

Research on the Status-quo and Development Countermeasures for the Layered

P.E. Teaching of Higher Education Institutes

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Abstract: By researching the P.E. teaching outline of 36 higher education institutes (HEIs), it finds that the P.E. teaching management model of HEIs is diversified. And layered teaching has not been applied widely. By the method of literature review, questionnaire, expert interview, it makes an in-depth analysis on the status-quo of the layered teaching in the P.E. course in HEIs and finds that in the practice, there are some problems such as limited application scope, lack of layered methods, incomplete test measures, negative impact on the student self-esteem and shortage of education resources. For the existing problems, it proposes development strategy and suggestions in order to promote the implementation of layered education in the P.E. course in HEIs. It suggests that HEIs shall take layered teaching as the focus and premise, combine their own education features, and properly use teaching resources and reform P.E. teaching according to their own condition.

This article is for the purpose of through the layering teaching implementation status of the investigation, it is found that the problems existed in the stratified teaching in the practice of physical education in regular institutions of higher learning, and then explore in ordinary colleges and universities to promote implementation of hierarchical teaching effective measures and developing strategy, promote the implementation of the outline of educational planning requirements, to speed up the sports course in general colleges and universities to promote the implementation of hierarchical teaching pace.

1 Research objects and methods

1.1 The research object is the main research object of the teaching syllabus of College Physical Education in 36 colleges and universities which are distributed throughout the country.

1.2 research method

1.2.1 Survey and analysis by consulting the 36 ordinary university physical education curriculum, the current situation of the implementation of stratified teaching of physical education in Colleges and universities in China to conduct in-depth and detailed investigation and analysis.

1.2.2 Literature review of the relevant literature on the teaching of physical education in ordinary colleges and universities in 28 papers, on the current implementation of the teaching of physical education in Colleges and universities in China to conduct in-depth study.

1.2.3 Questionnaire survey method using the method of random questionnaires to Shandong, Beijing and other places have been implemented hierarchical teaching of college students in 300 questionnaires, the survey of College Students' Physical Education satisfaction. The questionnaire recovery rate was 100%. The questionnaires were all valid questionnaires.

1.2.4 Expert interview method for the senior visiting scholar of the Graduate School of Beijing Sport University in the interview, understand the views of peer experts on the implementation of the layered teaching of physical education in Colleges and universities. The interview subjects are

ordinary university teachers with the above title of associate professor, which are from 12 provinces (cities) of the country.

2 Results and analysis

2.1 The present situation of the implementation of stratified teaching in Physical Education in Colleges and Universities

2.1.1 Hierarchical teaching in the physical education class teaching management model implementation using the network search to see the school website, access to research the distributed in all parts of the country's 36 ordinary high school physical education in Colleges and universities the teaching outline, including 211 university 12.

The survey found that the majority of colleges and universities are the use of sports options class teaching mode, the general college physical education teaching management mode is a diversified state, hierarchical teaching has not been implemented in a large scale.

2.1.2 Current university sports course hierarchical teaching management model advantages and disadvantages analysis comparison by CNKI access to college physical education literature about the layered teaching and integration of inside and outside class 28, found in the research process of the literature, from 2001 began related ordinary university physical education course in class and out of class club integration has become a research hotspot. Research shows that: the integration inside and outside class sports course, is conducive to give full play to the main role of students, improve student's sports consciousness and sports ability; integration inside and outside class sports curriculum, can significantly improve the students physical and psychological quality and sports cognition level; integration inside and outside class sports curriculum, including not only in class, but also outside and outside; integration inside and outside class sports course, structure of teaching materials have new meaning, not only pay attention to the knowledge, skills, learning, and the importance of health education, quality education and social practice ability training.

2.1.3 Through sports course Hierarchical Teaching Option Class lamination method of 8 has been implemented layered teaching in Colleges and universities of physical education program of research that, the hierarchical teaching in the physical education class mostly by three levels of hierarchical method is the special elective course divided into three levels, beginner, intermediate class and senior class. In the concrete operation process, layered method each school is not the same, mainly in the following three ways: layered

First is the use of a selective course in primary classes, two classes to improve and three elective senior class teaching mode, which is a choice of a special after passing the junior class, the second to enter the special classes to improve learning, improve class qualified to an elective senior class. The advantages of this layered approach is easy to operate, but the use of such a hierarchical approach is not very good to achieve the purpose of hierarchical teaching.

The second kind is to use a large open primary class and the intermediate class two levels for students to choose from, the sophomore offering primary class, intermediate class and senior class for students to choose and three elective courses of the senior class, but don't allow students to level the second repeat classes in the same special. The advantage of this method is that it can better satisfy the students' desire to choose the course. The shortcoming is that some students can not correctly assess their own level, blindly choose the high level class, and bring some difficulties to the teachers.

The third is the first to carry out physical fitness test, test standards in order to enter the special classes of classes, the test is not qualified to enter the physical fitness class. The advantages of this method can better reflect the teaching students in accordance with their aptitude, is conducive to the

realization of the goal of physical education teaching. The disadvantage is that the part of the body of the poor quality of students is easy to produce the inferiority.

2.1.4 Satisfaction survey of physical education students with randomly distributed to Beijing, Shandong and other places have been implemented layered teaching of college students questionnaire 300 copies, a simple questionnaire for college students' satisfaction of physical education.

By the survey data can be seen, the current has been implemented layered teaching of normal school students in physical education basic satisfaction is acceptable, but is not very high. College students to the sports class is not satisfied with the reasons for the main focus on the "not to choose their favorite items" and "class size too many" two aspects.

2.1.5 Expert interview

In order to further validate the results of the study, of Beijing Sport University; Graduate School of 15 visiting scholars conducted investigations, interviews found in their 15 university physical education implementation of hierarchical teaching only 2, only 13.33%, than the network survey results also much lower. Some schools while in the syllabus formulated the optional course hierarchical teaching content, but in the actual implementation process and not according to the request of the outline of classes, even individual schools sports option class not implemented or classes according to the natural class. The main reason for this situation is the lack of awareness of the necessity of teaching management to the implementation of the stratified teaching. Another reason is that the convergence of the sports teaching in middle school and university sports teaching appeared out of touch, many college students entering the university body basic movement ability is poor, the essence of sports elective course teaching is in middle school stage makeup and charging.

Conversation also found that the colleges and universities physical education implementation of hierarchical teaching exist many restrictive factors. According to these factors to all the visiting scholars conducted a special interview, in the multiple-choice survey think sports course in general colleges and universities implement the restricting factors of the stratified teaching is "teaching management on the implementation of the hierarchical teaching of the lack of attention to the extent of" 10 people, accounting for 67% of the total number of; think "stratified teaching implementation process more cumbersome" have 8 people, accounted for 53%; that the shortage of venues and equipment have 6 people, accounted for 40%, think "not enough teachers" there are 5 people, accounting for 33.33%.

2.2 The implementation of hierarchical teaching problems college physical education

Through the investigation found some problems in the implementation of the stratified teaching of physical education in Colleges and universities, and summarized as follows:

2.2.1 Implementation of the scope of the problem is not widely implemented at present, the implementation of physical education in Colleges and universities is not wide enough, the survey data show that only 22.22% of the college will be stratified teaching in the teaching syllabus, stratified teaching has not been widely implemented. The main reason for this situation is the physical education teaching management on the implementation of the necessity of the hierarchical teaching, the lack of understanding of the degree caused by the lack of attention, while a small number of schools is because in the implementation of the hierarchical teaching process encountered some of this or that kind of difficulties, eventually gave up teaching.

2.2.2 Hierarchical methods unsatisfactory question have been implemented in the layered teaching in Colleges and universities, sports class stratification method is mainly by three levels of the more traditional method is the special elective course points for the junior class, intermediate class and senior class. Although the layered method has its own advantages, but in the specific

implementation process, there are still some adverse effects, the need to be improved in the teaching practice in the future.

2.2.3 Assessment method is not perfect problem of the current sports course hierarchical teaching evaluation methods mostly adopt different content and different evaluation criteria in different levels of classes, doing so results will lead to part of the motor ability strong student's performance in physical education classes but less than than their own poor students, some students think that physical education examination unfair, especially in the hope of getting a scholarship student and discontent. Although some schools use a high level of class to increase the credit approach to make up for the difference in the examination standard, but in the absence of a full credit system, this makes up the significance is not large.

2.3 The development strategy of the implementation of stratified teaching in Physical Education in Colleges and Universities

2.3.1 Recommended option course hierarchical teaching and extracurricular sports club teaching mode of the integration of sports teaching club currently has become the development trend of physical education curriculum reform, in the development process of the club, the club has a variety of forms, mainly of extracurricular activities club model, class sports club mode and integration inside and outside class sports club mode three, the integration inside and outside class sports club mode as a new model of sports teaching, although in its infancy, but it represents the development direction of PE Teaching Reform in Colleges and universities. According to the modern teaching concept, the teaching management mode of physical education in Colleges and universities should be closely around the central link of the stratified teaching. Therefore, it will be the first choice for the reform of physical education in Colleges and universities to integrate the content of the layered teaching in the internal and external integration of sports clubs.

2.3.2 Generally divided into primary, intermediate and advanced three grades improved option class lamination traditional methods of optional course hierarchical teaching, the original intention of this hierarchical approach is to take care of the two students to solve the poor students "do not eat", good students "do not have enough to eat" problem. In the course of practice, most of the students are in the level of the intermediate class, the number of primary and senior class is small, and the students who are divided into the primary class become a few people, it is easy to have the feeling of being discriminated.

2.3.3 Assessment and evaluation to the reform of physical education evaluation methods of physical education in Colleges and universities is to promote the objectives of physical education curriculum implementation and curriculum construction important means, we should establish the evaluation content diversity, a variety of evaluation methods of evaluation system. In the ways of the evaluation, it is necessary to pay attention to end evaluation, but also pay attention to the process evaluation; in the content of evaluation both to include the evaluation of student's physical stamina and skill, should pay more attention to the evaluation of student learning attitude, psychology and behavior, to make the content of evaluation and curriculum goals consistent. Based on the optional course hierarchical teaching and extracurricular Club integration teaching mode and a, B level hierarchical method, refer to the opinions of the experts, the initial construction of the "sports course of the ordinary higher school evaluation system" for your reference.

2.3.4 According to the characteristic of the school, according to local conditions to the implementation of hierarchical teaching in modern teaching view of teaching as the basic form of education activities, the goal should be fully embody the education the training target, and reflect the educational function of the forward-looking and reflect the students' all-round development. Not only to enable students to master certain knowledge and skills, but also to develop the students'

intelligence and physical power. At the same time, but also cultivate students' correct world view, the formation of healthy personality, that is the ultimate goal of teaching is to promote students' all-round and harmonious development.

3 Conclusion and suggestion

1) at the present stage in regular institutions of higher education in the implementation of hierarchical teaching a wide range of, the implementation is not deep enough, the implementation of exist in the process of implementation is not wide enough, poor stratification method, evaluation method is not perfect, students psychological negative influence as well as the lack of teaching resources and other aspects of the problem, widely stratified teaching task.

2) class stratified teaching and extracurricular sports club integration model is a conforms to the law of education and is suitable for the actual situation of the current our country ordinary universities sports curriculum reform better university physical education curriculum teaching management mode, and is worthy of popularization.

3) to strengthen the implementation of physical education in ordinary colleges and universities in the implementation of the specific methods of teaching, stratified teaching for physical education practice to provide useful experience.

4) to strengthen the organization and leadership of the implementation of the hierarchical teaching of physical education in Colleges and universities, and deeply interpret the spirit of the "education plan", accelerate the implementation process of the stratified teaching of physical education.

5) universities should take the hierarchical teaching as the central premise, combined with the school's own characteristics, rational use of teaching resources, adjust measures to local conditions to carry out the teaching reform of physical education.

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