

Research on the Practice of Carrying out PE Elective Course Teaching in Songjiang Vocational Colleges

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Keywords: Reform in Education; Elective Courses; Higher Vocational Colleges; Motivation.

Abstract. By using the methods of literature, questionnaire and mathematical statistics, this paper makes a random sampling survey on the students of sports curriculum reform in Songjiang higher vocational colleges. Through the practice teaching of physical education reform in Higher Vocational Colleges in Songjiang, this paper discusses the popularity and movement of the reform of sports optional course in Higher Vocational colleges for the students' sports projects, participation motivation, teaching evaluation, students' physical quality and other factors. Conclusions are as follows: 1. the comprehensive sports venues are short; 2. the teaching content is based on the conventional items, the novelty items are few; 3. the teaching evaluation rules of each project are from the system, and the difficulty is difficult to be unified; 4. the students' interest in learning is improved and the physical quality is obviously enhanced.

1. Preface

With the deepening and development of the reform of higher education in China, the traditional sports teaching model can not meet the needs of the development of College Students' physiological and psychological development. According to the opinions of the Central Committee of the Communist Party of China on strengthening the physique of teenagers and strengthening the physique of teenagers and the regulations of the school sports work approved by the State Council On the basis of the Ministry of education "teaching guidelines for physical education curriculum in general colleges and universities nationwide" as the basis of the Ministry of education, the higher vocational colleges began to carry out the teaching of physical education options in 2017, taking the improvement of students' physical and mental health as the core of the curriculum reform, developing the individualized physical education of students and combining extracurricular physical exercise with physical education, to promote health and promote students' continuing sports activities. This study is based on the reform of the practice of sports optional course, based on the investigation and analysis of the teaching content and the way of teaching. At the same time, it analyzes the problems, interest, effect and the development of physical quality. The results of comprehensive investigation and study can better promote the teaching of sports elective courses in higher vocational colleges.

2. Subjects and Methods

2.1 Subjects

A total of 500 students from the 2016 and 2017 levels of Shanghai Agricultural and Forestry Vocational and Technical College were studied.

2.2 Methods

Document method: through CNKI (Beijing General Library) to consult related papers.

Questionnaire: a questionnaire was designed, 500 copies were issued, 500 were recovered, 465 were effective, and the effective rate was 93%.

Mathematical statistics: using SPSS11.5 software to survey, compare and compare the survey data.

3. The Present Situation and Analysis of Sports Optional Course in Higher Vocational Education

3.1 The current situation and analysis of setting up projects and venues in PE elective courses

From 2016 to 2017, the courses and stadiums of Shanghai College of of Agriculture and Forestry are basically the same every year, basketball, football, yoga, tennis, table tennis, badminton, Taijiquan, aerobics, orienteering, dryland ice hockey.

Table 1. The Establishment of Physical Education Courses in Shanghai Vocational College of Agriculture and Forestry

Sport event	Basketball	Football	Yoga	Tennis	Table Tennis	Badminton	Taiji boxing	Aerobics	Orienteering	Volleyball
Class number	12	3	3	3	11	4	3	3	3	3

Table 2. Basic Situation of Sports Venues in Shanghai Vocational College of Agriculture and Forestry

Venue	Track-and-Field Ground	Basketball Court	Volleyball court	football court	tennis court	badminton court	table tennis hall	gymnasium	basketball hall
Total	1	8	1	1	2	4	1	1	1

From the results of the survey, 10 projects opened by Shanghai College of of Agriculture and Forestry are still dominated by regular sports. After students learn these projects, they are easy to practice, easy to carry out, and not to meet the requirements of the site. For some sports, such as sports dance, mussel, baseball, softball, rugby, and so on, the direct reason for the sports events, such as sports dance, mussel, baseball and softball, rugby and so on, is the shortage of teachers and the limited space. For the present projects, the college leaders think that the project is more reasonable based on the reality. And PE teachers also think that it is more reasonable.

3.2 College students' motivation to sports optional course

Among the 500 college students surveyed, there were 285 boys and 215 girls. The statistical results show that:

Table 3. Motivation of College Students in Sports Elective Courses

N	content	Number of people	%
1	is to learn sports skills needs	56	11.99
2	(Teaching Evaluation) test difficulty options	290	61.50
3	like organizational forms and content	443	87.80
4	is to cultivate the needs of our own sports interest	49	10.49
5	is to shape the needs of the image	81	17.34
6	is to improve the needs of the Constitution	217	46.47
7	The influence of teachers' factors	11	2.36

According to Table 3, the organizational form and content are the primary factors for the students' options. 87.80% of the students choose sports options based on the organizational form and content of the class, and 61.50% of the students choose the project with lower difficulty. In practice teaching, the sports items rich in novelty, antagonism, irritation and expeditions, such as orienteering, football, basketball and so on, are easy to meet the initiative of the boys because of their large amount of sports, strong antagonism, high technical nature and fast conversion of defense and defense. The trend of women's choice of the project is the collision, less danger, moderate amount of exercise, suitable difficulty, coordination, flexibility and controllability, such as

aerobics, yoga, table tennis, badminton, and so on, not only easy to pass the examination, but also to achieve the purpose of strengthening the constitution, so the examination difficulty, enhance the physical needs. It is also the main factor affecting the students' options. The difficulty of the examination is relative, because the content of his favorite is naturally involved in more, more proficient, and of course it is easier to pass.

The teachers are the secondary factors that affect the students' options. The teacher's factors are at the end. It shows that the relationship between teaching and learning is changed by the optional course teaching, but the relationship between the teachers and the students has not changed. Because every teacher chooses his own expertise to teach, so it does not affect their motivation.

Other factor analysis, among the factors that affect the students' options, the fourth, fifth, sixth place is to shape the needs of the image, to learn the needs of the sports skills and to cultivate their own interest in sports. At present, the purpose of optional courses is to cultivate students' fitness ability, habits, develop personality, improve sports culture and life taste. It is beneficial for students to develop their physical quality in the near future and to pursue lifelong physical training ability in the long run.

3.3 A survey of college students' exercise pleasure during elective course learning

Compared with the traditional PE class, the main reason for the more popular sports elective course is that the students can experience the pleasure of sports when they learn their favorite sports. It is found that, for the participants of physical exercise, the pleasure of sports is the main reason for the long-term participation of the exercisers. Kerr once pointed out that sports pleasure can make the exercisers more positive and positive. On the one hand, it may make the exercisers more to participate in sports and thus make them more healthy; on the other hand, the pleasure of exercise itself has direct health effects and makes the exercisers more likely to gain positive mental health. Kang effect.

From the Figure 1, 76% of the boys can experience the pleasure of sports in the sports optional course, and the girls are 61%, lower than the boys. This is related to the high enthusiasm for exercise, the large amount of exercise, and the good recovery effect after the exercise. In general, 68.5% of the students can experience the pleasure of sports.

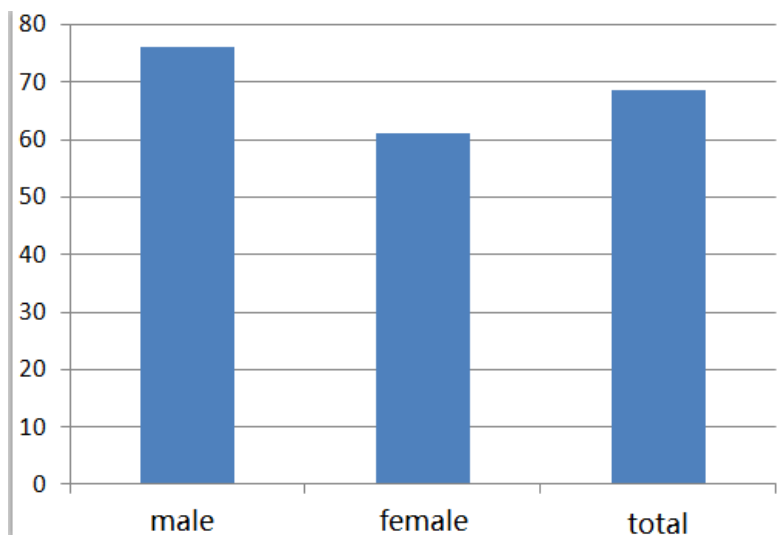


Figure 1. College Students' Exercise Pleasure in Elective Course Learning

3.4 Evaluation of students' teaching and evaluation of optional courses

From Figure 2, it can be found that the students' option items for the school are very reasonable, 10.49%, 51.16%, 30.84%, 4.28% of the students think unreasonable, and 2.78% of the students think it is very unreasonable. It shows that most of the students are able to take a normal state of mind and objective. On the whole, the evaluation of teaching, evaluation and the study of their own is better, and the differences in the evaluation are very large. In the interview, the teachers think that

in the evaluation operation, it is also difficult for the projects to be more difficult, mainly because the project is self-made, and the evaluation standard is also a self-made system, for example, Two items of Tai Chi and basketball, can't be evaluated with the same scoring rules in the evaluation, but the negative impact of the evaluation is that the difficulty of the examination is different; the different teachers, the elastic limit of the score are different; the students with the same physical quality have the difference in the term and the grade of the school year. The special phenomenon, how to improve and optimize the evaluation system, make it not only operable, but also objective and impartial, and taking into account the horizontal comparison between the projects, is a difficult problem facing the reality.

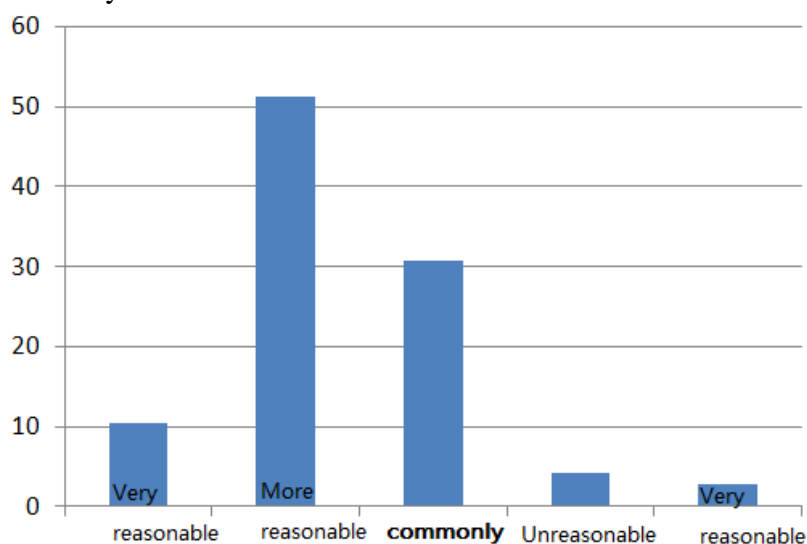


Figure 2. College Students' Evaluation of Teaching and Assessment

4. Conclusion and Countermeasures

4.1 Conclusion

Development status of sports optional courses in higher vocational colleges. The teaching of sports optional courses in higher vocational colleges is guided by the thought of lifelong physical education, taking students as the main body, adapting to the needs of modern society for training talents, taking into account the individual needs of the students, and considering the specific requirements of the state and the society for the students, and the combination of the short-term and long-term effects of the physical education of the college, to seek for the development and the actual effect. After more than 10 years of development, sports teachers, managers and students have been well received. Practice has proved that the teaching order of the optional course is stable and the teaching effect is better than the ordinary PE class. The development situation in Shanghai is good.

Major problems in the reform of PE elective courses in higher vocational colleges. The comprehensive sports venues are scarce; the sports teachers' professional structure is not reasonable and the teachers are short of compound teachers; the teaching content is based on the conventional items and the novelty items are small; the teaching evaluation rules of each project are from the system, the difficulty is difficult to be unified, and the practice has many negative effects; the students' foundation has differences and affects the course goal.

4.2 Countermeasures

Higher vocational colleges should adhere to the concept of reform, but can not blindly follow the curriculum reform concept. The reform of physical education curriculum in higher vocational colleges is the requirement of the times, the requirement of the development of the curriculum and the requirement of educating people. However, the reform should be practical and

should be matched with the teaching ability of teachers. The core of the optional course is not only to change a teaching method, teaching material system, evaluation mechanism or even a knowledge system, so it can not be blind. Following, under the premise of improving the quality of teaching and educating people, combined with existing conditions, we should strive to maximize the development of optional courses.

Teachers adhere to the people-oriented, student centered education concept. The teaching reform of the sports optional course in the higher vocational college should fully respect the students' option will and improve the students' freedom of choice. Under the condition of insufficient teaching resources, teachers may consider the joint mode between college and school, college and Sports Center, or the marriage mode with the club, and create conditions as much as possible. Set up some new, fashionable, entertainment, fitness projects to meet the needs of the students' own development, fully embodies the people-oriented, and students as the main education concept.

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