

Research on Classification and Selection Strategies of Physical Education Teaching Model Based on Campus Culture Construction

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Abstract: The construction of sports culture in Colleges and universities is an important part of the construction of campus culture in Colleges and universities, and it is also a beautiful scenery in Colleges and universities. In the construction of campus culture in Colleges and universities, it is a good carrier of propaganda and promotion of sports culture, which is conducive to creating a vigorous campus culture atmosphere. Taking campus culture as the background, the sports culture of Kun School shows the individual self-cultivation of college students to a certain extent. Any kind of teaching method will have its inherent nature, so there will be a focus. Sports teaching clubs can give full play to the function of sports and are a good carrier for promoting sports culture. They have played a positive role in promoting the quality of campus culture and popularizing and popularizing campus culture. In order to realize the goal of modern physical education teaching, we must comprehensively consider a variety of physical education teaching methods and use them flexibly. Based on the construction of campus culture, this paper analyzes the current situation and existing problems of college physical education teaching mode, and puts forward some strategies to improve the existing problems.

1. Introduction

With the in-depth reform of physical education teaching, the theoretical and practical research on physical education teaching mode is very active, and diversified physical education teaching modes are presented [1]. As one of the important teaching contents in schools, physical education has been paid more and more attention by parents and teachers. How to perfect the physical education teaching mode and improve the teaching quality has become the focus of physical education teaching points [2]. The high school sports culture takes the campus culture as the background, which to some extent shows the personal self-restraint of college students. Campus culture is not generated spontaneously. It is created and nurtured in various cultures. Sports itself is also a kind of culture and plays an indispensable role in the construction of campus culture. The results of studying, summarizing, comparing, synthesizing and classifying physical education teaching modes are few, which leads to a considerable number of physical education teachers, especially those at the grassroots level, being at a loss as to what to do with the current diversified physical education teaching modes [3]. Getting rid of the traditional old teaching mode, correctly selecting a better physical education teaching model, and further researching and perfecting the physical education teaching theory are issues that must be solved before us.

Modern physical education requires students to be able to develop in all aspects including technology, ability, knowledge, and personality. Any kind of teaching method will have its inherent nature, so it will have a focus [4]. The current teaching content is monotonous and repetitive. For example, from primary school to university, it is a similar work of lateral sliding shots, basketball passing, and shooting [5]. This further leads students to despise physical education classes, become bored with physical education, and even create conflicting psychology, thus making physical education into this vicious circle [6]. Physical education clubs can give full play to sports functions, and are a good carrier for promoting sports culture. They have played a positive role in promoting campus culture quality and popularizing and promoting campus culture [7]. Teaching is still based on sports technology teaching, with emphasis on light effects and heavy technical light theory. In

order to achieve the goal of modern physical education, we must comprehensively consider a variety of physical education methods and flexibly choose to use [8]. Physical education in colleges and universities in China should reform the existing teaching mode, and adopt different teaching materials, teaching methods, teaching organization forms and evaluation methods according to different training objectives and nature requirements.

2. The Value of School-leaving Sports Culture Construction

2.1. The value of campus culture

University is an important place where culture can be inherited. High school sports culture is one of the important components of college campus culture and an important bridge connecting teachers and students. Sports teaching clubs emphasize students' autonomous learning, attach importance to students' cognition and emotional experience, start from cultivating students' interest in sports, and focus on cultivating students' awareness of actively participating in sports activities. Generally speaking, the physical education teaching mode is a whole. No matter how much changes have taken place in the physical education teaching mode, it should serve the overall teaching goal after realizing its respective functions from various angles and positions [9]. With the increasing demands of the state on school physical education and the deepening reform of school physical education teaching, the research on the theory and practice of physical education teaching is tending to be perfect and stable. No matter how much changes have taken place in the teaching mode of physical education, it should be based on all directions and perspectives to achieve their respective functions and serve the overall teaching objectives. Most students are exposed to these contents continuously from primary school to senior high school in physical education teaching, which easily leads to boredom, which reduces the students' attention and enthusiasm to participate in physical education.

2.2 The value of students and teachers

The construction of sports culture in Colleges and universities is an important part of the construction of campus culture in Colleges and universities, and a useful supplement to the construction of campus culture in Colleges and universities. The management of P. E. Teaching Clubs implements the autonomy of student groups under the guidance of teachers. Teachers and students should first analyze and determine the teaching objectives. Secondly, according to the actual situation, determine the teaching content, solicit opinions and modify the program. The construction of sports culture in Colleges and universities follows certain rules and regulations, and periodically updates and expands the campus stadium to provide the school teachers and students with a place for fitness activities. In education and teaching, teachers should not only teach students sports skills and knowledge, but also become guides for students to adapt to life and learn to be human beings. Make the students correct their thinking, adjust and correct their psychology and behavior purposefully and consciously. According to the analysis of physical education teaching thought is the soul of making physical education teaching mode. Different physical education teaching thoughts can endow vitality to specific teaching mode and have clear teaching direction in the process.

The construction of college sports culture provides excellent conditions for the development of college campus culture construction and opens up a campus culture with its own characteristics. Sports test item management refers to the management of information related to sports test items. Its functional modules mainly include the addition of sports test items, modification and deletion of sports test items, weight setting, etc. The database tables involved in the implementation mainly include test item information tables. Here, only a detailed implementation description will be given for the addition of test items. The implementation process is shown in Figure 1.

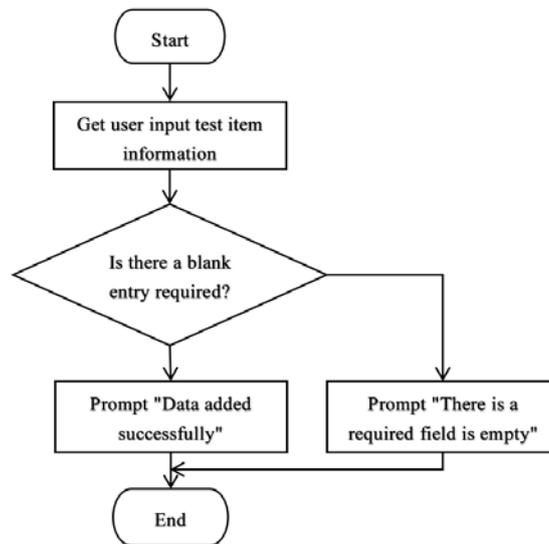


Fig.1. New test project program flow

3. Strategies for the Construction of Sports Culture in Colleges and Universities

The construction of college sports culture cannot be separated from the support of material culture. It is based on material culture and promoted by spiritual culture to create a good campus sports atmosphere. Under the guidance of teachers, teaching organizations should give full play to the auxiliary role of outstanding cadres, carry out small group teaching activities, and give full play to students' subjective initiative. Physical education teaching thought is the soul of making physical education teaching mode. Different physical education teaching thoughts endow specific teaching mode with vitality and make the teaching mode have a clear steering wheel. The construction of high school sports culture cannot be separated from the support of spiritual culture, which mainly focuses on the construction of humanistic environment, thus creating an atmosphere of campus sports environment. Influenced by diversified teaching ideas, the selection of teaching contents can reflect the characteristics of complexity and diversity. As a new subject, higher physical education is not only an important part of training modern talents, but also a key link in implementing quality education [10]. School sports are responsible for the healthy growth of students. To some extent, the development of school sports work has a direct relationship with the development of students' physical and mental health.

The sports teaching club can also solve the contradiction between teachers and teaching facilities, and expand the time and space of physical education. Mastering motor skills is a necessary condition for physical education students. However, under the conditions of college sports professional education, only physical education students can be trained but not professional sports professionals. This is one of the main problems in the cultivation of physical education professionals in colleges and universities in China. Most physical education teachers and students are more likely to support the introduction of extended training in physical education, as shown in Table 1.

Table 1 Whether it is necessary to carry out outward bound training in physical education

Choice item	Number of students	Percentage (%)	Number of teachers	Percentage (%)
Very necessary.	44	8.8	22	22
Necessary	294	58.8	60	60
Commonly	130	26	12	12
Unnecessary	32	6.4	6	6

If we want to implement a clear and organized teaching thought, we should choose a general direction that conforms to the guiding ideology of school physical education as a whole. Therefore, according to the content of different teaching materials, they should be divided into introductory

teaching materials and fine teaching contents. With the department of physical education in colleges and universities as the main sports culture construction department, a clear system for sports culture construction has been formulated, thus ensuring the development of sports culture construction in high schools. People have different abilities to use physical education teaching conditions and methods, and different people use and combine the same teaching conditions and methods to achieve different results. In the preliminary learning stage, because the students lack the understanding of the difficult sports techniques, the physical education teachers should try their best to use the students' experience in daily life and adopt a series of questioning activities. Based on the analysis of the teaching mode, the different teaching modes of physical education, then different experience teaching conditions will be selected. In physical education class, we should advocate the organizational form of multi-group exercises and give full play to the main role of students and the leading role of teachers. Regular sports and cultural exchange activities inside and outside the school can not only meet the needs of teachers and students for sports and cultural activities, but also improve the level of sports and cultural activities in Colleges and universities.

4. Conclusions

Strengthen the construction of sports culture is the objective requirement of students' all-round development of physical and mental health, as well as the internal need of building a safe and harmonious campus. Starting from the teaching mode of physical education in Colleges and universities, this paper analyses the various disadvantages existing in Physical Education in Colleges and universities, and gives the corresponding solutions. Although there is no strict distinction between the advantages and disadvantages of physical education teaching mode, all of them have their own soil and reasons for survival because of different conditions. However, as far as the trend of physical education reform is concerned, the traditional physical training teaching mode will be gradually eliminated. Campus culture does not come into being spontaneously. It is created and nurtured in the process of constant practice and contention in various cultural exchanges and cultural dissemination. The construction of high school sports culture is conducive to the promotion of quality education in colleges and universities, to the reform of physical education and curriculum in colleges and universities, to the construction of high school spiritual civilization, and to the perfection of high school sports rules and regulations. Although there is no strict division of advantages and disadvantages in the physical education teaching mode, different conditions have corresponding living soil. The construction of sports culture in high schools applies the contemporary idea of keeping pace with the times to guide and study the sports culture work in high schools, which is of positive significance to promote the normal development of sports education in high schools and the all-round development of students' physical and mental health.

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