

A Reflection on Athletics Teaching Reform in Sport Universities According to the New Curriculum Standard

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ABSTRACT

According to the new curriculum standards, we need to establish an organic connection of athletics teaching in sport universities and elementary education, strengthen the reform in teaching content and methods, strive to cultivate qualified P.E. teachers for elementary schools and help elementary education to realize quality education in physical education.

Keywords: *The New Curriculum Standard, Sport Universities, Athletics Teaching, Reform*

1. INTRODUCTION

At present, the new curriculum reform has been accomplished in the curriculum system of elementary education, and an innovative curriculum system in line with modern elementary education has been established. In decision-making of deepening education reform and promoting quality education in an all-round way, China has also confirmed that school education must establish the guidance of health first, strengthen the implementation of school P.E. teaching, ensure that students can master certain elementary sports skills and develop good exercise habits. The guiding outline of the national elementary education curriculum reform and the new curriculum standards announced all propose to deepen the implementation of the reform of elementary education teaching in the modern time. Against such a background, sport universities of physical education teaching also need to follow up the elementary education curriculum reform, and adjust teaching ideas simultaneously. In particular, athletics teaching of sport universities calls for reform. Starting from the reform of athletics teaching methods, the teaching focus should be shifted to imparting fitness methods, skills and consciousness training, so as to meet the requirements of quality education at the elementary stage.

2. PROBLEMS OF ATHLETICS TEACHING IN SPORT UNIVERSITIES

2.1 Indeterminate Position of Teaching Objectives

The goal of athletics teaching in sport universities should be based on the training objectives of students majoring in physical education, and closely link the cultivation of sports talents with social needs. At present, talents are still badly needed in the fields including social sports guidance, sports entertainment tourism, sports scientific research, sports rehabilitation and health care and elementary physical education. Compared with the sport universities, the goal of training talents in the above fields is to train qualified physical education teachers for elementary schools. Because at the elementary stage, deepening the new curriculum reform is to meet the requirements of the new curriculum reform. At present, the focus of physical education in elementary schools has shifted from the traditional physical education to strengthening the physique of middle school students in an all-round way, cultivating their lifelong sports consciousness, imparting physical fitness knowledge, improving their physical fitness skills and physical fitness rules as the main line, and stimulating their interest in learning sports knowledge and cultivate their innovation. Facing the new curriculum reform of elementary education, the current athletic teaching in universities, due to the influence of traditional teaching thoughts, still focuses on teaching athletic skills, thus neglecting to excavate students' sense of fitness education, which fails to cultivate the students'

innovation and creativity, which may result in the indeterminate position of teaching objectives. Since the elementary education has undergone the new curriculum reform, the sport universities need to change their traditional teaching concept, update the teaching content, adjust the teaching objectives, cultivate qualified physical education teachers for elementary school, and help students achieve employment smoothly after graduation with their athletics teaching based on the concept of “health first”, “quality education” and “lifelong physical education” proposed by the new curriculum reform.^[1]

2.2 Insufficient Athletics Teaching Materials

Due to the influence of athletics teaching in universities failing to effectively integrate with the new curriculum reform of elementary education, the teaching materials used in athletics teaching in universities are seriously derailed from the needs of elementary education. The main performance is that the weaving content of teaching materials is still dominated by competitive events, and athletics sports skills are taught according to the standards of athletic athletes, rarely involving athletics fitness in particular the theoretical and practical knowledge of athletics sports or activities of entertainment and interest. Almost all the teaching materials of athletics in universities seem to be monotonous, which are mainly composed of such arrangements of teaching materials as analysis on athletics technology - athletics teaching - tips of athletics teaching method - modifying mistakes in athletics teaching, etc. At present, after the new curriculum reform, most of the contents of the same athletics teaching materials in universities have been deleted or modified to highlight the quality education of athletics. The serious disconnection between the basic physical education and athletics education in universities has seriously affected the effect and quality of training qualified physical education teachers for elementary education, which needs to be considered deeply in the athletics teaching in universities.^[2]

2.3 Backward Teaching Methods of Athletics in Sport Universities

At present, the athletics teaching in sports universities still adopt the “Three-Step” teaching mode: warming up before class, elementary teaching content and conclusion of comments. At the warming up stage, teachers either train students in queue formation or jogging and doing some free hand exercises; in the process of elementary teaching content, the physical education teachers explain and demonstrate the movements, and then the students are given the action exercises under the supervision of the P.E. teachers; at the end of the course, the P.E. teachers make a brief

summary and evaluation. The traditional teaching mode, which mainly focuses on teaching sports skills, not only makes the teachers and students exercise very hard on the playground, but also lacks the teaching meaning of modern athletics. It cannot reflect the concept of physical fitness, the entertainment and interest of athletics, nor can it cultivate students to go to school according to the requirements of the new curriculum reform of elementary education of athletics skills. At the same time, the traditional teaching mode of “master-and-apprentice” has seriously restricted the cultivation of students’ creativity and their enthusiasm to participate in athletics. The students trained by this teaching method will apply what they learned in universities to the teaching of athletics in elementary education when go to work. Therefore, it will affect the cultivation of fitness consciousness of elementary school students in athletics, which is contrary to the concept of quality education. Obviously, the negative impact of the current teaching mode of athletics in universities is not only on athletics teaching in universities, but also on that in elementary education, which is a serious problem.^[3]

2.4 Insufficient and Outdated Evaluation System

The evaluation of students’ athletics level in sport universities is often based on the students’ mastery of the competitive technology of various athletics sports events. In case the students’ physical competitive quality and skills have reached the standard, the evaluation of other aspects of them has been seriously ignored, especially the lack of evaluation on their fitness concept and lifelong sports consciousness. It should be said that athletics have competitive skills, but such skills are not suitable for elementary school athletics teaching. Most of the elementary school students will not become athletics athletes, but they need to keep fit through athletics, and cultivate their lifelong sports consciousness by athletics. In this way, the elementary education of athletics teaching needs more dependence and interesting teaching content, in order to stimulate the interest and enthusiasm of middle school students to participate in athletics. Therefore, the current sport universities and universities simply take the students’ athletics skill level as the evaluation standard, and it is an important performance that is divorced from the athletics teaching in elementary education. If this goes on for a long time, the athletics teaching in sport universities will directly affect the cultivation of reserve excellent sports talents in China, because the result of this disconnection phenomenon itself is seriously affecting the targets of athletics teaching in elementary education, and it cannot achieve the physical education for elementary school students.^[4]

3. REFLECTION ON ATHLETICS TEACHING REFORM IN SPORT UNIVERSITIES ACCORDING TO THE NEW CURRICULUM STANDARD

3.1 Objective Cognition of the Particularity of the Educated

General P.E. and professional P.E. technology education have different objects and training requirements. The object of physical education is the object of general physical education. They are training P.E. teachers for elementary schools, which must focus on the needs of elementary school sports teaching of athletics, in accordance with the requirements of the new curriculum reform in elementary schools, to enhance the physical quality of students, cultivate their physical and mental health concept and lifelong sports consciousness. Compared with ordinary students, most of them take athletics as a means of fitness to achieve the purpose of strengthening their own physique and cultivating their own body and mind. In this way, it is necessary for physical education teachers in sport universities to innovate teaching methods, so that students can master some athletics fitness methods, and develop good habits of exercise. In other words, the particularity of the teaching objects of athletics in sport universities lies in the fact that they are cultivating qualified P.E. teachers for elementary schools, rather than training professional athletics. As a physical education teacher in a sports college, we must be aware of this. Only by finding out the targets of their trainees can the P.E. teachers of sport universities study the needs of athletics teaching in elementary education, adjust the teaching methods of athletics in sport universities, update the teaching content, straighten out the teaching ideas, and cultivate the elementary education qualified physical education teachers according to the spirit of the new curriculum reform in elementary education.^[5]

3.2 Distinguishing the Teaching and Training Modes of Athletics

In the past, the teaching mode of athletics mainly focused on strengthening the training of students in sports technology, quality, tactics and psychology. As we all know, athletics courses in sport universities generally focus on learning 100m race, high jump, long jump, shot put and javelin throw. Since physical education teachers can recognize their training objects, they may no longer teach or train the competitive skills of these athletics events, but should have a turn of training purposes, mainly to cultivate the elementary sports skills of these athletics sports events, and strengthen the cultivation of students' fitness

concept and lifelong sports consciousness, and help students create more entertainment happy and interesting athletics sports content. These should be focus on athletics teaching in sport universities and students training. In this way, it requires P.E. teachers to decompose the original sports skills teaching content, and then implement certain integration, design some new forms of walking, running, jumping and throwing for students, and add some climbing, athletics games, students' physical training, happy athletics and orienteering cross-country running, etc., in accordance with the new curriculum reform in elementary schools. In this way, students can not only master the elementary sports skills of Athletics sports, but also learn more knowledge of athletics with the combination of recreation. This will help the students who are engaged in elementary school physical education in the future to adapt to the new curriculum reform of athletics teaching, cultivate elementary school students to use athletics, establish a fitness concept, form a lifelong sports consciousness, and realize quality education in physical education.

3.3 Understanding the Training and Attribute of Athletics

The attribute of physical education is to train students to master certain sports knowledge, understand some methods of using sports to exercise their physical quality, cultivate students' physical exercise habits, and promote the overall development of students' physical quality. The attribute of athletics determines that it is carrying these sports functions above. If there are some special needs, we can guide students to train some athletics skills, but this may not be the main purpose of athletics training. If the athletics training and the sports attribute of athletics are placed under the new curriculum standard, it is necessary to train students to learn the elementary skills of various athletics sports, and to use athletics events with various athletics events as carrier, so as to create more entertaining and interesting athletics sports contents to reflect athletics sports training and sports athletics sports attribute under the new curriculum standard. That is to cultivate middle school students' interest in sports and fitness, build up the concept of physical fitness, achieve the purpose of fitness by sports athletics, and to enhance the awareness of lifelong sports. In a word, the ultimate nature of sports athletics training and sports attributes is to enhance students' physical quality and strengthen their physical fitness. For students, they have no good physical fitness without sports. Therefore, either athletics training or athletics is to enable students to master some elementary sports skills to develop strong body.

3.4 Establishing a Connection of Athletics Teaching in Sport Universities and Elementary P.E. Education

As far as the current elementary education and teaching reform is concerned, there is no fixed mode. It is also groping and exploring in the process of reform, but the principle is to truly realize quality education. Therefore, the teaching reform of elementary education under the new curriculum standard needs to construct the consciousness of innovation and reform ideas. It is necessary to reform not only the teaching purpose, but also the teaching method, the teaching content and the assessment mechanism. However, any reform should not only focus on the athletics teaching in sports universities, but also on the reform direction of physical education in elementary education. By organically connecting the implementation of the two reforms, we can solve the problem of disconnection between athletics teaching and training content. In the implementation of the reform, we should not separate the reform in one aspect, but bring the reform of every link into the overall reform. As for the reform of athletics teaching and training in sport universities, we should stick to the principle of serving elementary education, organizing teaching materials and contents of athletics teaching, training the students of sport universities to be competent for the middle and primary schools under the new curriculum standards, in order to help elementary schools to achieve real physical quality education in accordance with the new curriculum standards. This is the reform direction of athletics teaching and training in sport universities and universities. Only stick to this direction can we realize the value of cultivating students in sport universities and make positive contributions to the development of physical education in elementary schools in China. At the same time, it is also the training responsibility of sport universities in training qualified teachers for elementary schools.

4. CONCLUSION

The times when sport universities took athletics technology as the main teaching task of should be the past. The new curriculum reform of elementary education has made the teaching reform of athletics teaching and training in sport universities imminent. However, However, for no ready-made way for teaching reform, sport universities and universities should recognize the particularity of their training objects, closely combine with the trend of elementary education sports teaching reform, so as to serve the elementary education physical education teaching concept, and establish their own reform ideas and reform direction. The reform should not only focus on the teaching materials but also on the teaching methods of athletics. It is necessary to aim at training

students to construct and utilize the fitness concept of athletics and to cultivate students' awareness of lifelong sports. Based on the fundamental starting point of serving physical education in elementary education, we should carry out the reform of athletics teaching and training in sport universities, and the training of qualified P.E. teachers for elementary education.

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