

# The Construction and Practice of the Integrated Teaching Mode of College Sports Clubs

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**Abstract:** With the transformation of "test-oriented education" to quality education, deepening the reform of college physical education has also become the focus of college teaching reform. This paper analyzes the necessity and feasibility of constructing the mixed teaching mode of college sports clubs by combing the theoretical research foundations related to physical education and mixed teaching in colleges and universities. It also analyzes and studies the guiding ideology, teaching objectives, teaching content, organization method, standard management and teaching effect evaluation, and tries to provide some reference for improving the quality of public physical education in ordinary colleges and universities.

## 1. Introduction

In the context of the reform of colleges and universities in the "Hundred Flowers Blossom, Hundred Schools of Contention", in order to ensure the "effective teaching" concept of running a school, based on the "Decision of the CPC Central Committee and the State Council on Deepening Educational Reform to Promote Quality Education in an All-round Way" and "National Physical Education Curriculum in Colleges and Universities" Under the guidance of the "health first" and "lifelong sports" thinking, the spirit of the Guiding Outline has been boldly reformed in colleges and universities and began to implement the teaching model of sports clubs [1, 2]. At present, the reform of the sports club system in colleges and universities in China is to imitate and learn from the relevant theories and practical experiences of western sports clubs. The integrated sports club is based on health education and takes lifelong sports as its purpose. It pays attention to the development of students' individuality in teaching, highlights the subjectivity of students' physical education, promotes students' mastery and application of sports knowledge, and cultivates students' lifelong sports awareness and Self-sports ability represents the development trend of college sports clubs. It is extremely important to innovate and construct a hybrid teaching model of sports clubs and conduct practical research. It has very important and far-reaching significance.

## 2. Research Status of Physical Education Teaching Models in Colleges and Universities

### 2.1 The current situation of college physical education

At present, the common physical education teaching modes in ordinary colleges and universities in China mainly include the "three basic" physical education teaching mode, the "three-stage" physical education teaching mode, the "mixed" physical education teaching mode, the "integrated" physical education teaching mode, and the "club type". Physical education teaching mode ", three independent" physical education teaching mode and "hierarchical" physical education teaching mode. The "three-based" physical education model is conducive to students to master the basic skills, but the education model is rigid and lacks flexibility. The "three-stage" physical education teaching model has remarkable teaching results, which is conducive to cultivating students' interest in sports and laying a good foundation for students' sports, but the conditions for implementation are relatively high. The "hybrid" (parallel) physical education model has higher requirements for teachers, but students are more willing to accept. The "integrated" physical education model has higher requirements for the venue [3, 4]. The "club-type" physical education teaching model has

higher requirements for venues, teachers and students. This model is too idealistic, and the choice given to students is too big, but the most difficult to achieve.

## 2.2 The main problems in physical education in colleges and universities

### 1) Students' participation is not high

The low enthusiasm of many students is a major problem in college physical education. Many college students still have not changed the thinking of high school "test-oriented education" and think that sports is useless.

### 2) The teaching effect is not ideal

In China's colleges and universities, there are generally physical education classes, but overall, the effect of physical education is not ideal. Physical education has two main purposes. The first is to enhance the physical quality of students through physical education. The second is to train students' exercise habits through physical education. Every year, China conducts physical fitness tests for college students at random, but the rate of compliance is not satisfactory. From the current situation of physical education in colleges and universities, many students only regard physical education as a course perfunctory, and do not form good exercise habits.

## 2.3 Objective factors affecting the problem

### (1) The school's teaching form is single

The form of physical education in colleges and universities is based on technical teaching, and the degree of students' learning is measured by the standardization and standardization of movements. Physical education in colleges and universities is not to train professional sports talents, but to cultivate students' exercise habits, so that students attach importance to physical exercise and enhance physical fitness. In the same time, not all college students can meet the required standards. Too much emphasis on the standardization and standardization of sports movements will only make students take physical education as a course and lose interest in sports. Therefore, the teaching form of the school is actually contrary to the original intention of physical education.

Table 1 Objective Influencing Factors of Physical Education Teaching in Colleges and Universities

Objective Influencing Factors of Physical Education Teaching in Colleges and Universities	School teaching form is single	Unreasonable design of teaching curriculum	Soft and hardware facilities are not perfect	School management confusion
	Overemphasizing the standardization and standardization of sports movements	Physical education content is too old and lacks new ideas	There is a serious shortage of study venues and sports facilities	The teaching management team has a low academic qualification structure. The system for students to choose courses is not perfect. The class was chaotic.

## 3. The construction and practice of the integrated teaching mode of college clubs

### 3.1 Thoughts on Constructing the Integrated Teaching Mode of Sports Clubs

#### 1) Explain the concept of education and teaching

Thought determines behavior. It is the primary task of students to let students master and form new ideas of education and teaching [5]. In the process of students' physical education development,

under the in-class and out-of-class integrated club mode, the teaching of ideas can be carried out in the form of practical operations, special reports, and thematic theoretical discussions.

## 2) A total of educational programs

Under the club teaching mode, according to the student development direction and teaching ideas, a new teaching concept is formed; and the curriculum design and students conduct certain research. In the content of the jointly developed curriculum, the curriculum structure design should not only play a leading role, but also guide students to use the teaching theory of education as a guide, and gradually form their own characteristics and style of learning mode. For the joint development of education programs, it is necessary to verify that they meet the appropriate impacts in the education requirements, and the evaluation methods can also affect the final physical education grades according to the time of the activities and the specific frequency of participation.

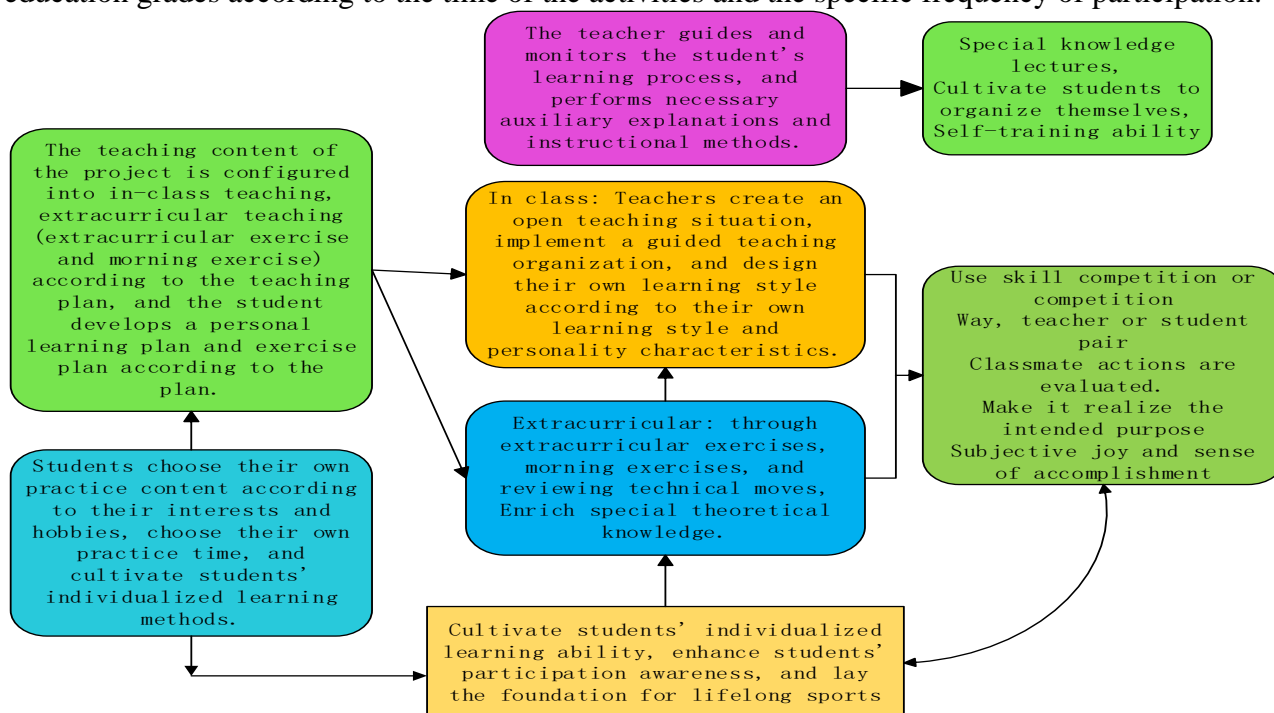


Figure 1. College and university integrated mixed teaching mode

### 3.2 The theoretical basis of the integrated teaching mode of college clubs.

#### 1) Relevant policy basis

The Ministry of Education issued the guidelines for the teaching of physical education in general colleges and universities in the country, the opinions on further strengthening the physical education in colleges and universities, and the opinions issued by the Central Committee of the Communist Party of China on strengthening youth sports to enhance the physical fitness of young people [6]. The construction of the sports club teaching model provides policy support.

#### 2) Basis of theoretical research

Domestic scholars analyze the shortcomings of the current colleges and universities' physical education teaching model and summarize the advanced experience of foreign sports teaching. Because the teaching model is based on the concept of "health first, educating people", it can not only promote the healthy development of college students' physical and mental health, but also promote college students to develop good physical exercise habits. Therefore, it is sought for school sports [7]. Therefore, scholars believe that "the sports club teaching mode integrated in and out of class is a teaching mode suitable for the current college physical education curriculum reform", and the literature discusses the three stages of the initial, middle and high in the development trend.

#### 3) Basis for practical research

Relevant reports show that the integrated teaching mode of sports clubs is a form of teaching organization management that meets the requirements of the current colleges and universities in China [8]. It can fully mobilize the enthusiasm of students and teachers, and thus improve the

quality of teaching. At the same time, it has a positive effect on the cultivation of students' sports interest, the mastery of sports skills and the development of physical exercise habits.

#### 4) Basis of objective conditions

Sports equipment is the guarantee of physical exercise. All colleges and universities have strengthened the construction of physical education teachers and sports facilities on the occasion of teaching evaluation, laying a foundation for the implementation of integrated sports club-style teaching mode.

### **3.3 Teaching Contents and Methods of Integrated Club Teaching Mode in Colleges and Universities**

In the case of teachers, sports facilities or surrounding environmental conditions, the establishment of a number of individual sports clubs, providing students with a larger choice. The setting of teaching content should also consider the problem of the connection between the class and the outside, so that the class is integrated inside and outside. In order to avoid some students with higher fitness value but more boring sports (such as track and field), there is no student selection. The school can divide sports into two categories, compulsory and optional. Students must choose one or more compulsory sports (such as middle and long distance running) to exercise. Of course, it is also essential to teach theoretical knowledge such as sports injury protection, nutrition, and healthy lifestyle in a variety of ways.

Of course, in the teaching of sports clubs in class, attention should also be paid to highlighting the dominant position of teachers, with emphasis on the guiding function of the classroom. Teachers should impart certain sports knowledge and skills to students in the classroom. This is the core and key of the management of physical education clubs in the classroom. If you ignore this, it will not only reduce the quality of college sports, but also the status of university sports.

### **3.4 Teaching Evaluation System of College Club Integrated Teaching Mode**

The evaluation system of college physical education includes both the evaluation of students and the evaluation of teachers. The evaluation of students should adhere to the "people-oriented", pay attention to the overall development of students, and pay attention to the differences of students. We should dilute screening and selection functions, and strengthen incentives and development functions. However, in the evaluation, not only can not give up the assessment of technology and physical fitness, but also the technical and skill assessment results as an important part of student achievement [9].

Because the primary goal of school sports is to promote health and enhance physical fitness, students' sports performance should be based on their class and activity hours, skills and health evaluation, physical knowledge, learning attitude and progress. assessment. Of course, the weight of all aspects of students' performance in their total scores needs to be determined after practice. The evaluation of the teacher can be combined with the teacher's workload, online evaluation results and student achievement. In order to make the evaluation of the teachers in the class more objective and fair, it is possible to adopt a method of class teaching and unified assessment.

## **4. Conclusion**

The sports club teaching mode is currently a popular sports and health teaching model. In the process of implementation, it embodies the educational concepts of "people-oriented", "health first" and "lifelong sports". In the process of practice, it has been welcomed by students, but there are also many shortcomings, such as lack of supervision and management in teaching, and excessively letting students; sports club teaching venues, equipment and projects are not optimized, resulting in waste of resources; in the teaching process, The planning is not reasonable enough, resulting in the phenomenon of "not enough to eat" and "more tired to eat"; theory is the basis for guiding practice, and is the essence of previous people's practice, while club teaching "ignores" theoretical teaching. Physical education is part of the teaching of colleges and universities. In the process of physical education, it will inevitably encounter various difficulties and obstacles.

This is the only way for the reform of physical education. Through the solution to the existing problems, we constantly explore the road of China's physical education reform, so that China's physical education is more and more adapted to the development of the times. In turn, physical education that has adapted to the development of the times has trained a group of talents with comprehensive development for the society and provided impetus for the development of the country and the nation.

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