

Study on Club-based Physical Education Teaching Model Based on Learning Situation Analysis

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Abstract: Physical education in colleges and universities is the main link of physical education work, an important part of higher education, and the main channel to achieve the goal system of physical education. Under the background of vigorously promoting club-based physical education teaching mode in colleges and universities, the new teaching mode puts forward new requirements for physical education teachers' sports skills. The author analyzes the academic situation of college physical education at the present stage, and studies the mode of implementing club-type physical education in colleges and universities. The author believes that for the implementation of the club-type physical education teaching model, it is required to first establish a team to adapt to modern physical education teaching staff. In addition, it is necessary to improve and strengthen the organization and management of sports teaching clubs, and focus on "health education" and add "healthy" teaching content. At the same time, students are the main body, allowing students to freely choose projects, class time and classroom teachers.

1. Introduction

In the continuous deepening of education reform, school physical education has appeared in various teaching modes with the breakthrough and update of teaching objectives, teaching materials and teaching methods [1]. Colleges and universities shoulder the heavy responsibility of cultivating talents. The physical and mental health of college students is related to the prosperity of the country [2]. The national physique related to a generation of outstanding talent groups is an important part of school sports and the final stage of school physical education [3]. Because the physical education teaching mode is different from the specific methods in physical education teaching, a complete physical education teaching model should include teaching guiding ideology, teaching objectives, teaching structure and teaching system system [4]. Therefore, the study of physical education teaching mode is essentially a study of the integrity of physical education teaching process. For many years, the reform of physical education has not been able to achieve the original intention of improving physical education, but to a certain extent makes people feel more confused about physical education. The new teaching mode puts forward new requirements for the sports skills of physical education teachers [5]. In today's era of promoting curriculum reform and implementing quality education in an all-round way, what kind of education should colleges and universities carry out? It is of great practical significance to study what kind of sports form is more suitable for the needs of modern college sports and society [6]. Therefore, club-based physical education teaching mode will be the inevitable trend of the future development of college physical education teaching mode.

Among the current physical education teaching modes in Colleges and universities, "club-type" physical education teaching mode is a new teaching mode, which is in the stage of exploration and is not yet mature [7]. There is a "three-basic model" which aims at strengthening students' physique. There is an "integrated model" that emphasizes physical fitness and exercise habits. Healthy physique is the basic premise for young people to serve the motherland and the people, and the embodiment of the vigorous vitality of the Chinese nation "[8]. Therefore, in carrying out the reform of physical education in Colleges and universities, we should be conducive to the physical and mental health of College students, so that they can master basic skills and fitness methods [9].

Enhance the awareness of "lifelong sports" so that they can maintain a sustained and independent sports and health ability and behavior in physical and health, psychological and social aspects after entering society, and benefit for life. At present, the typical physical education teaching modes in China's colleges and universities are roughly three-type, integrated, side-by-side, two-stage, and club-type. Looking at these issues from the standpoint of teaching, it is often not easy to see where the real crux of the problem is, and it is difficult to find the correct way and solution to solve the problem [10]. "Sports Teaching Club" refers to the conscious combination of sports practitioners, based on the school's sports venues, around a certain sports project, in the form of club organization. A physical education classroom teaching model that integrates physical education, extracurricular sports, sports training, and group competition.

2. The application of "club type" physical education teaching mode

The choice of physical education teaching content in colleges and universities should be based on the actual situation of the subjects, and choose the collective items that the students like, which are less difficult and can meet their fitness and entertainment needs, as the main content of the physical education class. The superiority of the "club-type" physical education teaching mode is to change students from passive physical education knowledge to active choice of sports programs, teaching teachers, examination content, class time, practice partners, etc., and the degree of freedom of choice is greater. It is convenient for students to arrange and actively learn and motivate students' enthusiasm and creativity. The advantage of this teaching mode is that it pays attention to the different treatment of students with different sports foundations, and can take into account the interests of students, meet the needs of students with different levels of physical education, and help to motivate students. This model takes all students as the object, and the academic affairs office establishes an online course selection system. students choose classes and teachers independently. teachers make attendance statistics according to the class cards held by each student. teachers are changed from the original principal teachers to organizers and tutors. Some teachers can only teach their own special courses, while the sports skills of the sub-items cannot meet the teaching requirements. Whether ordinary colleges and universities set up sports clubs mainly depends on subjective positive attitudes, such as whether they attach importance to sports reform and whether they attach importance to students' demand for sports.

As a landmark topic of sports reform, university sports clubs have received great attention since they quietly emerged in the 1980s. The implementation of club mode in physical education teaching in colleges and universities is in line with the needs of students in colleges and universities for physical education teaching. The advantages of the "club-type" physical education teaching mode are that it can give full play to students' subjective initiative in learning physical education, can give consideration to students' interests and specialties, and is conducive to arousing students' consciousness and enthusiasm in learning. There is a "three-basis model" that focuses on students' physical fitness. There is an "integrated model" that focuses on strengthening physical fitness and training exercise habits. There is a "side-by-side model" that emphasizes students' enthusiasm for learning and physical ability. There are three-stage models that focus on improving students' sports foundation, physical ability and training habits. The teaching organization form is characterized by organically combining morning exercise, extracurricular sports activities and physical education courses. This kind of physical education model has the ability to play a leading role for teachers. The disadvantage of this kind of teaching mode is that students repeat basic courses from elementary school, junior high school, high school to the first year of college, which is difficult to stimulate students' interest. Inadequacies in the ten students on the physical education class only from the interest, do not pay attention to the mastery of the method, excessive pursuit of sports performance, resulting in other projects will not, the physical quality is more singular tendency to "nutrition" phenomenon.

In terms of the guiding ideology of teaching, it pays attention to cultivating students' sports interest, teaching students in accordance with their aptitude, improving their physical ability, and taking advantage of the "health first, lifelong sports" as the center. The teaching objectives of the

club-type "physical teaching model" are mainly: First, to cultivate students' ability to learn sports independently. The characteristics are: "In the teaching and guiding ideology, focus on cultivating students' sports interests and improving sports ability. The advantage of this kind of physical education teaching mode is that it can make physical education and extracurricular sports activities organically connected, which reflects the integrity of physical education and is conducive to cultivating the habits of students often engaged in physical exercise. The teachers are changed from the original instructors. Organizers and mentors. Teachers focus on counseling and students are dispersed. In addition, the activity time of the club is mostly arranged in the afternoon, and the teaching is organized by the Institute every day. Let the students take part in the teaching. The diversity of project selection reflects a sense of sports value of the main body, which emphasizes not only the "present" but also the "future". That is to say, on the one hand, we must meet the needs of college students in the process of physical and mental reality, on the other hand, we must also meet the needs of College Students' lifelong development. It has constructed a benign system with complete functions, whole operation and smooth circuit, so as to better realize the diversified educational function of modern college physical education.

3. Current Situation and Thought of Implementing Physical Education Club

College physical education is the end point of school physical education and the starting point of social physical education. It plays a connecting role. How to better integrate college physical education with social physical education is a subject that we should deeply study and explore in college physical education. Therefore, as the leader of physical education department in Colleges and universities, we should do everything possible to strengthen the training of physical education teachers' professional quality and ideological quality, and have plans and measures to improve the educational level of teachers. At the same time, we should strengthen and organize a group of subject leaders to improve the academic level. Only in this way can we ensure that the development of physical education continues to meet the new requirements of the development of higher education. Because "club-type" teaching mode of physical education mainly relies on students' autonomous learning, supplemented by teacher's guidance, students can ask teachers to give guidance to one aspect of themselves according to their level and ability in classroom teaching and extracurricular physical exercise. Before the beginning of the course, the physical education research room organizes students to choose courses. Students can choose courses at any time of the week, or at any teacher of the same course (club) in any unit of the week. Sports is a major event related to national prosperity, national honor and people's health. It is also an important means to train new people with all-round development of morality, intelligence and physique. With the continuation of learning activities, the continuous improvement of students' sports ability and the constant mastery of sports rules, students' understanding will produce new leaps, sports interests and exercise habits will gradually form, laying a good foundation for future lifelong sports.

Some sports, especially aerobics, sports dance, Table tennis, badminton and other sports, are popular with students. There are more students to choose, but there are fewer teachers who are skilled in this field. Therefore, it is necessary to adjust the structure of teachers, strengthen teachers' on-the-job training, and also employ sports experts outside school. "Club" sports teaching gives students greater freedom at the same time. At the same time, it also brings great difficulty to the management, because the students' sports consciousness is not strong, consciousness needs to be improved, interest is unbalanced, teaching management level cannot keep up with the requirements of the new model for the time being, and the management measures are also being discussed. Therefore, we should make great efforts in publicity and education, strengthen the teaching of theoretical courses, and let students truly understand the impact of sports on life. At the same time, it can also mobilize the enthusiasm of teachers' teaching, stimulate the individuality and innovation of teachers, and make the leading role of teachers and the subjectivity of students be well reflected. The guiding ideology of physical education curriculum is to continuously innovate in physical education teaching in colleges and universities, to promote the development of students' individuality, to improve students' interest in sports, and to adapt to the development of social sports.

In the classroom teaching, the teacher plays a leading role, and the students are the main body, giving full play to the students' participation in the physical education classroom.

In the teaching goal, it reflects the students' active status and mobilizes the students' subjective initiative, so that students have "three autonomy", that is, they choose their own learning projects, choose their own teachers, and choose their own time. People are the most active and active in management. Factors, people's enthusiasm and creative play are directly proportional to management effectiveness. Only by fully mobilizing people's initiative, enthusiasm and creativity can the club's teaching management be more perfect. Teachers can also target students' problems when teaching and training. Sexual guidance. Teachers can also give targeted guidance to students' problems during teaching and training. With the development of society, students' understanding of sports has changed. Colleges and universities are increasingly aware of the importance of physical fitness in today's competitive society. The management of college sports clubs by using market economy principles, methods and means can improve the school sports facilities, and through reasonable self-health investment of College students, can enhance the consciousness of college students to participate in physical exercise. Physical Education Club embodies the guiding ideology of "people-oriented" teaching, fully meets the practical and long-term needs of the students in various clubs, and comprehensively attaches importance to and promotes the main position of students in learning.

4. Conclusion

Club-based physical education teaching mode introduces the club's management mode and means into physical education teaching. The teaching process fully embodies the principle of teacher-led and student-centered. The "club-type" teaching mode of physical education in Colleges and universities should be based on the actual situation of each school, carry out feasibility study first, carry out pilot projects and acquire experience, and constantly improve it. The restrictions on students in lower grades should be more, and then gradually open up, so as to reach the true sense of sports clubs when conditions are ripe. From the perspective of cultivating talents, it seems that there are some defects in the other four teaching modes of physical education. A comparative study on the theories of world famous university sports clubs and our country's university sports clubs. Therefore, we constantly improve and enrich the curriculum system of college sports clubs in China, form a management model that is beneficial to the sports teaching clubs in China, and provide theoretical research foundation for the theory and practice of college sports clubs in China. Because to complete the sports activities they are interested in, there are many related special knowledge and skills that are not familiar to them. Therefore, the guidance of teachers is a kind of needs of students. At the same time, in the process of learning or activities, individuals need to reflect themselves. Value and ability. In addition, it is recommended to strengthen the business training for teachers while strengthening the education of teachers.

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