

Analysis on the Factors and Countermeasures Restricting the Transformation of College Sports Course

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Abstract:

Traditional College sports mode is biased towards theoretical knowledge, Physical skills cultivate, and lacks effective cultivation of participants' habits, sports consciousness and sports culture, which affects participants' cultivation quality. In the face of the current new cultivate environment, in order to give full play to the advantages of college sportunterricht, it is necessary to integrate the environment of the times, sportunterricht demands and disciplinary characteristics, and actively promote the transformation and upgrading of sportunterricht, in order to achieve the best effect of college sportunterricht. This paper discusses the factors that restrict the transformation of college sportunterricht, and puts forward the concrete countermeasures.

Keywords: Restrictive factors, College sports course, Transformation, Countermeasure analysis.

I. INTRODUCTION

Health is a necessary requirement for promoting people's all-round development and a basic condition for economic and social development. To realize the health and longevity of the people is an important symbol of national prosperity and rejuvenation, as well as the common aspiration of people of all ethnic groups in China [1]. The basic task of physical education in colleges and universities is to strengthen students' physique, cultivate their exercise habits and improve their moral sentiment. With the development of society and the progress of modern science and technology, the reform of physical education in colleges and universities is also deepening, especially the continuous expansion of the application of science and technology in the field of sports, and the emergence of digital sports, intelligent sports, intelligent sports and other new things [2-3]. Physical education in colleges and universities should make full use of the convenience brought by information technology, combine the specific conditions of each school, take lifelong sports awareness as the fundamental goal, organically combine various elements to promote the

development of physical education in colleges and universities, and speed up the transformation of physical education in colleges and universities [4]. There are many factors restricting the transformation of physical education in colleges and universities, among which the most important is to do a good job in school curriculum management, which will directly affect the progress of physical education. This research mainly USES the methods of literature, mathematical statistics, in the perspective of transformation of colleges and universities sports curriculum development further study restriction factor in the development of our country's colleges and universities sports teaching in the new period, the education idea of "health first" as the guidance of the university sports education transformation, the transformation of college sports development of the future development strategy.

II. PROBLEMS EXISTING IN COLLEGE PHYSICAL EDUCATION

The teaching of physical education in colleges and universities still follows the traditional teaching mode and still takes technical teaching as the core. This traditional teaching only emphasizes the core of imparting sports knowledge and sports skills, aiming at strengthening students' system ability, but this kind of teaching method makes students only learn to imitate, not have independent exercise consciousness, neglect the cultivation of students' sports consciousness and sports habits, and also cause students not to attach importance to sports courses, it is difficult for students to form the habit of exercising for a long time after graduation.

Although the university physical education curriculum in our country is carrying on the reform unceasingly, but our reform thought is still restricted by the traditional teaching pattern. The setting of physical education in colleges and universities is similar to the setting of physical education curriculum in primary and middle schools, and the teaching content has not changed much, the teaching content is very old and lacks creativity. Even through the exploration of teaching innovation, teaching reform, but due to time and space constraints, the implementation of modern physical training courses is very difficult, it is difficult to carry out real teaching reform. Physical exercise in teaching is different from physical exercise in life. Students can not apply the knowledge they have learned in class to their daily life, which limits their enthusiasm for physical exercise, it prevents students from actively working out on their favorite projects [5].

In the hearts of many physical education teachers, the importance of physical education is not very high, but the knowledge of textbooks to students, but no time to practice with students. Because schools and students do not attach importance to the physical education curriculum, teachers will not attach importance to physical education, ignoring the physical quality of students and training. Teachers are also relatively backward in teaching research, because they do not attach importance to physical education, resulting in teachers not interested in studying the development of physical education courses, resulting in teachers lack of enthusiasm to start classes, lack of innovative awareness, resulting in backward knowledge of physical education courses, old Skills, can not timely update sports knowledge, and social development and social needs to keep track. In the teaching practice, teachers in the teaching of stereotypes, out of touch with the development of society, is not conducive to the future development of students.

III. THE FACTORS RESTRICTING THE TRANSFORMATION OF COLLEGE PHYSICAL EDUCATION TEACHING

3.1 Attitude of Teachers

In the higher physical education teaching, the physical education teachers themselves do not attach importance to the teaching of physical education courses, in the teaching aspect only to complete the tasks assigned by the school, only to do the surface work, and not to convey the spirit of physical education teaching to students. Physical education teachers think that students learn a technology is more conducive to future development than learning sports, teachers do not realize the importance of a good body for future work and life, in many colleges and universities, the teacher simply leaves the task to the students, who then have the rest of the day at their disposal, which makes the physical education curriculum less important.

3.2 Students' Interests are not Comprehensive

Among students, many students have a negative attitude towards physical exercise and do not understand the development of physical education. Students do not like to study physical education courses, which leads to teachers teaching physical education courses, students do not like to listen and do not like to learn, and respond negatively to teachers. In many of the courses offered in universities, students have never been exposed to these courses before. Before teaching each course, teachers need to find ways to increase students' interest in the course and progress with the students, at the same time of cultivating students' learning interest, teachers' teaching level should be improved. At present, many colleges and universities put the teaching emphasis on the professional courses learning and practical skills training, the degree of attention to the physical education curriculum is not enough, therefore, affects the development of college physical education. In addition, many college students also have such a mentality, they think that upgrading professional skills and obtain more professional qualifications is the hard truth, in order to lay a good foundation for future employment [6].

3.3 Standard of Teaching

Teachers' teaching level can also affect students' interest in learning. Many physical education teachers in universities have made great achievements in physical education, but not all of them can teach, and many school physical education teachers are not very good at teaching. Therefore, teachers need to study teaching methods, improve their own teaching level, so as to improve students' interest in learning, the development of sports. The comprehensive quality of college physical education teachers directly determines the quality of physical education. However, the current comprehensive quality of many physical education teachers has a direct impact on the learning effect of students, but also eliminate the enthusiasm of students to learn. The low overall quality of teachers is mainly reflected in the fact that many teachers have for a long time adopted traditional teaching methods, that is, first they explain theoretical knowledge, then they demonstrate actions. Such teaching methods have been used for many

years, the students have lost interest in their studies.

3.4 Poor Teaching Methods

For a long time, college physical education has been using the traditional teaching methods, teaching mode backward, hindering the development of college physical education. The backward teaching mode of physical education in colleges and universities is mainly reflected in the following aspects: first, teachers are still self-centered in the process of classroom teaching, and students are still in a subordinate position because they have not given students the initiative in the classroom; second, teachers have not introduced some advanced teaching methods into the classroom, and have been following the model of “Theory explanation + Action Demonstration”. Although such teaching methods are clear and clear, students’ enthusiasm has not been aroused, of course, it will not achieve good teaching results. Assessment evaluation is inevitable in every subject. Physical Education in our country has not been paid enough attention since primary school, and the content and standard of teaching evaluation are rather rigid. At present, many colleges and universities still take the long jump, sprint, push-up and so on as the examination item, almost has no difference with the elementary school, the middle school teaching. This kind of teaching evaluation, content, although has a strong popularity, but also buried a lot of special talents, talented students will have a drag, not conducive to its long-term development [7].

3.5 Incomplete Construction of Sports Infrastructure

The regional differences have led to the backward infrastructure of schools in some areas and the imperfect construction of sports facilities, which are mainly manifested in the following: some schools do not have the sports grounds and sports equipment necessary for carrying out sports teaching, as a result, the types of physical exercises and sports of the students in these schools are relatively single, and the effects of physical education are poor. There are also some schools that are equipped with basic sports grounds and equipment, but due to the lack of attention of the schools, as a result, the efficiency of related facilities is not high, and the school has not carried on the timely maintenance and repair to the sports facilities in question, which has affected the teaching effect.

IV. THE TRANSFORMATION STRATEGY OF COLLEGE PHYSICAL EDUCATION

In order to make the development of physical education in colleges and universities more rapid, the opinion of school leaders about physical education is the most important. If the school leaders attach importance to the PE class, then the PE teachers will teach the students with the most positive attitude. The teaching methods of physical education teachers are also very important. The leaders’ attention to physical education will make physical education teachers use more active teaching methods to educate students. The physical education teacher is the student carries on the sports activity the guide and the supervisor, he may let the student understand more the sports theory knowledge, has the rich view to the sports, is enhances the student’s physical quality biggest helper. Therefore, only by using the most effective teaching mode, the PE teachers can improve the students’ interest in sports activities, and make the students fall in

love with the PE class, and make the PE class develop better in colleges and universities [8].

In order to make the development of college physical education faster and better, it is an effective means to change the traditional teaching mode. Schools can link the carrying out of sports activities with the credit system, so that students can also obtain certain credits during the carrying out of sports activities, which, to a certain extent, stimulates students' greater interest, to a certain extent, it can promote students to form a good habit of daily exercise, so that students have a better physical quality, which is a faster and better development of my college physical education is an important means.

In order to make the development of college physical education faster and better, the school should establish a perfect evaluation system to make physical education become more perfect. A perfect evaluation system can help students find their own shortcomings and correct them. The establishment of an evaluation system needs to pay attention to diversity. The diversity of evaluation methods can make it easier for students to find their own advantages, enhance students' self-confidence. To a great extent, this method of the teacher attracts the interest of the students, makes the students love the PE class, and creates a good atmosphere for the PE class, which achieves the goal of making the PE class develop well in the university.

To solve the problem of insufficient optimization of teaching environment, colleges and universities should optimize teaching environment from multiple angles and optimize teaching environment from multiple angles. Colleges and universities should increase the investment in the optimization of teaching environment and improve the sports facilities reasonably. Physical education should be supported by adequate teaching facilities and a wide range of sports facilities to enable students to participate in sports. This requires colleges and universities to increase the investment in this area, to continuously improve the hardware facilities, to promote the innovative development of physical education. Attach importance to the introduction of media technology and establish reasonably the PE media classroom. This can optimize the physical education teachers to carry out subject education environment, stimulate students to participate in physical education teaching. Because colleges and universities have not got rid of the influence of previous teaching thinking, can not pay attention to students' personality growth in sports, restrict the sustainable development of sports teaching [9].

Colleges and universities should actively innovate teaching ideas and specific models to create different teaching platforms for students. Physical education teachers should pay attention to the comprehensive growth of students, link the development of personality with sports, and form the scientific content of curriculum education. This can make the teaching content more reasonable, reduce the proportion of skill training in the subject education, so that students can achieve coordinated development. Teachers should innovate the teaching mode and integrate all kinds of teaching mode to promote the scientificity of subject education. For example, physical education teachers can organize students to carry out cooperative inquiry, can also implement hierarchical teaching, so that students receive a better curriculum education.

Colleges and universities should set up a team of high-quality PE teachers. Specifically, teachers should carry out the following aspects of the formation of work, in order to enhance the formation of teachers. First, colleges and universities need to increase part of the financial input to the training of teachers to provide financial services. Physical Education teachers should have innovative spirit and practical ability. Only by guaranteeing the funds of teacher training, can they help teachers study and think about advanced knowledge and improve themselves. Second, colleges and universities can introduce a group of high-quality physical education teachers, and gradually improve the level of physical education. Third, colleges and universities need to carry out regular physical education teaching seminars, teaching ideas and methods for reference, so that students can get a better course capacity training [10].

Influenced by the traditional subject education thinking, the course evaluation carried out by PE teachers is unscientific and can not be considered and formulated from a comprehensive point of view. First of all, we should observe the difference of teaching evaluation. For students with different qualities, PE teachers should carry out different teaching evaluation to better tap the students' curriculum potential. Secondly, teachers should pay attention to the pluralism of evaluation subject. The main body of teaching evaluation can be teachers, students and other groups, at the same time, evaluation means should also be carried out students self-evaluation + Teachers Mutual Evaluation + Comprehensive Evaluation. In this way, the evaluation system can be reasonably optimized, so that physical education can achieve a better promotion and development. [11]

V. CONCLUSION

There are many factors affecting the sustainable development of physical education in colleges and universities, such as the lack of advanced teaching ideas and concrete models, and the low comprehensive quality of teachers. This article thinks, first of all, establish high quality physical education teacher team. College physical education teachers should improve their own quality, change the traditional teaching idea, learn and accept advanced teaching idea and teaching method, innovate teaching mode, stimulate students' interest in learning, give full play to students' main role, and build scientific and diversified teaching system. Secondly, colleges and universities should optimize the teaching environment from multiple angles. Perfect sports facilities lay a hardware foundation for the transformation of physical education. At the same time, combined with information technology, establish and improve the intelligent sports software management system; Third, improve and constantly optimize the evaluation system. For physical education in colleges and universities, a perfect evaluation system is crucial. Organic combination of process and result assessment can help students correct their learning attitude and develop good exercise habits. Teaching evaluation combining quantitative and qualitative analysis can improve the quality of physical education in colleges and universities. Although the transformation of physical education in colleges and universities has achieved certain stage achievements, with the development of society and the progress of science and technology, the physical education in colleges and universities still needs to keep pace with The Times, and the transformation of physical education in colleges and universities should be promoted under the circumstance that both leaders and teachers attach importance to it.

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