



Research on the Reform of College Physical Education Curriculum and the Strategy of Cultivating Students' Lifelong Sports Awareness

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Abstract. With the progress of society and the improvement of living standards, health has become one of the important goals pursued by modern people. As an important place to cultivate the pillar of the future society, universities have the responsibility to cultivate students' lifelong physical education awareness and promote their physical and mental health development through the establishment of physical education courses. However, there are still problems in the teaching content and methods of the current college physical education courses. Based on the analysis of survey data, this paper discusses the relationship between university physical education curriculum and students' willingness to participate in physical education activities, and puts forward a series of targeted measures accordingly. These measures can effectively improve the quality of university physical education and promote the comprehensive development of students' physical fitness.

Keywords: Physical education curriculum; Lifelong sports; Higher education institutions; Curriculum reform; sports culture

1 Introduction

As an important part of improving students' comprehensive quality and cultivating a healthy lifestyle, college physical education courses face unprecedented challenges. Between our various institutions of higher school does combine smoothly with primary school, which also led to disjointed professional training objectives and content of Physical Education and sports school curriculum reform last behind^[1]. "Physical fitness" education can enhance the exchange between college students and society, and can promote college students' recognition of lifelong sports^[2]. In the reform of physical education in universities, common problems that affect educational efficiency have led to difficulties in improving humanistic education, incomplete reforms, and low institutional efficiency^[3]. Therefore, the reform of physical education curriculum in universities is imperative. Through a questionnaire survey, this article collected the opinions, needs, and improvement suggestions of respondents on university physical

education courses and lifelong sports awareness cultivation. The analysis results provide reference for optimizing physical education courses in universities. The survey includes opinions on satisfaction with physical education courses, improvement needs, lifelong sports awareness cultivation, as well as evaluation methods and interest cultivation in physical education courses.

2 Current Situation and Suggestions for Physical Education Courses in Universities

2.1 Curriculum Design and Content: Rich and Diverse, but Still Needs Optimization

Currently, there are a wide variety of physical education courses in universities, covering multiple fields such as athletics, ball games, swimming, martial arts, and aerobics, forming a relatively complete curriculum system. However, there are still some issues regarding the alignment between course content and student needs. According to the survey results (Figure 1), the satisfaction with the current physical education curriculum content in universities presents a relatively balanced distribution trend.

How satisfied are you with the current content of physical education courses in universities?

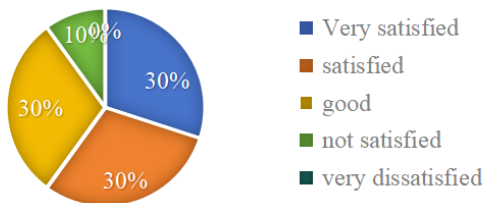


Fig. 1. Satisfaction with the Physical Education Curriculum Content in Universities.

Based on the above survey results, schools should introduce engaging and challenging content to boost student participation and motivation, enhancing satisfaction with PE curriculum. College PE courses should include more life-relevant sports projects. Over 90% of respondents consider it urgent or necessary to add such items. Emphasis on life-related sports projects is recommended in college PE course design.

2.2 Teaching Methods and Means: the Common Development of Tradition and Modernity

Traditional teaching methods play an important role in college physical education. However, with the rapid development of modern educational technology, the shortcomings of these methods have become more and more obvious. There is room for improvement in many ways. The survey shows (Figure 2) that the richness of curriculum content and teaching methods and tools are the most urgent areas for improve-

ment. In addition, the improvement of sports facilities and teacher specialization are also seen as important points of improvement. In contrast, improvements in course timing were less mentioned.

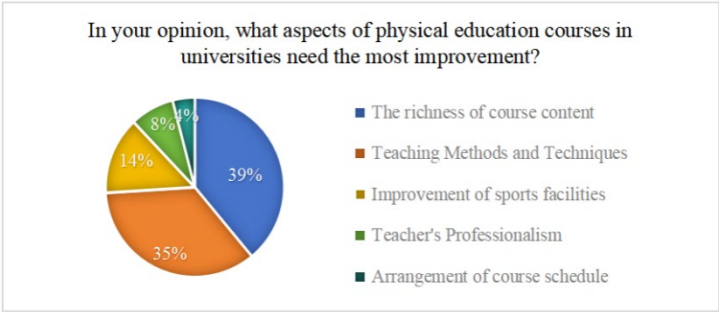


Fig. 2. Students’ views on the need for improvement in college physical education courses

A single teaching method and a boring classroom atmosphere will lead to students losing interest in PE and seeing it as a burden rather than a hobby. This goes against the original intention of physical education curriculum, fails to establish the goal of life-long physical education, and is not conducive to the cultivation of students' core abilities^[4]. Therefore, the use of an online platform to establish an online learning platform and interactive space can break the time and space restrictions of the traditional learning mode and improve the learning efficiency^[5]. Moreover, universities should enhance guidance and support for students’ learning, aiding them in overcoming academic challenges. Universities should value student feedback on physical education course assessments. Research indicates (Figure 3) that 40% of students rate the assessments as average, 24% view them positively as scientific and reasonable, 32% highly praise them as very scientific and reasonable, and just rare people are dissatisfied, considering them not very scientific or reasonable.

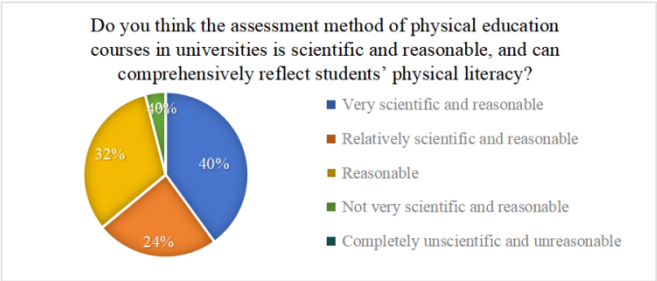


Fig. 3. Students’ views on the assessment methods of physical education courses in universities

Based on the above research results, universities should more widely incorporate students’ opinions and suggestions when planning and designing assessment methods for physical education courses, and deeply understand students’ actual needs and expectations. At the same time, it is necessary to closely combine with the actual situation, fully consider the individual differences and characteristics of students, and

adjust and optimize the assessment methods in a timely manner^[6], in order to more comprehensively and accurately reflect the level of students' physical literacy and promote their physical and mental health development.

3 Strategies for Cultivating Students' Lifelong Sports Awareness

3.1 Combining Theoretical Education with Practice

Promoting the integration of sports and education is a strategic plan of education and sports work in China in the new era, which aims to combine the cultivation of youth sports ability with professional education. This is of profound significance to college students. Sports theoretical knowledge is an important basis for guiding students to participate in sports activities^[7]. It not only helps students to understand the principles, rules and methods of sports, but also stimulates their interest and enthusiasm for sports.

According to the survey results (Figure 4), increasing the diversity and selection range of courses is the most popular way to improve students' awareness of lifelong physical education, accounting for 35%, fully reflecting students' high demand and strong interest in diversified physical education courses. Among the other options, 25% emphasized learning sports theory, while 19% were willing to increase extracurricular sports activities and competitions. These two data together reflect the students' dual emphasis on theoretical knowledge and practical activities. The digital transformation of education is an inevitable trend of the development of education, which will profoundly change our education mode and provide strong support for the talent training in the new era^[8]. Schools can consider integrating modern teaching methods such as digital tools into physical education to improve students' interest and effectiveness in learning.

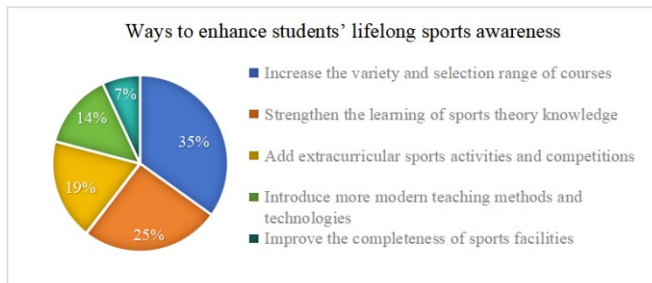


Fig. 4. Ways to enhance students' lifelong sports awareness

Universities should incorporate physical education into the curriculum system, provide necessary support and emphasize sports theory. Teach scientific sports knowledge and exercise methods through classroom teaching and special lectures. The combination of theory and practice requires strategies to promote mutual promotion. This will accelerate the development of university public sports, cultivate students'

lifelong awareness of sports, improve their sense of sports and health, enable them to master basic sports knowledge and skills, and enhance practical sports experience^[9].

Campus sports culture is an important part of school physical education work, which has rich and diverse connotations, including spiritual aspects and material aspects. To create a strong campus sports culture, we can work hard from many aspects. Firstly, strengthen the construction of sports facilities to provide students with sufficient sports venues and equipment; secondly, optimize physical education courses to increase the diversity and interest of physical education courses. In the planning and implementation process of sports and cultural activities, it is necessary to pay attention to the innovation and effectiveness of the activities, combine the characteristics of university education and the training plan of school professional talents, pay attention to the training of first-class talents in the industry, carry out targeted situational teaching, and create a distinctive student-centered university public sports brand course^[10].

3.2 Linkage between Family, School, and Society

The survey (Figure 5) identified key factors impacting students’ involvement in sports activities, such as scheduling conflicts, limited sports facilities, lack of interest, and academic pressure. Insufficient facilities were the primary factor at 39%, with time conflicts, lack of interest, and high pressure also significant at 25%, 21%, and 15% respectively. Physical limitations were not a factor, likely due to the small sample size or respondents’ good health.

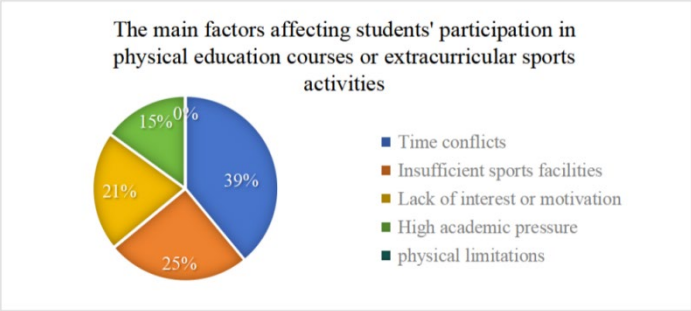


Fig. 5. The attitude of students towards the cultivation of their interest in sports through college physical education courses

Physical education is more emotional, emphasizing not only physical exercise and skill development, but also placing great emphasis on emotional communication and teamwork between teachers and students^[10]. Therefore, cooperation from multiple parties is required. The cultivation of students’ lifelong sports awareness cannot be achieved without the collaborative efforts and cooperation of families, schools, and society. As the first classroom for students’ growth, the family plays an irreplaceable role in cultivating their children’s interest and habits in sports. As the backbone of the education system, schools shoulder a heavy responsibility in cultivating students’ lifelong sports awareness.

Schools should collaborate with society to create a quality sports environment for students. Society, key to students' growth, is vital in fostering lifelong sports awareness. It should offer quality sports facilities and services, and organize competitions and activities to boost students' sports enthusiasm and participation.

4 The Impact of Physical Education Curriculum Reform on Students' Academic Performance

4.1 Reform Measures and Implementation

To address the aforementioned issues, the school has implemented multiple strategies. Firstly, the content of physical education courses has been updated, introducing more sports projects that are in line with students' age characteristics and interests. Secondly, teaching methods have been reformed to encourage teachers to adopt interactive teaching methods such as gamification and competition, aiming to enhance students' participation and sports experience^[11]. In addition, the school has also strengthened the construction of sports facilities, providing students with a more favorable sports environment.

4.2 Analysis of Reform Effectiveness

After a period of implementation, the reform of physical education curriculum has achieved significant results. Students' interest and enthusiasm for physical education classes have significantly increased, and more and more students actively participate in sports activities in their spare time, forming good exercise habits. By comparing the physical education scores of students in the first and second semesters, significant changes can be observed intuitively (as shown in Table 1).

Table 1. Average Grades and Sports Participation Rates of Students in the First and Second Semester

Class	Grade of first semester	Participation 1 (%)	Grade of second semester	Participation 2 (%)
Class 1	89	47%	91	54%
Class 2	74	41%	79	44%
Class 3	86	46%	89	49%
Class 4	88	49%	90	53%
Class 5	77	41%	78	48%
Class 6	73	39%	71	49%
Class 7	70	38%	73	42%
Class 8	87	44%	87	50%
Class 9	71	39%	74	45%
Class 10	69	37%	71	43%
Class 11	84	43%	86	51%
Class 12	82	41%	85	47%

4.3 Specific Changes in Student Grades

According to data statistics, we have observed that after implementing reform measures in physical education courses, students’ grades in physical education have generally improved significantly, with an increase of about 6%. This positive change is not only reflected in traditional sports, but also particularly prominent in newly introduced sports. In addition, students’ abilities in self-management and self-motivation have also significantly improved, and the enhancement of these abilities is crucial for their comprehensive development^[12]. By comparing the average grades of students in the first and second semesters (as shown in Figure 6, we can clearly observe the specific manifestations of these positive changes, which further confirms the effectiveness and necessity of educational reform measures.

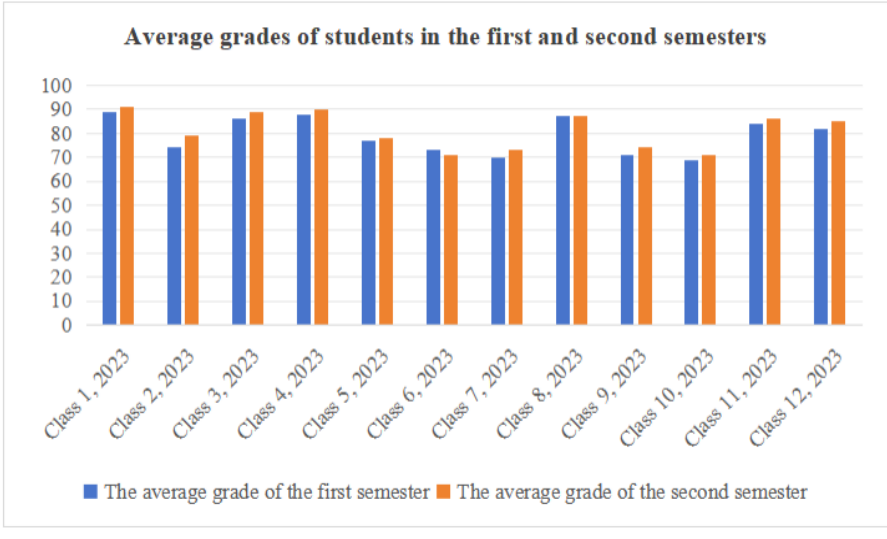


Fig. 6. Average grades of students in the first and second semesters

By comparing the sports participation rates of students in the first and second semesters (as shown in Figure 7, we can also find that students’ enthusiasm for participating in sports activities has significantly increased. This not only reflects students’ positive response to the physical education curriculum reform^[9], but also demonstrates the success of the reform in stimulating students' interest in sports.

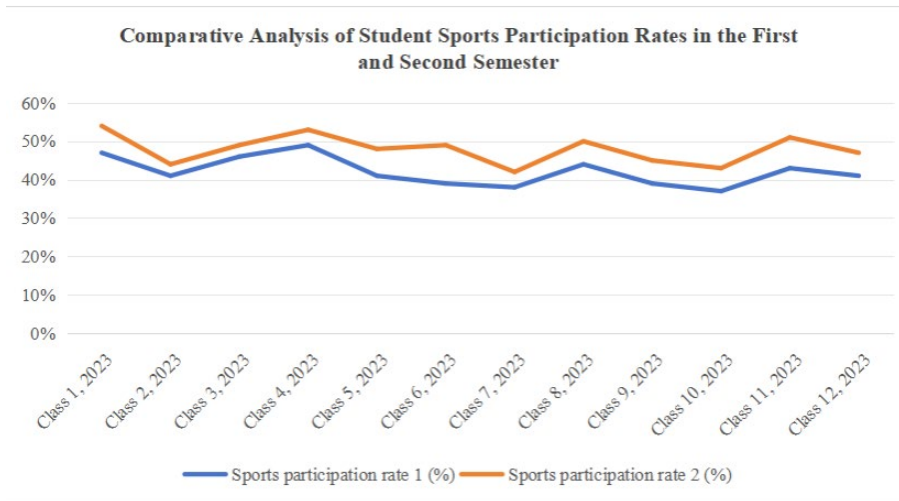


Fig. 7. Average grades of students in the first and second semesters

5 Conclusion

Reforming college physical education curriculum and cultivating students' lifelong physical education awareness is a continuous and challenging task. In order to effectively promote this process, it is necessary to constantly innovate the teaching content and methods, improve the evaluation system, and strengthen the key links such as sports culture education and the construction of sports club organization. These measures will inject strong impetus into the reform and development of university physical education curriculum, and lay a solid foundation for students' physical and mental health and all-round development. In addition, students are encouraged to participate in a rational attitude and maintain good exercise habits through sports programs, which not only helps to cultivate students' lifelong physical education awareness, but also lays a foundation for them to continue lifelong physical exercise. In the future, we expect more educators and researchers to pay attention to the research and practice in this field, and jointly contribute to the development of high-quality talents with lifelong sports awareness.

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