

# Investigation and Research on the Curriculum Setting of Physical Education Elective Courses in Colleges and Universities in China\*

Xiaohui Yuan

Sichuan Agricultural University  
Ya'an, China 625014

Pengpeng Tang  
Sichuan Agricultural University  
Ya'an, China 625014

Lijie Wei  
Sichuan Agricultural University  
Ya'an, China 625014

**Abstract**—In order to study the present situation of physical education elective courses in colleges and universities in China, this paper analyzes the number and categories of physical education elective courses offered in colleges and universities, the situation of sports venues and equipment, the strength of school physical education teachers, the personnel training scheme and so on by using the methods of literature and interview, and understands that there are many kinds of sports items in physical education courses in colleges and universities in China at present. However, there are some problems in many aspects of physical education elective courses. This paper puts forward some countermeasures to solve the problems of physical education elective courses in colleges and universities, and provides theoretical reference for the reform of physical education elective courses in colleges and universities.

**Keywords**—elective course of physical education; current situation; investigation and research

## I. INTRODUCTION

With the introduction of the Guidance Syllabus for the Teaching of Physical Education in Colleges and Universities in the Country and the Outline of the Healthy China 2030 Plan, China has continuously deepened its reform in physical education teaching. Elective courses of college physical education have become an important part of college physical education courses, which play a positive role in many aspects that cannot be ignored. In October 2019, the Ministry of Education issued "Opinions on Deepening the Teaching Reform of Undergraduate Education and Improving the Quality of Personnel Training in an All-round Way", which clearly pointed out that those who failed to meet the "National Student Health Standards" can not graduate, indicating that China increasingly concerned about the physical health of college students. The elective course of physical education provides the students with the opportunity

to choose their favorite physical education courses, which is an important link to improve the physical quality of college students. This paper studies some colleges and universities selected in the east, west, south, north and central regions of China, and puts forward some relevant countermeasures and suggestions for the problems of college PE elective courses, which is of great significance to promote the construction of physical education courses in colleges and universities, deepen the reform of physical education teaching, strengthen the physique of students, and improve the health of students.

## II. RESEARCH OBJECT AND METHOD

### A. Research Object

In this paper, Shandong University, East China Normal University, Zhejiang Normal University, Fudan University, Southwestern University Of Finance And Economics, Sichuan Agricultural University, Yunnan University, Tsinghua University, Peking University, nine institutions of higher learning as the research object to investigate and study the present situation of physical education elective courses.

### B. Research Methods

1) *Literature method*: Through a large number of literature, materials, policy documents, to make an in-depth understanding of the development of physical education elective courses in colleges and universities in China.

2) *Interview method*: Interview with some teachers, students and relevant government departments of the above nine colleges and universities to understand the current situation of physical education elective courses in some colleges and universities in China.

3) *Logic analysis*: To analyze the data logically, and explain the problems that appears among them.

\*Fund: National innovation and entrepreneurship training program platform for college students (201810626064).

### III. THE CURRENT SITUATION OF ELECTIVE COURSE OF PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES

TABLE I. THE CURRENT SITUATION OF CURRICULUM OFFERING

Course Type	Number
Ball game	15
Fitness class	6
Fashion and leisure	7
Dance and gymnastics	10
Martial arts fighting	12
Outdoor sports	4

Through the investigation of nine colleges and universities, it is learned that these colleges and universities have offered a total of fifty physical education elective courses. According to the different characteristics of physical education elective courses, they are divided into six categories: ball game, fitness class, fashion and leisure, dance and gymnastics, martial arts fighting, outdoor sports ("Table I"). Due to the differences of school geographical location, climate, teacher status and subject construction, there are also some differences in the physical education elective courses offered by each school. Ball games have a maximum of fifteen courses, of which three big balls and three small balls are offered in nine colleges and universities. Courses other than the three big balls and three small balls are only a few colleges and universities offer courses, and even some courses are offered by only one university. Outdoor sports subjects are the least, with only four courses and fewer schools.

#### A. The Current Situation of Ball Game Courses

TABLE II. THE CURRENT SITUATION OF BALL GAME COURSES

Course	Course	Number of Schools
Ball Game	Badminton	9
	Tennis	9
	Table Tennis	9
	Football	9
	Basketball	9
	Volleyball	9
	Water Polo	1
	Rugby	1
	Beach Volleyball	1
	Sepaktakraw	1
	Shuttlecock	1
	Softball	2
	Bowling	1
	Shuffleboard	1
	Baseball	1

As can be seen from "Table II", the three big balls and three small balls (football, basketball, volleyball, table tennis, badminton, tennis) are all offered in nine colleges and universities participating in the survey, but water polo, rugby, beach volleyball, shuttlecock, bowling, shuffleboard and baseball courses are offered only at Tsinghua University, while none of the courses are similar in Shandong University, East China Normal University, Zhejiang Normal University

and Yunnan University. These courses, such as bowling, beach volleyball, have expensive court construction costs and it is relatively difficult to carry out in colleges and universities.

#### B. The Current Situation of Fitness Courses

TABLE III. THE CURRENT SITUATION OF FITNESS COURSES

Type	Course	Number of Schools
Fitness	Yoga	7
	Exercise weight loss	1
	Equipment fitness	1
	Form and etiquette	2
	Fitness and bodybuilding	2
	Diving	1

It can be seen from "Table III" that there are seven colleges and universities offered yoga courses, two colleges and universities offered form and etiquette course and fitness and bodybuilding course respectively, and only 1 university offered exercise weight loss, equipment fitness and diving respectively. There are more yoga courses in these nine universities, because yoga is a set of popular fitness exercise, which integrates philosophy, science and art. Students can adjust their mind and emotion and keep healthy body through yoga. Only Tsinghua University and Yunnan University have offered diving, equipment fitness and exercise weight loss courses, while other universities offer fewer similar courses, because these courses have higher difficulty factors and time-consuming, and it is difficult to achieve the ideal effect to set up these projects in elective courses.

#### C. The Current Situation of Fashion and Leisure Courses

TABLE IV. THE CURRENT SITUATION OF FASHION AND LEISURE COURSES

Type	Course	Number of Schools
Fashion and Leisure	Darts	1
	Shooting	1
	Archery	3
	Rowing	1
	Billiards	3
	Figure skating	1
	Speed skating	1

It can be seen from "Table IV" that the situation of fashion and leisure courses is not particularly ideal. Archery and billiards are the most popular courses, but only three colleges and universities offer them. Other courses are offered in only one university. Except for Tsinghua University, Southwestern University of Finance and Economics and Sichuan Agricultural University, which offer billiards and archery, none of the other universities have such facilities. In addition, only Tsinghua University offers darts, shooting, rowing, figure skating and speed skating. Because most of these courses are relatively leisure, they are more for students to understand as public elective courses. The equipment and venue of these courses are expensive, so there are few colleges and universities to offer them compared with other sports courses.

#### D. The Current Situation of Dance and Gymnastics Course

TABLE V. THE CURRENT SITUATION OF DANCE AND GYMNASTICS COURSE

Dance and Gymnastics	Aerobics	7
	Sport Dance	6
	Latin dance	2
	Dance	1
	Ballroom dancing	1
	Cha-cha	1
	Street Dance	2
	Belly Dance	1
	Rhythmic gymnastics	1
	Cheerleading	1

As can be seen in “Table V”, the two sports elective courses of the aerobics and sports dance are set up in many colleges and universities, and there are seven colleges and universities and six colleges and universities respectively. Dance, international dance, cha-cha, belly dance and rhythmic gymnastics are only offered by the Tsinghua University, and Latin dance and street dance are only set up by the two colleges and universities of the Shandong University and the Tsinghua University. Because international dance and cha-cha dance are not traditional dances in China, but social dances popular in western countries. These dances are still young, so they have no glorious history and spread slowly in colleges and universities of China.

#### E. The Current Situation of Martial Arts Fighting Courses

TABLE VI. THE CURRENT SITUATION OF MARTIAL ARTS FIGHTING COURSES

Martial Fighting	Arts	Judo	1
		Tai Chi	5
		Long fist	1
		Taekwondo	5
		Martial arts routine	4
		Chinese wrestling	1
		Kendo	1
		Swordsmanship	1
		Karate	1
		Self-defense	3
		Fencing	1
		Dragon dance	1

It can be seen from “Table VI” that martial arts fighting courses can not only exercise the body but also self-defence, so schools pay more attention to it. There are twelve courses

in martial arts, next only to ball games. Almost all colleges and universities have set up one or two courses. Most colleges and universities offer elective courses of taekwondo, tai chi and martial arts routines. As a kind of martial arts, long fist and swordsmanship are offered separately. Judo, Chinese wrestling, fencing, kendo, karate five courses are offered only by Tsinghua University.

#### F. The Current Situation of Outdoor Sports Courses

TABLE VII. THE CURRENT SITUATION OF OUTDOOR SPORTS COURSES

Outdoor sports	Orienteering	4
	Rock Climbing	2
	Quality development	1
	Outdoor mountain sports	1

It can be seen from “Table VII” that there are relatively few colleges and universities that offer outdoor sports courses. In addition to Zhejiang Normal University, Sichuan Agricultural University, Tsinghua University, and Southwestern University of Finance and Economics, orienteering is rarely offered in other schools. As most of these courses are conducted outdoors and restricted by terrain, it is relatively convenient and cheap for some universities to offer these courses. Rock climbing is a new sport that will enter the 2020 Tokyo Olympics, and only two universities have it.

## IV. SUMMARY

#### A. The Current Situation of Subject Setting for Physical Education Elective Courses

All of the nine colleges and universities offer three big balls and three small balls courses in ball game elective courses, but the courses of beach volleyball, sepaktakraw, shuttlecock, softball and shuffleboard are only offered by Tsinghua University. There are eleven courses for martial arts fighting, of which 8 courses are only offered in one university, mainly including martial arts and taekwondo elective courses. There are many colleges and universities offering aerobics and sports dance courses, and other kinds of dance courses are also offered, but only one or two colleges and universities offer them. Outdoor courses are only offered in a few colleges and universities, because outdoor sports are popular in Europe and America, it has not been introduced into Asia for a long time, only four colleges and universities in China have set up directional sports. Among the leisure and fitness courses, only yoga and swimming are more popular.

#### B. The Setting of Practical and Theoretical Courses

The setting of physical education elective courses in nine colleges and universities emphasizes practice and despises theory. The Guidelines for the Teaching of Physical Education Curriculum in Colleges and Universities in China promulgated by the Ministry of Education of China clearly states that for the proportion of theoretical courses and practical courses in physical education in colleges and universities, the theoretical courses should not be less than 1

/ 8 of the total class hours of physical education, and the theoretical course accounts for a short period of time. Therefore, students cannot further understand a wide range of theoretical knowledge system, and it is not suitable for practical teaching. Many foreign colleges and universities have set up physical education theory courses. For example, every university in Korea has courses related to health preservation, body management, first aid and safety management, sports injury prevention and rehabilitation, and so on, and generally including "health promotion" or "healthy life" in the physical education course objectives and guiding ideology.

#### C. Assessment Method of the Course

Most of the nine colleges and universities adopt standardized method of percentage examination, which is divided into attendance, classroom test, and final assessment of the end of the semester. Arrange the difficulty according to the syllabus of the project. The selection of test content and test index cannot take into account different types of students, so that the final assessment results of students are not in line with their own hard study, and students who with poor physical level but very interested in physical education can not learn without burden.

### V. SUGGESTION

#### A. Enriching the Diversity of Physical Education Elective Courses

On the basis of the existing teaching staff and teaching conditions, the three big balls and three small balls are divided into three different level classes according to the technical level, which can be divided into three levels: primary, intermediate and advanced. The swimming class can be divided into three different classes according to different swimming posture, so that the students with basic knowledge can further learn and make up for the deficiency of insufficient physical education elective courses. Outdoor sports are generally backward, and it is difficult to meet the learning needs of students[3]. Colleges and universities can increase outdoor sports courses, actively respond to the call of "300 million people on ice and snow" proposed by General Secretary Xi Jinping, promote "ice and snow sports into the campus" and increase skiing and skating courses. If conditions do not permit, colleges and universities can also set up land ice and snow projects (such as land curling, roller skating and other items) as well as leisure sports courses suitable for lifelong sports.

#### B. Increasing the Class Hours of the Theoretical Course and Enriching the Contents of the Theoretical Course

Colleges and universities in China are faced with severe problems of physical health of college students. It is an important way to solve this problem to guide college students to establish the behavior habit of "lifelong physical education".

Colleges and universities should increase the theoretical courses of healthy lifestyle, exercise prescription, healthy

physical fitness, sports injury and so on, teach students the methods of self-regulating their physical and mental health, guide students to develop a healthy lifestyle, and find suitable sports items and exercise ways in order to achieve the purpose of conscious exercise. Colleges and universities should also help students master the common ways to deal with sports injuries, practice and theory, so that students develop the awareness of lifelong physical exercise, so as to achieve the goal of lifelong sports.

#### C. Multivariate Assessment Method

In the process of teaching assessment and evaluation, most colleges and universities in China adopt the marked percentage system assessment method, at the same time, they can also adopt the "excellent, good, general, pass, fail" or "Pass/Fail" rating assessment method. If they meet the standard, the score sheet shows P, and the non-standard shows F. In this way, teachers can pay more attention to the process evaluation of students, or combine the process evaluation with the end evaluation. Let the students who have poor physical education but are very interested in physical education learn without burden.

#### D. Special Physical Education Elective Course Shall Be Set up According to the Local Conditions

As there are some differences in the geographical location, culture, natural resources and other aspects of the cities where colleges and universities are located, colleges and universities can adjust measures to local conditions, set up sports projects with local characteristics for students to choose, and strengthen the inheritance and development of national traditional sports culture by students. The traditional sports events of ethnic minorities in China have their own cultural charm. It is of great significance to set up such courses in colleges and universities for the development of campus sports culture, the stimulation of students' interest in learning sports skills, the promotion of sports course construction and national unity.

#### E. Introducing Extracurricular MOOC Resources and Enriching Sports Curriculum Projects

The elective courses of physical education offered by teachers in the school can not meet the needs of all students, so they can provide students with some resources related to physical education, such as sports appreciation, sports nutrition and health maintenance, so as to lay the foundation for students lifelong physical education and make students develop their body and mind in an all-round and healthy way.

#### F. Improving Sports Venues and Equipment

The lack of venues and equipment and aging will have a great negative impact on students. There will be hidden dangers in the safety of aging equipment, and the lack of venues is not conducive to the training of students after class. Colleges and universities should check the status of sports equipment and facilities in time, put forward the corresponding funds to improve sports facilities and purchase the corresponding sports equipment.

## VI. CONCLUSION

Through the research on the setting of the sports elective courses of nine colleges and universities, Shandong University, East China Normal University, Zhejiang Normal University, Fudan University, Southwestern University of Finance and Economics, Sichuan Agricultural University, Yunnan University, Tsinghua University and Peking University, it is found that the curriculum is not diversified enough. Only individual colleges and universities offer courses other than the three big balls and three small balls, and even some courses are only set up in one university. There are at least four courses in outdoor sports course, and few colleges and universities offer them. In most colleges and universities, there is a lack of the theory of physical education for cultivating the students' consciousness of life-long physical exercise, and there is only a single percentage system assessment method. It is suggested that colleges and universities should enrich the elective courses of physical education and increase the class hours of theoretical courses, enrich the contents of theoretical courses and adopt diversified assessment methods, set up special elective courses of physical education according to local conditions, introduce the resources of MOOC courses outside the school, enrich the items of physical education courses and improve the facilities and venues of sports. In this study, only nine colleges and universities in China are selected as the research object, so it can not represent all colleges and universities, and then more colleges and universities will be further studied in the future.

## REFERENCES

- [1] Li Lei, Zhang Ying, Zhao Yu. Investigation on the Current Situation of College Sports Elective Courses and Some Measures[J]. China Market. 2015(01):22-25. (in Chinese)
- [2] Chen Jie. Research on the Current Situation and Development Countermeasures of College Physical Education Public Elective Courses[J]. Sports World(Academic Edition), 2017(05):55-58. (in Chinese)
- [3] Qiao Mengjie. Study on the Problems and Countermeasures of College Physical Education Elective Courses in Henan Province[J]. Journal of Jiamusi Education Institute, 2011(04):110-116. (in Chinese)
- [4] Yin Hongliang, Ji Mei. Exploration and Practice of College Sports Elective Course Reform[J]. Education and Teaching Forum, 2016(28): 110-117. (in Chinese)
- [5] Xie Tao. Problems and Suggestions on the Specialization of Special Physical Education Teachers in China [J]. Journal of Shanghai Physical Education Institute, 2011, 35 (3) : 81-83. (in Chinese)
- [6] Yang Wenzhan, Chen Qi. Principles of Sports [M]. Beijing: Higher Education Press, 2004.181-182. (in Chinese)
- [7] Xiang Jianfeng. The Current Situation and Enlightenment of Public Physical Education in American Universities[J]. Xi'an Institute of Physical Education, 2016, 33(03): 372-377. (in Chinese)
- [8] Comparative Study on the Setting of Physical Education Curriculum in Chinese and American Universities [J]. School of Physical Education, Huanggang Normal University. 2018(2) (in Chinese)
- [9] Yin Zhihua, Wang Xiaozan, Phillip Ward, Ji Liu. Characteristics and Enlightenment of Physical Education Major in Ohio State University[J]. Journal of Physical Education, 2016, 23(03):100-107. (in Chinese)
- [10] Ding Haiyong, Li Li. Comparison of Expected Values of Physical Education Curriculum for Junior Middle School Students between China and the United States under Different Cultural Backgrounds[J]. Journal of Shanghai Physical Education Institute, 2014, 38(03): 83-86. (in Chinese)
- [11] Xiong Qiang. Construction and Experimental Research on Sports Education Model of Physical Education Professional Practice Course[J]. Educational Academic Monthly, 2012(10): 51-53. (in Chinese)