

The Development of Extracurricular Sports Training in Universities under the Background of Integration of Sports and Education

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Abstract: The concept of integrating sports and education adheres to the educational purpose of "health first", and is committed to strengthening the school education system, promoting the coordinated development of cultural learning and physical exercise among young people, and thus promoting their healthy growth. This concept provides a clear direction for the future development of physical education (PE) in Chinese schools. As the core battlefield for implementing the overall strategy and deepening the reform of PE, universities shoulder the mission of cultivating morality and talents in the era. In the context of the integration of sports and education, universities need to be based on the current educational reality, deeply understand the connotation and goals of sports and education integration, constantly explore and practice the development path of "integration" of sports and education, in order to solve a series of practical problems that arise in the process of integration. This article explores in depth the current development status, challenges, and response strategies of extracurricular sports training in universities under the background of integrating sports and education, aiming to provide useful references for promoting the sustainable and healthy development of extracurricular sports training in universities. Through the research in this article, we hope to contribute to the reform and innovation of PE in universities, and further promote the vigorous development of sports in Chinese schools.

1. Introduction

With the rapid development of China's social economy and the continuous progress of education, the deep integration of sports and education has become an important driving force for promoting the reform of China's modern education system [1]. The integration of sports and education, as one of the key words of education reform in the new era, aims to break the boundary between traditional education and sports. Through the organic combination of the two, it promotes the balanced development of students in multiple dimensions such as physical fitness, mental health, and social skills [2]. For a long time, the Chinese education system has not placed enough emphasis on the physical literacy of young people while pursuing knowledge transmission and skill development, resulting in students often neglecting the importance of physical exercise when facing academic pressure [3]. However, the sports system is to some extent independent of the education system, lacking effective communication and collaboration with the education system, resulting in the insufficient effectiveness of sports education [4]. The proposal of integrating sports and education is aimed at breaking this dilemma by integrating sports and educational resources, achieving complementary advantages between the two, and providing students with a more comprehensive and balanced educational experience.

In the context of the new era, university sports are not only an important part of the national sports industry, but also a key link in cultivating high-level sports talents [5]. The quality of PE in universities is directly related to the future development of China's sports industry, and also affects the improvement and comprehensive development of students' overall quality [6]. Therefore, universities must actively respond to the call for the integration of sports and education, coordinate the two major systems of sports and education, and actively explore new paths for sports teaching reform to meet the new requirements for talent cultivation in the new era [7]. Extracurricular sports training, as an important component of the integration of sports and education, plays a pivotal role in PE in universities. Extracurricular sports training can not only improve students' physical fitness

and enhance their sports skills, but more importantly, it can also cultivate students' teamwork spirit, leadership, and perseverance when facing challenges [8]. Participating in extracurricular sports training can provide students with a platform to release stress and regulate emotions, helping them maintain physical and mental health and improve learning efficiency, in addition to their intense studies.

In addition, extracurricular sports training can promote communication and cooperation among students, enhance their interpersonal skills and social adaptability, and lay a solid foundation for their future careers. However, the development of extracurricular sports training in universities still faces many challenges. On the one hand, due to the limited educational resources in universities, there are deficiencies in venues, facilities, coaches, and other aspects of extracurricular sports training, which makes it difficult to meet the growing sports needs of students. On the other hand, some universities do not attach enough importance to extracurricular sports training, lack systematic planning and effective management, resulting in uneven quality of extracurricular sports training and difficulty in achieving the expected results. In addition, with the increasing academic burden on students, how to reasonably arrange extracurricular sports training time while ensuring academic performance has become an urgent problem to be solved. Given the above background, this article deeply explores the current development status, challenges, and response strategies of extracurricular sports training in universities under the background of integrating sports and education.

2. The Significance and Current Situation of Extracurricular Sports Training in Universities

2.1. Significance

With the continuous innovation of educational concepts and the deepening exploration of practice, people are increasingly aware that the mission of higher education is far from simply imparting knowledge and refining academic skills, but should be a process of promoting the comprehensive development of students' mental, physical, emotional, and social abilities [9]. As a key cradle for nurturing the future pillars of society, universities must broaden their educational vision to the vast realm of students' physical and mental health, ensuring that every student can navigate the ocean of knowledge while also steadily advancing on the dual track of physical and mental health [10]. The integration of sports and education, as a major highlight of education reform in the new era, has opened up a new path for the development of extracurricular sports training in universities. It not only emphasizes the seamless integration of sports and education, but also strives to build a nurturing environment that not only inspires academic potential but also strengthens physical fitness.

Under this framework, extracurricular sports training is no longer just seen as a means to enhance physical fitness, but has become an important platform for cultivating students' comprehensive qualities and shaping their complete personality. Through sweat and laughter, students learn to collaborate, lead, and seek innovative sparks in challenges. These experiences undoubtedly lay a solid foundation for them to become highly adaptable and creative composite talents in the future. In addition, university sports under the integration of sports and education also play a key role in health education. Through a scientific training program, students' cardiovascular function, muscle strength, flexibility, and balance have been significantly improved, laying a solid physical foundation for lifelong learning and life. More importantly, combining sports training with health education guides students to establish correct health concepts, cultivate self-care awareness, and teach them how to find balance and protect their physical and mental health in the fast-paced and high-pressure modern life.

2.2. Current Situation

At present, there are a wide variety of extracurricular sports training programs in universities, ranging from ball sports such as basketball and football, to basic physical training such as track and field and swimming, and to characteristic projects such as yoga and martial arts. The aim is to

comprehensively meet the diverse needs of students to enhance their physical fitness, improve teamwork skills, and cultivate leadership. However, behind this prosperous scene, Chinese ordinary universities still face significant challenges in the practical exploration of the integration of sports and education. The abundance of sports resources is one of the criteria for measuring the effectiveness of the integration of sports and education. Unfortunately, many universities are facing resource bottlenecks such as outdated sports facilities and a shortage of professional coaches, which undoubtedly limits the breadth and depth of extracurricular sports training and affects the full exploration of students' sports potential. As the lifeline of PE quality, the innovation and effectiveness of teaching methods are crucial.

However, in reality, some universities still follow the traditional model of extracurricular sports training, lacking attention to individual differences among students and neglecting the combination of interest stimulation and skill cultivation, resulting in unsatisfactory results of extracurricular sports training and further hindering the in-depth development of sports education integration. In addition, the insufficient emphasis on extracurricular sports training in universities is also a major obstacle to its development. Some schools focus too much on theoretical teaching, with limited support for extracurricular sports training, which affects students' enthusiasm for participation and the sustainability of training. In addition, the heavy academic burden on students makes effective management and utilization of their spare time another major challenge, making it difficult to fully guarantee the investment of time and energy in extracurricular sports training.

3. Response Strategy

3.1. Innovation System

In today's era, as an important base for cultivating well-rounded talents, universities should actively respond to the national call for the integration of sports and education, deepen the reform of PE, and build an innovative system that not only conforms to modern educational concepts but also meets the needs of students (as shown in Figure 1). This requires universities not only to pursue diversification and specialization in the design of PE courses, but also to comprehensively upgrade from multiple dimensions such as systems, resources, and time arrangements. Specifically, universities should focus on the core of integrating sports and education, carefully plan the PE curriculum system, ensure equal emphasis on theory and practice, and promote the development of skills and qualities. By establishing a sound extracurricular sports training system, not only are clear and achievable training goals set for students, but they are also encouraged to challenge themselves and unleash their potential in an orderly plan.

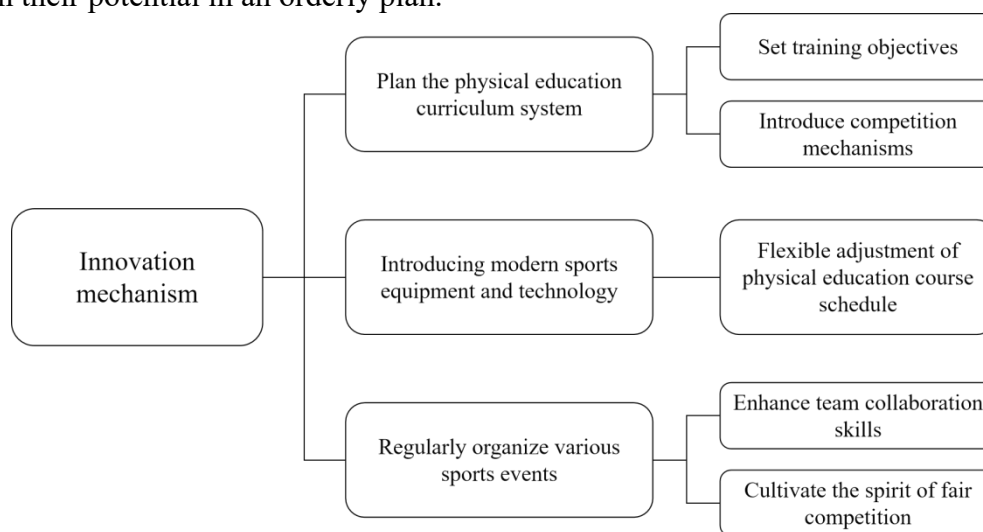


Figure 1 Construction of innovation system

Introducing competition mechanisms, such as scholarships and awards for outstanding athletes, can effectively enhance students' participation and training enthusiasm, while promoting the

cultivation of innovative thinking. In terms of hardware facilities, universities need to continue investing, introducing modern sports equipment and technology, creating a first-class training and competitive environment, so that every student can enjoy a high-quality sports experience. Flexibly adjusting the schedule of PE courses, such as offering morning and evening classes, weekend classes, etc., aims to meet the needs of students from different academic backgrounds and ensure broad participation in sports activities. In addition, regularly hosting various sports events not only provides a stage for students to showcase their talents, but also an important way to enhance teamwork skills and cultivate a spirit of fair competition. Through these activities, students' social circles can be expanded, the spirit of sports can be inherited, and the prosperity and development of campus sports culture can be further promoted. In short, the innovation of the university sports system is an important guarantee for promoting students' physical and mental health and achieving comprehensive development.

3.2. Strengthen the Construction of Teaching Staff

In the wave of educational reform of integrating sports and education, strengthening teacher construction is a key link to achieving the predetermined goals of school sports reform (as shown in Figure 2). The allocation of high-level PE teachers is not only the cornerstone of improving the quality of PE teaching, but also an important force in promoting the deep integration of sports and cultural education. As the core executor of PE teaching, PE teachers must keep up with the pace of the times, abandon outdated concepts of PE teaching, and actively embrace the new concept of integrating sports and education. They should delve into the relevant knowledge of the integration of sports and education, continuously improve their PE teaching abilities and professional qualities, broaden their knowledge horizons, and explore other professional disciplines to promote the seamless integration of sports and cultural education, and cultivate new era students who have both strong physical fitness and rich cultural connotations.

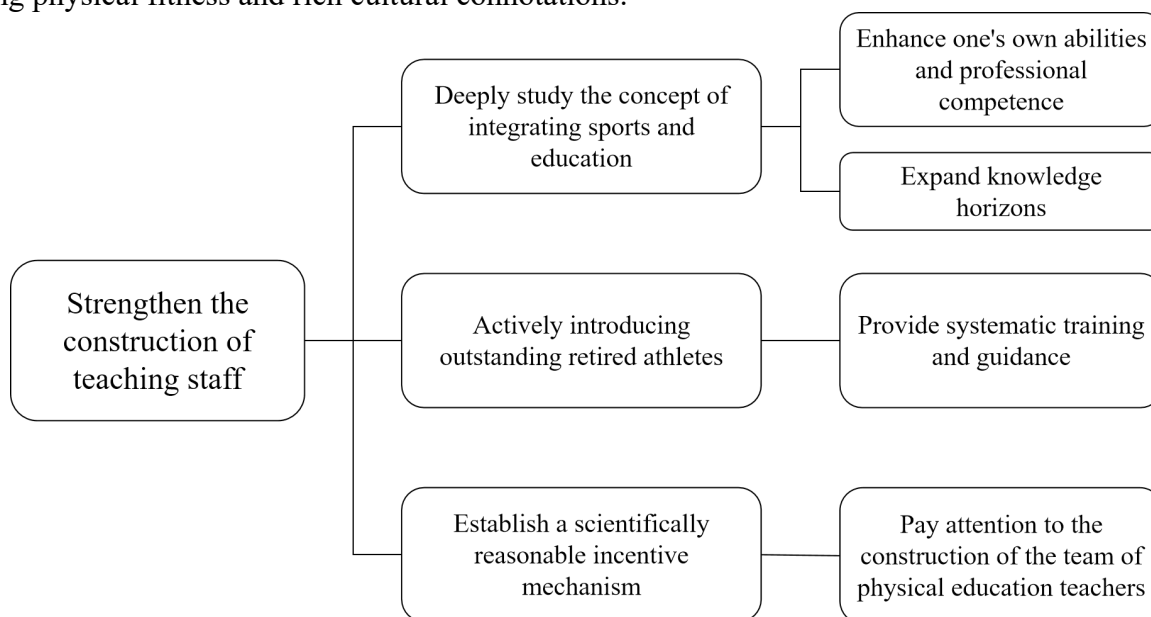


Figure 2 Strengthening teacher construction

To further enhance the strength of the sports teacher team, universities should actively introduce outstanding retired athletes, allowing them to serve as sports teachers and coaches with rich sports experience and professional skills, injecting new vitality into sports teaching. At the same time, systematic training and guidance should be provided to young PE teachers to help them grow rapidly and become the backbone of PE teaching. In the evaluation system, a more scientific and reasonable incentive mechanism should be established to commend and reward teachers who have made special contributions in extracurricular sports training, and to give preferential treatment in the evaluation and professional title assessment, in order to stimulate the enthusiasm and initiative of PE teachers. In addition, attention should be paid to the construction of the team of PE teachers,

encouraging excellent teachers to play a mentoring role, leading young teachers to grow together, and laying a solid talent foundation for the sustainable development of school PE.

4. Conclusions

The integration of sports and education is not only a strategic choice for cultivating sports talents in current universities, but also an important driving force for promoting the reform and innovation of school sports education. It not only helps to break down the barriers between traditional PE and cultural education, achieving deep integration and coordinated development of the two, but also provides strong support for the exploration and cultivation of national sports reserve talents. Based on a comprehensive examination of the development status, challenges, and response strategies of extracurricular sports training in universities under the background of the integration of sports and education, this article proposes a series of forward-looking and actionable suggestions. From strengthening the construction of teaching staff to improving the curriculum system, from introducing competition mechanisms to optimizing training resources, every step aims to build a more open, inclusive, and efficient sports education ecosystem. We firmly believe that through continuous efforts and innovation, extracurricular sports training in universities will have broader development prospects. It can not only effectively improve students' physical literacy and competitive level, but also stimulate their love and participation in sports on a larger scale, injecting new vitality and momentum into the vigorous development of China's school sports industry.

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