

Research on the Problems and Countermeasures of Teaching Reform in Colleges and Universities' Sports Education

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Abstract: Today, the state advocates morality, intelligence and physique, us, fatigue all-round development of students, "body" is mainly the school physical education curriculum setup, relationship between physical education thinking of the students' physical and mental development and the improvement of comprehensive quality. Both primary and secondary schools, and colleges and universities, it is one of the required courses. So, got countries attach great importance to physical education. But still many college students ignore the importance of physical exercise, many college students are in the health level, and even military training at university there was faint. Sports education faced with such serious situation, it is necessary to reform the physical education teaching in colleges and universities. The current domestic colleges and universities have in physical education teaching reform has made some progress in my work, but for now it still exists the reform effect is not obvious, such as pushing up realistic problem. Five universities through the analysis of the domestic status quo and problems of physical education teaching reform, and puts forward the corresponding countermeasures and Suggestions according to its influence factors.

Domestic reform of physical education teaching in colleges and universities still has many problems, in this article, through questionnaire survey, SPSS and EXCEL, induction and comparison method to clear description and analysis.

Research on teaching reform of College physical education

According to domestic five ordinary university A, B, C, D, E, physical education teaching reform as the research scope.

We can see from the above table, on five different universities after a survey on the sports teaching reform in teaching method, curriculum setting, set up support, satisfaction, the reform necessity and the main problems and influence factors as the content of the questionnaire, and designed a questionnaire to teachers and students are respectively at the same time, this set has its characteristics and genetic diversity. Students of a total of 14 questions in the questionnaire, 9 items are radio, 5 questions is alternative; Teacher questionnaire questions 17-19, radio 13 questions, multiple-choice question 6. Using SPSS17.0 and EXCEL statistical software for recycling questionnaire statistical processing and analysis, mainly descriptive, and according to the need of the survey design, use some statistical calculation methods such as mean, percentage, standard deviation, P values and other related data are obtained. And then sorts through the data and analysis, using induction, comparison method. So we can influence factors in the reform of college physical education can have a general understanding.

The questionnaire results. The questionnaire recovery situation. Distributed 120 questionnaires to each college students, the teachers pay 20 questionnaires, a total of 700 copies, recycling, 670, the recovery was 95.7%. Weed out incomplete filling out a questionnaire to get effective questionnaire 638, effective recovery rate was 91.1%.

A. Description for the present situation of teaching methods. Except the B the rest of the four colleges and universities teachers interviewed agree ", "the traditional teaching method for now our main method of sports education in colleges and universities A, D, E teacher approval rating reached 98%.

B. The teaching method of teachers is a key consideration. The percentage of teachers use the teaching method is a key consideration are: teaching content is 43.9%, 14.1% of teaching environment and facilities, students' interest and ability to accept 15.8%, their teaching habits 22.7%, other 6.1%.

C. The source of teachers' teaching methods. Teacher's teaching method is the main source. Teaching training was 0.9%, 53.2% from predecessors, self learning test grope for 72.8%, 18.1% colleague reference.

D. Satisfaction of teachers and students on the current teaching method. Teachers and students on the current teaching methods satisfaction $P = 0.21$, the data we can't see obvious differences, that is to say, teachers and students for the current universities is satisfactory. And B 4.11 average suggests that its new teaching methods, teachers' and students' satisfaction is the highest.

E. The teachers and students recognized that it is necessary for schools to adopt the new sports teaching method. Statistical analysis of the necessity of the new teaching method. Thus we can conclude that the mean of five colleges and universities are greater than 4.0, which most agree that it is necessary to introduce the new sports teaching method, and $P = 0.27$, $P > 0.05$, said such data in statistical difference is not big, so that also can say the opinions of teachers and students is the basic consistent.

F. The main factors influencing the implementation of new teaching method. Compare influence factors on the implementation of teaching methods, teachers and students enthusiasm and support for the number 291, accounted for 64.67%, teaching schedule pressure, support the number 382, accounting for 84.89%, master degree of the teacher, to support the number 320, accounting for 71.11%, supporting facilities and the lack of teaching resources, to support the number 345, accounting for 76.67%, class size. Support number 276, accounts for 61.33%, increase the burden of teachers influence the teaching effect, to support the number 196, accounted for 43.56%.

That, the teachers and students are more recognized the six factors listed in the table for new teaching methods have considerable influence, in which the teachers and students in the teaching of the "pressure" option approval ratings are more than 84%, illustrates the importance of this factor. Through the recognition factors influencing the implementation teaching method of the comparison results between teachers and students to X2 test, P value of the amount of "class size" is 0.018, "increase the burden of teachers influence the teaching effect of P value is 0.000 0.05, are less than a reference and have difference in statistics. This shows that although most of the teachers and students think it is necessary to implement the new sports teaching method reform, but the teacher workload will increase in the process, will affect the enthusiasm of the teachers. Classes too big also does not adapt with the new sports teaching method, the new sports teaching methods can not get implemented.

A. Statistics description for the present situation of the curriculum. Questionnaire survey results show that the five colleges and universities have made some reforms in the curriculum, including cross integration of university B reached 61%, cross integration of university C is close to 42%.

B. The satisfaction of all the teachers and students on the current curriculum. Teachers and students for the current physical education in the subject matter of satisfaction for: P value = 0.19, $P > 0.05$, it is proved that the differences are significant enough, so we can understand like this: teachers and students for the current universities on the opinion on the subject setting of the centralized and unified. But in addition to B the other four universities mean basic between 2 to 3 minutes, illustrates the evaluation of teachers and students on the current schools curriculum more generally.

Summary. Combining the above analysis, although in the modern teaching method to replace the traditional teaching method has made some achievements, but the use of traditional teaching methods is close to or even more than half of the proportion; In terms of the contents of the course reform, most domestic colleges and universities have failed to effectively achieve interdisciplinary integration. These reforms lag status were the major influencing factors of inadequate experience, grasp of the reform of physical education teachers, the lack of corresponding appraisal mechanism, course schedule pressure, the teachers and students because of its inertia are reluctant to change, etc.

Research on the countermeasure of teaching reform in college physical education

Through the above analysis, five colleges and universities physical education teaching reform of the existing problems and its influencing factors in a certain extent have universality, which are available from the factors of its research, put forward countermeasures and Suggestions of college physical education teaching reform.

The above research and analysis results show that the teaching of the "pressure" is one of the main reasons for college physical education teaching reform, "increase the burden of teachers influence the teaching effect" and "reception on students" also has the obvious effect. This shows that the teachers in the implementation of the important function of college physical education teaching reform, many teachers in the teaching process, under the pressure of the inert or based on the conventional education mode, the new sports teaching mode for adverse will return to the traditional teaching way, from the teaching ideas of root is not in place. "People-oriented" should be a teacher in university, in under the teaching concept of "student-centered" teaching, the students "passive learning" inherent to the past teaching ideas, the application way to actively explore new sports teaching methods, emphasis on students to participate in teaching activities, teaching strategy, attaches great importance to the test evaluation of years living personality development, make full use of modern education of science and technology, the construction of a new teaching mode. Ultimately achieve the teaching aim of "according to their aptitude".

Teachers in the implementation of the reform of college physical education teaching role is so important, so it is necessary to strengthen the construction of teaching staff. The current our country sports colleges and universities has the problem of teachers is not strong, excellent teachers did not directly engaged in teaching work, and therefore affecting the development of the reform of physical education teaching in college and universities. Can draw lessons from foreign universities in British and American developed country advanced mode, cultivating physical education teachers, on campus, the construction of teacher growth center, is that we should not only relation of teachers professional teaching level, also want to care about teachers for students' cognitive psychology teaching. And can organize have achievements in the field of physical education teaching reform of expert lectures and training on a regular basis, to effectively improve the ability of teachers of physical education teaching reform in colleges and universities. In conclusion, we should build elite team of teachers, improving teachers' teaching concept and method of elite team, and thus realize the effective implementation of the reform of college physical education teaching.

The above research and analysis results show that the teaching materials and teaching resources matching degree "is one of the main reasons for college physical education teaching reform," reception on students "also has the obvious effect. Teaching material is one of the ways to sports gave birth to learn professional knowledge, its important role should not be ignored. To cope with domestic colleges and universities implement the intersection of integrated curriculum, it is necessary to rewrite the reasonable matching can break through the boundaries between disciplines teaching materials. Such teaching materials on the one hand, to meet the requirements of teaching outline, on the other hand also cultivate and shape the students comprehensive abilities in sports. And auxiliary implementation "multidisciplinary cross" sports complex talent training mode, thereby facilitating college PE raw module teaching, by means of positive application of information technology, to realize electronic classroom teaching materials, and meet the diverse learning needs of the athletes. In teaching should pay attention to the combination of practice and

theory, positive interpretation of the actual case studies, so as to cultivate the students' practical idea and spirit.

New teaching resources of the matching degree of college physical education teaching reform effect is obvious, and therefore should not neglect its important role. So, need to increase funding to improve supporting the teaching resources, and realize the effective implementation of the reform of college physical education teaching. But at the same time of funding and fully combined with the actual situation of colleges and universities, to ensure that each a more efficient use of funds. And fully tap the potential of existing teaching resources of colleges and universities, together with the money into the form of form a complete set of teaching resources optimization configuration in the actual situation, reduce the teachers and students in colleges and universities have encountered difficulties in the implementation of physical education teaching reform, and achieve better implementation of the reform of college physical education teaching.

Conclusion

Questionnaire survey results show that in addition to the college physical education teaching reform of the implementation of the B more successful, the rest of the four colleges and universities physical education teaching reform, more general and therefore has the necessity of teaching reform. Around the current existing problems in the high school physical education teaching reform, from the factors of its domestic colleges and universities education teaching reform countermeasures, mainly including pay attention to the change of teaching concept, strengthen the teachers troop construction, to optimize and strengthen practice teaching materials, increase financial input, improve supporting teaching resources.

References

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