

Research on the Innovative Development of College Physical Education Teaching under the Background of Developing Students' Core Literacy

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Abstract: Educators believe that the cultivation of students' core literacy is an urgent task in current higher education, in which the research on the innovative development of Physical Education (PE) teaching plays an important role. The purpose of this study is to explore how to promote the innovative development of PE teaching in universities under the background of cultivating students' core literacy. The authors of this paper will elaborate on the ways and methods of cultivating college students' PE discipline core literacy, which is of great guiding significance to the development of PE discipline core literacy in universities. Through diversified curriculum design, the combination with social needs, and the support of teachers, students' needs can be better met, which provides a solid foundation for their all-round development and social integration.

1. Introduction

In today's fast-developing social environment, education is no longer just imparting knowledge, but also one of the important tasks of cultivating students' comprehensive quality. Core literacy, as a widely recognized educational concept, emphasizes the all-round development of students in cognition, emotion and social communication. At the same time, Physical Education (PE) education in universities, as an indispensable part of students' development, must also be constantly innovated and developed in this era background [1].

The purpose of this study is to explore how to innovate and develop PE in universities in order to better cultivate students' core literacy. We will pay attention to how to use the unique opportunities and resources of PE to cultivate students' qualities such as leadership, teamwork and decision-making ability. At the same time, we will study how to integrate the concept of core literacy into PE teaching in colleges and universities, so as to promote the development of students in the PE field and provide strong support for the overall improvement of their comprehensive literacy.

2. The relationship between core literacy and PE

There is a close relationship between core literacy and PE, and PE plays an important role in cultivating students' core literacy. PE helps to cultivate students' core literacy by promoting physical health and lifestyle [2-3]. Physical health is a part of core literacy, and students need to know how to keep healthy, prevent diseases and develop a healthy lifestyle. PE teaches students the importance of exercise and nutrition, which helps them to cultivate a healthy lifestyle. PE requires students to have self-discipline and tenacity. Students must keep exercising, play according to the rules and overcome challenges. These experiences cultivate students' self-control and adversity coping abilities, which are part of core literacy and can play a role in their studies and life.

Team sports play an important role in PE. Students must cooperate with their teammates and follow tactics and strategies to achieve common goals. This helps to cultivate students' cooperation and communication skills, which are crucial in social interaction, career and civic responsibility. PE also provides opportunities for students to exercise their leadership skills. Students can play a leading role in the team and learn to lead and motivate the team. Leadership is a key aspect of core literacy, which can play a role in various situations. In competitions and exercises, students often face the situation that they need to make decisions and solve problems quickly [4]. PE helps to cultivate students' decision-making ability and problem-solving skills, which can benefit a lot in

academic and vocational fields. PE also helps to cultivate emotional intelligence and self-awareness. Students may experience setbacks, victories and failures in PE activities, which will help them better understand their emotions and emotional coping styles, thus improving their emotional intelligence and self-awareness.

In a word, PE is not only to cultivate students' PE skills, but also plays an important role in cultivating students' core literacy. By exercising, cultivating self-discipline, improving cooperation ability, cultivating leadership, improving problem-solving ability, and cultivating emotional intelligence and self-awareness, PE provides students with valuable opportunities and helps them succeed in academic, professional and life. Therefore, the relationship between PE and core literacy is closely interrelated and should be highly valued.

3. The present situation of PE teaching in universities

3.1. Balance between competitive center of gravity and non-competitive demand

Traditional PE teaching often prioritizes competitive sports like basketball, football, and volleyball. Such an approach might neglect students who lack interest or aptitude in these sports. The challenge in reforming this system is striking a balance between competitive and non-competitive PE to benefit a broader student demographic. To address this, reforms should equitably cater to both competitive and non-competitive PE needs, ensuring all students gain from the PE curriculum [5-6].

Overemphasis on competitive PE can alienate students lacking interest or proficiency in these sports, potentially diminishing their enthusiasm for PE. Given the diverse nature of university students – spanning various ages, fitness levels, cultural backgrounds, and interests – a heavy focus on competitive sports fails to accommodate everyone. Such a narrowed scope disregards the rich diversity of physical education. Furthermore, an intense competitive environment might induce undue stress and anxiety in students. This situation runs counter to fostering core literacies like emotional intelligence and self-awareness, as students might prioritize winning over holistic development.

3.2. Plurality and comprehensive literacy training

Core literacy champions disciplinary diversity, yet traditional PE often restricts itself to a handful of sports. Such an approach overlooks beneficial activities like yoga, dancing, and outdoor adventures. To rectify this, reforms should broaden the curriculum, offering students exposure to a more diverse array of PE activities.

Collegiate PE instruction ought to cater to students' varied interests and abilities, ensuring not only those excelling in traditional competitive sports engage but also drawing in a broader student population. Offering a diversified PE curriculum can boost participation rates, enhancing students' health and fostering health consciousness. A varied sports regimen helps students recognize bodily needs and instills long-lasting health habits [7]. Furthermore, such diversity in PE activities should be inclusive of students' socio-cultural backgrounds, fostering a platform for intercultural exchange and understanding. Engaging in different PE projects often demands leadership or problem-solving, thereby nurturing these essential facets of a comprehensive skillset.

3.3. Personalized education problem

Implementing personalized education in college PE teaching is crucial, yet it is fraught with challenges. While the aim of personalized education is to cater to the distinct needs, interests, and abilities of students, its practical implementation often falls short. Such an approach demands greater resources, encompassing an increased number of coaches, enhanced facilities, additional equipment, and more time. Many universities might find it challenging to allocate adequate resources to meet every student's unique PE requirements. To effectively administer personalized education, educators need advanced skills and knowledge, yet not all have undergone sufficient training for this endeavor. Moreover, an efficient assessment and monitoring system is essential to

gauge students' progress and needs [8], necessitating further time and resources. Current evaluation techniques might prove inadequate. Furthermore, personalized education can potentially introduce equity issues: some students might benefit from more resources and opportunities, leaving others at a disadvantage. This disparity could lead to an unequal distribution of PE opportunities.

4. On the innovative development of PE teaching in universities under the background of developing students' core literacy

4.1. Interdisciplinary integration

From the standpoint of core literacy, universities should approach PE teaching with an interdisciplinary mindset, merging PE with other academic areas. For instance, integrating fields like health science, psychology, and nutrition into PE can give students a holistic understanding of health, exercise, and the body's response. Such interdisciplinary collaboration not only enriches students' overall quality but also enhances their multifaceted abilities [9].

By intertwining health science and exercise physiology into the PE curriculum, universities can equip students with a profound comprehension of exercise's impact on the body. In this setting, students can assimilate knowledge about health, nutrition, and sports, enabling them to maintain good health and optimize their athletic performance. This holistic approach encourages deeper contemplation about health and bolsters their self-management skills. Indeed, PE transcends mere physical exertion; it encapsulates psychological elements as well.

Incorporating psychology, especially sports psychology, into PE courses offers students insights into the psychological hurdles encountered in competitive sports, such as handling anxiety and bolstering self-confidence. By understanding these dynamics, students can hone their emotional regulation and concentration—a vital asset both in PE competitions and daily life challenges. Given that team sports constitute an essential component of the university PE curriculum, their fusion with social science principles elucidates concepts like collaboration, leadership, and team motivation. Engaging in team endeavors enables students to master effective collaboration—a skill indispensable for future professional engagements and societal interactions.

Further, merging outdoor PE with environmental science fosters a keen awareness of the interplay between the natural environment and physical activities. Here, students cultivate environmental consciousness, grasp the ecological impact of outdoor activities, and comprehend the essentials of safely engaging in activities within natural settings. Such an amalgamation bolsters their commitment to environmental conservation and sustainable development.

In summary, the interdisciplinary melding of PE in higher education institutions empowers students to holistically nurture their core literacy and augment their overall quality. By juxtaposing PE with diverse academic disciplines, students gain access to an expansive knowledge base and skill set, positioning them favorably to navigate future challenges and prospects. Consequently, university PE courses should ardently champion this interdisciplinary approach to aptly cater to students' evolving needs.

4.2. Individualized teaching

Core literacy demands that every student should have the opportunity to develop his or her own potential. Consequently, college PE programs should adopt personalized teaching methods. To cater to diverse preferences and abilities, teachers can design personalized PE programs for each student, aligning with their interests, capabilities, and needs. This approach is more likely to cater to students' requirements, thereby enhancing their engagement and learning outcomes.

The initial step in personalized teaching involves understanding the students' needs and interests. To achieve this, university PE programs can gather information about students – encompassing their sports experience, preferences, and physical health – through mechanisms like questionnaires, interviews, or self-evaluations. With this information in hand, teachers can gain deeper insights into student profiles, enabling them to tailor courses accordingly. Once informed about the students' needs, educators can employ differentiated teaching strategies, ensuring the content matches the

aptitude and interests of diverse learners. For instance, while some students might benefit from foundational courses, others might thrive on advanced challenges [10].

This approach to teaching ensures that students engage at an appropriate level, which in turn maximizes their learning outcomes. Personalized teaching not only responds to individual needs but also fosters active participation in the learning process. To this end, university PE courses could facilitate autonomous learning by allowing students the flexibility to select PE projects, decide on exercise timings, and choose their preferred learning techniques. Such initiatives boost students' sense of autonomy and self-management, both crucial components of core literacy. Moreover, to gauge students' learning progress effectively, personalized teaching should encompass a diverse set of assessment techniques.

Beyond conventional tests and exams, evaluative tools could include project assignments, oral presentations, and practical demonstrations. This approach ensures that students have multiple avenues to showcase their abilities beyond mere written exams. To further aid in this personalized journey, universities should furnish a plethora of resources, ranging from advanced PE facilities and coaching to health consultations, catering to the unique needs of each student.

In essence, university PE instruction can achieve personalized teaching by prioritizing understanding student needs, differentiated instruction, autonomous learning, consistent feedback, varied assessment methods, and comprehensive resource support. Such a model can markedly enhance student engagement, learning outcomes, and the holistic development of core literacy. Embracing personalized teaching ensures that every student is poised to tap into their full potential, aligning with individual goals and better preparing them for future challenges and opportunities.

4.3. Combination of practice and theory

College PE teaching programs should emphasize the fusion of theory and practice. Students should not only acquire theoretical knowledge of PE but also actively engage in PE activities to develop practical skills. Such a balance enables students to apply what they've learned to real-life situations, thereby enhancing their overall competence.

Educators in university PE programs can design courses that integrate hands-on experiences with theoretical learning. As an example, while students delve into the history and philosophy of PE, they can concurrently participate in various physical activities. This holistic curriculum design equips students to seamlessly connect theoretical concepts with practical application, further elevating their competence. When delivering theoretical content, educators can incorporate practical case studies to illuminate the real-world relevance of the academic material. Through examining actual PE events and analyzing the journeys of sports personalities, students can discern the underlying theoretical principles, thereby refining their problem-solving and analytical skills.

Furthermore, a PE curriculum that marries practice with theory should inspire students to engage in self-reflection and evaluation. They can document their hands-on PE experiences and juxtapose them against theoretical constructs, prompting introspection on performance enhancement. Such practices nurture students' self-management capabilities and instill a lifelong learning mindset. College PE programs should also motivate students to immerse themselves in community-based projects, such as organizing sports events or spearheading physical education welfare initiatives. Through direct involvement in these societal endeavors, students can meld theory with practice, simultaneously fostering their sense of community responsibility and leadership potential. Moreover, PE courses, when intertwined with disciplines like psychology, biology, and sociology, offer an enriched, multi-disciplinary perspective. Such interdisciplinary collaborations furnish students with a panoramic understanding of how PE intersects with other fields.

In essence, a college PE curriculum that synergizes practical engagement with theoretical insights empowers students to develop a well-rounded core literacy. This approach not only bolsters their overall competence but also sharpens their analytical prowess, priming them for future societal and professional challenges. University PE programs should champion this integrative methodology to elevate both the educational standards and the holistic development of their students.

4.4. Cultivate students' lifelong exercise habits

From the perspective of core literacy, college PE is not only to cultivate students' PE skills, but also to cultivate their lifelong exercise habits. Students should be educated and encouraged to pay attention to their health and participate in PE activities for life. This not only helps to improve students' physical quality, but also helps to cultivate their comprehensive quality. Therefore, students can be trained to do light PE training, as shown in Figure 1.

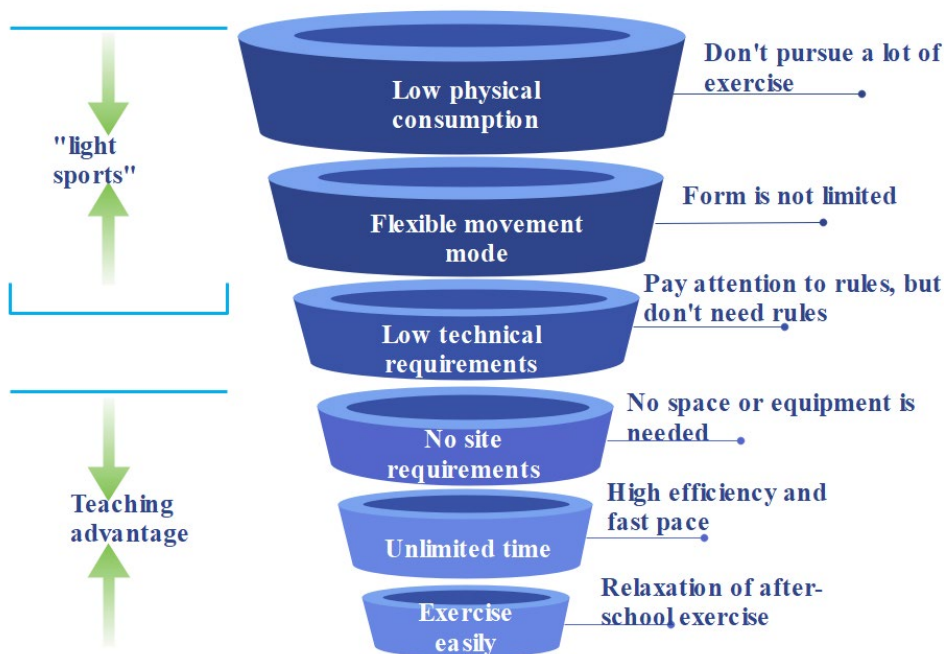


Figure 1 Advantages of light PE training

College PE teaching programs should provide diversified PE activities and sports choices to cater to the interests and needs of various students. Students can explore a range of sports, including team PE, individual PE, outdoor activities, dancing, and more. Such a diverse offering helps students discover their preferred sports style, increasing the likelihood they'll remain engaged. University PE programs should underscore the connection between exercise and overall health, and actively educate students about leading a healthy lifestyle. Students need to grasp the myriad positive effects of exercise on both physical and mental well-being, as well as the dangers posed by prolonged inactivity. Such knowledge fosters an increased awareness of health in students, subsequently fueling their motivation to persist in sporting activities.

To further enhance the student experience, PE teaching in universities can inspire them to draft personal exercise regimens that align with their passions and availability. This not only nurtures their autonomous learning capacities but also boosts their self-management skills. Students are empowered to delineate goals, strategize plans, and monitor their individual progress in sports. In this educational landscape, teachers and coaches assume pivotal roles. They must consistently extend positive feedback, encouragement, and support, fostering an environment where students feel motivated to engage and excel in PE activities. Through such proactive encouragement, students stand a better chance of ingraining lifelong exercise habits.

In summation, university PE programs ought to be dedicated to instilling enduring exercise habits in students, ensuring they perpetuate a health-centric lifestyle post-graduation. By integrating a spectrum of PE activities, promoting health consciousness, offering sports skill training, encouraging personalized sports regimens, providing positive reinforcement, and ensuring easy access to sporting opportunities, universities can successfully inculcate a wholesome life philosophy in students. This philosophy aligns seamlessly with the principles of core literacy and plays an instrumental role in refining students' holistic development.

5. Conclusions

The innovative development of PE teaching in universities has a positive impact on the cultivation of students' core literacy. PE programs can improve students' physical health and teamwork ability, and they also cultivate students' leadership and self-management skills, which are important components of students' core literacy. College PE teaching initiatives need to emphasize diversified curriculum design and teaching methods. The traditional PE model may not satisfy the diverse needs of all students, so educators need to adopt diversified methods, such as varied sports selection, updated course content, and interactive teaching, to stimulate students' interest and participation. The innovation in PE teaching at the collegiate level is intrinsically linked to the development of students' core literacy. Through diversified curriculum design, alignment with societal demands, and the unwavering support of educators, this objective can be more effectively met, facilitating the holistic growth of students.

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