

The Innovative Path of Ice and Snow Sports Teaching in Local Colleges and Universities—Taking Jilin Province as an Example

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Abstract: Since the introduction of ice and snow sports in colleges and universities, it has not only enriched the form of sports teaching in colleges and universities, but also greatly stimulated students' interest and enthusiasm for winter sports. To a large extent, it has met the learning needs of college students for diversified and personalized sports projects, promoted the development of college students' physical and mental health, and promoted Talents in China comprehensively trained in all respects. At the same time, ice and snow sports have unique teaching advantages in local colleges and universities in Jilin Province, China. Therefore, starting from the significance of promoting the teaching of ice and snow sports in local colleges and universities in Jilin Province, this paper analyzes the current problems existing in the teaching of ice and snow sports in colleges and universities, and explores the innovative path of ice and snow sports teaching, so as to further optimize the teaching construction of ice and snow sports in local colleges and universities in Jilin Province and promote the faster and better development of ice and snow sports.

1. Introduction

Since the successful declaration and perfect conclusion of the 2022 Beijing Winter Olympics, ice and snow sports have once become a hot topic of discussion among people. Under the influence of the Beijing Winter Olympic Games, the current number of people participating in ice and snow sports in China has reached 346 million, successfully achieving the ambitious goal of "driving 300 million people to participate in ice and snow sports". Jilin Province has unique advantages in carrying out ice and snow sports, and should firmly seize the golden opportunity period for the leapfrog development of the ice and snow economy in the "post-Winter Olympics era". The comprehensive entry of ice and snow sports into college classrooms is the need for the development of ice and snow sports, and also the need for the development of college sports education [1]. Further innovation of ice and snow sports teaching in local colleges and universities in Jilin Province has an incomparable important role and far-reaching significance for local economy and education.

2. The Main Problems in the Teaching of Ice and Snow Sports in Colleges and Universities in Jilin Province

The comprehensive implementation of the "1+x" certificate system in English majors can guide students from multiple levels. At the knowledge level, students are increasingly valuing knowledge expansion and accumulation. At the ability level, students are committed to developing comprehensive abilities. At the development level, students closely monitor the operations of various industries and pay attention to the employment and entrepreneurial environment.

2.1. Ice and snow sports teaching not paid enough attention to despite being widely promoted in colleges and universities

It is understood that although ice and snow sports have been promoted in many universities in Jilin Province, the popularity on university campuses is not particularly high due to the

consideration and influence of the institutions' own premises, funds and safety. Many universities in Jilin Province only have skating rinks, and it is common to carry out ice speed skating, ice play and other projects. However, in order to set up real snow sports, students need to be arranged to teach at the ski resorts around the city. Every time such a course is organized, the school should comprehensively consider many factors and problems, such as transportation, safety, ticket fees, ski equipment rental costs, etc., as well as training safety, whether students are of the resistance psychology like being afraid of coldness and difficulties, etc. The existence of these problems will have a restrictive impact on the establishment of ski courses in colleges and universities [2]. Therefore, many colleges and universities have to give up skiing courses under balance, and consider some other projects that are easy to carry out, manage and participate in. Of course, under the spiritual promotion of the Beijing Winter Olympics and the call of the country's demand for the all-round development of ice and snow sports, local universities in Jilin Province have also responded positively in recent years, increasing the importance they attach to ice and snow sports teaching, and increasing investment in ice and snow sports teaching venues and special facilities and equipment in colleges and universities.

2.2. Insufficient types of ice and snow courses in colleges and universities, lacking strong competition and fun

2.2.1. Too single setting of ice and snow events and too traditional teaching methods

The traditional ice and snow projects in local universities in Jilin Province generally include ice speed skating, alpine skiing, snowball, etc. However, there are not many types of courses and teaching methods are outdated. Most universities still focus on ice speed skating events, interspersed with snowball and other events. However, events such as curling and skiing have not been fully popularized due to the limitations of campus venues. With the issuance of the *Guiding Opinions on Accelerating the Promotion of National Youth Ice and Snow Sports on Campus* jointly issued by the General Administration of Sport of China and multiple departments such as education in 2019, local colleges and universities in Jilin Province have also improved the setting of ice and snow sports events, allowing college students to have the opportunity to master more knowledge and skills in ice and snow sports[3]. Currently, there are three main categories of ice and snow sports courses in universities in Jilin Province: ice courses, snow courses, and ice and snow fun courses, including speed skating, short-track speed skating, figure skating, curling, and ice hockey; Alpine skiing, cross-country skiing, snowboarding, freestyle skiing; Snowy hiking, snowball, ice frolicking, snow battle and so on. Ice and snow sports have basically achieved comprehensive promotion. In addition, general comprehensive universities offer ice and snow courses to cultivate the interests of college students, while sports universities tend to carry out competitive training of ice and snow events for students.

2.2.2. Not enough competitiveness and professionalism of ice and snow sports teaching

Currently, with the continuous deepening of the policy of introducing ice and snow sports into campuses, local colleges and universities in Jilin Province have organized various distinctive ice and snow activities both on and off campus combined with their own educational conditions, such as ice and snow sports games and fun ice and snow experience activities. The second Ice and Snow Carnival, jointly organized by the Jilin Provincial Education Bureau and local cultural, sports and other departments in 2020, has attracted much attention and achieved the new goal of "one million students going to ice and snow in Jilin Province". A variety of ice and snow competition events, ice and snow experience activities, ice and snow promotion and education activities, as well as ice and snow cultural and entertainment activities were organized. From the perspective of the theme of such large-scale ice and snow sports, their main focus is still on fun, which is basically consistent with the purpose of offering ice and snow sports courses in comprehensive universities within the province. Although it can greatly promote the active participation of teachers and students in ice and snow sports and their understanding of cultural knowledge related to ice and snow, its assistance in improving students' ice and snow sports skills is not obvious. Therefore, as a

comprehensive university, we should also consider enhancing the competitiveness and professionalism of ice and snow sports teaching, improving students' sports skills through competitions to promote learning, and cultivating more ice and snow talents with practical experience.

2.3. Lack of teaching staff for ice and snow sports in universities

The lack of professional teachers in ice and snow sports has always been one of the important factors restricting the teaching of ice and snow sports in colleges and universities. In the ice and snow courses of colleges and universities in Jilin Province, it is difficult for professional teachers to meet the demand in terms of quantity and quality, which largely restricts the quality and level of professional teaching. Most of the teachers in ice and snow courses in some colleges and universities are substituted by relevant experienced teachers, or there are professional teachers but the number is not enough to meet the needs of a large number of students; only a few sports universities have enough ice and snow professional teachers to teach. It is understood that at present, only all the ice and snow courses offered by Jilin Institute of Physical Education have the qualification of "Ice and Snow Event Champion Teaching", which has reached the comprehensive standard of ice and snow skills while allowing students to obtain high-quality professional education [4]. Teachers are the key soft power for the teaching and development of ice and snow sports. As the core identity of promoting and developing ice and snow sports in China, Jilin Province should strengthen the construction of professional teachers for ice and snow sports, and further lay a solid talent foundation for the promotion of ice and snow sports teaching in colleges and universities.

2.4. The equipment of ice and snow sports facilities in colleges and universities not meeting the teaching needs

The establishment of ice and snow courses has high requirements for teaching venues, and general colleges and universities do not meet the corresponding conditions. As mentioned above, most colleges and universities are unable to meet the needs of ski courses, which makes it difficult for the organization of ice and snow sports teaching, which is not conducive to the full promotion and popularization of ice and snow sports. At present, many universities in Jilin Province, such as Northeast Normal University, Changchun University of Technology, Changchun Guanghua College, Jilin University of Finance and Economics, etc., cooperate with Changchun Jingyuetan Ski Resort, which also makes the ski resort need to face too many cooperation objects, resulting in difficult course scheduling and unsatisfactory teaching effect. In this regard, colleges and universities should also consider the construction of on-campus ski tracks as appropriate, and provide favorable conditions for the school's skiing courses through artificial snowmaking. Of course, this is an inevitable and decisive relationship with the university's own on-campus venue environment and school-running financial resources.

2.5. The preliminary construction and formation of the ice and snow sports event system in universities, but lacking in cross disciplinary and vertical aspects

At present, although local colleges and universities in Jilin Province have continuously enriched the ice and snow events and offered diversified ice and snow courses, many of them are still in a closed and self-contained teaching state, and have not been able to fully open their horizons to carry out communication, interaction and reference with other characteristic colleges and universities, demonstration colleges and sister colleges and universities that carry out ice and snow sports. It is rare to take the initiative to cooperate with local high-level ice and snow professional sports teams and colleges to carry out ice and snow sports competitions [5]. Due to the lack of large-scale and high-level ice and snow events in colleges and universities, it is difficult to motivate students to have a strong enthusiasm for ice and snow learning and participate in the competition, so that they lack the corresponding training conditions, and their developmental ability in ice and snow sports is reduced, which is not conducive to the training of excellent ice and snow talents in China. Based on this, local universities in Jilin Province should also actively build a perfect ice and snow sports

competition system, enhance the vertical and horizontal development of their teaching, and contribute stronger transportation capacity to the future reserve of ice and snow talents.

3. Optimization and Innovation Path of Ice and Snow Sports Teaching in Local Colleges and Universities

3.1. Further improving the organizational mechanism and enhancing the attention paid to the teaching of ice and snow sports in colleges and universities

To develop the teaching of ice and snow sports in Jilin Province, local universities should first do a good job in the planning and design of the top level, accelerate the improvement of the organizational mechanism of ice and snow sports into the campus, strengthen the coordination and cooperation ability of relevant departments of colleges and universities, and promote the comprehensive, systematic and rationalized arrangement of various rich ice and snow sports events in colleges and universities. Teachers and students should be promoted to devote themselves to ice and snow sports, feel the various advantages and fun brought by ice and snow sports, constantly improve students' cultural literacy and skills in ice and snow sports, and promote them to improve their physical and mental health standards in an all-round way [6].

Local universities in Jilin Province also need to actively and widely publicize the development concept of China's ice and snow sports on campus, spread ice and snow culture, carry forward the spirit of ice and snow, guide college students to have an in-depth understanding of ice and snow sports, and then take the initiative to participate in ice and snow sports to carry out professional learning and scientific exercise. In addition, colleges and universities should also use the campus network, Campus publicity boards, radio stations, etc. to vigorously promote ice and snow events and news at home and abroad, so that students can understand and pay attention to the development situation of international ice and snow sports in a timely manner. On the basis of enriching campus culture, they can also help college students popularize ice and snow knowledge, cultivate them to establish good patriotism, and truly let them realize the whole process of "visiting ice and snow, playing with ice and snow, learning ice and snow, and competing for ice and snow" to create a good atmosphere of "everyone pays attention to ice and snow sports and participates in ice and snow sports" in the whole campus environment [7].

3.2. Improving the teaching system of ice and snow sports courses

In the context of the new era, local colleges and universities in Jilin Province should take the initiative to integrate ice and snow sports with local characteristics into the physical education teaching system, which will be more conducive to college students to continuously improve their physical skills and cultivate their good habits of participating in physical exercise for life.

3.2.1. Adopting the teaching mode of combining "three classrooms"

With the development of information-based teaching, a single traditional classroom teaching can no longer meet the requirements of course teaching. It is necessary to combine the classroom teaching, plus ice and snow club activities and competitions, and plus micro-classroom video teaching to form an online and offline hybrid teaching system. The first classroom teaching formulates and promulgates the school-based ice and snow sports teaching guidance plan, and develops ice and snow sports teaching textbooks, teaching courseware, online teaching videos, etc. Daily physical education teachers can also promote the teaching of ice and snow sports on campus by arranging after-class tasks, ice and snow open classes, etc. The second classroom teaching organizes more rich and diversified ice and snow club activities. Through campus cultural associations, ice and snow sports knowledge competitions are held, so are calligraphy activities, painting activities, photography activities, essay solicitation activities, etc. with the theme of ice and snow culture, which force students to deepen their understanding of ice and snow sports from multiple different perspectives and improve their learning interesting [8]. In addition, powerful universities can also carry out pairing activities with southern universities, arrange ice and snow

experience projects, ice and snow summer camps, ice and snow research trips and other exchanges and interactions, so as to promote China's ice and snow sports teaching to form a harmonious situation of one-to-one assistance and development. The school's campus network, official account and other platforms should be actively used to carry out micro-classroom video teaching, providing students with convenient conditions to learn ice and snow sports skills at any time.

3.2.2. Optimizing the setting of the curriculum

In addition to traditional ice and snow items as compulsory courses, ice and snow sports-related courses and interesting ice and snow sports courses, such as roller skating, ice top whipping, snow football, etc. can be added as elective courses to improve students' interest in ice and snow sports and awareness of ice and snow. Local universities can also add some alternative ice and snow events that are convenient for development, such as land curling courses. The requirements for teaching venues are low, which is more conducive to colleges and universities to organize and run teaching activities to meet the needs of students' diversified sports. In addition, popular science books such as ice and snow elective courses, manuals, guides, etc., can be actively developed so as to guide all college students to improve their attention and preference for ice and snow sports, and encourage them to actively participate in ice and snow sports.

3.2.3. Improving the assessment and evaluation system of ice and snow sports courses

The combination of process evaluation and final evaluation, the qualitative evaluation of teachers and the quantitative evaluation in the online teaching platform is adopted to inspire students' enthusiasm to participate in ice and snow sports and improve their ice and snow sports skills through reasonable assessment and evaluation methods.

3.3. Optimizing teaching staff

Inter-school exchanges and cooperation should be actively carried out , and great importance should be attached to the training of professional teachers in ice and snow sports. Local colleges and universities should further enhance the conditions for ice and snow sports teaching, be equipped with perfect professional teaching teachers, enhance the welfare benefits of teachers, formulate various favorable policies that can comprehensively cater to the development of ice and snow sports teaching in the new era, vigorously introduce high-professional and high-level ice and snow sports teaching talents, and strengthen the teaching staff to build a high-quality ice and snow teaching teacher teams [9]. In fact, there are many high-level professional coaches and athletes in ice and snow sports in Jilin Province. Colleges and universities can consider promoting sports stars to enter the campus activities, so that ice and snow Olympic champions and provincial and municipal coaches, as experts and part-time teachers, can be invited to regularly give teachers and students lectures and courses on professional ice and snow knowledge and skills on campus, so as to promote the continuous improvement of the teaching quality in colleges and universities, further enrich the ice and snow cultural activities on campus, and stimulate students' interest in ice and snow sports. With the successful holding of the Beijing Winter Olympics, China's ice and snow sports field still needs to make further efforts to constantly improve the teaching level of ice and snow sports, and take the initiative to be in line with international ice and snow sports. Therefore, the strength of excellent teachers cannot be underestimated. At present, local colleges and universities in Jilin Province, as the cradle of China's future training of ice and snow talents, should develop the construction of teachers. The Ministry of Education of the government has invested special funds to arrange teachers to participate in professional training and further study, and encourage young backbone teachers of colleges and universities to carry out observation and study in well-known foreign colleges and universities to understand and master foreign advanced ice and snow knowledge, skills and teaching development concepts. In addition, qualified local universities can also introduce highly qualified foreign ice and snow professional teachers, coaches, etc. to join the teaching team, so as to strengthen the teaching staff and provide students with more professional and high-level teaching resources. The cultural, sports and education departments of Jilin Province should also actively build a resource library of ice and snow sports experts, set up provincial and

municipal ice and snow expert teams, and regularly carry out demonstration ice and snow teaching and training activities.

3.4. Taking the initiative to cooperate with local enterprises and schools and vigorously integrating teaching resources

At present, for colleges and universities that do not have the teaching conditions of ice and snow sports, school-enterprise cooperation should be carried out in selecting some ice and snow venues with corresponding scale and supporting facilities nearby, which can not only solve the practical problem of the limitations of colleges and universities' own teaching venues, but also provide a certain guarantee for enterprises to strengthen economic benefits. Secondly, local universities can also actively establish cooperative relations with ice and snow sports training institutions in society, and borrow their sites to carry out ice and snow sports teaching to meet the needs of teaching activities. In addition, major comprehensive colleges and universities can also apply for establishing teaching cooperation with sports colleges and universities, share educational resources and venues, hire their professional teachers as visiting lecturers to teach students, or arrange college students with high ice and snow sports qualifications to sports colleges and receive systematic learning so as to realize the sharing between teachers and the venue [10]. Major universities should also further improve the expenditure structure of school funding, tilt the teaching of ice and snow sports in terms of economic policy, vigorously support the building of ice and snow sports teaching sites, teaching and scientific research teams, etc., and incorporate the necessary facilities and equipment into the standard planning details of college sports teaching equipment to fully ensure the efficient investment in sports teaching venues, teaching facilities and equipment. In addition, local colleges and universities should also provide college students with some opportunities to participate in social or corporate ice and snow competitions, or encourage them to act as volunteers for on-site services, act as audiences to feel the enthusiasm of ice and snow sports, and encourage them to be widely exposed to ice and snow sports through multiple channels, which will do favor to the cultivation of comprehensive ice and snow talents.

3.5. Establishing a scientific and reasonable teaching pattern of ice and snow sports in colleges and universities

Local education departments require colleges and universities to meet the standards of "teaching to learn, diligent practice and frequent competitions" in the teaching of ice and snow sports. However, in actual fact, there are not many ice and snow sports activities organized for students in Jilin Province, far less abundant than the Summer Games, which is obviously not conducive to the training and reserve of ice and snow talents in China. Besides, high-burning events are a potential source of power to stimulate students to carry out ice and snow sports. Long-term participation in ice and snow competitions can make them always have a high enthusiasm for learning. Therefore, local colleges and universities should also constantly improve the teaching pattern of ice and snow sports, promote the construction of the ice and snow competition system, improve the vertical and horizontal development and communication of teaching, and form a mechanism of "promoting learning and teaching by competition" from on-campus ice and snow competition to inter-school ice and snow league, then to the selection of ice and snow competition. The progressive league system from primary schools to middle schools then to universities is established which is not only conducive to the all-round development of ice and snow sports in all stages of education and teaching in Jilin Province, but also conducive to the better reserve of ice and snow talents with real development potential for the country.

4. Conclusion

As a unique sports event in Jilin Province, ice and snow sports should become an indispensable and important part of the education and teaching of local colleges and universities. In the years before and after the preparation and start of the Beijing Winter Olympic Games, it is a key golden period for the development of ice and snow sports in China. Not only do national government

departments pay special attention to it, but the enthusiasm of the public for ice and snow sports is also very high. As a local university in Jilin Province, we should take the initiative to take advantage of this shareholder trend, grasp the atmosphere of this environment, establish a new sports teaching pattern, comprehensively innovate and develop ice and snow sports courses, actively promote ice and snow sports among college students, enrich the campus cultural life of college students, and improve their recognition and friendship of ice and snow culture. We also need to expand students' interest and enthusiasm for participating in ice and snow sports, and promote the healthy, comprehensive and coordinated development of college students in local colleges and universities.

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