

Analysis on the Function of College Physical Education Against the Backdrop of Double First-Class Construction

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Abstract—This paper analyzes and thinks about the key elements of the development strategy of college sports in China in the new era with the list of “double first-class” construction in colleges and universities. Firstly, it analyzes the relationship between “double first-class” construction and college sports; from the perspective of development strategy and strategic path, it analyzes the development content of college sports in China, and believes that in the process of strategy implementation, it must be in strategic development. Under the guidance of this goal, through the development of first-class talent training, curriculum system construction, intelligent collaborative management, multiple evaluation system establishment, multidimensional exchange mechanism construction, etc., we will finally realize the construction of world-class universities and first-class disciplines in China's universities.

Keywords—College Physical Education; Double First-class Construction; Function Study

I. INTRODUCTION

China's higher education shoulders the major task of cultivating qualified builders and reliable successors in the socialist cause of moral, intellectual, and aesthetic development. To fully implement the party's education policy, we must attach great importance to university sports work, so that the majority of young students can develop and develop their physical qualities and abilities while growing knowledge and cultivating morality. A newcomer to the era of national rejuvenation. University sports is not only one of the contents of “double first-class” construction, but also an important foundation for the construction of “double first-class”. Our “world-class” construction is rooted in China [1-2]. Only the improvement of the overall level of higher education can provide fertile ground for “first-class” growth, and we can also enter the “first-class” with “continuous talents”. In the “double first-class” construction, based on the reality of China, we cannot ignore the role of university sports in the construction of “double first-class” in colleges and universities. Physical education is a discipline that studies the sports science system and its development direction, and is the first level of China. The discipline is also the content of the first-class discipline construction of the university in the “double first-class” construction. College sports is an important way to promote scientific research, carry out mass sports, and promote the

health of the whole people under the support and guidance of the construction of first-class disciplines. There are physical education courses in all colleges and universities across the country. Although it is not necessary to build first-class sports disciplines in all universities across the country, it is necessary to put university sports in a proper position to be included in the “double First-class” construction. content. Based on the reality of Chinese universities, the most direct and significant value of physical education for the growth of college students is to promote the normal development of the body and improve the health of the body. To successfully complete university studies, students need college sports as a basic guarantee for physical fitness.

II. THE RELATIONSHIP BETWEEN COLLEGE SPORTS AND THE CONSTRUCTION OF “DOUBLE FIRST CLASS”

In terms of the relationship with the construction of “world-class universities”, college sports cover many aspects including talent training, teaching and research, mass sports, competitive sports, sports culture, etc., each of which plays an indispensable role in the construction of universities. . The display of the strength of competitive sports in colleges and universities can enhance the influence of colleges and universities across the country and even the world. The data shows that at the 2016 Rio Olympics, “74% of American athletes came from 130 different universities in the United States” [3-4]. Some commentators have stated that in the United States, the more intense the sports confrontation between elite schools, the higher the level of athletes. Even in the eyes of Americans, the impact of sports on a school's honor is higher than academic. In contrast, China's Ministry of Education has set up high-level sports teams in nearly 200 colleges and universities in China, and has long assumed the functions of employment transformation and academic upgrading after the retiring of some excellent athletes. In the new era of “world-class universities”, college sports Work also welcomes new challenges and opportunities. Drawing on the advanced experience of college sports such as the United States and the United States, college sports can accelerate the construction of “world-class universities”, and the construction of “world-class universities” provides guarantee conditions and external environment for college sports. As Duke University's deputy director of sports in the interview,

summed up the Duke men's basketball project for more than 30 years of excellence: "Duke University's academic and sports excellence, excellent to help spread The reputation of our entire university has helped Duke to develop from a former regional university into an international top university with international brands. Attracting top professors, researchers and doctors to join Duke... Duke The basket has made a contribution to attracting these talents to join Duke University. In terms of the relationship with the construction of "world-class disciplines", important contents such as teaching and research in college sports work should be attributed to "sports" according to the nature of the discipline. "In the big category system. Among the world-class discipline-building colleges in China, the "Sports Science" of Beijing Sport University and Shanghai Institute of Physical Education is among the first to show that the Chinese government has upgraded the construction of sports disciplines to the national strategic level, indicating that the Chinese government has vigorously developed sports disciplines and realized sports. The strong determination of the strong country dream also brings new opportunities to the world's influence of China's college sports development. Liu Qing et al. (2017) believe that "double First-class construction provides policy support for China's higher-level sports colleges' institutional reforms and mechanism innovations, and ranks among the world's top-ranking universities. It provides sports colleges with an international sports arena to showcase China's image, spread Chinese voice, and upgrade schools. The international influence and world attention provide opportunities." Higher physical education colleges must take root and actively integrate into regional development, leading the sports industry forward [5]. In the latest national round of disciplinary assessment results announced by the Ministry of Education, the "Sports Science" of Beijing Sports University and Shanghai Sports Institute won the highest level of A +, followed by East China Normal University, showing its normal colleges. Strong strength. From the top-level university construction programs of universities such as Tsinghua University, Fudan University, Zhejiang University, and East China Normal University, it is seen that the relevant expressions of sports development are integrated (see table). For example, Tsinghua University attributes the discipline of sports discipline to the discipline of management science and engineering in the field of liberal arts. It embodies the characteristic road of Tsinghua sports development and also explains the domestic consensus of "no sports, no Qinghua". The attention of Tsinghua people to sports in the past has always been a model for the top universities in China to compete and learn.

III. UNIVERSITY SPORTS IS OF IMPORTANCE FOR TALENT TRAINING

The various sports competitions held every year in colleges and universities are the battlefields for honing the will of college students. Carrying forward the "higher, faster, stronger" Olympic spirit in the competition is to carry forward a tenacious spirit of hard work, a spirit of never giving up and never giving up. The cultivation of hard work spirit is also an all-round exercise for college students. The spirit of hard work has rich connotations. It is an intrinsic force that is formed by

the psychological factors of people's beliefs, emotions, will, courage and other factors. It is a state of mind that directly dominates people's behavior and wins victory. Struggle is a spiritual force that does everything in its power to defeat the opponent and surpass itself. It means being full of fighting spirit, courageously competing, and daring to win when facing a strong hand in competitive sports. It means never satisfying yourself and surpassing self. We must work hard to make the potential of the individual to the limit. In the "double First-class" construction, in the journey of promoting the great cause of national rejuvenation, young people who are brave enough to work hard and struggle will be needed.

The spirit of unity and cooperation means the spirit of unity, unity and concerted efforts, and ultimately victory. Throughout the college sports and various sports competitions, no project can leave the team and rely on oneself to achieve success. Collectivism is an important part of the socialist core value system and the core of team consciousness. The realization of the Chinese dream is not based on a few people or some people. It is up to the Chinese Communist Party to lead the entire Chinese people to work together; the development of science and technology, the establishment of a socialist science and technology power, requires more intellectuals and scientists to tackle the problem and make a major breakthrough. . Most contemporary college students are only children, lacking the spirit of collectivism and solidarity, and university sports provide a platform for the cultivation of this spirit. University sports games are ranked by group total scores, and collective projects such as relays require teamwork; football, basketball, rugby and other competitions are inseparable from the concerted efforts of all team members. When college students participate in college sports, collectivism and team awareness are constantly strengthened. From being aware of unconsciousness, they will eventually develop a habit and sublimate into a quality. The third is the cultivation of rules awareness and rule awareness. Sports is a platform that can cultivate college students' rules and rules. Rules and rules are the rules that people have developed in accordance with certain procedures and require everyone to abide by, including various regulations of sports and various rules during competition. The new era of socialism is an era of comprehensively governing the country according to law. The newcomers in the era we cultivate must have the legal concept and the sense of the rules, so that we can become the "waves" of the times in the future development of the country. The development of the sense of the rule must be subtle, and it must be strengthened by practice. In sports competitions, if you do not follow the rules, you will be punished by rules.

IV. DOUBLE FIRST-CLASS "BUILDING THE ARDUOUSNESS OF COLLEGE SPORTS

The first is to incorporate university sports into the "double first-class" construction plan. At present, many colleges and universities have not yet fully understood the importance of university sports. Some university leaders believe that there are many major things to do in order to seize opportunities. Sports are not the focus of "double First-class" construction, and can be put back; some universities Incorporating college sports into the "double First-class" plan, but it has not been

carefully studied and planned, just let the relevant departments write it. Attaching importance to university sports, we must conscientiously incorporate university sports into the overall plan of "double first-class" construction in colleges and universities. We must make clear requirements for the goals and tasks of university sports; we must strengthen the system and mechanism of university sports functions, and strengthen the construction of college PE teachers. There are practical measures in place; it is necessary to strengthen the concept of "everyday exercise, everyone's health", cultivate sports interest, form lifelong exercise habits and healthy lifestyles; provide adequate protection and policy inclination in venues, sports equipment, sports funding, etc. The second is to strengthen the educational function of university sports. First of all, it is necessary to carry out special education and training for physical education teachers, improve the political position of physical education teachers, enhance the sense of responsibility and mission of physical education teachers, unify teaching and education, and transfer skills and culture. Secondly, it is necessary to establish a positive example, use modern information technology, adopt various forms, and vigorously publicize the advanced deeds of physical education teachers and students and the touching stories of physical education. Teachers' morality has benchmarks and classrooms have ideological and political policies. The good political and ecological environment of the canal, planting a responsible field. Thirdly, universities should set up special research projects to conduct theoretical research and practical exploration on the mining of university sports education functions, sum up the educational experience of university sports, explore the law of educating people in college sports, and cultivate the sports of Chinese universities. Education brand; finally, student-centered, for students, students, students. The improvement of students' thinking, the improvement of political quality, and the improvement of the body health index are one of the criteria for testing college sports.

The third is to continuously innovate the educational model of university sports in the reform. We must emancipate our minds, boldly carry out reforms in teaching models and educational content, and create a university sports model with Chinese characteristics that meets the needs of college students for growth. First, let every college student master a sports skill. It is necessary to deepen the teaching reform, pay attention to teaching students in accordance with their aptitude, enrich the featured sports programs, promote the sports morality, and promote the coordinated development of sports and moral education, intellectual education and aesthetic education. Change the teaching mode and teaching content, change the behavior of students taking physical education classes in order to take credits, and help students to develop a good habit of active exercise and lifelong exercise. Secondly, create a campus culture atmosphere of "no sports and no university". Carefully design college sports games, so that the Games will become an active and unforgettable university experience for students; regularly carry out mass sports competitions, let students walk off the network, walk out of the dormitory, walk out of the classroom, go to the playground; select healthy sports stars, and promote sports Cultural prosperity. Finally, give full play to the subjective initiative of

college students, and more mobilize the enthusiasm of self-management, self-service and common growth of college students, absorb the backbone of college students' sports into the management of college physical education, timely reflect the needs of students, discuss the content of education together, and jointly innovate the educational model. Improve the quality of education.

The development path of college sports strategy under the background of "two first-class" construction

Under the background of national first-class universities and first-class disciplines, cultivating first-class talents is not only the starting point for the construction of "double First-class" but also the foothold. Sports always play an important role in the whole process of educating people in colleges and universities. Mao Zedong has long stated in the "Study of Sports" that "sports together with moral education and intellectual education, and morality and wisdom are all sent to the body. Incompetence is no virtue." clarifies the importance of sports to the overall development of human beings. effect. The new "Elderly High School Sports and Health Curriculum Standards (2017 Edition)" proposes that cultivating students' athletic ability, healthy behavior, sports morality and other core literacy of physical education is not only the starting point of physical education teaching, but also the teaching of physical education. Set foothold. The university physical education curriculum and the high school physical education curriculum are in the same vein. It is the final stage of lifelong physical education for students, and it has a lifelong influence on the "first-class" talent group of college students. Through analysis and expert advice, selected "double First-class" colleges and universities, combined with various (scientific engineering, humanities) experimental class talent training programs, in the nautical, aviation, geological engineering and other majors have special characteristics for students' physical health. In the professional training program of demand, organic integration of sports education and teaching with the spirit of teamwork, brave struggle, correct victory and defeat, through the form of general education, guides college students to develop good exercise, diet, work and health habits. Control weight, stay away from bad habits, prevent sports injuries and diseases, maintain a good attitude, adapt to the natural and social environment, and cultivate social "first-rate" talents with sportsmanship, sportsmanship and sports character, and enter the school "first-class", the professional "first-class", the student's physical and mental quality "first-class" in the virtuous circle. In terms of the training of specialized sports talents, in addition to the training of specialized school sports teachers in normal colleges and universities, comprehensive colleges shoulder the training of at least two types of sports professionals in the country. The first is the sports management professionals who intersect with management. Utilize the advantages of management disciplines in comprehensive universities, increase the training of sports management talents and the construction of sports management disciplines, and work hard on the quality of program design and copywriting, scientific decision-making of sports industry development, and foreign language application ability. In line with the current domestic and international major sports events, such as the Beijing Winter Olympics, the

training of sports professionals will be targeted to meet the needs of market development. The second category of sports talents is to integrate the advantages of various disciplines in comprehensive universities, especially the new work (science) majors closely linked with social development. It has a combination of major data, creative design, artificial intelligence, microelectronics and other academic backgrounds. Sports talents. Strengthen the training of college sports specialties and high-level athletes with 1% of the high-profile talents in nearly 300 colleges and universities in China, and integrate the dominant disciplines of various universities, in sports intelligence, sports architecture, sports creative design, sports park planning, sports machinery engineering, sports big data. The research fields of sports medicine, sports ecology and other fields cultivate various types of sports-type compound talents, and transport qualified personnel for various industries and fields of China's sports industry, and promote the upgrading and development of the sports industry of the whole country.

From the perspective of management path, experts believe that "double-first-class" universities should coordinate various sports resources, strengthen the construction of the school sports department/faculty official website, build official Weibo or WeChat public platform, and introduce specialized personnel for information management. And maintenance. Secondly, the overall planning and design of college sports work should be regularly reviewed and updated, and reflected in the network digital construction work. Third, it is necessary to strengthen the timely summary and classification of the end information of college sports work (such as the 2017 Sports Festival), and form the classified management of thematic information. Fourth, give full play to the network intelligent management efficiency, so that students' daily sports track, teacher and student physical health test data, venue reservation and use information, sports repair project progress and other campus sports big data information can be queried, analyzeable and monitorable. Take Arizona State University as an example. The sports department of the school is equipped with a professional intelligent collaborative management and operation platform for high-level competitive sports. Through the NCAA's liaison specialists, business operations department, coaching team (such as Bob Bowman's swimming), research support and data analysis team, top-level faculty team, nutritionist, medical and rehabilitation team, the school achieves high-efficiency athletics. Intelligent collaborative management of projects. Interviews with experts show that the college sports evaluation system should be dynamic and diversified in the evaluation subject and evaluation content. First of all, it is necessary to include faculty, students, school district residents and other people into the body of college sports evaluation. Secondly, in terms of content, in the construction of first-class faculty, it is necessary to comprehensively evaluate college sports from the aspects of the construction of sports associations, the monitoring of sports participation, the opportunity of sports skills learning, and the testing and evaluation of physique and health of faculty. The effectiveness of the work. In cultivating top-notch innovative talents, it is necessary to carry out cultural activities such as physical health testing and health promotion, diversification of student sports organizations,

diversified physical education courses and new sports projects, linkage of extracurricular physical education classes, and sports activities such as sports development and survival. In terms of the phased and procedural evaluation of the effects of college sports work in China. In terms of inheriting the excellent culture of innovation, most of the "double First-class" construction universities in China have a long history of running schools, and it is necessary to implement the relevant spirit of General Secretary Xi's inheritance of Chinese outstanding traditional sports culture, especially the excellent sports culture of colleges and universities. Conduct a comprehensive evaluation of the cultural heritage of the "double First-class" construction universities that have been in existence for more than 100 years. At present, from the national level, although the construction task is proposed, the matching of college sports dynamics and multiple evaluation index system construction requires the deep research and development of scholars in related fields to be more clear. Therefore, colleges and universities selected for "double first-class" can provide more corresponding evaluation materials in the above aspects, and through systematic research and classification and excavation by relevant scholars, it is possible to clarify the three "double First-class" construction tasks of college sports development. Contribution.

V. CONCLUSION

In the "double first-class" construction, university sports is concerned with the comprehensive quality of training talents, the realization of the "double first-class" construction goals, and the future of the country. It is necessary to put the development of sports work on an important agenda, carefully plan and implement it, and constantly create a new situation in the development of China's sports undertakings, and accelerate the construction of China into a sports power.

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