

Multi-level Educational Practices of Sports Education

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Abstract. The development of socialist market economy promotes the gradually rising attention to people's health issue, which propels the development of sports education reform in China to some extent. In addition, our country also proposed corresponding guidance schemes for the issues of sports education in the hope of strengthening the whole physical quality of Chinese citizens through scientific sports education and providing corresponding human resource foundation for the national modernization construction and development. As the important bases for cultivating talents, colleges actively respond to the national call and carry out practical explorations at many levels. This paper specifically studies and analyzes sports education practices in colleges from three levels, hoping to provide certain supports for multi-level educational practices in the sports education of our country.

Introduction

Talent cultivation in colleges should meet the development need of times. Proper reforms and innovations should be carried out to achieve the development of students in an all-around way. The college sports education is just the same. In the process of making reforms and innovations in college sports education, it is required to grasp the future development direction of sports education with a forward-looking insight, establish educational practice plans which will benefit students for life and offer corresponding guarantees for improving students' physical quality. Next, this paper will analyze and study the sports education practices in colleges in the hope of providing supports and references for reform and innovation activities in college sports education.

The first level: establish the macro educational thinking and actively change the traditional teaching idea

Educational thoughts and concepts, which have decisive influences on the development direction of college, play important roles in improving the quality of education. Establishing positive and advance teaching concepts can further accelerate the development of college sports education, helps to intensify the teaching staff's whole teaching ability, properly propels the deepened reform of educational evaluation mechanism, and is of great significance in the construction and development of sports education in our country.

Guide students to set up the educational concept of lifelong sports

The college period is the critical period for students' growth and development. The sports education of this period, which is the sports education of the highest level accepted by students, is the turning point of students' sports cognition from school to society, and plays a certain foundation role in establishing students' thought of lifelong sports. According to the call of "national fitness" of our country, sports education activities in colleges should not only focus on students' healthy development in mind and body, but also pay attention to guiding students to unswervingly carry out physical training in varied environments so that students can develop a habit of persisting in physical training and can obtain benefits from it for life.

Set a clear objective for current college sports teaching

To meet the society's need for talent development, as the talents of the new century, college students pay attention to cultivating the following four qualities in college education: to have a new idea, a creative mind, the courage to forge ahead and the sense of teamwork. All of them are the responsibilities which must be shouldered by sports teaching in the process of talent cultivation of college sports education.

At the present stage, the sports teaching objective of Chinese colleges has basically gone through the change process of skill training-physique strengthening-maintenance of health and the quality of sports education has been significantly improved. In the traditional college sports teaching, teachers consider imparting relevant sports skills to students as the focus of work hoping that college students can have strong sports techniques. However, promotion in the sports consciousness of the social mass led to changes in the college sports education thoughts to some extent. Teachers began to strengthen students' physique through teaching practices. However, this teaching thought is too one-sided to cultivate students' sports ability and to develop their sports habit, so it couldn't give full play to the important role of college sports education^[1]. Therefore, in the new period, colleges should actively respond to the call of educational reform, propel college sports teaching to change from the traditional exam-oriented education into the more scientific quality-oriented education, comprehensively improve students' sports quality and skills, guarantee students' healthy development in both mind and body, and provide students with corresponding life guarantee in the future.

Actively explore new patterns of talent cultivation

In order to give fully play to and cultivate the students' sports skills and promote them to have the awareness of lifelong sports through college sports teaching, it is required to properly innovate the pattern of talent cultivation, and strengthen students' attention to the cultivation of spirits of innovation and practice. Then, teachers can give consideration to the diversity of students, and correspondingly strengthen and improve teaching quality based on exploiting students' potential by setting up a brand-new sports education concept.

In brief, the sports teaching mode, which is the mode of knowledge instruction and learning adopted in teaching practices by teachers and students, and is the external pattern of manifestation of teaching methods, can not only embody the current thoughts of college sports teaching in our country but also prompt corresponding changes in the teaching effect and help to further strengthen and improve teaching quality^[2]. Therefore, to strengthen the sports teaching effect, colleges need to proceed with the sports teaching mode and optimize the teaching mode to lay a foundation for the development of sports teaching activities. With respect to concrete operations, colleges can properly make optimizations and innovations in the sports teaching mode of our country by using the construction plan of domestic and overseas sports teaching mode for reference and combining the characteristics of Chinese sports teaching and facilitate students' mutual learning and mutual reference in the learning process so that students can improve their learning ability, strengthen their sports learning effect and obtain better development when helping each other.

The second level: explicitly define the basic requirements of educational practices

The college sports teaching of our country mainly aims at gradually enhancing Chinese college students' awareness of physical training through the guidance of sports teaching, thus cultivating the students' sports ability and promoting students to grow healthily. In college sports teaching practices, the basic teaching requirements mainly include the content in two aspects:

Holistic health requirement

Holistic health specifically refers to a meaningful living though with a corresponding directivity, namely consciously and initiatively enhancing the health degree in mind and body, and is a positive living style. American researchers concerned properly studied current college students' physical health problem and pointed out that college sports teaching must give consideration to students' physiological and psychological educations, gradually enhance students' social adaptability as well as ideological and moral level through corresponding teaching guidance and consider students' development in an all-around way as the basic requirement of sports teaching to facilitate the further improvement in the quality of college sports education.

Requirement regarding comprehensive quality

How to achieve the goal of holistic health of college students via scientific educational practices and how to help students to claim for health and vigor from sports teaching are the requirements for

cultivating Chinese college students' comprehensive quality and also the major development trends of sports teaching.

The third level: closely grasp the key points of classroom teaching

The key point of carrying out the quality-oriented education of college sports is to grasp the main position function of classroom teaching, actively take certain measures to fully improve the benefits of classroom teaching, and thus provide students with sufficient time for after-class learning so that students can study independently according to their hobbies and interests, can really develop the habit of physical exercise after quality-oriented sports education, can have their comprehensive quality improved and can obtain better development in future social life.

Scientifically adjust the teaching content

At this stage, since the Chinese college's physical teaching is affected by the traditional, rigid and outdated educational thought, the teaching content selected is still dominated by the outdated knowledge points divorced from students' real life. Most teaching contents overemphasize the cultivation of students' sports skills in all aspects and neglect the cultivation of students' comprehensive quality, the cultivation of students' lifelong sports awareness and improvement of athletic ability etc., severely restricting students' intensification of teaching quality^[3]. Thus, to give full play to the significant function of college sports teaching, it is required to scientifically adjust the teaching content so that the teaching content can meet the requirement of sports education for talent cultivation in colleges.

Enrich the content of theoretical teaching

At this stage, teachers usually pay attention to cultivating students' sports skills in sports teaching in Chinese colleges and relatively ignore theoretical teaching, causing the failure to sufficiently intensify students' sports quality. For contemporary Chinese college students, knowledge learning is a significant content because only when students form profound knowledge about sports learning can their learning interest be effectively stimulated; thus, they can become interested in in-depth learning. To be specific, colleges should set highly-targeted high-quality courses of sports education theory according to students' sports learning need, impart some practical sports knowledge to students such as sports health care, fitness-oriented sport and sports appreciation and provide corresponding guarantees for students' participation in sports practical teaching.

Set corresponding selective teaching content

Setting selective content in practices of college sports teaching aims at making students to reasonably select some sports events to learn according to their hobbies and interests, helping students to obtain their sports specialties after interest cultivation and technical training for a certain period and thus satisfying students' basic requirements of participating in physical exercise and social activities in their future social life^[4]. Generally speaking, the setting of selective content of college sports should focus on ball games. Teaching should not be too dogmatic and should consider cultivating students' athletic ability in life as the important teaching content so that students can constantly intensify their ability of applying all sports skills after participated match plays organized when they command certain basic skills and students can have their competitive ability improved practically in the sport.

Sports leisure and recreation

To make the college sports teaching content to better cultivate and serve students' lifelong sport awareness, a part of teaching content regarding leisure and recreation should be properly added in teaching practices so as to maximally enhance students' interest in sports, expand their approaches of participating in physical training etc. and guarantee to give fully play to the function of college sports teaching.

Optimize and create teaching methods

Encouraging teaching

To effectively arouse students' interest in sports learning in the specific teaching process and facilitate students to actively participate in the sports learning process, college sports teachers should combine students' sports needs and learning characteristics to adopt reasonable ways of encouraging

teaching such as target encouraging, competition encouraging and specialty encouraging so that students can truly commit themselves to sports learning and improve their learning effect.

Active teaching

As contemporary college students have active thinking and their intelligence remain in a well-developed level, colleges should cultivate students' active and independent learning awareness so as to give full play to the effect of sports teaching. In specific teaching practices, teachers should mainly inspire and guide students, promote students to actively learn and grasp related teaching contents through ceaseless proper teaching guidance and thus strengthen the practical teaching effect by letting students to independently understand and complete sports learning based on giving full play to students' subjectivity.

Differential teaching

To be specific, differential teaching method implemented in college sports teaching practices is to teach students in accordance with their difference qualities, differentially teach students and promote the students' integrated development in both mind and body. In college sports teaching practices, teachers can divide students into many learning groups according to students' quality difference, set teaching contents and methods based on the quality difference of each group of students, make the most reasonable teaching plans for them and create conditions for the improvement of teaching quality.

Make reasonable reforms in the ways of teaching evaluation

At present, the teaching evaluation of some colleges is still dominated by investing students' sports skills and students' scores are still used as the major measurement criteria. This reduces the college sports teaching's function in healthy guidance to some extent, so colleges should reform their ways of teaching assessment and evaluation, give consideration to both process and result assessments, organically combine dynamic assessment with static assessment, actively build a relatively scientific teaching evaluation system, lay a foundation for the improvement of teaching quality and further propel the development progress of reforms in college sports education. Reasonable innovation in evaluation ways and means is the most important point of reforms in ways of teaching assessment and evaluation in teaching practices. Setting the ways of sports assessment and evaluation should be all-sided and all aspects should be taken into consideration. Only in this way, can the scientificity of sports teaching assessment be truly reflected so as to offer corresponding teaching guarantee for students' physical health ^[5]. For instance, teachers can set the teaching evaluation for students' psychological health to make investigations according to students' emotional experience in the sports learning process, and thus lead and facilitate students to obtain certain emotional and empirical sublimation in sports learning; besides, teachers can also set the teaching evaluation regarding physiological health to differentially investigate students with poor and high congenital qualities and thus give objective evaluations on students' academic improvement; in addition, teachers can also set the assessment content concerning capability adaptability to investigate students' the adaptability to natural and social environments during learning, further explore which environment is good for stimulating their sports potential and correspondingly guide teaching practices.

Conclusion

In conclusion, in recent times, colleges should attach more importance to sports teaching practices, adjust teaching practices from multiple levels in accordance with the development needs of the era, further improve the scientificity and guidance of sports teaching practices, and help students to cultivate the lifelong sports awareness and the habit of good physical training through practical learning from the above-mentioned three levels so as to benefit them for life and lay a solid foundation for the whole improvement of national quality of our country.

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