

Research on the Training Path of "Core Quality" of Sports Discipline under the Background of "Double First-class"

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ABSTRACT. *Core literacy is a comprehensive reflection of students'essential character and key ability to adapt to lifelong development and social adaptation. Sports core literacy is a part of students' development core literacy and serves students'core literacy. Based on the role and importance of College Students'sports core literacy in the University stage, this paper puts forward ideas and methods for the reform of traditional national sports curriculum, which can provide reference for the construction of "double-first-class" disciplines, the promotion of College Students' sports core literacy, and the increase of national and cultural self-confidence.*

KEYWORDS: *Double-class; National Traditional Sports; Curriculum Reform; College Students; Sports Core Accomplishment*

1. Introduction

In the report of the Nineteenth National Congress, General Secretary Xi Jinping put forward new requirements for China's education. Implementing the Party's educational policy, adhering to the fundamental task of building people with moral integrity, developing quality education, promoting educational equity and cultivating talents with all-round development of morality, intelligence, physical fitness and beauty have become the main line of education. This is consistent with the fundamental purpose of "double first-class" construction of universities and disciplines. From the definition of "core literacy", it aims to cultivate students'essential character and key ability. The university stage is a turning point

from the middle school stage to the University stage, and a turning point from the school stage to the social stage. The cultivation of College Students'sports core literacy is particularly important to their learning and employment survival ability, especially their sports morality and sports accomplishment. College traditional physical education curriculum plays a vital role in cultivating and improving the core quality of College Students'physical education.

2. Connotation of Core Literacy under the Background of "Double First Class"

2.1 Connotation of Core Literacy

"Literacy" is a kind of moral accomplishment acquired through training and practice. It is different from morality and quality. "Core literacy" refers to the essential qualities and key abilities that students should possess to meet the needs of lifelong development and social development. Its core literacy aims to cultivate students'learning ability and social adaptability. College students'core literacy is to cultivate all-round development of people as the overall goal, respectively from the cultural basis, independent development and social participation in three dimensions to build. It is not difficult to see that the purpose of the cultural foundation of students'core accomplishment is to cultivate people with culture, connotation, pursuit of scientific knowledge and rich humanistic feelings; self-development and cultivation of students' self-management and organizational management require students to have critical thinking, not only to learn cultural knowledge, but also to learn how to acquire knowledge. We should take an active part in physical exercise and build a healthy body. Social participation aims to cultivate students'social roles. Everyone plays different roles in society. Their identities endow them with different responsibilities and obligations. They also cultivate students' sense of responsibility, sense of responsibility, ability of social practice and innovation, and improve their social adaptability. The university stage is a perfect period for human beings. It has the ability to think independently and participate in social practice. Cultivating college students'core literacy can promote and improve the key abilities and personality qualities of College students, which is very important for the overall development of human beings^[1].

2.2 Connotation of Sports Core Literacy

Sports core literacy is an important part of core literacy. The core literacy of students' sports discipline is not only a simple superposition of sports literacy and health literacy, but also a complete system of sports spirit, sports practice and health promotion. However, some experts have suggested that the core qualities of the trinity of sports knowledge, sports skills and sports thoughts are also linked up with cultural basis, social participation and independent development. The function and value of sports are nothing more than skills, strength and spirit. Skills are the means of physical education, which are divided into technical skills and knowledge skills. Physical education imparts knowledge while imparting technology, such as self-help knowledge and skills; while practicing martial arts and dragon and lion skills, it learns traditional cultural knowledge; physical fitness is the main purpose of physical education, and it is also inevitable that physical exercise enhances students' physique and enables them to have healthy physique; mental strength is mainly to cultivate students' physical fitness. To cultivate students' spirit of hard work and tenacious struggle, to cultivate their sense of teamwork and collective consciousness, to form correct world outlook, outlook on life and values in the process of physical exercise, and ultimately to cultivate the idea of lifelong physical education in physical exercise and learning^[2].

3. Importance of Cultivating College Students' Sports Core Literacy

The university stage is the link stage between senior high school and society. Because of the limitations of the current education system and the mechanism of entrance, the "more questions, less reading and less practice" in the middle school stage is a true portrayal of the middle school stage. The phenomenon of "high marks and low abilities" is becoming more and more obvious, which eventually leads to the lack of stamina in students' ability to act and the relative deviation in their thinking. The university stage is also a transitional period to the society. It paves the way for students to enter the society for employment and survival, and plays an important role in training their professional theoretical knowledge, professional sports skills, good spiritual pursuit and solid psychological quality.

3.1 Needs of Constructing Sports Culture Knowledge and Skills System

College sports is based on sports theory knowledge and sports culture, with sports methods and physical exercises as means. In the process of teaching, they are taught theoretical knowledge, sports skills, techniques and tactics, and cultural background, so that they have a complete theoretical knowledge system, skills system and cultural basis. In the process of practice, students' observation ability, thinking imagination ability and critical thinking are trained and developed. Skills are the expression of a person's ability. Building skills system can cultivate students' ability and professional level.

3.2 Needs of College Students' Physical Health and Psychological Quality Training

With the continuous progress of living standards and science and technology, the physical health level of adolescents has a downward trend. In recent years, the decline of teenagers' physique has become an undeniable fact, which makes the people very worried. It will not only seriously threaten the physical and mental health of teenagers, seriously restrict the training of sports reserve talents, but also bring pressure to social medical security. The sub-health situation of college students is becoming more and more obvious, especially the physical health problems caused by long-term bowing to play with mobile phones, computers and other electronic products, such as myopia, cervical spondylosis, hunchback and so on. College stage is the most important stage of students' physical exercise. It is the key period to develop sports habits, master scientific practice methods, promote physical and mental functions and improve physical fitness. The endurance ability of College Students' psychological quality has been challenged. Suicide incidents happen frequently among college students. The reasons are on the one hand the employment pressure from the society, on the other hand, the expectation from the family. Physical exercise can effectively reduce the psychological burden of College students, and cultivate strong psychological quality and psychological endurance ability.

3.3 Quality and Moral Accomplishment of University Sports

Sports morality is the most important part in the construction of College

Students'core literacy. Sports morality promotes people's all-round development. It plays an important role in the cultivation of people's quality, moral bottom line, perfect personality, ideal of life, code of conduct, etc. It makes people strict in self-discipline, abide by rules, abide by laws and so on. Promote the construction of College Students'spiritual civilization, promote the development of socialist cause, and increase the professional spirit of college students who are brave in hardships, brave in climbing the peak, united and cooperative, and loyal to their duties^[3].

4. Course Reform to Promote College Students'Core Sports Literacy

4.1 Construction of Course Content

Course content is the most important part of physical education. It is set around the theme of the course, teaching tasks and teaching objectives, and reasonably designed with the actual situation of the teaching environment, in order to achieve the desired teaching effect. Ethnic traditional sports should highlight the "nationality and tradition" on the basis of the selection of curriculum content, and choose the positive and upward projects reasonably and scientifically. Besides Wushu, dragon and lion, taekwondo, karate and sanda, folk sports such as wrestling, high feet, diabolo, gyroscope, swing, kite and so on should be included. Increase the folk sports items, enrich the course contents, increase the interestingness of the teaching contents of traditional ethnic sports, strengthen the development and utilization of new sports items and traditional ethnic sports items, transfer popular folk sports activities to the classroom, introduce traditional culture and skills knowledge, and make the contents of traditional ethnic sports science more interesting. More interesting and humanistic feelings. The content of curriculum is developmental, and it should be designed according to the needs of social development to ensure that students'knowledge and skills are in harmony with social development and help their future social needs^[4].

4.2 Innovation of Teaching Organization Form

Scientific, reasonable and effective teaching organization is the most important way to achieve teaching tasks and teaching objectives. The teaching form should be

reasonably selected according to the teaching content and the site environment. Most of the traditional ethnic sports are interesting, antagonistic, performing and competitive. The organizational form should be selected according to the characteristics of the selected teaching content, and the organizational form should meet the requirements of College students.

4.3 Construction of Teaching and Evaluation

The teaching and evaluation of physical education is the comprehensive mutual evaluation of students and teachers, students to courses and teachers to students. To break through the traditional evaluation of teachers only by students, to increase the evaluation of the content of courses, teaching organization and teachers, and to increase the evaluation of students by teachers. The teaching evaluation of physical education should include the evaluation of knowledge and skills, operation skills and emotional attitudes. Accurate and intuitive teaching evaluation is helpful for quantitative analysis of teachers' curriculum content setting, teaching organization methods, students' learning situation, emotional cognitive goals and so on. It is also helpful for curriculum reform^[5].

Under the background of "double first-class", it is necessary to reform the course of traditional national sports. While recognizing the main learning contents of traditional national sports, we should keep pace with the progress of the times, follow the principles of comprehensiveness, integrity, practicability and development in the course reform, reform the teaching content, teaching organization form and curriculum evaluation, and promote the construction of "first-class" courses. It is indispensable to promote national self-confidence, cultural self-confidence and enhance college students' core sports accomplishment.

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