

# Research on the Current Situation and Strategy of the Curriculum of Physical Education in Colleges and Universities

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**Abstract:** At present, people from all walks of life pay more attention to the maintenance and improvement of health level. Therefore, the society also needs more physical education professionals. Based on this, China's ordinary colleges and universities have also adjusted and optimized the relevant curriculum based on the current social development situation and actual needs, so as to achieve the purpose of improving the comprehensive quality of physical education professionals. With the development of educational theory in recent years, we should also study and sort out the ideas and objectives of the curriculum design of physical education major, so as to provide reference for the construction of physical education major.

## 1. Introduction

At present, the requirements of the society for the physical education personnel have changed significantly. At the same time, the physical education discipline group has gradually developed in the direction of integration. New requirements have also been put forward for the establishment of the specialty and the construction of the curriculum system. Compared with other disciplines, the Department of physical education itself has certain particularity, so it can achieve effective reform, which is of great significance for the future development of sports students. Therefore, in daily work, schools should make full use of their own advantages to carry out the corresponding research and reform of the curriculum system.

## 2. Thoughts and Objectives of the Construction of Physical Education Curriculum System

### 2.1. Ideas of Curriculum Reform

In the curriculum reform of Physical Education Department, at present, China needs to actively summarize the experience of foreign curriculum reform, start with the curriculum system and structure, carry out reform and innovation, and then cultivate physical education talents who can meet the needs of physical education management, scientific research, teaching and other work [1].

The construction of curriculum content system needs to be based on the training objectives. In practical work, the establishment of training objectives should be based on the actual needs of social and individual development as well as the characteristics of physical education, and combined with the characteristics of physical education. At present, it is suggested that the goal be set to train physical education teachers in various fields, curriculum reform experimental researchers, physical education managers and so on. Schools should offer courses such as the basic principles of Marxism, so that students can form a good outlook on life, the world, and values, and can really love sports, be teachers, and have a solid grasp of sports professional knowledge; at the same time, they should have strong sports management ability and teaching ability, and be able to complete social sports education with quality and quantity; in addition, It also needs physical education talents to be able to skillfully use computers, and to better complete the design and improvement of the curriculum system [2].

The school should deeply analyze the inner connection and logical structure of teaching content, and carry out corresponding adjustment and improvement according to the development law of contemporary sports science, so as to meet the needs of teaching structure and students'

psychological development. Discipline construction should be the center of curriculum reform, specifically to achieve a high starting point, new system and fine content, so as to reflect the representative achievements of sports civilization, and make sports education conform to the social development situation. At the same time, the new curriculum system needs to play a role in improving students' thinking ability, observation ability and practice ability. At the same time, it also needs to enable students to have good moral quality and personality, enable students to master rich knowledge and skills through independent learning, and promote the formation of their ability to analyze and solve problems. Therefore, the new curriculum system needs to combine health, teaching, scientific research, theory and practice, and promote the consistency of teaching content, curriculum structure, student status and teaching system, so as to effectively sort out the logical relationship of curriculum, and ensure the unity of physical education development, discipline development and student psychological development [3].

The unity of content, form and management of curriculum also has certain practical significance. In terms of content, students should be able to master the way of thinking of learning, teaching and life, and lay a good foundation for the follow-up physical education teaching practice; in terms of form, it should promote the integration of various types, functions and forms of courses into the curriculum system; in terms of management, it should strengthen the integration of various subjects, and adjust the proportion of different types of courses, if necessary Competition and reward mechanism should be strengthened.

## **2.2. Objectives of Physical Education Curriculum System**

In the process of constructing the curriculum system, we should select the knowledge of each specialty in the Department of physical education, strengthen the learning and research of the main course groups which are basic, comprehensive and practical in the traditional curriculum and embody the law of physical education teaching and the law of physical education students' growth, vigorously enrich the research results of modern physical education science at home and abroad, and expand the proportion of theoretical knowledge We should strengthen the combination of theory and practice, delete the old, outdated and complex contents, and reform and adjust the repetitive, tedious and monotonous curriculum structure. In order to adapt to the trend of various disciplines from differentiation to synthesis, in the teaching contents, Strengthen the organic combination of scientific education and humanistic quality education, not only reflect the technical achievements of modern science, but also attach importance to the cultivation of scientific ideas, scientific methods and scientific spirit, seriously study the sum of all courses, in general, realize the close combination of physical education and humanities, physical education and society, physical education and life, and strengthen the mutual intersection, penetration and advancement of all disciplines in practice In order to adapt to the trend of reform and opening-up of the whole society, the new curriculum system, while streamlining the teaching content, carefully studies the changes of modern social ideology, education concept, life style and thinking mode, supplements and updates the curriculum content at any time according to the trend of information development, and implements the characteristics of flexibility and openness of the curriculum system [4].

## **3. The Strategy of Curriculum Setting of Physical Education Major**

### **3.1. Build a Variety of Three-dimensional Hierarchical Structure**

Schools should make clear the general course content and professional course content of physical education major, and make the course combination more three-dimensional according to the actual needs of society and students, and also make the course system more hierarchical and diverse.

Specifically speaking, it is necessary to set up different course groups according to different requirements at the same time of setting up public compulsory courses, so that students can choose their own courses. In the course system, the course mode of segmented and centralized arrangement can be adopted, so that students can gradually contact the basic courses, professional courses, professional elective courses and other contents, so as to ensure that students can master other

interested professional knowledge while understanding the basic knowledge. For the curriculum system, it needs to reflect its different functions in different situations, but also reflect the breadth and depth of knowledge, so that students can grasp relevant knowledge solidly. At the same time, students can understand the trend and theory of sports development more clearly, and make clear the relationship between knowledge and opinion. In the actual work summary, the curriculum also needs to meet the actual needs of the society and students [5].



Figure 1 Physical education in a school

### 3.2. Build a Composite Structure with Crisscross Combinations

Physical education is an interdisciplinary subject. At the same time, under the guidance of the concept of students' comprehensive quality education, it is necessary for schools to build a composite structure of combination and comprehensive crisscross, and to innovate and optimize the curriculum types, so as to form a curriculum system with multiple curriculum forms coexisting. In addition, the school should also promote the communication and exchange among multi-disciplinary, avoid the problems of too detailed division, so as to achieve the optimization of disciplinary classification. At the same time, the improvement of the curriculum structure should adhere to the good professional quality of students, at the same time, let students establish a good working attitude, and let students adjust sports management and other work according to the changing trend of social needs. This kind of open and inclusive curriculum structure system is also more operational and can better adapt to the development of society [6].

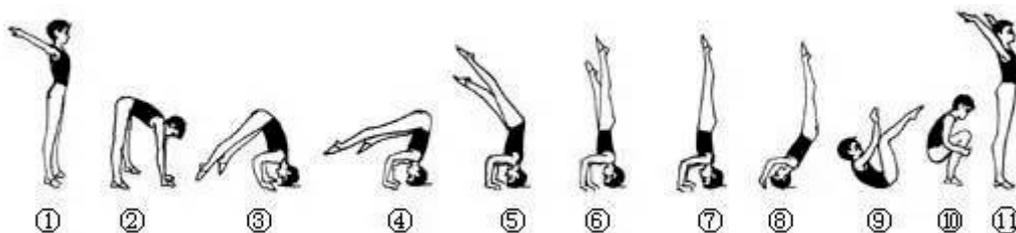


Figure 2 Wall chart of physical education technology

### 3.3. Create an Orderly Turnover Structure of Tuina

In the past period of time, many colleges and universities blindly adopt foreign education experience, which leads to the unlimited increase of curriculum categories, affects the normal learning of students, and it is difficult for students to effectively improve their abilities in all aspects. Therefore, to create an orderly replacement structure of tuina can better realize the renewal and adjustment of curriculum content, so as to help the school delete the repeated and old content in the curriculum, and supplement the latest scientific research results among them, at the same time, it is also conducive to the students to clear their professional positioning. In the process of curriculum system construction, we can also integrate and classify the excellent physical education theories at home and abroad, and pay attention to the penetration and reference of relevant professional

knowledge, so that these advanced theories can become the organic components of the curriculum system.



Figure 3 Physical education in a college

#### 4. Conclusion

The determination of the thinking and goal of the construction of the physical education curriculum system is the premise of the optimization of the curriculum system. Therefore, each university should take it as the starting point of the optimization of the curriculum system, and optimize the physical education curriculum system by building a variety of three-dimensional hierarchical structure, building a crisscross composite structure, creating an orderly replacement structure, etc., so that all aspects of students' abilities can be obtained Effective promotion.

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