, the outmoded teaching method and the singleness of the evaluation method, there is a realistic problem in the development of the P. E. discipline. Therefore, private colleges and universities in Shaanxi Province need to pay attention to curriculum construction, optimize curriculum design, and do a good job in the integration of college sports teaching. Pay attention to the innovation of sports teaching methods, optimize the content of sports teaching, take a variety of assessment methods to gradually improve the quality of classroom teaching to better serve students in sports training.

4.2. Health behavior cultivation and optimization strategy

4.2.1. Attach importance to health and cultivate curriculum objectives of lifelong physical education

College physical education course is a public compulsory course with physical training as its main means to improve students' physical and mental health. Therefore, we should take lifelong physical education as the goal in the physical education curriculum in the health concept. In order to cultivate students' core accomplishment in physical education, the objectives of physical education curriculum in colleges and universities should include: I. II. Embodying the guiding ideology of "health first". III. Highlight the characteristics of discipline education.

4.2.2. Popularize health knowledge and create a healthy living environment

Healthy lifestyle is conducive to the healthy development of the body, and is closely related to lifestyle and living environment, so students create a healthy living environment conducive to healthy development. When creating a healthy living environment for students, the school can make full use of the extra-curricular platform through lectures on health knowledge, posters and teaching salons on health and safety knowledge.

4.2.3. Injecting health education knowledge and enriching the teaching contents of physical education courses

The choice of teaching content is the key condition for a good class. Shaanxi private colleges and universities in the actual teaching of physical education students lack of theoretical knowledge of health, the most important reason is that relatively few teaching content arrangement theory. Health theory knowledge is one of the key elements to cultivate students' core quality of physical education. Therefore, it is necessary to enrich the content of school physical education curriculum. For example: the course is divided into compulsory courses and elective courses, while guaranteeing the theoretical content of compulsory courses can increase the theoretical knowledge-based elective. At the same time, sports injury, health management, referee knowledge and other basic theoretical knowledge must also have. It also needs to combine with the students' majors, serve the students' majors, and integrate into the contents to promote the students' majors to learn the sports theory.

4.3. Optimization Strategies for Cultivating Sports Morality

4.3.1. Exerting the Power of Science and Technology to Innovate Teaching Methods and Cultivate the Students' Sense of Cooperation

Teaching method is one of the important prerequisites to guarantee a class. According to the

development idea of sports core accomplishment, students' cooperative consciousness is cultivated. Colleges and universities should innovate teaching methods mainly by students, supplemented by teachers to give full play to the power of science and technology online and offline. Teachers in advance in the network release of the course video and requirements, students preview the content of the problem after the teacher to explain, and finally in class group discussion summary. In the whole teaching process through the way of group cooperation increased opportunities for cooperation between students, so that students feel the fun of cooperative learning in PE classroom.

4.3.2. Diversified teaching evaluation and emphasis on post-game management

Physical education curriculum evaluation is the display of students' learning effect, so the evaluation method is very important. Teachers also need to evaluate students' learning. The methods of evaluation should not be obsolete, but should be diversified, combining theory with practice, combining process with comprehensiveness, and refining examination standards.

From the survey results, it is found that the students' ability of reflection after the game is weak, which is not conducive to long-term development. Therefore, teachers need to organize students to sum up after the game, correctly treat the game to enable students to correctly understand any gains and losses, mental exercise to enhance the mental capacity of students.

4.3.3. Improving the quality of teachers and raising students' awareness of sports

Teachers are the leaders of educational activities. Physical education teachers undertake the teaching tasks of students of different majors. Teachers need to constantly improve their own professional and humanistic quality. Most of the teachers in colleges and universities now pay more attention to scientific research than to sports skills and classroom teaching because of the requirement of title system. Developing students' core accomplishment of P. E. points to students' lifelong development. As a teacher, we also need to establish the attitude of lifelong learning. Attach importance to the teaching of each class, pay attention to students' ability. Colleges and universities or higher level departments are suggested to carry out the comprehensive skills competition of college teachers every year, including classroom teaching, professional skills and scientific research level.

The students' difference in the results is due to their lack of understanding of sports. Sport has the charm of competition, but everyone's understanding of the competitive is not the same. As a physical education teacher, we should guide students actively, respect opponents, and correctly treat the results of sports experience the real charm of sports to enhance students' understanding of sports.

5. Conclusions

1) Students in private colleges and universities in Shaanxi Province have better sports ability development, but less understanding of their physical condition. The lack of healthy behavior development is mainly due to the lack of healthy lifestyle and good sense of cooperation, but the ability of rethinking after the game is weak.

2) Optimization strategies are as follows: to increase the amount of extracurricular activities for students to pay attention to the sports environment and optimize the teaching design. Take the lifelong sports as the guiding ideology to promote the sports theory knowledge level to construct the healthy living environment. Improve the quality of teachers, innovate teaching methods, improve teaching evaluation, pay attention to the post-game summary management, enhance the depth of students' sports awareness.

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