

Research on Club-based Physical Education Teaching Model in Colleges and Universities Based on Learning Situation Analysis

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Abstract: At present, there are still some teaching problems in college physical education. At home and abroad, some of the more commonly used teaching modes in their colleges and universities, club-based physical education teaching mode, is a complaint-based teaching mode with many advantages. Therefore, the author will be based on the current situation of University learning. Thus, the application of club-based physical education teaching model in colleges and universities has been studied. The results of the study indicate that the application of the club-type physical education teaching model is very helpful to enhance the physical awareness of students in colleges and universities, and also plays a role in maintaining the continuity and unity of physical education and after-school drinking. Not so, it is also possible to extend the physical education process of college students to the whole process of higher education, and to improve the level of sports skills of college students, there are many other levels of superiority. Therefore, this kind of club-type physical education teaching model will definitely be the main teaching mode of physical education in colleges and universities in China in the 21st century.

1. Introduction

At this stage, sports clubs in colleges and universities have been regarded as a landmark issue in sports reform. They have quietly emerged since the 1980s and have received widespread attention. Therefore, the study of the teaching mode of physical education is in fact the study of the integrity of the physical education process [1]. Under the current stage, the relatively typical physical education teaching modes in Chinese universities are generally three-type, integrated and side-by-side [2]. In fact, most of the problems that are expressed in the field of teaching are often not simple teaching problems, but also in the broader curriculum of the 21 categories [3]. From this perspective, the 21st century is an educational century, and it is also a century in which education pays more attention to quality and talent quality [4]. However, because the physical education model is different from the specific methods in physical education. Therefore, as a complete physical education teaching model, it should include many aspects such as the guiding ideology of teaching, the goal of teaching, the structure of teaching and the system of teaching methods [5]. Therefore, the study of physical education teaching mode, in fact, is to study the whole process of physical education. Through the study of physical education teaching mode, it can roughly reflect the core content of physical education teaching reform. This has a very important role and influence in promoting the reform of physical education teaching in Colleges and universities [6]. Then, how to make this physical education teaching mode reasonable, perfect and standardized is the problem that colleges and universities should explore in depth at present [7].

In recent years, theoretical workers and physical education teachers in Colleges and universities have carried out research on the mode of physical education teaching. In today's comprehensive promotion of curriculum reform and implementation of quality education, what kind of education is more suitable for schools to carry out? This is of great significance to the educational reform of colleges and universities [8]. At this stage, colleges and universities in our country are shouldering the great responsibility of training talents. The prosperity of the country is closely related to the physical and mental health of College students. Not only that, but also related to the national physique of a generation of outstanding talents. This is also an important part of school physical education [9]. From the perspective of teaching to understand these issues, it is often difficult to see

where the real cause of the problem is, and it is difficult to find a solution to the problem [10]. In order to be able to cultivate students' health first, lifelong sports concepts and scientific fitness skills. Therefore, the reform of education in colleges and universities has become a key issue that the county has decided to face. However, in colleges and universities, physical education must survive and develop. Then, it is necessary to carry out continuous reforms. Only in this way can we adapt to the development of college education in the 21st century.

2. The meaning of sports clubs

College sports clubs belong to a cultural phenomenon in colleges and universities, and under the guidance of physical education teachers, students can be spontaneously set up to form an organized sports activity group. This kind of teaching mode is the same as the reinforcement of physical thought, and ignores the multiple functions of teaching. In addition, the "physical enhancement" of this teaching mode has a lagging effect, and the cycle time required by the British female is relatively long. The PE teaching club will only use the teachers to conduct intensive tutoring in the classroom, so that students can practice self-training during the class. Most of the main time is arranged during the afternoon class activities, and The role of the sports backbone in the school is fully exerted. Let them help the teacher to carry out extracurricular training activities. Thus, the criteria for the exam and the main content of the exam are developed. In addition, the results of the students' learning are linked to the results of the competition. Club sports teaching mode has many advantages, its main advantages are: the goal is very clear, the teacher is only a tutor in learning, and the students are relatively free to choose sports and exercise time, turning the original passive department into the active learning now. However, his shortcoming is: because the sports theories and skills of the students in the club are different, which leads to some difficulties in learning, tutoring and management. There are a relatively small number of teachers, because the requirements of traditional physical education teaching are relatively low, which leads to a reduction in the level of specialized skills. Or because of the body. Therefore, it is impossible to show the original level of sports skills. However, setting up a club-type physical education teaching model can take into account students' interests and their special skills. This is a relatively more ideal teaching mode for colleges and universities in the current high stage.

The main feature of club-type physical education teaching mode is that it attaches great importance to the cultivation of students' interest in physical education and the improvement of students' physical ability in terms of teaching guiding ideology. As far as the study of club sex education is concerned, the meaning is based on the goal of college personnel training, combined with the needs of college students for physical education, in order to cultivate and establish students' lifelong sports awareness. Also, learn 1 or 2 long-term physical skills, or methods. It is full of interest and hobbies of personal sports talents. Due to the change of behavioral roles, students' learning has changed from passive to active. As a result, students' self-learning ability and opportunities for more exercise are increased. This can improve the students' comprehensive ability. This model can also be used to encourage students to take the initiative, volunteer, and self-help to participate in physical exercise by combining in-class or extra-curricular activities.

In foreign countries, sports clubs are very popular. Most foreign sports clubs are in the form of extracurricular sports activities. And, mainly divided into two categories, are called extracurricular sports clubs. In foreign countries, in addition to physical education classes, physical education in school sports is generally carried out in the form of sports clubs. In a classroom where the song-like sports program is opened, and each project is a club, the students are free to choose the course and can change the project in less than a week. And, it is not hindered by the class, the progress of teaching, and the content of teaching. After the start of the school, the teaching progress of each project and the criteria for assessment will be printed out and informed to the students. Thus, it is convenient for them to choose the course. So that they can set their own curriculum, so that the best time to transfer can be grasped. For content arrangement, it is necessary to integrate systematically and periodically so as to meet the needs of students at different levels. This kind of education mode will take all the students as the object of education. Through the establishment of online course

selection system by the Academic Affairs Office, students will choose courses and teachers independently. Teachers in charge of teaching will conduct attendance statistics according to the class cards held by each student, which will make teachers change the organizers and counselors from the former main professors.

3. The Characteristics and Application of "Club-type" Physical Education Teaching Model

The choice of physical education teaching content in Colleges and universities should be determined according to the object and actual situation of the course being taught. We should choose more collective sports which students like, and which are less difficult and can meet their fitness and entertainment needs, as the main content of physical education. The teaching mode of physical education is the general course teaching in the first grade of university. In the spare time outside the professional course, students make their own choices to the teachers. However, the main goal of developing Club-type physical education mode is to make students' physical quality develop in an all-round way and lay a good foundation for special study in the second grade. In the second grade, two semesters of optional sports courses are offered. In addition, the club-style model, for physical education, can also make a perfect combination of in-class and extra-curricular, so that students can get full learning and exercise in class. The leaders of the sports department should be responsible for strengthening the management of the organization. At the same time, it is necessary to have a planned and purposeful inspection of the teaching arrangement of the teaching option center and the operation of the teaching in each individual club. Not only that, but also the teaching and research activities of the department and the work of teachers should be strengthened. Thereby, it is ensured that the teaching work in the club can proceed normally.

The body is the material guarantee of human beings. Is it possible to survive vigorously and energetically, which determines the happiness and achievements of people on a very large scale. Because of the "club-type" physical education teaching mode, the students' self-learning is mainly used, supplemented by the teacher's counseling. Therefore, in classroom teaching and extracurricular physical exercise, students can ask teachers to tutor one aspect of their own according to their own level and ability. The teaching process is reduced and the quality of teaching is improved. This will help to make the student's subjective initiative fully utilized. Moreover, it can enhance students' sports consciousness. At the same time, it is also conducive to the development of students' interest and expertise in physical education into Extracurricular and social. So that students can choose all of them on their own initiative. Students can choose the content and direction they want to learn according to their abilities and hobbies. Fully play the leading role of students and teachers and expand the time and space of physical education teaching, constantly improve the health level of College students. Finally, the physical education of college students should be developed into lifelong physical education.

With the development of the market economy and the pace of entering a well-off life, people's health concepts, sports values, self-fitness awareness have increased, and regional modernization has driven the improvement of regional and family sports activities. People's consumption concepts have been Survival moves toward the direction of development, and strives to achieve a combination of centralized guidance and differential treatment, unified practice and personal practice, and strengthen the cultivation of students' own abilities. It is aimed at all students, but also attaches importance to teaching students in accordance with their aptitude and improving their teaching efficiency. The organizational form not only focuses on learning and training for students, but also helps to establish good interpersonal relationships between teachers and students and between students. We have opened a sports theory teaching column in the campus sports webpage. We use the question and answer form to compile the relevant knowledge, so that students can combine the problems encountered in learning and exercise, and consciously query the Internet. Its advantage lies in "it can better exert the subjective initiative of college students' physical education, which is conducive to enhancing students' sports awareness, is conducive to cultivating students' interest in sports and often engaged in physical exercise, and is conducive to improving the level of sports technology. Mobilize the enthusiasm of teachers and give full play to their strengths."

In the teaching process of each sports club, it has changed the previous single classroom teaching mode system, and is fully responsible for the related curriculum construction, teaching, training, community, social services and so on. It is the use of various sports activities, as a form of club units, thus forming student associations. With the support of the relevant departments of the school, the sports venues and equipment owned by the school at this stage are fully utilized, so as to carry out a variety of sports entertainment activities, as well as sports competitions, so that students can experience the management, operation and training organization of the club first-hand. In addition, we combine the hobbies and the contents of the study outside the classroom, and participate in the activities of the extracurricular clubs to achieve possible integration with the extracurricular. This will help to improve the level of sports skills of college students. Only when students are happy to learn in a more relaxed teaching atmosphere can they learn the form of active learning. Thus, students can truly learn and gain a success. After cultivating the backbone of the students' sports, the team of college students' sports backbones has been strengthened, and the ability of students to organize sports competitions has been further improved. The PE teaching club reflects a "people-oriented" teaching and guiding ideology, fully satisfies the actual needs and long-term needs of the students of the clubs, and comprehensively attaches importance to and enhances the subjective status of students' learning.

4. Conclusion

Breaking through the traditional concept of education and teaching, the "club-style teaching mode" is applied to the traditional teaching. The individual sports teaching content has been added to the teaching of each club. Therefore, the systematic and profound teaching of individual sports replaces the complex sports content in traditional teaching, which is the primary task of college teaching in China. The special stratified teaching will help teachers to teach students in accordance with their aptitude. The same level of students will compete against each other, which will greatly help students improve their athletic ability. The test scores of the students are linked to the attendance of the class, the attitude of learning, the improvement of sports ability, the theoretical examination (opening), the quality of the body, the level of skill, and the results of the competition. In addition, from the point of view of training talents, club-based teaching mode is a relatively ideal teaching mode in Colleges and universities at the present stage. Though speaking. Due to the passage of time, the relevant policies will play a relatively slow role in dilution, and the role of learning and innovation ability will continue to strengthen, but if there is no learning and innovation, then the brilliant college sports teaching clubs will gradually decline. Therefore, this club-based teaching model can break the original traditional teaching of motor skills. Moreover, the development of the ability of various sports disciplines can be used as an axis organization for teaching. Moreover, we can make full use of the method of combining theory and practice to guide. Thus, it makes the practice more practical, and it is a really applicable physical education teaching mode.

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