

# The analysis on the reform of college football course

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**Abstract**—Modern football has a long history and tradition, and it is one of the most popular sport around the world. The football also has a wide audience in China, and the development has formed a considerable scale in the colleges and universities in China, more and more students choose the football courses. However, the development of modern football in the football course in the colleges and universities in China still exists many shackles. This paper regards the current football course in colleges and universities in China as the breakthrough point, simply analyzes the reform of college football course in the future, I hope it can gradually improve the football course and improve the quality of course on the basis of the clear characteristics to promote the development of comprehensive quality of students.

**Key words**- colleges and universities; football; course reform; the new period

## 1. INTRODUCTION

According to the data of Radio and Television Bureau of China, the accumulative Chinese who watched the World Cup in Brazil in 2014 has more than 10 billion. From this data we can see the popularity of football sports in China. The football courses in colleges and universities are more and more popular, many students contact the football and participate in the football sports deeper through the football course. It can be seen that the college football course is of significance for the college students, but at the same time, our college education is still under the influence of many traditional consciousness,

the football course development still exists many problems. We need to positively change the teaching mode, promote the realization of football course reform to improve the college students' participation in the football sports. We should achieve the function fusion of training, competition and fitness in the campus football activities to let students enjoy football's biggest fun and attract more and more people involved in the game.

## 2. The meaning and value of college football course in China

The Chinese government network issued “the Overall Scheme of the Reform and Development of Chinese football” stipulated by the General Office of the State Council, there are as many as 17 involved the construction of campus football. We can clearly find that the reform has a very clear positioning on the teaching of the campus football activities.

The scheme gives a clear timetable and brings great confidence to the broad masses in China. It can let more young people involved in the football sports through the perfection of the talent training mechanism about football to form the China's football talent basis. It will set the industry foundation for our future football career development through the construction of football education, campus football culture, football team of teachers and football talent scale. The campus football activities are not only the foundation of Chinese football talent cultivation, but also the way of improving students' physical quality and achieving education goal.

As an important participant of campus football teaching in colleges and universities, the college

students need to correct their attitude to football, pay attention to their health from the real meaning, understand the importance of health for life and family. They also should see the promotion function of football for the healthy body, actively participate in the football and other sports activities, insist to take exercise and learn the simple theory and technology of football, and try to improve their technology and tactics level. The football course can enrich their own after-school life, improve the college student's physical quality, train their spirit and the team consciousness.

### **3. The existing problems in the college football course**

#### **3.1 The teaching methods are too single**

The football teaching still adopts the traditional cramming method at this stage. For example, the class teacher demonstrates the basic rules, the tactical system and technical movement of football to the students by himself. The students gradually grasp the content of the teacher's demonstration through imitation. The advantage of this kind of teaching mode is simple, rapid and low occupancy of resources, the shortcoming is it is easy to let students feel bored. Especially when they make the deep theoretical study, it is difficult to build an image by simple thinking and it is not conducive to the student's learning. Such teaching model may affect the development of the student's character. So we need to find a way to adapt to the reform of the football course.

#### **3.2 The teaching time is too short**

Although the colleges and universities have gradually focused on the football course, due to the limitation of teachers and facilities, it causes the football scheduling is not enough, most of the arrangement is no more than two hours a week, and a class is not more than 45 minutes. The teachers and students need to complete the warming up, teaching, training and practice together in the time. It can be seen that the quality of teaching is difficult to achieve in such

a short time. Therefore, it is difficult for the teacher to expand too many teaching contents in such short teaching time. The too little teaching content arrangement and the complex tactics can lead to the slow development standard of football. So, too little teaching practice time is also the important factor that affects the college football teaching quality improvement.

#### **3.3 The teaching facilities practice level is poor**

Although we have already had a considerable scale on the development of the colleges and universities in China, because the development time is short, the development depth is not enough and the popularity is not strong, it causes most facilities are still open only for some people, especially the indoor basketball courts, volleyball, and true turf soccer field, etc. As a result, it is difficult for most of the non-professional sports students to use this kind of high quality resources. The limitations of the teaching conditions cause the corresponding teaching training is difficult to implement, the integration of the theory and the practice is difficult to meet the standard. In the end, it influences the students' football course learning efficiency.

### **4. The reform of college football course**

#### **4.1 The sports department regulates the task and provides the special funds**

The education department not only carries on the corresponding formulation on the campus football teaching material, but also gradually provides a certain support for the development of campus football course

in the latest football course reform scheme. Therefore, the colleges and universities also need to select the corresponding head to cooperate with the superior instructions, documents and spirit, actively contribute to the campus football course reform. The special funds provided by the State Sport General Administration and the Ministry of Education should be dedicated to the college football

teaching and practice, and actively promote the local government's support for the football course in colleges to lay the solid foundation for the colleges and universities to promote the efficiency of football teaching. We should not only reward the outstanding talents who contribute to the course reform, but also make the necessary efforts on the equipment, technology and teacher training.

#### **4.2 The classroom teaching and the extracurricular training and competition should be combined**

Because there is no the special education for the ordinary students in (except sports special immortal) in the course of the middle school, it causes there are still a lot of shortage in the majority of college students in the football theory knowledge and the physical quality. They are very fuzzy on the understanding of the true meaning and concept of football, so they do not form a systematic football theory system and practice ability. Therefore, the football teachers need to be very careful in the choice of the content in the classroom teaching. The football teachers need to understand the basic condition of students, and then make the analysis according to the information of this part, determine the corresponding content, complete the teaching from the simple practical skills to the complex theory. The simple technique is the technology which has the highest use frequency in the daily football training and competition, and it is very practical. And those complex delicate technique and theory can let the practice technology become more mysterious to let the students be willing to go into it. The students must review the content of the course after class, especially the basic techniques and the basic qualities practice of football before the play. Then, they need to understand and study the tactics for the football match. At last they should analyze the basic conditions according to the game, and make the specific practice again.

#### **4.3 The transition of the hierarchical teaching to deepen the teaching content**

The football experienced a long time, even the development of modern football experienced a long time, but its pursuit of technology and skills does not change. The football teaching should also grasp the corresponding rules, make a positive change and strengthen the combination of theory and practice. We should help the students master the comprehensive technology and tactic and have the corresponding match quality and physical qualities. Especially in modern football teaching, we need to carry out the hierarchical teaching students according to a different basis. We should strengthen the weaker technology, step up the training difficulty from the most basic beginning and guide students to learn with interest.

#### **4.4 Correcting the mentality and improving the quality of training**

Teacher has a strong guiding role in students' life, teachers' personality characteristics will have a far-reaching influence on the behavior of students. Therefore, football teachers' moral quality will affect the students' morality and accomplishment of the future. This requires teachers, make constant efforts in the teaching and extracurricular time to improve their comprehensive qualities and moral level to form a leading and positive image guidance to the students. Moreover, football has very strong antagonism, it has also caused the football match will appear all kinds of emergencies, so it needs teachers to help students and athletes to control their emotions in the game to prevent the problem from further intensifying. The football teachers and part-time football coach should also improve their own requirements, in addition to maintaining their positive image, they also need to improve the students' moral accomplishment in the teaching examples. These classic cases can guide students' behavior and make them really control their excited mood when they participate in the school football match to let them finish the race with the good

spirit, examine their own training and bear in mind the tenet of "friendship first, competition second".

## 5. Conclusion

It is the key and the foundation to deepen the football teachers' idea and consciousness in the college football course reform in China. We need to strictly grasp the teaching mode of students as the main body, solve the problem from the students' thinking and perspective and sublimate the teaching achievements in a variety of teaching mode. We should also perfect the teaching evaluation and appraisal, actively raise the practical significance of football course to make the ordinary college football course be the high quality of physical education course that "all are willing to participate, all enjoy the participation and all have the comprehensive development".

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