

Research on the Path of “Club System” Physical Education Teaching Model in Chinese Colleges and Universities

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Keywords: Club system; Sports; Teaching mode

Abstract: Sports clubs have a long history of being popular abroad. With the reform of China's economic system, competitive sports took the lead in introducing sports club system. This paper explores the operational objectives, contents, forms and specific practices of the open teaching mode of university sports club activity system, with a view to providing specific ideas and methods for the sustainable development of college sports teaching and has universal guiding significance. The teaching of sports club system will become the main direction of the development of college physical education in the future. Teachers should adopt a reasonable organizational form in teaching, strengthen the cultivation of students' interest in lifelong physical education, and make it truly form the idea of lifelong sports. The comprehensive effect produced by the integrated teaching inside and outside the club system is in line with the current direction of college reform and is feasible.

1. Introduction

College physical education is the last stage of school physical education and the alternating stage of school life and social life. The knowledge, skills and habits acquired in this stage can most affect people's life. The term Club originates from Europe and the United States, that is, the general name for social groups and public places of entertainment [1]. The dictionary interprets clubs as “societies and places for social, political, literary, cultural, sports and recreational activities”. With the deepening of educational reform, sports, as an important part of higher education, is constantly adapting to this change [2]. Although colleges and universities have set up a large number of sports, but because of the general lack of basic sports in primary and secondary school stage of contemporary college students, it also causes the lack of clear sports interest orientation of individuals. In the aspects of physical education teaching concept, curriculum setting, teaching material content and organizational form, there is basically no breakthrough in the traditional teaching mode [3]. With the cultivation of talents in China, the transition from “test-oriented education” to “quality education” has been made. To this end, it is imperative to speed up the reform of the physical education teaching model, which is conducive to the full implementation of the (National General Higher Education Physical Education Curriculum Guidance Outline) and the “Students' Physical Health Standards” and other regulatory documents. It also helps for future reforms. The healthy development provides the necessary basis to promote the smooth development of college PE teaching in the 21st century.

2. Teaching Model of Sports Club System

The club-based teaching mode of physical education pays attention to cultivating students' interest in physical education, improving students' physical education ability and teachers' teaching ability. Club system teaching can adopt multi-level and multi-type organizational forms to meet students' exercise needs to the maximum extent. In terms of teaching objectives, we should embody the students' principal position, mobilize their subjective initiative, choose their own learning projects, choose teachers, establish their own goals, and evaluate themselves, so that students can change from passive learning to active participation. Club-based physical education model breaks through the old model of traditional physical education teaching centering on “textbooks, teachers' classes”, pays attention to the improvement of physical education ability and active participation in

the cultivation of sports consciousness, and pays attention to the relationship between school physical education and lifelong physical education [4]. At the beginning of the class, in addition to the preparatory activities, the teacher introduces the content of the course to the students and demonstrates them. Using the question board, the learning content and the plan are written in the form of a flow chart, so that the students can learn and practice according to this method. Its goal is to enable sports enthusiasts to go to the playground or use sports equipment to achieve their wishes. Sports clubs must organize members to participate in competitions or leagues, and strive to beat other clubs in competitions or leagues.

The open teaching mode of sports club activities. Its teaching objectives reflect the basic connotation of humanity, that is, respect for individual humanity, human rights and values of students. As an extension and supplement of physical education classes, it aims to expand the school sports function and cultivate good sports habits and behaviors. At the same time, extracurricular clubs are also the initial stage for colleges to build sports clubs. In the teaching procedure, the special teaching style of the teacher-teaching major is fixed and the students are free to choose [5]. Make full use of the teacher-led, student-centered teaching tutor echelon, through the interaction in and out of class teaching, to achieve the advantages and disadvantages, point-to-point and face-to-face, a group of ten, ten groups of hundred, so that all students get more exercise and comprehensive development opportunities [6]. Test all the students who choose a single club, master the basic situation of these students, and prepare for stratification and evaluation. In the course assessment of sports clubs, it is required to take objective and comprehensive evaluation as the main idea, to weaken the result assessment based on sports achievements, and to pay attention to the process and attitude assessment of students' sports learning and practice, so as to fully reflect objectivity and humanity in the evaluation of sports achievements.

3. Sports Club: Development Trend of Physical Education Reform in Colleges and Universities

Sports club system in Colleges and universities originates from Europe. It has the characteristics of equality, openness and autonomy. It emphasizes mutual cooperation and two-way development. It is scientific, rational and humanized. It conforms to the development of the times and embodies the concepts of "people-oriented" and "health first". Physical education club teaching is a form of physical education based on the construction of physical education teaching mode. It integrates modern education theory into physical education classroom, updates its ideology, organization, form, method and evaluation, and changes the traditional class teaching system. Students establish learning content according to their actual situation and mastery of sports programs, so that students have a wider choice of space, and teacher teaching will be more targeted. On the basis of students' free choice of projects, selection of teachers, and choice of class time, students' needs for personality development will be further satisfied. For this reason, health-oriented teaching content should be added. Because the body is the material guarantee of human beings, whether it can exist vigorously or whether it can be energetic activities will largely determine people's happiness and achievements. It explores the true meaning of life through practices such as practice and interaction. As a very important way of education, students can actively participate in physical exercise and cultivate students' ideas of "lifelong sports".

The in-class sports club is a form of physical education based on the construction of physical education teaching model. It integrates modern educational theory into the physical education classroom, and updates from the thought, organization, form, method and evaluation, and changes the traditional class teaching system. Sports clubs are different from classroom teaching and belong to the category of sports hidden courses. The integrated teaching mode inside and outside the sports club system is to utilize the potential human resources in physical education, actively cultivate students' various abilities, fully tap and exert their respective strengths and potentials, and make all students become participants in teaching activities. With the reform of teaching materials and the continuous renewal of educational concepts, the compilation of teaching materials with competitive sports as the main content can not meet the needs of development. The club system of physical

education should make full use of the characteristics of antagonism and competition of sports activities. Under the permission of school conditions, according to students' hobbies, interests and foundations, students set up multiple sports projects, freely choose courses, adopt the heuristic teaching method with students as the main body, and establish a new teaching mode under the scientific assessment system.

4. Reform and Practice of Club System of Physical Education Courses in Colleges and Universities

Under the guidance of the Ministry of Physical Education, sports clubs have sports resources (venues, equipment, teachers), which are organized and managed by teachers and students and run jointly. According to the declaration of students' sports events in different grades, sports events should be classified, and the type and scale of clubs corresponding to the number of students declared for this project should be determined by category. As extracurricular sports clubs, student sports associations and sports teams can formulate corresponding curriculum management methods. Students can get corresponding credits by training and learning in extracurricular sports clubs to meet the relevant curriculum requirements and conditions. Guide them to read some books on sports knowledge and guide them to the meaning of the purpose of physical exercise. In terms of curriculum, the school offers a variety of physical education courses for students. Taking a freshman admission is to select special items according to personal interests and ambitions, to break the original department, class structure, and even grade boundaries. The content of the in-class teaching and teaching activities are extended to all the links after the class, and truly form a comprehensive and effective new teaching mode that integrates “in-class teaching” and “after-school activities” and combines teaching and competition.

The club-based physical education teaching mode adopts hierarchical teaching, which can fully reflect the individual differences of students, and teach them according to their aptitude in teaching. The setting of university clubs can break through the limitations of physical education classes, so that the combination of internal and external classes provides a place and opportunity for students to self-study, self-study and self-creation, and creates a good atmosphere for cultivating students' competitive consciousness. In the form of inter-prefecture, mixed placement, and classified teaching organization, each club is divided into different levels of primary, intermediate, and advanced classes; the club is open to all students throughout the day, choosing clubs, class types, and classes. Time and teacher. Purposeful, organized and planned development of extracurricular sports clubs, and extracurricular sports clubs in a certain proportion of the situation into the comprehensive performance evaluation of students. In the spare time, the club is open to both inside and outside the school and can be charged appropriately. Except for paying teachers' overtime allowance, the rest of the income is used as the club development fund and is under the supervision of the school sports department. We should give full play to the role of sports associations in schools, give full play to the enthusiasm, initiative and creativity of students' backbone and activists in organizing and managing sports activities, and maximize the integration of physical education teaching, training, competition and after-school physical exercise.

Credit management is implemented in the training course of school sports teams. The organization of training course must be standardized and curricula-oriented. Teachers are no longer the leaders in teaching, but the consultants, consultants and interpersonal communicators to promote the healthy development of all students. They should become “experts in sports learning methods and organizers of sports activities”. Give full play to the radiation and guiding role of school sports teams. Actively carry out mass sports activities and competitive sports competitions in schools to create a good campus sports culture atmosphere. This can give play to students' subjective initiative, stimulate their interest in sports learning, increase their enthusiasm, initiative, and creativity, so that the teaching effect is significantly improved. The basic part of the class is practiced in order according to the “flow chart”. At this time, the teacher conducts a tour guide to help the students solve the problems in the exercise and improve the pertinence of the teaching. The sports club is a member service organization that has sports resources (fabric, equipment, teachers) under the

guidance of the Ministry of Sports, and is jointly organized and managed by the Ministry of Sports, teachers and students. Through the investigation and research on the operation of some colleges and universities, it is found that the integrated teaching inside and outside the club system has fully mobilized the enthusiasm of students to participate in sports, prospered the campus sports culture, and has good theoretical and practical effects.

5. Conclusions

The open teaching mode of the sports club activity system is people-oriented, embodying humanistic characteristics, displaying personalized services, focusing on student personality development, cultivating interest, strengthening specialties and athletic ability. The establishment of a sports teaching club can promote the establishment of the guiding ideology of “people-oriented, health first” in colleges and universities in the province, respect and satisfy the main choice of students, and improve the freedom of students to attend classes, in line with the “National General Colleges and Universities Physical Education Curriculum Guidance Outline” spirit. Through the implementation of the club-based physical education, students' interest in physical education classes has been significantly improved, and the fitness effect in physical education classes is good. Practice has proved that only let students study happily in a relaxed teaching atmosphere, can they show the situation of active learning. So that students can really learn to gain, learn to grow, so as to cultivate interest in sports and sense of participation. The integrated teaching mode of sports club system in and out of class takes students as the main body, respects students' main body status, and provides students with space for independent activities. Finally, it is worth noting that if it is really difficult to adopt the club system in a large area, it is suggested that the club system teaching mode should be adopted in a certain project first, and then be popularized in a large area after collecting convincing data.

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