

## Coping Strategy of University Public Physical Education Course under the Vision of Normal Professional Certification

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**Abstract:** In the new era, Normal professional certification are play an important measure role to ensure the quality of teacher education. It has established a three-level and five-category professional certification system, In the beginning the aim is to be promoted and implemented nationwide at the end of 2017. This paper uses the method of literature data , induction and deduction method, logical analysis and development methods to analyze the reaction and action of college physical education courses in public courses from the perspective of teachers and department administrators. It is found that the teacher of university physical education courses should always adhere to the education concept of health first, carry out the teaching design of "student center, output orientation and continuous improvement" in the fundamental task of moral education, Establish a curriculum system, set teaching objectives and select the teaching evaluation, and the management department of their majors should supervise and serve, The teachers should together with students and departments to promote the student' s ability.

### 1. Introduction

Normal professional certification is a professional certification for reference engineering certification in our country, the purpose to improve the quality of my teachers, to deepen the comprehensive reform of teacher education is of great significance, at the end of 2014 the Ministry of Education selected Jiangsu and Guangxi provinces for normal professional certification pilot, after more than two years of exploration and practice, in certification standards and organization mode has accumulated rich experience in<sup>[20]</sup>. On the basis of full analysis and research, the Ministry of Education, in October 2017, the Ministry of Education issued the Implementation Measures for the Certification of Normal Majors in Regular Institutions of Higher Learning (interim) (hereinafter referred to as the Measures), which proposed to build a three-level and five-level professional certification system, and promote in colleges and universities with normal schools nationwide<sup>[1]</sup>.

Public sports courses must course as a university curriculum system, according to the general office of the CPC central committee, the State Council general office issued the opinions on comprehensively strengthening and improving the new era of school sports work, points out that [8], college students compulsory 144 hours physical education courses, support and encourage the whole period of physical education courses, universities will university physical education courses in the general course module in the second grade. Under the guidance of the regulations on physical education in institutions of universities, the school physical education curriculum always adheres to the guiding ideology of health first, undertakes the task of implementing the fundamental task of cultivating morality, and training qualified socialist builders and successors for the new era. Current university physical education course is generally by the school's university sports curriculum and arrangement, 4 semester each have a special curriculum syllabus, adapted to all students, not specific analysis for professional graduation requirements, according to the requirements of the Ministry of Education, and graduation requirements, training goals and the development of 5 years

later, and graduation requirements have curriculum system support, curriculum system of curriculum objectives is the basic elements of graduation requirements. If university physical education courses are carried out according to the concept and requirements of normal certification, it is necessary to comprehensively reshape from management to teachers to students, in order to achieve the basic requirements of education for physical education, to achieve the purpose of education <sup>[3]</sup>.

## **2. The Teaching Teacher is the Guarantee of the Graduation Requirements**

Teachers how to make graduation requirements, teachers should be fully understood on the basis of the graduation requirements indicators, according to the support of the graduation requirements set course objectives, and combining the characteristics of professional and students' future development needs selected course teaching content, adopt a reasonable and effective way to implement the course teaching, and the evaluation of the course analysis.

### **2.1. Redesign of the Teaching Syllabus**

Curriculum syllabus is the guide to carry out the course teaching, can let the professor (teachers) and learners (students) and managers (college) can effectively achieve information communication, but also for the sustainable development of the curriculum and guiding effect between new and old teachers, can well promote the goal of graduation requirements. Teachers in the process of making curriculum syllabus, to strict according to the graduation requirements, accurate do "three corresponding": namely corresponding, corresponding to the course content and course objectives, the corresponding course evaluation and course content, teachers also need to achieve the effect of sports course target implementation, need to focus on the design of the ideological courses.

### **2.2. The Implementation of the Student Center Concept in the Process of Teaching Implementation**

The concept of student center mainly emphasizes the transformation from the traditional mode of "teaching" as the center to the new mode of "learning" as the center. Moreover, arranges teaching activities and allocates educational resources with the learning effect and personality development of normal university students, and the teaching process is constantly optimized and improved according to the learning effect and career development of normal university students. In the actual course teaching process, under the guidance of the teaching syllabus, the orderly course teaching, the achievement of teaching objectives is affected by teachers, students, teaching content, site facilities and other aspects, under the guidance of the concept of normal certification, the course teaching is required to focus on the main line of graduation requirements. In the teaching process of college physical education, we should realize the "learning" as the center, First of all, teachers should fully do the learning situation analysis, Analyze the majors that the students study, And the skills that students need for their career development after graduation, Then, to conduct the analysis of the students' physical quality, Students' sports experience during their growing up, Sports skill level, Level of knowledge related to health, And the students' own sports interests, Then, the comprehensive analysis after the selection of the teaching content, The arrangement of teaching design and so on; Secondly, teachers should do a good job in the teaching environment layout, Let the students can have a pleasant sports experience in the process of learning, And they can design teaching competitions at different levels, Or lower the difficulty level or mix up with teammates, Let the students can experience the fun of success in the class, Lay the foundation for the realization of lifelong sports; last, Student center should be reflected in the evaluation process, Increase the proportion of process evaluation, Focus on value-added evaluation, Only in this way can students' learning enthusiasm be well protected by <sup>[5]</sup>.

### **2.3. Ideological Understanding is Consistent with National Development**

Understanding determines the speed of the development of things, and thought determines the development height of things. Only in the public physical education and teaching work in colleges

and universities can teachers integrate their own development into the development of the country and the revitalization of the nation smoothly. Firstly, we should realize that the growth of national youth needs the comprehensive development of morality, intelligence, physical, aesthetic and labor. Only good body can achieve the concept of future career, and sports should enjoy the fun, strong physical fitness, temper will and healthy personality; secondly, teachers should have high personal quality, consciously practice ethics in daily work, and get the effect of behavior in the course teaching process.

### **3. Department Management is the Cornerstone of the Graduation Requirements**

The role of the department in the university is to obtain the professional development of supervision, service and management, serve the growth of students, and realize the purpose of higher education for the Party and for the country.

#### **3.1. Strengthen the Management of Teachers' Teaching Syllabus**

Establish an audit mechanism for teachers' syllabus, and implement it through effective and feasible means. In the case that teachers can not reasonably formulate the syllabus, teachers are also need to formulate the syllabus and the curriculum teaching objectives<sup>[1]</sup> according to the graduation requirements. Specifically, the curriculum objectives can reasonably correspond to the graduation requirements and index points, the course content and teaching method can effectively achieve the teaching objectives, and the course assessment content, method and scoring standard can prove the achievement of the curriculum objectives. In the implementation, the college should set up the training logic of teaching and clarify the academic basis of the course in the whole talent training system, and establish the syllabus review team to analyze the measurement and operability of the process evaluation and evaluation index in the evaluation process.

#### **3.2. Upgrade the Department's Service to Teacher and Student Behavior**

The service of departments for teachers is reflected in the setting of the system, the allocation of students, and the service for students focuses on the achievement of students' learning demands and growth needs. Current university physical education course teaching and management mode, student management in the secondary college, students' curriculum unit is not in student management departments, secondary college is not responsible for the general curriculum design and writing, just focus on students in the mastery of professional skills, knowledge, ability, and ignore the value of public courses for students' growth. University physical education courses have three commonly used mode<sup>1</sup> [14]: 2+2 model is 2 semesters of universal basic physical quality national traditional project and experiential special learning, and then 2 semesters of professional sports skills learning, 1+3 model is advanced 1 semester of universal physical quality practice, 3 semester of professional sports skills learning, club management mode after students according to their interests, choose different clubs, self to participate in the club system to get credits. Such operation mode departments need to active docking course unit, in the process of the professional talent training program, courses support the matrix of graduation requirements to discuss, but also need to combine the needs of professional development, and teaching college teaching content, so as to help course better achieve graduation requirements. In terms of serving the students, the department should first establish an information communication platform, to collect and deal with the corresponding opinions regularly, and to make timely feedback.

#### **3.3. Supervise the Implementation of the Mechanism of Normal Majors**

Rapid and high-quality development requires mechanism first, and institutions of higher learning need to realize benign and sustainable development, and a sound management mechanism can ensure the sustainable and benign development between departments, between departments and personnel, and between funds and disciplines. According to the main line and bottom line in the certification standards of normal majors, it is mainly closely related to five first-level indicators, including training objectives, graduation requirements, curriculum and teaching, cooperation and

practice, and quality assurance. For three objectives (training objectives, graduation requirements, course objectives), three support (curriculum system for graduation requirements, course objectives for graduation requirements of docking relationship, course teaching for course objectives), three mechanisms (quality monitoring mechanism, achieve evaluation mechanism, continuous improvement mechanism). Certification experts to school or in the process of material preparation, But in the process of implementation is often affected by some other factors in the school and can not be well implemented, Or in the process of implementation of the effect, For example, in the professional practice of normal university students, The school documents provide corresponding subsidies to the study instructors of the internship base, But it was not implemented in the implementation process, The basic funds of the teachers in the practice bases are not in place, There will inevitably be a corresponding neglect, The effect of the student internship will be affected, This requires the professional person in charge to better promote the harmonious development of the professional, To ensure the quality of talent training to meet the needs of social development.

#### 4. Conclusion

The effect of university physical education work in colleges and universities affects the achievement of professional talent training goals, In terms of management, the school should first establish the corresponding guarantee mechanism to realize the basic welfare of teachers and the standardized management of the department work; Teachers should base themselves on their own work of teaching, From the characteristics of the discipline, Revise the curriculum syllabus, formulate curriculum teaching objectives, select teaching content, formulate curriculum evaluation methods, Comprehensive and careful design; Students should be clear about their own development direction, On the basis of the professional knowledge and skills of the school, I should form a positive and optimistic attitude, have a strong physique and actively participate in the study of university physical education courses.

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