

Thoughts on College Sports Theory Teaching Based on the Perspective of Leisure Sports

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Abstract. This paper describes understanding of leisure sports, analyzes reasons of introducing leisure sports to college sports teaching, points out the important role of college sports teaching, and then based on the perspective of leisure sports, and conducts discussion from aspects of strengthening talent training, updating students' sports learning concepts, innovative sports theory model, promoting sports theory teaching reform, and promoting the innovation of teaching setting management system etc.

0.Introduction

In higher education system, how to make full use of special functions of education and fitness during sports teaching and promote healthy growth of Chinese college students at current stage has become the key of higher education during development. In sports teaching, higher education institutions could effectively reduce students' mental burdens by carrying out leisure and entertainment sports teaching according to circumstances. This helps develop students' enthusiasm for actively participating in physical activities and exercise, makes leisure sports gradually become a bridge of teacher-student interaction and students' physical and mental development, and takes leisure sports as an important development direction of college sports teaching reform.

1.Leisure sports and college sports teaching

1.1 Understanding of leisure sports

For the study of leisure sports concept, this concept is generally considered as an important component of social sports, and is a type of sports activities that people have in order to enhance health and physical and mental pleasure under conditions of relatively comfortable life and more leisure time. Leisure sports show characteristics of freedom, non-profitability and culture. In terms of understanding of leisure sports, there is not uniform understanding and expression, but there is still some consistency: firstly, leisure sports are a way of leisure that people could participate in actively besides work, life and learning etc; secondly, unlike competitive sports, ordinary people are free to choose and participate in leisure sports activities; finally, leisure sports keep up with fashion and trend, and can not only promote the development of people's physical health, but also contribute to people's mental and spiritual pleasure. So, leisure sports have gradually become a general term of a type of sports fitness activities that people pursue fashion and enjoy happiness brought by sports in modern society.

1.2 Reasons that leisure sports are introduced in college sports teaching

1.2.1 Traditional sports teaching content is in urgent need of reform

As an important way by which college students receive sports skills and knowledge, sports teaching can not only promote the formation of concept of lifelong sports, but also enhance physical health and physique of students. Based on adherence to physical exercise, students can develop a lifelong habit of participating in leisure sports, grasp and understand exercise and training methods of sports items in which they are interested. Traditional sports teaching pursues competition and performance, and teaches students relevant competitive skills and knowledge, which are disjointed with students' development and are not conducive to training of lifelong sports concept. As it will be difficult for students to accept traditional sports teaching content and choose sports activities according to their hobbies, students lose interest and motivation in physical exercise.

1.2.2 Leisure sports theory enriches and develops college sports theory teaching content

College students who are in an important stage of forming world outlook accept new things quickly, have quite active thinking, and gradually become subjects that lead fashion and trend. As a new way and concept of physical exercise, leisure sports are easier to be accepted by students. Through education, students could better understand skills, knowledge and concepts of leisure sports, and gradually become practitioners of leisure sports activities. What's more, characteristics of leisure sports are more in line with students, especial college students, meet their pursuit of fashion, and bring physical and mental pleasure. So, it is very necessary to set up leisure sports courses in colleges.

2.Importance of introducing leisure sports in college sports teaching

2.1 Conducive to promoting students to establish a lifelong sports concept

In consideration of fashion and arbitrariness of leisure sports, participants can obtain spiritual pleasure and enjoyment in physical activities and become enthusiastic. Benefits of adding content of leisure sports during sports teaching mainly include: firstly, diverse leisure sports items provide more choices for students, and stimulate students' enthusiasm for participating in selected items and mastering relevant skills and knowledge actively to lay a foundation for future physical exercise; secondly, students would participate in sports items in which they are interested more frequently, and thus develop a habit of lifelong exercise. Thus, leisure sports are more consistent with requirements of sports teaching for the objective of lifelong sports. So, leisure sports integrated in teaching can enhance students' physique and health, and make students establish a concept of lifelong sports.

2.2 Conducive to enhancing students' physique and establishing a positive attitude towards life

College graduates would become complete social beings gradually after entering the society. In the process of transformation into social beings, leisure sports play an irreplaceable role. Leisure sports pursue physical and mental pleasure, strengthen interpersonal relationships in physical exercise, enable students who are to enter the society to learn to adapt to various different roles in game-like leisure activities and learn to handle different interpersonal relationships, make graduates form healthy and optimistic outlook on life in society; constraint rule advocated in leisure sports activities can also develop graduates' conscious compliance with morality and laws in society, and make students become qualified social beings. Moreover, leisure sports content introduced in sports teaching can make students more physically and mentally pleasant, feel the happiness of being healthy, and thus develop positive outlook on life. Thus, teaching of leisure sports can train students' healthy attitude towards life and enable students to realize gorgeous turn into social life.

2.3 Conducive to reasonable mental regulation of college students

Leisure sports teaching can not only meet students' needs of being engaged in sports, but also provide students with sound mental communicative experience, and let participants have more calm and relaxed state of mind and thus relieve the pressure of life and learning; by guiding students to leisure entertainment, students could have a more relaxed and pleasant activity atmosphere, better show their values and stimulate the release of their potential, enhance their sense of identity among social groups, relieve effectively and release their stresses in life and learning.

3.Thoughts on college sports theory teaching based on the perspective of leisure sports

3.1 Strengthen training and building of leisure sports teaching teachers

With concern of colleges and the society about leisure sports, many colleges have set up courses related to leisure sports. For example, social sports major and sports entertainment courses etc are introduced in sports majors. However, few college students actively participate in leisure sports for entertainment. For colleges, strengthening training and building of leisure sports teachers can effectively guarantee reasonable implementation of leisure sports in sports theory teaching.

Firstly, choose teachers with a strong sense of responsibility and teaching ability from current sports teachers according to comprehensive appraisal, provide them with opportunities of

off-campus further study and education, promote the enhancement of teachers' professional skills, solidify teacher foundation and improve teachers' competency, and lay a foundation for leisure sports teaching.

Secondly, enhance sports teachers' professional ability, generally including ability to organize training, R & D ability of leisure sports R & D activities, a strong ability to learn and accept new teaching methods. Enhancement of sports teaching professional competence is the key of guaranteeing smooth implementation of leisure sports teaching.

Thirdly, strengthen the training for sports teachers. Such training shall strengthen leisure sports theory and practice, focus on training teachers' modern educational techniques, make full use of campus resources to carry out training activities, actively expand off-campus or overseas training channels, specify corresponding training programs, enable teachers to have a more in-depth understanding of leisure sports, and include the concept of leisure sports fully in sports theory teaching.

3.2 Establish the concept of health first and update students' leisure sports concept

Since admission to colleges, students have more disposable time than previous learning stages. Strongly professional sports skills of sports classes cannot stimulate students' interest in exercise or meet their increasingly rich needs of amateur training. In leisure sports teaching, teachers shall guide students' concepts of leisure sports, and add more entertainment items, so that students could gradually establish a concept of health first. Specifically:

On the one hand, college students shall handle the relationship between professional and leisure entertainment correctly while establishing a concept of leisure entertainment, especially proportions of time for professional and leisure entertainment. Besides, college students shall also focus on different levels of needs of various individual students for sports leisure entertainment, and give play to the positive role of leisure sports in college sports theory teaching.

On the other hand, guide students to form a correct understanding of leisure sports through sports theory teaching, and know about functions and key role of leisure sports in lifelong sports. While teaching students knowledge, skills and techniques related to leisure sports, a relaxed and lively leisure entertainment atmosphere shall be created, so that students could gradually have interest in leisure entertainment in such atmosphere, and establish a healthy and upward sports concept and a good habit of leisure sports exercise.

3.3 Carry out campus and off-campus integrated teaching model and leisure club model

According to the concept of leisure sports and current sports teaching environment in colleges, campus and off-campus integrated teaching model can be established and carried out.

Firstly, classes mainly transfer knowledge related to sports, knowledge and some basic techniques and skills etc related to leisure sports to students, so that students could have an in-depth understanding and grasp of theoretical knowledge related to leisure sports through learning.

Secondly, besides sports activities in classes, there shall be various forms of leisure sports activities in spare time, such as basketball, volleyball, football, table tennis, sports dancing, physical fitness dancing, track and field, martial arts, taekwondo, body, yoga, roller skating entertainment sports etc, to enrich the connotation of sports teaching and establish an integrated teaching model.

Thirdly, the situation of extracurricular physical exercise shall be included into performance appraisal of sports courses. Carry out card swiping hierarchy for students' participation in leisure sports activities, and use computers to record attendance times automatically. At the same time, encourage actively students to participate in various social leisure sports activities and exercise their own qualities and abilities, and teachers who are in charge of coaching in associations give scores and record in regular performance of sports learning.

3.4 Reform sports teaching courses based on the perspective of leisure sports

Course setting shall always be based on students' concern about their health and enhancing their physique. More simple, easy, convenient and strongly epochal sports items shall be introduced. Based on the perspective of leisure sports, college sports courses should include basic courses, elective courses and health care courses, specifically as follows:

(1) Basic courses: aim at enhancing students' physical quality and health. 24-step simplified Tai

Chi and physical training can be taken, and try to make each student able to do Tai Chi in order to lay a foundation for students' lifelong sports.

(2) Elective courses: leisure sports items in which students are interested and ball spiral courses can be set up. Combined with characteristics of majors, with orientation of physical quality practice, set up targeted practice items, try to improve students' professional physical quality, and train students' awareness of sports. Courses that could be set up specifically include basketball, volleyball, football, aerobics, sports dancing, martial arts, taekwondo, body building exercise, swimming, badminton, body training, yoga and roller skating etc.

(3) Health care courses: these courses are mainly set up for injured, sick, disabled, weak and specially sized students. Sports activities mainly include Tai Chi, eighteen methods of doing Qigong, badminton and other light sports activities, aiming at health care and rehabilitation of students. With changes in college sports infrastructure and students' sports concepts, more new leisure sports items that could meet students' numerous and diverse needs will be added.

3.5 Perfect leisure sports supporting facilities and construction of interactive platform

Currently existing sports teaching facilities management setting is not conducive to implementation of leisure sports teaching to a certain degree. Colleges shall create more sports leisure atmosphere for college students, provide better sports leisure environment and improve venue utilization ratio. Therefore, existing teaching facilities management system is in need of innovation. Specifically, it can be started from the following aspects:

Firstly, extend the opening hours of sports venues. The implementation of club operating model is based on extending opening hours of sports venues. Meanwhile, to change operating mode of sports venues, membership system can be introduced by charging low rents to reduce venue management service expenditures.

Secondly, improve lighting system construction of sports venues, which could not only reflect humanistic care of construction of sports venue infrastructure for students, but also meet different students' needs of physical exercise at different periods of time.

Thirdly, build leisure sports network interactive teaching platform, with which, the following functions can be realized: leisure sports resources sharing and interactive communication; discussion, learning and experience of leisure sports features; organization, initiation and implementation of leisure sports outdoor activities; and deepening of college students' recognition and understanding of leisure sports items.

4. Conclusions

To sum up, leisure sports have unique advantages, and play a key role in training college students' interest in sports and promoting their physical and mental development and formation of personality. Researches and exploration of China's college sports theory teaching from the perspective of leisure sports can not only lay a solid and extensive theoretical foundation for colleges' comprehensive promotion of leisure sports, but also enable students to form healthy and upward living habits and help promote the formation of national sports culture. Colleges shall combine with characteristics of students, formulate effective strategies, organize and guide actively students to participate in leisure sports, build strong sports cultures in colleges, and lay a solid cultural foundation for college spiritual civilization.

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