

An Analysis on the “Three Independences” Teaching Reform of Physical Education at Colleges

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Abstract: For the physical education at colleges, the application of the teaching method “three independences” has played a significant role and attracted the attention of physical educators. On one hand, “three independences” can adequately mobilize the vitality of college PE classes and cultivate the physical ability and quality of students, innovating the model of teaching; on the other hand, there are some deficiencies in practical teaching which need to be improved. This essay is primarily to analyze the significance of applying the teaching method “three independences” in college PE classes, and then elaborate the problems existed in the reform of “three independences”, finally combine with the reality to put forward efficient countermeasures, promoting the college PE classes in full swing to improve the quality of teaching.

Introduction

The Teaching Program for National College Physical Education Course points out that the physical exercise of college students can independently select the athletic contents have learnt, can independently select their own course teacher, can freely select the time to learn PE classes under the guidance of teachers, which is briefly called “three independences”. The “three independences” model of teaching has fully reflected the advanced concepts of “health first” and “people first”. In the actual teaching process, the “three independences” model of teaching should be fully understood to well solve the contradiction between the skills and teaching ability of teachers and the demands of students, promoting the constant depth of the “three independences” teaching reform to achieve the expected teaching objectives through methods such as expanding and optimizing the teaching contents, scientific evaluation and so on.

1. The significance of applying the “three independences” model of teaching in college PE classes

1.1 Contributing to the implementation of the guiding ideology of college physical education teaching

The function of the guiding ideology of college physical education teaching is to guide the development of physical education, reflecting the requirements and standards of the society to sports talents from the viewpoint of physical education, which has determined the growing trend of college physical education. Under the situation that college physical education goes deeper and deeper, the guiding ideologies such as “people first”, “health first”, “quality education” and “lifelong sports” have gradually integrated into the physical education and become the issue to which educators have to pay great attention. This kind of model of teaching has fully considered the physical interests and demands of students, which has given students a certain degree of freedom according to the principle of “student-based”, changing the teacher-centered model of teaching into the direction of teacher-directed and student-based gradually, then creating a vivid, relaxing and lively teaching atmosphere to stimulate the learning interests and enthusiasm of students all sidedly, mobilizing the learning motivation and initiative of students to make them fully experience the enjoyment of success, establishing the concept of lifelong sports gradually, promoting the health of the mind and body as well as full development of students while accomplishing the goals of physical education.

1.2 Contributing to the deepening of the reform of college physical education

The reform of college physical education is a long process which needs constant exploration. The application of “three independences” has poured vigor and strength into the reform of college physical education, mobilizing the enthusiasm and innovation of the educators in the round, and established solid foundation to the reform of teaching models, teaching organizations and teaching

methods. At the same time, in order to ensure the development of “three independences”, the traditional form of artificial selecting class has been eliminated gradually, creating a online management system which has applied to some extent. The application of this online management system can facilitate the students to the works such as course selection, division of classes, results management, teaching evaluation and so on, which has largely increased the efficiency of teaching and management. In order to satisfy the different needs of students, those have to be done that strengthening the integration and optimizing of resources, setting up more sporting events to let students select in the process of college physical education. The physical education classes should be combined with some traditional and fashion elements to enrich the campus culture life gradually and facilitate to the full development of students.

1.3 Contributing to the healthy development of students’ minds and bodies and improving the social adaptation ability of students

Traditional physical education model is to develop relevant teaching activities according to the requirements of curriculum introduction, which has ensured the uniformity of course teaching to some extent, and played a part in improving the teaching quality. However, it cannot satisfy the various demands from students because of lacking of flexibility, which would impede the development of students when they are participating in physical exercise, as well as the certain limitation to the personality development. The application of “three independences” can provide more chooses for students to let them select the sport events suited themselves according to their hobbies, physique and sports level. Therefore, teachers can teach students in accordance with their aptitude when they carry out teaching activities, then to develop targeted teaching to improve the teaching quality, making students fully experience the charm of sports and experience happiness in sports activities, and then keeping the enthusiasm and interests to participate in physical exercise to cultivate the habit of students to exercise consciously.

1.4 Contributing to the promotion of professional quality of college gym teachers

Teachers play a significant role in the process of college physical education, who play a leading role while explaining sports knowledge and skills to students. The application of “three independences” has encouraged students to select teacher independently, which has enhanced the senses of competition and crisis of teachers to some extent, and examined the teaching of teachers. The teachers with high teaching level, professional quality, flexible teaching methods and strong responsibility are very popular among students; while those teachers with obsolete teaching methods who make no progress would be eliminated by students, then they would have no class to teach. The teaching model of “three independences” encourages students to select sporting events according to their actual situation, teachers can also select teaching tasks according to their levels and professions, giving full scope to the talents, and giving play to the specialities of teachers. Therefore, it can promote teachers to strengthen vocational studies, and make great efforts to improve their own professional quality and increase specialized knowledge, then to optimize the classroom teaching and promote the teaching contents to spread in full swing, and finally improve the teaching quality.

2. The problems existing in the “three independences” teaching reform of college physical education

2.1 The establishment of fashionable sport events is few

The diversification of sport events can better satisfy the various demands of students, fully mobilizing the enthusiasm and autonomy of students to take part in physical exercise. With the rapid development of society, fashionable sports have entered people’s horizon, although which has the same substantial characters with traditional sports, the unique novelty, irritation, epidemicity and enjoyment can better satisfy the gymnastic and cultural demands of modern college students, catering to their psychological needs to chase fashion, seek for stimulation and pursuit fashion. To bring in fashionable sport events, the relevant teachers should be equipped. However, because of the lack of teachers, the fashionable sport events are hard to establish. At the present stage, the establishment of fashionable sport events is very few that it can not satisfy the demands of students, which has limited the enthusiasm and interests of students in participating in sport events,

and impeded the improvement of physical teaching quality.

2.2 The teaching contents and methods are simplex

The implementation of “three independences” can satisfy the various demands of students to a greatest degree, and provide good platform for students in different majors to exchange and exercise. However, if teachers apply unified teaching contents and methods in the PE classes, there is certain to appear the phenomenon that students with poor foundation cannot finish and students with good foundation cannot be satisfied because of the difference of students on special exercising skills and physical qualities, which has largely impacted the passion and enthusiasm of students and the teaching efficiency. According to relevant research, although many students have chosen the sports events they preferred, the learning initiative of them is insufficient because the arrangement of teaching contents is not reasonable and the teaching methods are outdated, which have affected the learning effects of students and limited the overall implementation of “three independences” teaching model.

2.3 The grade evaluation is too flexible that the competition pressure would threaten the justification

The application of “three independences” teaching model has achieved the reform of individual longitudinal evaluation to students’ scores, and given the teachers subjective evaluation factors. The form that students autonomously select the course teachers has improved the press of the course teachers, and brought new challenges to them, especially the number of students’ course selection and their evaluation would have direct impact on the workload and salary of teacher, which has caused that some teachers will give certain favour scores or decrease the testing requirements to contend for the favour of students while evaluating the student scores. These undesirable phenomenon have badly affected the impartiality of teaching management and evaluation. It is originally to promote the professional qualities of teachers through the competition mechanism that students select teachers, which has become a method to canvass students. This have not actually achieved the evaluation purpose but propagated the distortions of catering to students, then it would have harmful effects on the learning initiative of students and the improvement of teaching quality, restricting the overall implementation of “three independences” teaching model.

3. Effective strategies of the “Three Autonomy” reform of education in college physical education

3.1 Introduce popular activities, develop and utilize instructional resources

In college physical education, study of modernizing curriculum provision should be strengthened and certain teachers be assigned to attend continuing program. Moreover, popular sport events such as yoga, outdoor training and roller skating should be added to curriculum. Increasing curriculum is able to adjust college students’ need for pursuing fashion and also improve the novelty of curriculum provision so as to satisfy different requirements of students. Meanwhile, project design of relevant teaching materials should be enhanced especially for the compiling of instructional programme and teaching programme in order to promote the quality of teaching. At the present stage, physical education in many colleges are limited to classroom teaching form without any integration of instructional resources inside and outside the school, which severely imposes restrictions on the comprehensive development of teaching contents. Therefore, on condition that equipments in the sports field are quite limited, the development and utilization of instructional resources shows great significance. Integration of Instructional resources inside and outside the school should be intensified to realize resource sharing. Take full advantage of students with sports talent and versatile teachers to fully develop manpower resource. Popular sport events should be added to provide students with more independent choices. Natural resources should be fully developed as well. The teaching and training activities such as field survival and outdoor life are carried out by virtue of natural resources.

3.2 Enrich teaching contents and innovate teaching methods

Due to the existence of urban-rural dual structure and imbalance of educational development in China, together with the thought of exam-oriented education and inadequate attention given to physical education by students themselves, students are quite weak in physical foundation and there

is huge difference in physical quality and athletic ability between students in cities and countryside. Regarding this condition, teachers ought to formulate proper teaching contents and classify the same special project into Elementary class and advanced class to meet students' actual demand. By this way, every student is able to learn knowledge and improve own physical quality and level. Elementary classes focus on explanation of fundamental skills, which will provide students with primary knowledge of basic skills and practice method of this sport, inspire their learning interest and encourage their learning motivation. Senior classes focus on master and application of sport skills. Students are encouraged to learn more and suitable sport knowledge and skills in best times and then their physical fitness and sport level will be promoted comprehensively. The implementation of individualized and graded teaching will effectively increase students' interest in learning sports knowledge and help cultivation of awareness of lifelong sport and habits of doing sports actively, which will facilitate healthy and comprehensive development of students' mind and bodies.

3.3 Improve students' achievement evaluation system and realize impartiality of evaluation

The purpose of achievement evaluation is to improve teaching, promote teaching quality and optimize teaching goal. Impartial evaluation will facilitate learning and plays a role of direction, encouragement and coordination. Teachers' unfair evaluation will affect students' learning initiative. At present, students' range of advancement is included in evaluation items, which grants authority of subjective assessment of teachers' evaluation based on multiple and comprehensive evaluation methods. In order to avoid influence of random evaluation on impartiality, a quantitative index system of evaluation shall be set up and improved through management of scientific and quantitative evaluation to distribute weight of teachers' subjective evaluation scientifically, ensure that flexibility of teachers' subjective evaluation is under the restraint of objective evaluation, realize maximum impartiality and then allow full play of evaluations, promote teaching quality and optimize teaching goal.

Conclusion

In a word, the "three independences" teaching reform has achieved certain effects in college physical education that teachers, students and teaching resources all have changed in varying degrees. While implementing the "three independences" teaching reform, colleges should fully understand the deficiencies in the process of reform, and put forward efficient countermeasures combined with the reality to make sure the smooth process of reform, facilitating to the overall development of college physical education to help students establish the concept of lifelong sports, achieving the comprehensive and healthy development of the minds and bodies of students.

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