

# Training Status and Countermeasures of Talents Majoring in Physical Education and Training

Erxia Liu

Nanyang Institute of Technology, Nanyang City, Henan Province, 473000, China

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**Abstract.** With the development of cross disciplines and permeability increasing, the social demand for high quality talents is more and more serious. Therefore, the sports colleges and universities should pay more attention to training students majoring in Physical Education and Training. This article used the literature method, survey method and mathematical statistics to investigate the the training curriculum of students majoring in Physical Education and Training, and then put forward the strategies to optimize the training objectives and research direction, learning time, learning age.

## Introduction

The curriculum is students' learning basis, and it provides the students' knowledge structure, restricts the students' development direction. The curriculum must be scientific, reasonable, meet the needs of the students, give full consideration to the views of students, mobilize the enthusiasm of students and stimulate students' creativity. Therefore, through the investigation of the curriculum to cultivate students physical education and training, we can find out the crux of the problem for the reform and development of education in China's physical education and training, and we can also provide a realistic basis for cultivating high quality sports talents.

## Research significance

With the continuous development of college physical education, physical education has been flourishing, but also facing new challenges and turning: The transition from quantity to improve the quality of development; the change from the closed mode to open mode; The transition from scientific knowledge talent to innovative talents. Therefore, to further optimize and standardize the process of postgraduate training is one of the most urgent problems in postgraduate education. Aiming at the problems and optimization measures in the training objectives and direction, students of physical education and training instructors, schooling and credits, curriculum, assessment methods, this paper made a systematic study, in order to provide reference for the reform of postgraduate education of sports research in China.

## Research Objects and Methods

**Documentary analysis.** This paper collected training program of 6 sports colleges and 19 colleges and Universities with physical education and training graduate students. This paper searched the research achievements related to this topic.

**Questionnaire survey.** This paper designed “present situation of graduate students of physical education and training master” to investigate this problem.

**Interviewing.** The author interviewed the teachers who is responsible for the work of graduate students in sports colleges and Universities, as well as the Student tutors and graduate students.

**Comparative analysis.** Through the comparison of China's colleges and universities physical

education and training students in the training process, this paper figure out some new ideas and new methods for the training of talents majoring in Physical Education and Training.

### **The Research Results and Analysis**

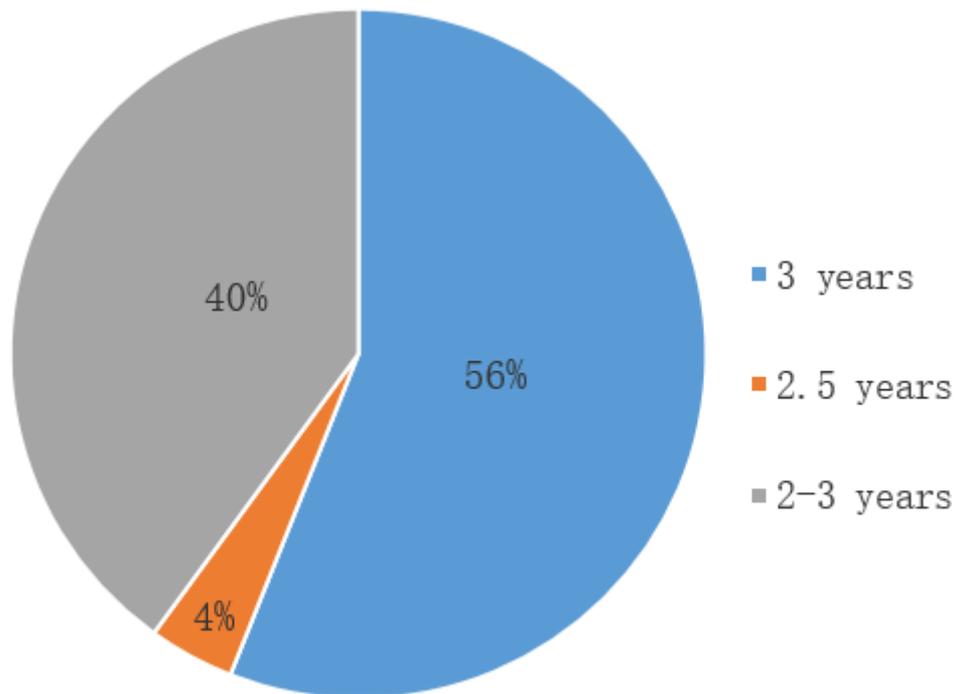
**The optimization of training objectives and research direction.** The training target is the school basic requirements for the training of graduate students, and it is the basis of curriculum, training methods to determine. The professional training goals of students majoring in Physical Education and Training are to cultivate high level talents who can qualify sports teachers in Colleges and universities. Previously, on a small scale under the condition of postgraduate training, research and teaching talents is the leading goal of postgraduate training, it also has a certain demand for "teaching and research", "scientific training" along with the diversification of our country and the increasing number of postgraduates and talents. Therefore, a unified professional training standard can not adapt to the current situation, can not reflect the "people-oriented" education policy. Personal training plan is an effective way to solve this problem. It is the effective measures for training unit to improve the quality of graduate students and to explore their potential - Respect for individual differences according to their own knowledge structure and ability, teachers and students together to develop in line with the person's actual postgraduate training plan. In this study, 34.38% training units have begun to implement the tutors and graduate students together, according to the professional training programs and personal practical level. Some schools allow graduate students to select graduate courses according to the personal plan within the school. We can see from the collected training program, recruit research direction for the division of the units are not uniform. There are 15 colleges in accordance with the division of Sports Research (60%), and there are 10 colleges in accordance with the direction of division of research(40%).

**Table 1 division of research direction of student majoring in Physical Education and Training**

School A	School B
The theory and practice of Physical Education	basketball teaching, The theory and practice of training
The general theory of sports training	Volleyball teaching, The theory and practice of training
Comprehensive fitness theory and Practice	track and field teaching, The theory and practice of training
Sports teaching	Gymnastics teaching, The theory and practice of training
The theory and practice of competitive sports	

Taking a sports college as an example (see Table 1), the former takes the difference between different research directions in teaching and training and the latter takes the different research directions in different scientific research methods and means, and that university just reflects the special features of sports in professional course. The survey found on the tutor: 78.38% teachers favor more research direction according to research division of graduate students. We believe that the research direction divided by areas is more conducive to seize the essence of professional graduate and to meet the employment needs. At the same time, we also suggest that the various training institutions should strengthen exchanges and seminars for the research division.

**The optimization of schooling period.** Seeing from the collected training program, schooling periods are not the same (Figure 1). There are 14 universities stipulating study for 3 years of postgraduate provision. The curriculum learning period is 1.5 ~ 2 years, practice, scientific research and thesis is 1 ~ 1.5 years. 1 school set the study period provisions for 2 and a half years, and 10 schools adopted flexible schooling - Student life is 2 to 3 years, and they can apply for a degree after completing the required credits. In contrast, the flexibility of the learning period is conducive to develop the student's potential. To properly shorten the length of schooling for students is necessary and feasible, from another perspective, the positive role of the credit system under the condition of fixed length is difficult to play, so the elastic study period is the implementation of the inevitable choice of the credit system.



**Fig.1 The school proportion of different schooling periods**

**The optimization of the curriculum setting.** (1)The course classification and proportion. The courses of students majoring in Physical Education and training can be divided into degree courses and non degree courses. The degree course includes public courses, degree/professional basic courses and specialized courses; non degree courses are elective courses. The required course proportion is too high, which is not conducive to the students and the students' subjective initiative play, and it is unfavorable to broaden the students' knowledge. In 25 colleges and universities, 40% of colleges and Universities set up the elective courses more than 10, and 20% elective course are more than 20. The number of optional courses of 60% College in this study is less than 10. Overall, in each training unit of curriculum, students only can choose less elective courses. Suggestions: through the inter hospital cooperation between schools, teachers, etc., we can increase the number of optional courses, and improve the teaching quality of elective courses. (2) Optimization of learning courses. Seeing from the collected training program, the depth and breadth of the courses is not enough. Among them, cross discipline, emerging discipline, society needed curriculum are less. In the United States and Japan, the number and level of interdisciplinary curriculum has become an important symbol to measure a graduate school academic level. They used the "credit transfer system" - Graduate students can learn new interdisciplinary, courses to ensure the quality of training, but we found that most of the students do not pay attention to the curriculum that can improve the

research topic related information sensitivity and analysis ability. Suggestions: Replenish the advanced research results at home and abroad, set the interdisciplinary and emerging discipline curriculum, attach importance to the tools and methodology course curriculum. We can take the literature retrieval, acquisition and utilization of Internet resources as a basic course for students to adapt to the construction of curriculum system. (3) Optimization of practice. China's recruit units of physical education and training stipulate that students must complete teaching and practice, and get the corresponding credits. These activities are basically arranged in the 3rd~ 4th semester, but it is relatively flexible in the content and form of choice. In the field of scientific research. In addition to the completion of master's degree thesis, there should be other research requirements. The survey found that 48% school students are required to publish more than 1 articles in the paper by the first author in the provincial journals. Some schools also require schools to solve the student publication page fee, and give some reward. In recent years, students often participate in tutors' research, and finally, they take the research results as dissertations. In the survey and interviews, most tutors and graduate students think that it can enrich the practice of scientific research, and it is an effective way to improve the level of scientific research and the quality of the dissertation. However, there are also some people think that this practice should proceed from reality, consider the characteristics of research projects and graduate personal situation. For students to participate in the research of their tutor, it should be arranged combined with the actual situation.

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