

Research on the Practical Path of Building a Talent Training System for Physical Education Majors from the Perspective of Five Education Integration

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Abstract: There are some problems in the current talent cultivation of physical education majors, including a single curriculum, traditional teaching methods, and insufficient practical teaching links. These problems limit the cultivation of comprehensive quality and innovative ability of students in physical education majors. In order to overcome these challenges, we have adopted a strategy of constructing a talent cultivation system for physical education professionals from the perspective of integrating the five aspects of education. The concept of integrating five educations emphasizes the organic combination of moral education, intellectual education, physical education, aesthetic education, and labor education, aiming to cultivate sports education professionals with comprehensive development, innovative ability, and social adaptability. To achieve this goal, we need to optimize the curriculum of physical education majors, integrate interdisciplinary knowledge, innovate teaching methods, introduce more diverse teaching methods, and strengthen practical teaching to ensure that students can receive sufficient training in practice. Building a talent cultivation system for physical education professionals from the perspective of integrating the five educations can better meet the society's demand for high-quality physical education talents, and is of great significance for promoting the sustainable development of physical education majors.

1. Introduction

With the continuous deepening of education reform, physical education, as an important component of promoting the comprehensive development of students, urgently needs to adapt its talent cultivation system to the development needs of the new era[1]. In the current educational context, the educational concept of integrating the five educations has gradually received widespread attention. It emphasizes the organic combination of moral education, intellectual education, physical education, aesthetic education, and labor education, aiming to cultivate new era talents with comprehensive qualities[2]. In this context, it is particularly urgent and important to build a talent cultivation system for physical education majors, especially to integrate the concept of five education integration.

The physical education major not only shoulders the mission of cultivating professional sports talents, but also serves as an important base for cultivating talents with healthy physique, sound personality, and comprehensive development[3]. The traditional talent cultivation system for physical education often focuses too much on imparting professional skills and neglects the cultivation of students' comprehensive qualities, making it difficult to meet the social demand for talents. Exploring the practical path of constructing a talent cultivation system for physical education professionals from the perspective of integrating the five educations has important practical significance and far-reaching development prospects[4].

Integrating the concept of integrating five educations into the cultivation of sports education professionals, optimizing curriculum design, reforming teaching methods, and improving evaluation systems, in order to cultivate more sports education professionals with comprehensive qualities and make greater contributions to the education and sports industry in the new era[5].

2. The application of the integration of five educations in physical education

The application of the integration of five educations in physical education not only injects new

vitality into traditional physical education, but also provides a broader stage for the comprehensive development of students[6]. This integrated concept emphasizes the mutual infiltration and combination of moral education, intellectual education, physical education, aesthetic education, and labor education, aiming to achieve the comprehensive and harmonious development of students' physical and mental health through the special field of physical education[7].

The application of moral education in physical education is reflected in cultivating students' spirit of teamwork, awareness of fair competition, and sense of responsibility[8]. In sports activities, students need to learn to respect others, abide by rules, and compete fairly. The cultivation of these virtues is of great significance for their future life development. By participating in team sports, students can learn to cooperate with others, complete tasks together, and cultivate a spirit of teamwork. At the same time, in the competition, students need to abide by the rules of the competition and compete fairly. These experiences can help students deeply understand the importance of fair competition and cultivate a sense of responsibility[9].

The application of intellectual education in physical education is reflected in enhancing students' thinking ability, innovation ability, and problem-solving ability[10]. In the process of physical education, teachers can design some challenging sports projects and tasks, allowing students to constantly think, explore, and innovate in the process of participation. These activities can stimulate students' thirst for knowledge and curiosity, cultivate their thinking and innovation abilities. Meanwhile, by solving practical problems in sports, students can also improve their problem-solving abilities.

Sports themselves are an important carrier of aesthetic education. By participating in sports activities, students can feel the beauty of sports, health, and teamwork. In physical education, teachers can guide students to appreciate the beauty of sports, cultivate their aesthetic taste and ability. Meanwhile, by participating in artistic sports such as dance and gymnastics, students can further expand their aesthetic horizons.

The application of labor education in physical education is reflected in cultivating students' labor skills and habits. In sports activities, students need to put in effort and sweat to achieve good results. This process of effort and dedication is itself a form of labor education. By participating in sports labor, students can learn to cherish the fruits of labor, respect the fruits of others' labor, and develop good labor habits.

The application of the integration of five educations in physical education has broad and far-reaching significance. Through the mutual infiltration and combination of moral education, intellectual education, physical education, aesthetic education, and labor education, physical education can better promote the comprehensive development of students. Figure 1 clearly illustrates the application of the integration of five educations in physical education.

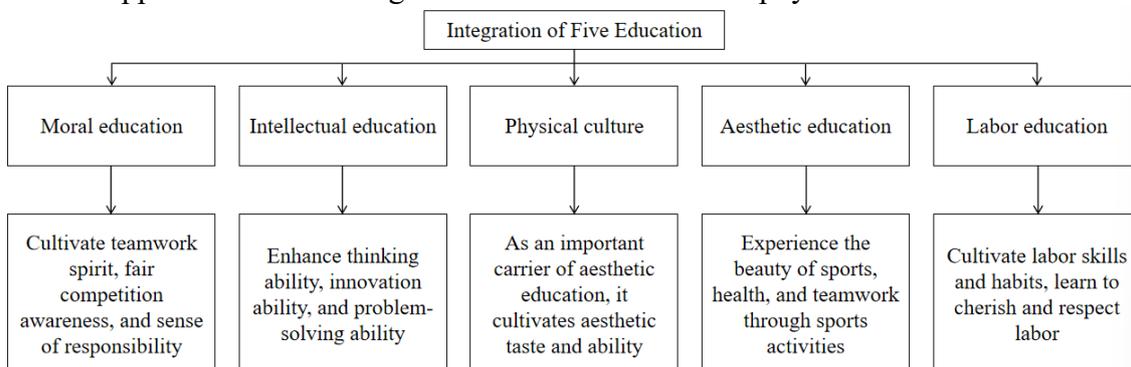


Figure 1 Application of Five Education Integration in Physical Education

3. Analysis of the current situation of talent cultivation in physical education majors

3.1. Current situation of talent training in physical education

The curriculum of physical education has gradually been enriched and improved. In addition to

traditional physical education skills courses, interdisciplinary courses such as psychology fundamentals, education fundamentals, and digital educational technology applications have also been added, aiming to cultivate students' comprehensive qualities and innovative abilities. The establishment of these courses not only broadens students' knowledge, but also provides more possibilities for their future career development.

The teaching methods of physical education majors are also constantly innovating. Traditional physical education teaching methods can no longer fully meet the needs of modern students. Therefore, physical education majors have begun to introduce new teaching methods, such as case analysis and project-based teaching, to stimulate students' interest and enthusiasm in learning. Physical education majors also focus on practical teaching, strengthen the construction and management of internship bases, and ensure that students can exercise and improve in practice.

Although physical education majors have made certain progress in curriculum design and teaching methods, there are still some problems. The physical education major places too much emphasis on imparting professional skills and neglects the cultivation of students' comprehensive qualities in the process of talent cultivation. This leads to students often having difficulty adapting to the needs of society after graduation, lacking necessary innovation awareness and teamwork ability. The teaching staff of physical education is relatively weak, and some teachers lack practical experience and innovative ability, making it difficult to effectively guide students to engage in in-depth learning and research.

The physical education major should further strengthen its connection with society, understand the demand of society for talents, and adjust its curriculum and teaching methods according to the needs. At the same time, we should also strengthen the construction of teaching staff, improve their practical experience and innovative ability, and provide better educational and teaching services for students.

3.2. Current problems in the cultivation of sports education professionals

Physical education majors often focus too much on imparting professional skills in their curriculum, while neglecting the cultivation of students' comprehensive qualities. This singular curriculum design leads to a narrow range of knowledge for students and a lack of interdisciplinary knowledge integration ability. In today's society, the demand for talent is no longer just for mastering a single skill, but for cultivating comprehensive qualities and innovative abilities. Therefore, the physical education major needs to adjust its curriculum, pay attention to the integration of interdisciplinary knowledge, and improve the comprehensive quality of students.

The teaching methods of physical education majors are relatively traditional, lacking innovation and flexibility. Traditional physical education teaching methods often focus on teachers, emphasizing the imparting of knowledge, while neglecting the subjectivity and creativity of students. This teaching method cannot stimulate students' interest and enthusiasm in learning, nor can it cultivate their independent learning and innovation abilities. Sports education majors need to innovate teaching methods and introduce more diverse teaching methods to stimulate students' interest and initiative in learning.

There are still shortcomings in the practical teaching process of physical education majors. Practical teaching is an indispensable part of cultivating talents in the field of physical education. It can help students apply theoretical knowledge to practical operations, improve their practical and innovative abilities. There are still some problems in the practical teaching process of current physical education majors, such as incomplete construction of internship bases and single practical teaching content. These issues limit the improvement of students' practical abilities and affect the cultivation of their comprehensive qualities.

The current problems in the cultivation of sports education professionals mainly include a single curriculum, traditional teaching methods, and insufficient practical teaching links. In order to cultivate high-quality sports education professionals who better meet social needs, we need to improve and innovate in response to these issues. Table 1 clearly shows the current problems in the cultivation of sports education professionals.

Table 1 Current problems in the cultivation of sports education professionals

Problem classification	Concrete problems	Improvement measures	Remarks
Course settings teaching method	Focusing on professional skills and neglecting comprehensive qualities	Introducing interdisciplinary knowledge and expanding the scope of courses	Emphasize the cultivation of comprehensive qualities
	Narrow knowledge scope of students	Add comprehensive courses to promote knowledge integration	Improving the comprehensive quality of students
Practical teaching personnel training	Traditional teaching methods are the main focus	Innovative teaching methods and the introduction of modern teaching methods	Enhance student initiative and learning interest
	Neglecting student subjectivity and creativity	Adopting a student-centered teaching model	Cultivate students' independent learning and innovation abilities
Problem classification Course settings	Incomplete construction of internship base	Strengthen the construction of internship bases and increase practical opportunities	Enhance students' practical abilities
	The practical teaching content is single	Enrich practical teaching content and introduce diversified practical projects	Expand students' practical perspectives
Teaching method	Insufficient comprehensive quality cultivation	Building a cultivation system from the perspective of integrating the five educations	Comprehensively improving the comprehensive quality of students
	Lack of innovative ability cultivation	Encourage students to participate in scientific research projects and cultivate innovative thinking	Improve students' innovation ability
	Not meeting social needs	Strengthen cooperation with enterprises and society, understand and meet needs	Cultivate talents that meet social needs

4. Construction of a talent cultivation system for physical education majors from the perspective of integrating the five educations

Building a talent cultivation system for physical education professionals from the perspective of integrating the five educations is an important measure to adapt to the trend of education development in the new era and cultivate well-rounded talents. The construction of this system aims to integrate moral education, intellectual education, physical education, aesthetic education, and labor education, and work together in the training process of physical education students, in order to cultivate physical education professionals with comprehensive qualities, innovative abilities, and social adaptability.

To construct a talent cultivation system for physical education professionals from the perspective of integrating the five educations, it is necessary to clarify the interrelationships and integration methods among the five educations. Moral education is the foundation for cultivating students' moral qualities and social responsibility, while intellectual education is the key to cultivating their thinking and innovation abilities. Physical education is an important way to strengthen their physical fitness and exercise their willpower. Aesthetic education and labor education respectively focus on the cultivation of students' aesthetic ability and labor skills. In the cultivation of sports education professionals, these five educations should penetrate and promote each other, and work together to promote the comprehensive development of students.

To construct a talent cultivation system for physical education professionals from the perspective of integrating the five educations, it is necessary to optimize the curriculum settings. The curriculum should reflect the concept of integrating the five aspects of education. It should not only focus on imparting sports professional skills, but also integrate interdisciplinary knowledge such as psychology, education, sociology, etc. to broaden students' knowledge. Practical and innovative courses should be added, such as physical education practice and innovative design, to improve students' practical and innovative abilities.

Building a talent cultivation system for physical education professionals from the perspective of integrating the five educations requires innovative teaching methods. Traditional teaching methods can no longer meet the needs of modern education. Therefore, more diversified teaching methods should be introduced, such as case teaching, group discussions, project-based learning, etc., to stimulate students' interest and initiative in learning. Practical teaching should be strengthened, such as the construction and management of internship bases, to ensure that students can exercise and improve in practice.

To construct a talent cultivation system for physical education professionals from the perspective of integrating the five educations, it is necessary to improve the evaluation system. The evaluation system should be comprehensive and scientific, focusing not only on students' sports professional skills, but also on their comprehensive quality and innovative ability. Multiple evaluation methods can be used, such as teacher evaluation, student peer evaluation, and practical evaluation, to ensure the fairness and accuracy of the evaluation.

Building a talent cultivation system for physical education professionals from the perspective of integrating the five educations requires starting from multiple aspects such as curriculum design, teaching methods, and evaluation systems to ensure the organic integration of the five educations and cultivate physical education professionals with comprehensive qualities, innovative abilities, and social adaptability.

5. Conclusions

There are indeed some problems in talent cultivation in the current physical education major, such as a single curriculum, traditional teaching methods, and insufficient practical teaching links, which limit the cultivation of students' comprehensive qualities and innovative abilities. In order to address these challenges, it is particularly important to build a talent cultivation system for physical education professionals from the perspective of integrating the five educations.

The concept of integrating five educations emphasizes the organic combination of moral education, intellectual education, sports, aesthetic education, and labor education, aiming to cultivate talents with comprehensive qualities. Guided by this philosophy, we need to optimize the curriculum of physical education majors, focus on the integration of interdisciplinary knowledge, innovate teaching methods, introduce more diverse teaching methods, strengthen practical teaching, and ensure that students receive exercise and improvement in practice. In addition, improving the evaluation system is also a key link in building a talent cultivation system for physical education majors from the perspective of integrating the five educations. Multiple evaluation methods need to be adopted to comprehensively and scientifically evaluate the comprehensive quality and innovative ability of students.

Building a talent cultivation system for physical education majors from the perspective of

integrating the five educations is of great significance for enhancing the comprehensive quality, innovation ability, and social adaptability of students majoring in physical education. We should actively explore and practice to contribute to the cultivation of more outstanding sports education professionals.

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