

Research on the Teaching Model Reform of Physical Education

Theoretical Courses Based on the Teaching Approaches

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Abstract—Modern society places a greater demand on higher education to advance the reform of it and to promote the development of physical education. Sports theory teaching is an essential proportion of school physical education which has the assignable function and influence in conducting students' lifelong sports. This text launches research and analysis towards present circumstance of college sports theory teaching's methods and ways, and offers proposals of sports theory teaching in colleges and universities. It suggests that the colleges and universities sports theory teaching adopts multiple teaching methods such as MOOC, Micro Class, Flipped Classroom, Wechat Group and Subscription which belongs to modern internet tools to improve teaching effect, draw up scientific assessment. We hope that this text can make a difference in promoting and being the reference of the sports theory teaching in colleges and universities.

Keywords—*sports; theoretical course; teaching method; assessment*

I. INTRODUCTION

Teaching of sports theory is an indispensable content of higher education, which plays a very important role in the process of cultivating talents for all-round way. For a long time, it is a misunderstanding in colleges and universities that education attaches more important to the teaching of sport technology rather than the teaching of theoretical knowledge. This kind of deviation has led many colleges physical teachers to stay on the shallow consciousness of physical education theory knowledge teaching, they don't explore the rule and function of the teaching, and to this teaching keys, they just generally deal with or simply avoid. At the same time, physical theory education in university should not only consolidate the achievement of sports education in primary and middle schools, but in the future, it also should cultivate college students' interest in sports and the life-long habit of participation in sports exercises. Through the knowledge of physical theory which college students have got, they can learn a healthy life style and improve their consciousness of physical exercise. However, there are many problems in the teaching of physical education theory in the past in university, and these problems cannot accommodate to the internal development requirements of current quality education. Meanwhile, these

issues seriously ignore the individual needs and personality different of students and greatly limit the character development university students. Therefore, we must implement the teaching reform in the university physical education theory courses. This action has profound significance of the development of present physical teaching and cultivation of the sport talented persons.

With the formation of an information society in our country, the network environment is becoming more advanced. Intellectualized city and intellectualized campus are progressive established. Also, online teaching resource is increasing. The platform of teaching is no longer limited to the traditional classroom, and the content of teaching is never limited to the textbooks. Intelligence, open and interaction, these characters of college classroom teaching are showing more and more obvious. The revolution in society resulted in profound changes in students' learning habits, thinking patterns, and learning styles. The emergence of various network terminals makes the real interaction a reality, and this reality is between students and students and between students and teachers. In this situation, the single classroom teaching model, in which well interpretation and demonstration is the main form of expression, has been unable to meet the needs of the times. The new teaching model based on the internet is constantly appearing. In order to achieve the multi-position humanized and efficient classroom, the teaching model must be changed to adapt the development of the society.

II. RESEARCH OBJECTS AND METHODOLOGY

A. Research Objects

Five general provincial colleges and universities include Shandong University of Technology. Two exclusive Universities include Shandong Sports University. Twenty-fifth teachers and three hundred students.

B. Methodology

1) *Literature investigation*: By consulting the China Knowledge Web and the World web, the Superstar Digital Library and the VIP Database for Chinese Technical Periodicals as well as other related websites, a large number

of literature materials about physical education theory teaching and teaching reform are searched at home and abroad. Then, according to some conclusions of some previous scholar's investigation and the comprehensive analysis of the author's investigation, we can draw some conclusions from these data.

2) *Expert interview method and student interview method*: Through interviews with the relevant students and teachers, we are able to make the comprehensive investigation on the current physical education theory class situation, the effort, the teacher and student attitude, the examination method and other aspects. Later, we can carry on the demonstration research.

3) *Questionnaire survey method*: According to the purpose and content requirements of the study, the questionnaire is designed. At the same time, check the content validity of the questionnaire. Eighty copies are distributed and recovered by us, and the effective answer rate up to one hundred percent so that they can basically reflect the existing problems.

4) *Data statistics method*: Through the mathematical statistics of the questionnaire, we can obtain the main problems and teach model that need urgent reform.

III. RESEARCH RESULTS AND ANALYSIS

Through the research we can concluded : Teachers generally think that higher institutional sports theoretical course is an important content of college sports teaching and present reform of higher institution sports teaching. Students argue that it cannot only improve interest and entertainment taste, but also do good for physical exercise and life. But it still remains some problems.

A. *Outdated and Backward Teaching Methods of Theoretical Course and the Teaching of Sports Theory is Dull and Disordered*

The teaching method of scientific sports theory is of great significance to the completion of college physical education task and to improve the quality of physical education in colleges and universities. Actually, methods of higher institutional sports theory are different from other academic subjects. Although there have a lot of things in common, but physical theoretical course has own features.

There is sure of vitality and practicality in sports theoretical knowledge of higher institution which demands using multiple teaching ways to help students to learn sports theory. Such dull teaching methods should be given up, the way of teaching theory which conducted by only paying attention to what teachers can teach to students should be avoided. That's why students felt boring in learning process, and their interests of study cannot be aroused, which must lead the low effect on such knowledge.

Sports theoretical teaching form is single. The sports theoretical course has many similarities with other academic subjects, but also has its own particularity. Teachers should adopt various teaching methods, to regard students as the

main points of teaching activity and to let the students fully involved in it. Sports theory has certain vividness and practicality which can fully mobilize the enthusiasm and initiative of students to learn sports theoretical knowledge. That indicates if we want to achieve high-quality of teaching effect, a variety of teaching methods should be used. Only in this way, can make the students master more theoretical knowledge which will eventually guide them to put theory into practice.

B. *Recently, Higher Institutions Generally Pay Little Attention to Sports Theoretical Course*

There are some common problems that those courses usually attach importance to how to improve students' sports technique and skill, and too short time is spared for teaching sports theory. In General guidelines for Sports Theoretical Course in Higher Education, the time of learning sports theory must reach 12 percent of total teaching time, or even more. But most of colleges and universities cannot up to this goal.

C. *Higher Institutions' Sports Theoretical Course Evaluation System and Assessment is Neither Completed nor Enough Reasonable for Students Need Certain Text to Detect the Degree of Students' Learning*

What's more, assessment also is an effective way of seeing the teaching quality. It is difficult to know the students' learning ability and acceptability by taking the pure examination in higher education sports theoretical course, and also hard to enhance the interest of them. Therefore, it is urgent to reform the current system of sports theoretical knowledge teaching.

IV. CONCLUSION

A. *Research Conclusion*

1) *The teaching mode is relatively simple*: Teaching mode is an important part of teaching theory and a bridge between theory and practice, which can guide the implementation of teaching. Now, the theoretical teaching is the single, and most teachers are still keeping in their school age. Although some teachers utilize the modern teaching means, and PPT teaching, it did not completely release the function of multimedia teaching. It is only used as the electronic blackboard. As you can imagine, it's not ideal.

2) *Appraisal system*: Appraisal system mostly adopts the traditional test methods. Simple test cannot reflect students' learning level. The examination can not only investigate the situation of students' learning, it can also act as a way to motivate students to learn. So colleges should reform the traditional examination system. It should also adopt a more scientific assessment method on the basis of the original test, this can has a certain test to the students' practical ability so as to improve the students' enthusiasm and lay a solid foundation for their lifelong physical education.

B. Countermeasures and Suggestions

In sports theory class teaching, teachers should take students as the main body of sports teaching activity, and take a variety of ways to improve students' learning enthusiasm and initiative such as using a variety of teaching models, alternated ways, improving the teaching effect, adopting the mode of multimedia and other ways for students. I should be noted that we should pay attention to the teaching purpose and tasks as well as the characteristics of the students themselves. Only in this way can we get twice the result with half the effort, the students' ability of knowledge can be greatly increased.

1) *We use the Massive Open Online Course to learn massive open courses, which is a product of "Internet + education"*: It is an emerging online course development model. MOOC learners in China are mainly distributed in first-tier cities and education developed cities, with a large proportion of students. At present, the online lesson for number has reached 5000, the number of learning break through 70 million person-times. The total amount of moocs, the number of participating schools and the number of learners are all in the leading position in the world. Our country has become the world's superpower for class. It has a certain enlightenment function to the opening of sports class national fine-designed course. The open courseware of sports countries can learn from the complete teaching form of moocs, construct and perfect the teaching model which is applicable to the open courses of competitive sports.

2) *Microlecture teaching*: "Micro lesson" is different from the traditional single resource type of lesson example, teaching courseware, teaching design, teaching reflection and teaching resources. It is a new type of teaching resources on the basis of the its inheritance and development. Professor Zhang Yi-chun thinks that "class" refers to the learners' autonomous of learning to get the best effect, through the information instructional design meticulously and display the certain knowledge, teaching conduct short, completed teaching activities in the form of streaming media. The form is the autonomous learning. The purpose is the best effect. The design is a careful information teaching design. The form is the streaming media. The content is a knowledge point or teaching link. Time is short. Essence is the completed teaching activity. Therefore, for teachers, the most important thing is to make micro-lessons from the perspective of students instead of making them from the perspective of teachers. We reflect the teaching ideas of students.

3) *Using the flipped classroom teaching*: Flipped Classroom refers to re-adjust the time inside and outside the Classroom, transfer the decision of learning from the teacher to the students. In this teaching mode, the class of the precious time, students will be able to concentrate more on the initiative of project-based learning, common on the localization and the challenges of globalization and other real world problems. Then they gain a deeper understanding.

The flipped classroom is known as "the revolution of education", which shows the development momentum and good development prospect of subverting the traditional teaching mode. However, flip the classroom research has just started in the field of sports teaching, study result is less, and it also lacks systematic research. Whether flip classroom can be introduced in our country's higher school public sports teaching, the effect of and the introduced ways are the problems to be solved immediately.

4) *The correct use of new tools such as tablets, smart phones, is an effective way to broaden the knowledge acquisition channels*: Let the student get useful knowledge of sports in the process of interaction. We should regard the group of micro letter, qq, micro letter to the public platform, qq space, tencent weibo and sina blog, microblog, youku video and other new media platforms as a theory of classroom teaching database. It is the idea of university teachers should possess under the new situation. Through the new knowledge acquisition path, they can find the pleasure of learning. We should guides them to find the proper use of new and high technology, arouse their interest in learning, improve the teaching effect.

5) *Building a scientific assessment system focusing on ability training*: The evaluation system should include the evaluation of students' learning and teachers' teaching evaluation as well as the evaluation of physical education curriculum construction. The evaluation of students' cognition and learning attitude should be emphasized in the evaluation of students. In the evaluation of teachers' teaching evaluation, the professional and teaching competence should be evaluated. In the evaluation of sports theory course hypothesis assessment, the main assessment course structure system should mostly assess the course content and the physical education theory course goal completion degree. Through the scientific evaluation system, the aim of teaching unification is achieved so as to improve the teaching effect of sports theory rapidly.

All in all, the sports theory class teaching in colleges is still a relatively weak link its sports teaching. The ordinary institutions of higher learning sports theory class teaching reform are imperative. We should pay more attention to sports theory class teaching, strengthen its reform, improve teaching methods, stimulate the student's enthusiasm and initiative of sports theory knowledge learning so as to make them form the habit of lifelong exercise. This is the need of education of sports, and also the need of students to acquire more theoretical knowledge of sports and to lay a lifelong idea of sports. To lay the need of lifetime sports thought. It is believed that through the continuous practice and exploration of mass sports teachers, PE theory course will play its unique function in college sports, thus achieving the ultimate goal of physical education in colleges.

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