

An Empirical Study on the Reform of the Integration Model of Physical Education and Health Course in and out of Class

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ABSTRACT. *This paper studies the effective construction of the integration model inside and outside the classroom in College Physical Education Teaching. Main conclusions: Through the construction of the integration model of physical education in and out of class, we can guide college students to make use of their spare time scientifically, carry out flexible, scientific and interested sports learning and training activities in combination with their physical fitness, physical education assessment and sports interest development, and train college students' good life-long sports awareness and sports characteristics on the basis of their physical fitness. At the same time, it can lay a solid physical foundation for college students' healthy life and career development in the future.*

KEYWORDS: *College physical education, Integrated teaching in and out of class, Model reform*

1. Introduction

By making full use of the fact that college students are in school on weekends or even during non winter and summer vacations, to build an integrated model inside and outside the class will make the integrated model of physical education in Colleges and universities have high effectiveness. On the basis of building a good physical culture atmosphere, it can effectively promote "College Students' physical health level, special skill level and physical participation" Interest "and other aspects of development, with a high degree of practicality.

2. The Operation Types of the Mode of Integration in and out of Physical Education in Colleges and Universities

2.1 Integration of Academic Assessment and Achievement

In the current academic assessment system, college students must complete the required sports knowledge learning and meet the relevant national assessment standards, in order to identify the relevant project academic standards. It is difficult to complete the teaching in class on time, and scientific planning and integration of spare time to carry out relevant content teaching or training guidance, so as to ensure that the training of knowledge, skills and sports awareness of related projects is completed within the specified period of schooling, and finally presented as the quantitative data of reaching the standard. Taking the long-distance running endurance project of college students as an example, due to the heavy learning business of modern college students and the lack of good sports habits of college students, the level of physical endurance is generally low. Due to the limited time of classroom teaching and the boring endurance training, the enthusiasm of students in daily learning and training is low. Therefore, we should use our spare time to organize some endurance sports games and competitions, such as hiking, hiking, cycling and mountain climbing, so that students can train their physical endurance to reach the academic assessment standard on the basis of fresh feeling[1].

2.2 Interest Development Integration

For some sports projects, when a large proportion of students and teachers have common interests, it is an effective model to carry out the integration of teaching inside and outside the class to help students develop their interests. It is more suitable for the interest type integrated teaching projects, mainly some fashionable and challenging sports teaching projects. For example, parkour, sports dance, hip-hop dance, yoga and other optional

or compulsory sports, because they share the same interests and have strong cohesion between students and teachers, they can consciously gather together in accordance with the agreement, on the basis of classroom teaching content, carry out the teaching of project knowledge and skills development, and Research on project skills and other elements innovation. In general, there are relatively fixed or even professional venues or stadiums in Colleges and universities, such as dance classrooms and yoga clubs outside the school, to carry out integrated interest-based teaching and learning activities of mutual learning, teacher-student research, and teacher-student innovation. As the classroom teaching has the goal of completing the academic assessment, it focuses on the basic project knowledge and skills teaching; the extra-curricular teaching has the nature of promotion, innovation and research. It can effectively expand and innovate on the basis of the classroom teaching content, which can greatly meet the needs of students' growth and interest development [2].

2.3 Prescription Integration

For some college students with low physical health level, poor physical coordination, sports psychological barriers and other problems, in order to support their successful graduation, as well as to cultivate their sports ability and good sports habits, teachers organize relevant students in a targeted way, and carry out prescription based classroom teaching and treatment of related problems in extra-curricular time Training is an integrated teaching mode full of humanistic concern. Due to the limited teaching time, teachers need to face most of the students, it is impossible to apply more energy and time to these relatively special students. Scientific use of extracurricular time to carry out prescription teaching for such students is an effective way to protect their privacy and dignity. In Colleges and universities, most of them are aimed at students with physical disabilities and students with poor physique. On the basis of basic classroom teaching items, some items or skills with direct effect will be added, such as traditional Chinese medical sports items and skills, including the skills of Yijinjing, Baduanjin, Wuqinxi, qigong and Taiji. Let the relevant students in the body continue to optimize and improve at the same time, can carry out more active, comprehensive sports learning and sports[3].

3. An Effective Way to Construct the Model of Integration in and out of Class in College Physical Education

3.1 Intelligent Construction

Under the background of “Internet plus”, physical education in Colleges and universities also stands on the platform of information, and “cyber source” is used to build “three-dimensional mixed teaching mode”. Due to the popularity of various networking intelligent facilities among college students, it is one of the more common modes to use information technology to build integrated teaching in and out of class. First, flipped classroom. The teacher assigns more study to the student, lets it according to the individual actual in the extracurricular time, according to the teacher's request to carry on the established content sports study and the training activity. According to their time and space, college students can carry out sports activities relatively freely in class and spare time to realize the organic combination of inside and outside class. Secondly, live online teaching. Teachers and students carry out teaching activities in a specific long-distance space through live network carriers. Among them, there are not only normal classroom teaching, but also amateur interest teaching. Kwai Qun, Tencent and other special live software, QQ group, WeChat group and micro-blog friends group can support teachers and students to carry out appropriate teaching and learning activities at appropriate time. For example, students can also log in to the teacher's Kwai Fu number in their spare time to learn specialized teaching videos [4].

3.2 Construction of Sports Association

Building and relying on various sports associations is one of the best models of integrated teaching in and out of class. All kinds of sports interest groups make full use of their spare time to carry out sports activities, which form an organic complement with classroom teaching. According to the status of related projects in college students' academic assessment and curriculum system, there are two types of sports associations under the integrated teaching mode: first, compulsory project associations. With the common modern sports and some traditional sports as the main body, and the basketball, football, volleyball, Taijiquan and other associations as representatives in the school, teachers can carry out teaching and guidance activities related to the classroom teaching content for the members of the associations. For example, in the friendship match of Basketball Association, PE teachers can play the role of coaches or referees, and provide practical tactical and technical guidance for students on the spot. Secondly, the optional project community. With fashion sports, cross-country

sports and adventure sports as the main part, as teachers pass or skim the water at best in the physical education classroom teaching, students can realize the development of personal interest and expand the integrated teaching from the restrictive classroom to the infinite extracurricular time and space under the professional guidance of teachers in the relevant elective project communities [5].

3.3 Strengthen the Goal Construction of Promotion

Under the rigid regulations of academic assessment and the pursuit of personal physical health and happiness, the construction of an integrated teaching mode with the function of goal strengthening and promotion is of great guarantee to urge college students to carry out active sports and activities in accordance with academic requirements, school regulations and personal health needs. First of all, the construction of compulsory goal promotion of academic graduation. In the current academic assessment system of colleges and universities, some students, for various reasons, although they normally participate in classroom sports learning activities, still can not meet the national health standards and sports assessment standards in the test or assessment. Using extra-curricular time to work overtime to carry out learning and training activities is the only effective way to help them reach the standard. In this case, teachers in order to improve the quality of personal education and teaching, students in order to successfully graduate and future, will actively carry out the integration of teaching and learning cooperation. Secondly, the goal of personal happiness is to promote the construction of health. For very few students with special conditions such as morbid constitution, obese constitution, lean constitution and physical disability, because the existing classroom time is difficult to really support them to complete the established skills learning and training, only by seizing all the time to carry out scientific training, can the individual's health level be effectively improved, so as to improve the individual's daily well-being index. For example, for the students who have body injuries, teachers need to carry out physical function recovery and other training activities for them after class without delaying classroom teaching [6-7].

4. Conclusion

The construction of the integrated teaching mode inside and outside the physical education class in Colleges and universities can effectively solve the constraints of the school classroom teaching time, activity location, students' personal objective reasons and teachers' personal reasons, and create an integrated infinite classroom with flexible and sufficient time, adaptive space and personalized inside and outside the class, which not only creates an ideal school physical culture atmosphere, but also We should make practical efforts to cultivate students' lifelong sports consciousness.

Acknowledgement

The Construction and Empirical Study of the Integrated Teaching Model of Physical Education and Health Course in Colleges and Universities Item number: (ty2019305).

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