

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

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Abstract: It is the goal of teaching reform to train college students with all-round development of morality, intelligence, physique and beauty. Therefore, college physical education teaching has gradually become an important part of College teaching. Based on the analysis of learning conditions, the author studies the club-based physical education teaching mode in Colleges and universities. The advantages and disadvantages of this teaching method are also analyzed. The research finds that organizing the club-based teaching mode in college physical education can stimulate students' enthusiasm for learning, and make the content of college physical education combined with students' interests and hobbies. It is conducive to enhancing the sports awareness of college students, is conducive to maintaining the coherence and unity of physical education and extracurricular refinement, and is conducive to extending the physical education process of college students to the whole process of higher education. It will become the main body of physical education in colleges and universities in China. mode.

1. Introduction

In the current many physical education teaching modes of colleges and universities, the "club-type" physical education teaching mode is an emerging teaching mode, which is in the stage of exploration and is still not mature [1]. Physical education relies on the state investment approach to achieve the goals and tasks of college sports. It can no longer adapt to the teaching objectives of cultivating students' creative ability and adaptability under the market economy system [2]. This is to treat the analysis of the situation as merely an independent task that the teacher has to complete before class. This is obviously not enough [3]. How to realize the classroom transformation from the teacher-teaching-oriented classroom to the effective promotion of students' "learning" is still a problem that requires urgent thinking and in-depth exploration [4]. How to make this physical education teaching mode reasonable, perfect, standardized, and form a system, and carry out the fundamental purpose of "improving the quality of the people" [5]. Focusing on the cultivation of students' innovative spirit and practical ability, we should cultivate the spirit of "builders and successors of socialist undertakings with ideals, morality, culture, discipline, morality, intelligence, physique and beauty" in an all-round way. It is the historical mission of sports workers in Colleges and universities [6]. This paper takes the model of sports clubs in Colleges and universities as the research object, explores the combination of theory and practice of sports clubs, and provides the basis for the construction and development of sports clubs in Colleges and universities [7].

The National Guidelines for the Teaching of Physical Education Courses in General Colleges and Universities issued by the Ministry of Education clarifies that the main objectives of compulsory public physical education courses are to enhance students' physique, improve students' health and improve students' sports literacy. In this study, we still focus on pre-school situation analysis [8]. But this is not simply equivalent to the traditional sense of "preparing students". We can see the difference between "preparing students" and "preparing students" from the connotation of learning situation analysis. In recent years, with the continuous advancement of the new curriculum reform, "learning-based teaching" and "student-based teaching" have been widely recognized by researchers and front-line teachers to promote students' effective learning [9]. Health

education is the main idea of the current reform of physical education in China, and the quality of extracurricular sports activities in Colleges and universities is the key to the implementation of healthy and happy physical education [10]. Through the mastery of the connotation and extension of the "club-type" teaching mode of physical education class, this paper draws on the advanced experience of teaching the "club-type" teaching mode of physical education in domestic universities. And actively test the specific operation of the "club type" teaching mode of physical education in practice, improve in practice, and make college sports better serve the cultivation of high-quality talents.

2. The Concept of Club Physical Education Teaching Model

The characteristics of "club-type" physical education teaching mode are as follows: in terms of teaching guiding ideology, it pays attention to cultivating students' sports interest and improving students' sports ability. Therefore, it is urgent to build a new college sports club, which conforms to the development of international education, suits the national conditions, and develops students' personality through multi-channel and multi-level. School physical education should set up the guiding ideology of "health first", strengthen physical education work, enable students to master basic sports skills, and develop the habit of insisting on physical exercise"as the theoretical basis. Aiming at cultivating students' consciousness and habit of participating in physical exercise for life, we should enhance students' physical health level and stimulate students' interest in participating in physical activities. Therefore, teachers must understand the students' original knowledge, skills and attitudes when conducting the analysis of the academic situation, that is, the starting level of the students. On the whole, the "study analysis" study shows a trend of shifting from a perspective. This mainly refers to the analysis of the situation in order to solve the teaching problems. Beginning with a focus on the overall macro-learning of the macro, shifting to a more specific subtle genre, from a descriptive description of the entire child's condition to a more dynamic approach to the diagnosis of the situation. Therefore, extracurricular sports have gradually become another key content of college sports reform.

According to the questionnaire survey conducted by students on the influence of the level of special education on the effect of physical education, the survey results show that students think that the special level of physical education teachers is an important factor affecting the teaching effect. The survey results are shown in Table 1.

Table 1 The influence of the special level of physical education teachers on the teaching effect

Influence degree	Great influence	Greater impact	Has little effect	No effect
Book	154	133	28	7
The proportion(%)	47.3	37.2	12.4	3.1

Traditional extracurricular sports activities are difficult to meet the students' rich cultural life needs and diverse sports development needs due to the lack of necessary guidance and counseling. The teaching mode consists of guiding ideology, theme, teaching objectives, teaching procedures, teaching methods, curriculum settings, and examination methods. Some teachers can only teach their own special courses, while the sub-sports skills level does not meet the teaching requirements. However, as a whole, there are still big problems in the teaching of physical education courses in colleges and universities. For example, students' interest in physical education courses is less excitatory, the overall level of physical education teachers is low, and the arrangement of physical education courses in universities is not scientific. Unreasonable. However, the current physical education teaching in Colleges and universities still adheres to the traditional teaching mode of technology-based teaching and competitive teaching. There is a huge gap between the old physical education teaching mode and the overall teaching reform of colleges and universities, which hinders the development and cultivation of students' individual abilities, and is not conducive to the formation of students' positive sports consciousness. At the same time, it is also in the overall reform of higher education in China. Important obstacles. Therefore, this paper studies the

feasibility and development trend of implementing club-based physical education teaching mode in Colleges and universities by using the methods of documentation, investigation and induction and deduction, so as to provide the basis for the ongoing reform of physical education teaching in Colleges and universities.

3. Advantages of Club Physical Education Teaching Model

In recent years, physical education theorists and teachers in Colleges and universities in China have been studying the teaching mode of physical education in Colleges and universities. Firstly, we should constantly improve the safety management system of college sports club teaching. When conducting physical education teaching, we should pay attention to the management of students' safety. Colleges and universities should form clear rules and regulations for physical education teaching safety. Students should make clear the safety management in physical education teaching, and enhance their self-security in physical exercise. Therefore, in order to promote the comprehensive and healthy development of students, it is necessary to reform the physical education teaching mode in Colleges and universities, and create a practical and easy-to-operate physical education teaching mode in Colleges and universities. Some teachers have lower requirements for traditional physical education, which makes the level of special skills decline or the original level of motor skills cannot be expressed due to changes in body shape. At the same time, the club sports teachers are required to have rich professional knowledge and practical experience. They are familiar with the development history, technical characteristics, tactical requirements, training methods and development trends of the sports activities they are engaged in. It has special sensitivity to its own special projects and can make correct analysis and judgment on problems in the professional field.

For the comparison of the average value of each indicator, we can have a general understanding of the trend of students' physical changes. Use the difference between the average score of the physical fitness test at the time of enrollment and the average score of the physical test. The specific results are shown in Figures 1 and 2.

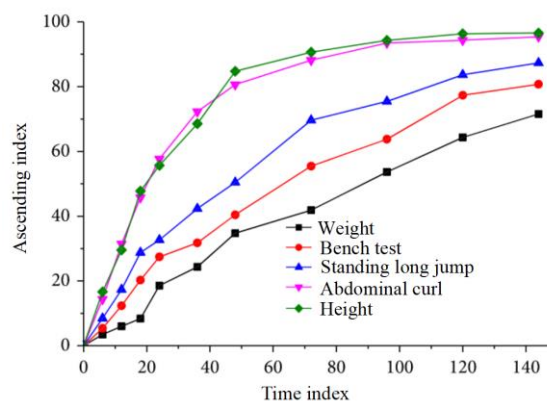


Fig.1. Comparison of the Mean Values of Indicators between Male and Female Students

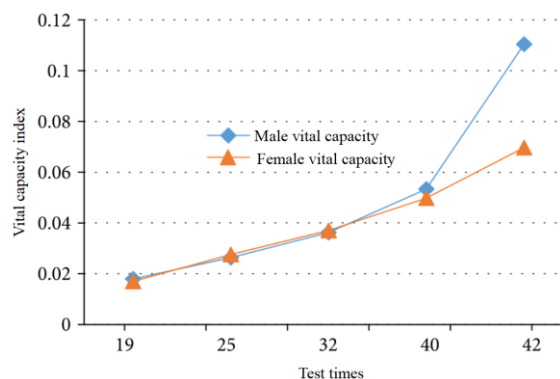


Fig.2. Comparisons of mean vital capacity between male and female students

Club-based teaching mode of physical education stimulates the enthusiasm of physical education teachers and promotes the self-improvement of physical education teachers. This requires that teachers not only have relatively high specific sports skills and multi-project specific skills, but also have the ability to impart sports skills to students through certain methods. For a long time, people used to regard extracurricular sports activities as an extension and supplement of physical education. Subordinate to physical education, to serve the teaching of physical education. Under the influence of this concept, the arrangement of extracurricular sports activities only considers its extensibility, what physical education exercises and what extracurricular sports activities do. The content is often based on the content of physical education, with a single form and boring content, ignoring the personality development of students, which seriously affects the physical and mental health of students. But these methods and methods are basically the result of the researchers, that is, the formation of these results is formed under the conditions of research, is an interpretation of the learner's learning differences, is a description after teaching or learning, or It is a common law extracted from many learners. Therefore, teachers should select teaching strategies in a targeted manner in response to students' learning styles and cognitive differences, so as to promote students' development more effectively.

4. Conclusion

In the current many physical education teaching modes in colleges and universities, the "club-type" physical education teaching mode is a teaching mode that integrates the times, practicality, sports, fitness and health care, and has strong attraction and vitality. In order to satisfy the wishes of most students, an elective booklet is prepared to let each student know the details of the course setting, time, place, content, method of assessment, and teacher. Therefore, through debate, in the "translation line segment" section, students have already broken through the difficulty of finding the corresponding point. Extracurricular sports activities are an important link in cultivating students' lifelong sports thoughts and the idea of health first. The new model aims at quality education and takes lifelong sports as the main line. New ideas and conforming to the development trend of the times are another bright spot in the exploration of college sports reform. Therefore, physical education teachers should study in depth and apply relevant theories of pedagogy and psychology in teaching so as to make physical education teaching more in line with students' personality development and to benefit their physical and mental health. In a word, the Club-type physical education teaching mode is the latest theoretical achievement which is suitable for the development and development of physical education in Colleges and universities in China, which has been studied by the majority of educators engaged in physical education.

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