

Research on the Reform and Development of Physical Education Curriculum in China's Colleges and Universities

Si Wang

Xi'an Medical University, Xi'an, Shaanxi, 710021, China

*Corresponding Author

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Abstract: At Present, There Are Some Problems in the Physical Education Curriculum of Colleges and Universities, Such as the Closed Feedback Channel of the Physical Education Teaching System, the Lagging Management Mode, the Instability of the Teaching Staff and the Obsolete Teaching Content. Therefore, We Should Change Our Ideas, Start the Reform of the Physical Education Curriculum in an All-Round Way, Strengthen the Curriculum Construction, Deepen the Theoretical Research, and Build a High-Quality Teaching Staff with the Scientific Research as the Guide.

1. Introduction

In the Report of “National University and University Sports Guidelines” Released by the Ministry of Education, the Name of “Sports Guidance” Was Changed to “Sports Lecture Guidance”. the Expansion of a Single Classroom Education Organization Forms the Whole Process of School Education. Therefore, Physical Education Curriculum is the Core Link of School Physical Education, and It is the Specific Implementation Way of Implementing Education Policy, Education Outline and Curriculum Plan. through Decades of Mentoring in China's Short-Term Universities and Universities, Most of Them Focus on Competitive Sports. All the Students Are about How to Learn the Coping and Testing Techniques of Physical Education. the Results Showed Only the Proportion of Exercise Performance and Skin of the Students Who Used Stopwatch, But Their Physical Health, Physical State and Psychological Quality Were Almost Ignored. Since the Reform and Opening Up, Combined with the Actual Situation of the Region and Colleges and Universities of the National Education Policy, China's Colleges and Universities in the National Training of “Creativity” and “Inclusiveness” Training Started Relatively Long. with the Implementation of Reform Experiment and Research, and Gradually “Three Basic” Education Mode, “Unity of in Class and out of Class” Mode, Especially “Basic Line” Mode and “Strengthening Line” Mode, Chinese Universities Have Formed a Variety of Sports Modes. the Various Models of “Club Type” Have Great Practical and Historical Significance for Deepening the Reform of College Physical Education Curriculum. However, No Matter What Kind of Education Mode, It Should Be Implemented under the Guidance of Physical Education[1]. If We Do Not Change the Concept of Physical Education, It is Meaningless to Adjust Only the Methods and Contents. This Report is Based on the Exploration and Research in the Above Historical Background.

2. An Analysis of the Current Situation of Physical Education Reform in Colleges and Universities

After the promulgation of the national physical education curriculum guidelines in 1992, the idea of school physical education has changed fundamentally, and the way of physical education has been expanded. The state emphasizes the role of macro direction in school physical education, and the reform of National University Physical Education Curriculum starts after changing the previous practice of syllabus. After nearly 10 years of reform, great achievements have been made. However, as the syllabus of physical education in Japan has been successfully implemented for more than 40 years, its content is too profound, not affected by various conditions, and the reform is difficult[2].

In terms of curriculum, educational objectives, teaching materials, educational methods, educational organizations and basic requirements, and group competition activities, there are no examples worthy of promotion. At present, there are some disadvantages in college physical education.

Table 1 Proportion of Physical Education Courses of Each Website in the Total Number of Websites

Website	Total number of courses	Physical education courses in domestic colleges and Universities	Proportion of total courses on the website
Peking University open class	49	0	0.00
School Online	181	2	1.10
Five minute course network of National Open University	10220	319	3.12
Curriculum Sharing Alliance of eastern and Western Universities	53	1	0.00
Love Curriculum	1038	7	0.67
National Excellent Course Resource Network	20272	374	1.84
China Education online open resource platform	214	0	0.00
CCTV China University video open course	124	0	0.00

2.1 Closed Feedback Channel of Physical Education Teaching System

University and university sports have nothing to do with social life. Lack of content reflecting the development of sports, science and technology in the modern world. It seldom considers the demand of human resources in the future society, and also fails to pay attention to all aspects of the reality of reform under the condition of China's market economy[3]. In the education evaluation, the overall planning department is lack of contact with the actual coordination and innovation of the school, and lack of practical reform ideas in the future.

2.2 The Management Mode of Physical Education in Colleges and Universities Lags Behind

The management mode of college physical education is based on college physical education, which is one of the systematic and scientific management systems guided by a certain management goal and thinking mode. Many factors in sports management show that the main factors that affect the effect of education show that the management organizations that can cross and restrict each other and develop by stages, the daily sports science and the tendency of standardization. To improve the quality of education, the existing physical education mechanism in China's higher education institutions is basically a mechanism to adapt to the planned economy, including scale, speed, curriculum arrangement, guiding objectives, contents, guiding methods, teaching plans, requirements, etc. It is necessary to adjust the activities through the sports development group meeting plan of higher education institutions. However, in the current situation, there is a contradiction between sports and overall development in this operation mechanism.

2.3 The Knowledge Structure of University Teachers is Not Reasonable, the Educational Background of Physical Education Teachers is Low, and the Teaching Staff is Not Stable

At present, there are more than 20000 physical education teachers in China's ordinary universities and colleges, most of them graduated from the Department of physical education[4]. Due to the unreasonable distribution of the theoretical knowledge of sports technology and the whole teaching process in the course of the Department of physical education in China, there is also a tendency of emphasizing technology over theory in registration. Most of the trained students are “technology”, “quality” (sports quality) and “culture” PE teachers. From the perspective of the major of many universities in China, after years of hard work, young teachers have basically obtained master's or doctor's degrees, which is no longer the position for undergraduate graduates to enter teachers. However, physical education teachers in ordinary universities do not meet the above conditions. According to relevant statistics, only 2.56% of 231 universities and 5132 PE teachers in

China have master's degree. At present, in the new situation of China's economic system transformation and various reforms, due to the relatively hard working conditions, relatively low wages, social status and lower academic qualifications, the proportion of education has brought certain difficulties to the promotion of professional titles. There are new problems in college sports competition which are different from the past. Specific performance[5]: market economy has a great impact on physical education teachers. Some PE teachers leave the sea and join the stock market for a second career. Focus on making money. Many middle-aged teachers also emerge in people's minds, going to the seaside, waiting for the opportunity to change, confused thoughts. Of course, do not exclude the phenomenon that the ideological and moral quality of individual PE teachers is low and their self-image is poor. The instability of the faculty will not only affect the quality of education and the progress of university reform, but also have a serious domino effect on the stability of the whole leadership.

Table 2 Characteristic Root And Contribution Rate

	1	2	3	4
Characteristic root	2.160	2.025	1.397	1.548
Contribution rate	21.594	20.245	16.978	15.447

2.4 The Content of Physical Education Teaching is Mostly the Representation of Primary and Secondary School Teaching Content

At present, the content of physical education in China is mainly the repetition of the content in secondary schools, and college students despise physical education courses. Physical education is not only the representation of middle school physical education, but also the performance of weakening higher education physical education. The content of state sports is old and old, which is not suitable for college students' needs of new knowledge and technology. At the same time, in order to satisfy students' curiosity, college sports uses the most advanced scientific knowledge and the latest information to develop students' intelligence and ability[5]. Therefore, the steps of China's higher education reform are rarely mentioned and stagnated.

3. The Development and Countermeasures of Physical Education Curriculum Reform in China's Colleges and Universities

3.1 The Change of the Guiding Ideology of Physical Education in Colleges and Universities Promotes the Comprehensive Start of the Reform of Physical Education Curriculum

There have been a lot of discussions on the concept of university sports in China's universities and sports theory groups, but no consensus has been reached so far. In a word, it is the mainstream of the world's education development to strengthen the guiding concept of “physical education” of students, and the “three basic” education as the guiding concept of “moral education”, so as to promote the students' morality, wisdom and physical harmony[6]. Therefore, the guiding concept and guide of “comprehensive education” guided by the comprehensive completion of sports goals. Now, educators at home and abroad attach importance to the training of school education. Develop the guiding ideology of “cultivation ability” of students' ability; develop the competitive ability of students, and improve the ideological teaching and guidance of “Sports” at the level of sports technology. In addition, there are “active sports”, “Happy Sports”, “lifelong sports” and other ideas. From the perspective of the development of Chinese universities and university sports, various guiding concepts play different roles. Different views have different appropriateness, timeliness and emphasis. Obviously, in the climax of the reform of College Physical Education in the 21st century, physical education has gradually developed from a single goal of multiple perspectives and objectives. The setting of physical education curriculum and the selection of teaching materials have always been scientific, systematic and diversified. The concept of sports has changed from a single biological concept to a multi-dimensional concept of biology, psychology and society. At the same time, it is developing in the direction of “modernization, world ambition and future ambition”.

Therefore, the establishment of College Physical Education Guided by the concept should

conform to the current direction of higher education development. The author said that after the experience of “three basic education”, “physical education” and “life-long physical education”, slowly and slowly, high-quality education, promoting the adjustment of the mind and body for all-round development, and strengthening physical and health first education and education are the development direction. If so, education reform will become comprehensive and profound.

3.2 Strengthen Curriculum Construction and Deepen Theoretical Research

The content of Chinese college physical education curriculum is closely related to the background of the times, social development and the change of thinking mode. It is closely related to the idea of physical education, and constantly evolving and developing[7]. As we all know, in the 1950s, China's higher education system was basically formed, which can be said to be a copy of the sports model of the Soviet higher education institutions. The current physical education model has been revised many times in China. The model of each era has played a guiding and standard role in the physical education of colleges and universities. All the changes are re education of physical education. This is a process of deepening and improving step by step, which is also accompanied by the process of people's testing knowledge. However, with the development of Chinese society and the establishment of market economy system, the content of traditional curriculum is less and less after the gradual reform, but also gradually exposed its shortcomings. This is because, although the traditional physical education curriculum attaches importance to the independence and degree of the curriculum, it does not think that physical education is the process of screening, transmission and activation of the world's excellent culture. Therefore, the knowledge level of modern college students is difficult to maintain, unable to meet the strong curiosity and creative needs of this group. This serious backwardness will inevitably affect the comprehensive cultivation of talents in the whole century. The content of the course directly reflects the purpose of education and training, and it is the core link to cultivate the quality of talents and improve the quality of education. Only to adapt to the development of modern society and economy, science, technology and culture can cultivate high-quality talents needed in the 21st century[8]. The establishment of modern physical education curriculum system should be based on the old content of the original curriculum, keep the content of the times, meet the needs of society and students, and make the whole system more inclusive according to the needs of social development. In order to rationalize, order and science, the establishment of physical education curriculum in colleges is the transformation of physical education concept to promote the comprehensive reform of physical education curriculum. The second is the selection of teaching materials and content. In terms of the current situation of education reform and the actual situation of schools, the third is physical education curriculum, which reflects the new “combination of internal and external” of physical education curriculum. Fourth, physical education class has obvious characteristics.

4. Conclusion

High school is the field of high intelligence, and the quality requirements for teachers are significantly higher than other industries. Therefore, it is necessary to establish a mechanism for training, selecting, using and motivating university sports research talents, and give full play to their enthusiasm and creativity. Development priority strategy, optimize the use of software environment. Through various forms of production, semi production and amateur training, they can often update their knowledge, understand the development trend of education pioneers and sports, master the latest scientific methods and methods, and strengthen the re education of teachers. And, please improve their education and research capabilities. Now, people first pay attention to reforming teachers and playing complete games. Through the moral education of teachers, we always need to improve the quality of ideology and politics, so all PE teachers, parties, love the love and loyalty of the socialist motherland, the reasons for people's education, people told me about education, teachers, life dedication. Establish a scientific management and operation mechanism, further improve the educational administration management system, establish and improve the teaching quality assurance system, develop and improve the teaching evaluation, promote the awareness and

standardization of teachers' guiding actions, and optimize the guiding effect and quality. Rationalization of educational consultation. Strengthen the relationship among decision-making, command, coordination, organization, supervision, coordination, remuneration and punishment[9]; standardize the construction of teaching and instruction institutions in the educational administration operation institutions. In addition, confirm the high quality operation of the quality assurance system of physical education. Pay attention to the cultivation of the college. Generally speaking, PE teachers are very important, but they are not rare. What is rare is that they have academic leaders who stand at the height of science and technology command. First class sports stars can cultivate academic class and form a dominant law. High quality academic leaders can determine the invincible fate of talent groups. Therefore, in order to cultivate interdisciplinary sports research mentors, they will become college mentors as soon as possible, leading all teachers to carry out college research. Competitive institutions, guidance and introduction, possible mechanism of access, establishment of teachers to work through equal competitive choices, position and various treatment, can not determine the actual learning of talented people, can be studied. The super ability of excellent teachers, the high level of teaching, the love and welcome of students are all used by their own contributions. Strengthen the incentive mechanism and give full play to the enthusiasm of teachers and researchers. For the sake of excellent scientific research teachers, a series of compensation rules are formulated and guaranteed.

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