

Analysis on the Causes of a Declination based on the Special Sports Level of the PE Majors and its Countermeasures

Wenchao Li

Capital University of Physical Education and Sports, Beijing, China

Keywords: Sports major; Special campaign declination; Reasons; Countermeasures

Abstract: With the continuous deepening and advancement of the new curriculum reform, the modern education has paid more attention to the teaching of physical education, cultivating talents with practical application ability and strong professional quality which is an important task of physical education. At the same time, the modern physical education is also eager to engage in multi-disciplinary talents who can engage in sports training in primary and secondary schools to carry out teaching activities and promote the development of competition. However, in recent years, students of physical education major are facing the problem of employment difficulties. This paper analyzes the reasons for the decline of sports skills of students majoring in physical education and puts forward corresponding solutions.

1. Introduction

The teaching tenet of China's sports major is to train the students into a high-quality talents that meet the requirements of modern society, this can not only meet the needs of China's basic education reform, but also can adapt it to the modern socialist construction. At the same time, the sports major also requires the students to have a solid knowledge of health and sports theory as that will give the student a sound personality and excellent professionalism, which can effectively promote the development of physical education and sports research in China. The reason for the declination in the skill level of sports majors in China is mainly due to the college entrance examination policy and the time and number of students participating in the training.

2. The analysis of the reasons for the declination in the level of special sports skills

2.1. Special sports in college entrance examination take up a small proportion

When the students in the high school want to apply for the sports majors, they will need to take the sports test in each provincial organization during the college entrance examination and due to the regional differences, the content and time of the college entrance examination is quite different. In recent years, with the deepening of education reform, the policies of physical education college entrance examination in all provinces of China have been reformed to different degrees, and to some extent, the proportion of special physical education examination has been increased. However, in general, there is still a small proportion of special examination in the sports college entrance examination. Although compared with the previous college entrance examination, the score of special sports has increased, but in terms of the total score of college entrance examination, the proportion of special sports is still small. In college entrance examination, teachers tend to emphasize the examination of compulsory items, thus neglecting the importance of special sports to some extent.

2.2. Disjunction between undergraduate and high school training

In the current college sports majors, some college students in the college entrance examination to participate in the special sports extra test and undergraduate elective special sports exist differences. When entering into the stage of the university, the students will need to pay attention to the two factors: on the one hand, they should choose according to their own learning needs and interests,

also they will need to consider whether the school offers the course or not. Therefore, most of the physical education students entering the undergraduate stage have different special sports and high school training special sports, which leads to the disconnection between the undergraduate and the high school special training, so the students will need to be retrained so they can master a new undergraduate course. The special sports program, and re-learning and accepting a new special sport will consume a lot of students' time and energy, so it will greatly affect the students' mastery of the special sports and the special sports that the students master in the high school stage that is also difficult to obtain a consolidation and training. Therefore, the level of the special sports skills of sports majors will gradually decrease.

2.3. The number and time of training for students is reduced

Some colleges and universities have not carried out a systematic special sports training, nor have they organized a corresponding special sports competitions, so that the students are always in a non-competitive sports environment except during normal school classes, thus gradually reducing participation in special training and the number and times in the long run is for the student's special skills to always be in a state of stagnation or even decline.

2.4. There is less time for specialized training in high school

It has been affected by the traditional education that most of the high school students participate in special sports during the evening self-study period which greatly shortens the time for the students to receive special training that mainly reflected in the reduces the training time and the overall training time is also reduced. Since students who need to participate in the sports college entrance examination have a relatively comprehensive understanding and cognition of the examination items that need to be carried out before the college entrance examination, high school PE teachers spend more time and energy on improving the sports compulsory examination items when carrying out training activities, thus neglecting the special training of students. In addition, as the time of college entrance examination is getting closer and closer, the pressure on students' academic courses is getting greater and greater. Therefore, in order to improve their cultural performance, the training time of students is greatly reduced.

3. Discussion on strategies to improve students' special sports skills

3.1. Keep the high school stage consistent with the special training in the undergraduate stage

The colleges and universities should be based on the perspective of the students' learning needs adhering to the "student-oriented" educational philosophy and to enhance the students' specific sports skills as the teaching purpose, and effectively carry out a special sports intensive teaching activities. At the same time, the colleges and universities should carefully distinguish the students' special sports programs, and regularly organize the competitions of the project in order to maximize the students' special training needs and stimulate the students' special sports enthusiasm so as to achieve the special sports of the high school students, so the purpose of the project is to be consistent with the undergraduate special sports program. In addition, the colleges and universities as an individual provinces did not take the special test as one of the test contents when conducting the college entrance examination. Therefore, the relevant departments of the individual provinces need to re-establish the college entrance examination sports policy in line with the development of modern sports, through effective, scientific and to be reasonable that the reform measures will not only strengthen and enhance the students' special sports programs, but also will lay a solid foundation for the students to learn the higher level of special sports knowledge ^[1].

3.2. Inspire students' interest in special training

Interest is the best teacher to guide students to keep moving forward, and it is also the prerequisite to improve the level of special sports for students majoring in physical education. Influenced by the traditional teaching mode and exam-oriented education, some schools focus on strengthening the compulsory sports examination of college entrance examination for students in

order to improve the enrollment rate, so that students can master sports skills more skillfully. However, students are always in a passive training position in the process of sports. Although a lot of time and energy are spent, students' lack of interest in learning also leads to poor results in special training for students. As far as the sports college entrance examination is concerned, the special sports assessment itself is not interesting. Therefore, the students are prone to negative emotions such as boredom and rejection during the training process. So the teachers should take corresponding measures to guide the students to be more active during the undergraduate training to plunge into a special training^[2].

For example, teachers can carry out gamification training for students' special sports, break up special sports, and divide students into multiple combinations that match the number of stages according to the splitting stages. Then, the teacher let the students in small groups as the unit to carry out the special movement relays, in a classmate after completing specific sport split a part of standard, by a classmate to complete, and repeatedly, until each member of a team complete a specific sport standards after training is over. Teachers do a good job in the side of the timing and judging work, with the shortest time and action standard group score. Teachers in the group with the highest final scores should be given positive praise and certain rewards. Through such teaching method, students can continuously improve their special training level in the benign competition, and at the same time, stimulate students' training interest in an all-round way, so that they can form independent training consciousness, and gradually improve the class's overall special sports skill level.

3.3. Appropriately improve student training frequency and time

It is a necessary means for the teachers to effectively improve on the level of students' special motor skills and improve the number of training and intensity of students. Due to the particularity of sports training, only by continuous exploration and repeated training can the completion of sports be more standard and the skill level reach a higher state. However, some colleges and universities often do not fully consider the students' learning needs and training needs when carrying out special training courses. In the one-week time unit, there are usually only one or two special training courses, the students will seriously lack in the training time, which is to a large extent which will gradually decreases the student's skill level^[3]. In addition, some college students spend too much time on their own affairs in their leisure time, so that the special exercise training time is once again differentiated, so it is especially important to increase the time and number of the special training.

For example, the school needs to strengthen the curriculum according to the different sports and students' actual sports ability. To undergraduate course arrangement quantity of each phase should do careful plan. In order to improve the training level of students, different training periods are set at each stage. For example, students have the most abundant time in the first year and are most closely connected with the senior high school, so colleges and universities can arrange relatively rich training courses in this stage. Only when the training time and frequency of students' special sports are at a stable frequency can the level of students' special sports be steadily improved, which is the best measure to meet the training needs of students and improve their professional quality.

4. Summary

To sum up, the reason for the gradual decline of the technical level of students' special sports is mainly related to the frequency and time of students' participation in training. Meanwhile, the sports policy of college entrance examination also has a great influence, which makes the special sports of undergraduate and senior high school be out of touch. Therefore, physical education teachers should carry out special sports competitions, stimulate the enthusiasm and enthusiasm of college students, and appropriately improve the number and time of student training. In addition, provincial education departments should also focus on reforming the college entrance examination physical education policy, and effectively promote the technical level of students' special sports.

Acknowledgement

National Social Science Fund Educational Education Youth Project + “up-and-down”, the first line of urban high school sports development and countermeasures research + CLA 130196.

References

- [1] Cheng Jing. On the effectiveness and promotion of high school sports specialized teaching reform in China [J]. Various circles, 2018 (04).
- [2] Wen Xiong. Analysis on the Reform and Practice of College Sports Club System Teaching with Special Sports Skills Training[J]. Science Consulting, 2016(46).
- [3] Tang Yunjie, Xiao Mingshan. Research on the Method of Establishing Evaluation Standards for Special Sports Ability Examinations for Ordinary High School Athletics Students [J]. Sports, 2017(23).