

# Research and Analysis of Football Optional Course Teaching in Colleges and Universities

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**ABSTRACT.** *At present, the quality education emphasized in our country is to require our students to have a healthy physique when they can better contribute to the cause of socialism. Therefore, it is very important to cultivate students' healthy thinking. For college students in our country, effective physical exercise can really help them to better adapt to the intensity of work in the future. In the whole college physical education class, it is very important to carry out effective physical exercise teaching. As for football, it has always been a favorite sport for students. At present, in the football teaching of College students, choosing the teaching method of optional courses can better enhance students' interest in sports, and help students to constantly improve their own level of exercise. Only in this way can we really help our college students to build a good physique.*

**KEYWORDS:** *College football optional course; Physical exercise; Sports benefit*

## 1. Introduction

For college students in China, they tend to ignore the importance of physical exercise in their daily study, so that when they face the stressful work and study life, they will often have a physical unbearable situation. It is in this objective reality that the Ministry of Education of China actively requests to improve students' physical quality. In the whole teaching process, physical fitness test is regarded as an important evaluation standard for college students' learning career[1]. It is under such basic requirements that we need to actively cultivate students' interest in sports. For students, football is often an important carrier of college students' sports interests. College students in our country can improve their intensity and degree of

physical exercise through football. At present, in college students' sports in China, football also needs to be designed according to its own characteristics. In recent years, elective courses have become an important teaching method of College Students' Football Teaching in our country. It can be seen that the current college students generally lack good physique, and their interest in sports is relatively low throughout their learning career, which leads to the students in the future work and learning often can not rely on healthy body to achieve their own value goals. As for physical education, football cannot really be carried out well, which is also caused by the misunderstanding of students' learning ability and learning consciousness. In order to better improve students' interest in football, more effective teaching methods are needed. However, at present, option courses can well achieve such a goal and help students fall in love with football, so as to help them better exercise and improve their health[2]. Therefore, the main research idea of this paper is to find out how to improve students' enthusiasm for football by studying the situation of College Students' football or the sports situation of College students. And then help students to exercise better, so as to be able to prepare for their future life and learning physically. This is the main logic thread of this study, hoping to really help our college students exercise a strong physique.

## **2. Basic Current Situation of Football Optional Courses in Colleges and Universities**

The current situation of football optional courses in Colleges and universities in China is not particularly optimistic. It can be said that there are some misunderstandings in the attitude of college students towards football optional courses. It is in this objective reality, in order to help our college football optional course can better enhance students' interest in learning, the following on the current situation of our college students for football optional course research. Hope to find out the problems better, and then carry out effective curriculum reform in future work, improve classroom efficiency[3].

### ***2.1 There are some differences in students' football level.***

For our college students, there are differences in their own teaching and family

conditions, which directly lead to the differences in learning habits and learning abilities of each student in the whole learning process, which also leads to the differences in the level of College football. Of course, because under the influence of examination-oriented education, most of the students' football level is often relatively low, students' sports ability is obviously insufficient. It is in this case that the development of College Students' football is relatively slow. At the same time, in the whole process of teaching, teachers can also find that students' interest can often stimulate students' learning enthusiasm very well. As some students don't like football, they often can't concentrate on their study, or due to poor understanding ability, it is easy to fail to truly appreciate the charm of football in the whole learning process. Therefore, it can be said that the current football teaching situation in China's universities is mainly affected by the quality of teaching, that is, in the whole teaching process, there are obvious differences in the quality of students, and there are obvious differences in the interests of students in the whole teaching process. This directly leads to the overall teaching situation is not optimistic, which can be said to be an objective reason that Chinese universities must pay attention to when carrying out football optional course teaching, which will also determine the implementation of sports optional course and the quality of teaching.

### ***2.2 The insufficient number of students choosing football optional courses***

At present, college students in China tend to ignore the choice of football when choosing optional courses, which directly leads to a smaller group of students, that is to say, in the whole teaching process, there is no enough students, which will be difficult to form a group of reform, and also cannot be very good to complete the goal of sports teaching. Of course, the main reason why there are fewer students to choose football optional courses in Colleges and universities still has obvious analysis conclusions. After investigating the optional course of football in Colleges and universities, it is found that the main reasons why college students in other countries do not choose the optional course of football are not only the students themselves, but also the problems in the process of football teaching. Therefore, these problems directly affect the number of students who choose football lessons. The following is a study and elaboration of some of the more obvious problems: First of all, the main problem of the small number of students in football optional

courses is the assessment of football courses. The current college students are implementing a credit system, while the evaluation of football courses is often strict and the whole evaluation standard is more demanding, which leads to the difficulty for students to pass the exam easily. In this way, students give up their study and choice of football courses. It can be seen that the assessment system of football course itself is the main internal reason that the whole college students will not choose football to study. Of course, this reason is also related to the physical quality of students themselves. However, the main reason is that there are problems in the assessment criteria in the teaching process. Secondly, the teaching mode is relatively single. And because of the high temperature, often, students are unwilling to go outdoors, let alone to exercise, which will affect the students' choice of football lessons. It can be said that in the analysis of the whole reason, it is often because of the problems of the course itself that the students give up football learning in the teaching process. It is also an important reason that interest is difficult to arouse in the whole teaching process. Therefore, for the number of students in football optional courses, the key is to start with the teaching itself, so as to really stimulate students' interest in learning.

### ***2.3 The teaching hours are obviously insufficient.***

For football lesson, it needs more adequate curriculum arrangement to really play its due value. At present, the college students' curriculum in our country often has two sports opportunities in a week, which will lead to the whole teaching process can not play its due value well. In other words, because there are fewer courses, some key teaching concepts and methods in football teaching can not be well demonstrated, which will also affect the whole teaching quality, and have obvious obstacles to stimulate students' interest in learning. It can be seen that in the whole process of teaching, teachers must attach importance to the arrangement of the whole teaching curriculum and make up for the problem of too little class time through effective curriculum arrangement. Only in this way can we stimulate students' interest in learning, and then really help students to enthusiasm for sports and get healthy physique. This is what we must pay attention to in our teaching curriculum.

#### ***2.4 The inadequacy of theoretical courses***

For football in China, the establishment of an effective curriculum system plays a very important role in promoting students' interest in learning. However, in the process of teaching, the key is to let students know the basic curriculum theory, so that they can better understand the teacher's teaching in the real process of practice. However, the teaching theory in the process of football teaching in our country is obviously insufficient, or the theory curriculum of teachers is often replaced by practice, so it is difficult for students to understand all kinds of football movements well. This will make students mistakenly think that the whole football game is simple exercise and repetition, which is often not conducive to the cultivation of students' interest. In short, for teaching, teachers need to combine the theory and practice of the course organically. Only in this way can we really help our college students fall in love with football, and can we really solve the teaching quality problems of the whole football optional course in our country. This is the current situation of football optional courses in China.

### **3. Basic Suggestions on the Reform of Football Optional Courses in China.**

The basic reform opinions of football optional course in our country need to be studied in the light of the current teaching situation. At present, the reform of football optional course in our country still needs to better adapt to the development of the whole sports health education. Therefore, the following is mainly about the development of college sports as a carrier to carry out effective suggestions and guidance for the reform of college football optional courses, hoping to better help the reform of college football optional courses in our country to better adapt to the development requirements of the whole society. While improving students' learning ability and sports knowledge, it can also better help students improve their health.

#### ***3.1 Practicality and pertinence of teaching content***

For the reform of football optional course in Colleges and universities, it should insist on paying more attention to the practicality and pertinence of teaching contents in the whole process of reform. Only in this way can we better help our college students to carry out effective physical exercise under clear guidelines, and

then help students improve their own physical quality. Because of the particularity of football itself, the trainers themselves need to have a good knowledge base. As for now, there are obvious loopholes in the basic knowledge of football for the whole college students in our country. So when choosing football courses, teachers should combine the current students' learning situation more closely and adopt football actions that are more suitable for students. Only in this way can we help our college football sports teaching reform to better meet the students' football learning needs, but also can truly help the entire student group accept the entire teaching progress and intensity. Therefore, for college football teaching content, the key is to ensure the practicability and pertinence of the whole teaching content, which is the important principle of college football reform in China. This is the important guiding principle of the football reform of the whole university in our country.

### ***3.2 Passing training should be actively adopted in pre-class activities***

When carrying out the course, the key is to ensure the safety of students. Therefore, in the whole process of teaching, we should pay attention to students' warm-up activities before class. It is also necessary to stimulate students' interest in learning in the whole course of training. Therefore, this is the why we take pass training as an important pre-class preparation for the whole teaching. In this way, in the whole process of pre-class physical education training, we can really guarantee the students' sports enthusiasm and learning intensity. In the whole exercise process, it is only ten minutes before each course. However, after one year of effective exercise, it will be able to really help students achieve the extension of their football exercise time. We can get the improvement of students' physical fitness bit by bit in this way. In short, effective pass training in the whole pre-class activities can not only help students to ensure their own physical safety, but also really stimulate students' interest in learning. Therefore, it can be said that pre-class passing activities and training are important and effective measures for the reform of football optional courses in Colleges and universities in China. In this way, students' interest can be guaranteed.

### ***3.3 Make reasonable use of students' differences in teaching***

For the current reform of football optional courses in China, the key is to mobilize students' learning enthusiasm, so as to really stimulate students' interest, and then help students to better learn football to improve their physical quality. It is in such an objective environment that what we need to do is to pay more attention to the differences of students in the whole teaching process, that is, to carry out effective stratified teaching for different students. This main goal is to better meet the students' learning characteristics, so as to truly help our college students to learn and live better. Moreover, differentiated teaching of students is not only a reform of teaching methods, but also a basic principle that must be followed in the whole teaching process. Only under the clear criteria can we realize the effective implementation of teaching reform. For high school physical education teachers, it is necessary to effectively stratify the whole class of students, that is, to divide them into basic groups and promotion groups, so as to enable students to better carry out basic learning and ability enhancement. Therefore, in the whole process of the research, the physical education teachers in Colleges and universities in China must attach importance to this method. Only by adhering to the necessary teaching objectives and methods, can the students of the whole class learn football better, and then improve their learning ability and sports knowledge. In a word, this is an important teaching method in the selective course teaching in our country's colleges and universities, and its important role is obvious.

### ***3.4 Strengthen students' football training consciousness***

For college students in China, consciousness is often more important than any teaching method. Only by making the students have a clear awareness of learning football knowledge and playing football, can they better meet the reform requirements of football optional courses in China. It can be said that effective consciousness promotion will better meet the effective development of football activities of college students in China. Through the cultivation of students' football awareness, students can better enhance the implementation of football tactics and skills, so that students can really love football. It can be seen that the real significance is not only to better help our college students get good physique, but also to better help college students to clearly understand the importance of exercise, which is also an important teaching goal and teaching task in our physical education

teaching.

#### **4. Conclusion**

The current reform of football optional courses in our country can meet the basic requirements of quality education in our country, and can improve students' learning ability more effectively. Therefore, it can be said that effective reform will really help the whole college students to achieve their own physical exercise requirements.

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