

Research on the Sports Club Teaching Mode in Practical Undergraduate

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Abstract. In the practical college PE teaching, the development of PE club teaching mode can fully mobilize the enthusiasm and initiative of students. It can be more flexible use of various teaching resources, improve the teaching effect of sports education. This paper mainly analyzes the teaching orientation of applied undergraduates. By comparing and analyzing the students who take part in the sports teaching club and the students who learn by traditional methods, this paper puts forward a new teaching mode which is suitable for the practical university sports. This teaching mode can improve the sports skills, physical quality, mental health, social adaptation, self-confidence and management ability of applied undergraduates.

1. Introduction

The Practical PE education in our country should not only focus on cultivating sports skills and students' physical qualities. The sports theory, the sports organization ability, the social adaptation ability, the mental health, the positive struggle mentality and the creativity ability should also be the important content that we need to take into account. In order to accomplish these goals, generation after generation of sports scholars have been exploring the teaching mode of education in colleges and universities. They delved deeply into method reform, seeking truth. This paper takes the PE teaching mode reform of Changchun institute of science and technology as a case, starts with the PE teaching club mode, and provides theoretical basis for the reform of the club teaching mode.

2. Research Methods

2.1 Documentation method

The author used CNKI to search and read the core journals and master's theses related to this subject. We carefully read the relevant books and master the cutting-edge information of related research contents, which provides theoretical basis and lays a foundation for this study.

2.2 Mathematical statistics

The statistical method is one of the main research methods to analyze and process the data obtained in the questionnaire survey and the practice process.

2.3 Interview method

The author interviewed some experts, teachers and students.

3. The Sports Teaching Club's Characteristic

3.1 Highly autonomous four-year continuous physical education model

In this teaching mode, students are the subject and teachers are the guidance staff. Students choose PE courses according to their own time and interests. During the four years of college, students have to join the sports teaching club. This mode of teaching enables all students to have complete and uninterrupted physical exercise during the school year.

3.2 The organization of a sports teaching club

Organization: military sports department, individual club, instructor, sports committee member level 4 management. Teaching in class, training after class, activities in school and contests outside school influence each other and promote each other, forming the integration within and outside class. Teachers, sports committees, student leaders and students all perform their duties and manage activities efficiently and orderly.

3.3 Rich and colorful teaching contents

At present, as far as our school is concerned, there are few sports programs in PE teaching clubs, and the model is still in the development stage. Part of the conditional content of higher education is relatively rich. "Stylish" is a popular word that appeared in the 1990s. In fact, the opening of sports programs should be in consideration of tradition, comprehensive hot spots and catering to fashion. For example: rock climbing, skiing, roller skating, billiards, etc., are more attractive to students than traditional football and other sports. As a sports teacher in the new era, we should abandon the traditional concepts and enrich the content of students' physical and mental development.

3.4 Diversified teaching objectives

The teaching mode of sports club can be based on individual interests and free options, achieving interest-based orientation. In the process of physical exercise, students gradually increase the amount of exercise and the intensity of exercise in a scientific and planned way, thus achieving the effect of improving students' skill level and enhancing their physical quality. Through persistent efforts, skills are improved, appreciation and encouragement are obtained, the sense of achievement is gained and students' interest in practice is improved.

3.5 Various teaching methods and forms

Generally adopts intelligent diversified teaching methods, namely, hierarchical teaching method, position the knowledge, promote the students' sports participation willingness to get into the habit of lifelong sports, the compulsory sports teaching "can I exercise" promoted to have interests as the leading "I want to exercise", the society expected to student's movement "to me, to my health" into active social responsibilities, I want to be healthy "to the" I want to. Form the integration under class and class, form the organic combination to form the interaction, mutual influence and interaction [1].

4. The Role of the PE Club Teaching Model of Practical College in the Cultivation Of Students' Physical Fitness

4.1 The influence of PE clubs on the physical fitness of college students

Through the comparison of students' physical fitness test scores, it was found that after one year of participating in the sports teaching club, students' physical fitness test scores were significantly improved. Taking Changchun institute of science and technology as an example, students who participated in the swimming club showed significant improvement in 1000m (men), 800m (women) and lung capacity. And the students who participate in the martial arts double short soldiers club in the 50 meters running, pull-up, sit-ups, forward bends in the performance of the leap. However, students who accept other traditional physical education teaching modes have no obvious changes in their physical fitness after a year of physical education, so it can be seen that the physical education club mode has a significant impact on the improvement of college students' physical fitness.

Table 1 comparison of students' learning achievements in the two teaching modes

Teaching Mode	Excellent	Good	Normal	Pass	Fair
Club Mode	23	59	16	2	0
Traditional Mode	12	38	40	8	2

4.2 Club model can promote students to study sports health care knowledge

Mastering sports health ability of students is one of the important teaching contents for college PE classes. Sport is a double-edged sword for participants. Improper sports can bring sports injury and some sudden diseases to the participants. Part of the reason is that students fail to follow the normal physiological laws. Therefore, it is particularly important for students in colleges and universities to master correct exercise methods and formulate their own fitness plan in a scientific and orderly way while taking physical education courses, so as to have the ability of emergency treatment and protection for common sports injuries. Through the questionnaire, we found that students did not dabble in sports health knowledge, and there was no effective way. But the sports teaching club gives the student to understand the sports health knowledge effective channel. The first function of a teacher is to guide, so in the

classroom, will be conscious to instill relevant knowledge. By testing the health knowledge of 100 students in each of the two teaching modes, the sports club teaching mode has a strong grasp of the knowledge of great health ability, which is obviously superior to the traditional mode (see table 2).

Table 2 Comparison of health knowledge learning results of students in two teaching modes

Teaching Mode	Excellent	Good	Normal	Pass	Fair
Club Mode	43	42	15	0	0
Traditional Mode	9	28	58	5	0

4.3 The influence of sports club mode on students' self-exercising ability

The essence of physical education club is three autonomous; in fact, the essence of physical education club is to give the initiative to students, teachers as guidance, in fact, is the flipped classroom. Based on two kinds of teaching modes of graduate students of 2 years each calls 50 people to come to club sports teaching mode to cultivate students after graduation most in sports activities, and think that this kind of teaching mode for them to participate in all sports in the far-reaching, learn skills at the same time, love sports, so can then stay and participate in sports activities (see table 3).

Table 3 Comparison of student's monthly exercise between two education modes after graduation 2 years

Times	25-30	20-24	10-19	5-9	under 4
Club Mode	5	9	18	16	2
Traditional Mode	2	4	13	24	7

4.4 The influence of PE clubs on the students' management ability of physical activities

The sports teaching club will organize club competitions, university-level exchange competitions, external invitational competitions and other competitions for specific sports on a regular basis. Through the competitions, students will first learn more about the sports program and improve their interest in the project. In addition, the all-around organization of an event has improved the organizing ability and management level of the students, enabling them to achieve effective improvement unconsciously in the process of organizing the event. Through the targeted comparison of 50 people in each model through questionnaire survey, it is found that the PE teaching club model can play a significant role in cultivating students' management ability, improving their self-confidence and integrating into society (see table 4).

Table 4 influence degree of two teaching modes on sports organization and management ability

Teaching Mode	No Influence	Weak	Normal	Strong	Very strong
Club Mode	2	6	10	20	12
Traditional Mode	14	16	14	4	2

5. The Role of Sports Teaching Club Model in Cultivating College Students' Ability to Adapt to Society

Have long-term sustainable sports activities, especially in club mode of sports activities, students can strengthen the physique, to improve their ability to adapt to social environment and interpersonal interaction, the club can by college students in the team building exercise, enhance the consciousness of unity and cooperation in the group, also can strengthen resistance setback psychology to bear ability [2].

5.1 Influence on college students' social interpersonal skills

When college students go to the society and communicate with people in different industries, whether they can be appreciated and understood by others is the core of social interpersonal skills. In addition, the form of course selection of physical education club will not only bring together many like-minded students, but also stimulate them to discuss the common topic of a certain sport. In the discussion of physical education, college students will be exposed to more and more social activities in course electives, social activities and team competitions. The sports teaching club, therefore, can be in imperceptible change and affect college students' social communication ability, and social organizations in the sports teaching club events and other activities, more can let to expand broaden their circle of friends, in the survey shows that students think in the university sports club teaching mode can have large effects on

their interpersonal skills (80.1%), so it can be seen in the sports teaching club mode, the college students' interpersonal skills will have larger ascension.

Table 5 influence degree of sports club teaching mode on college students' interpersonal communication ability (%)

Influence Degree	No Influence	Weak	Normal	Strong	Very strong
Percentage	0.9	7.7	19.3	42.5	29.6

5.2 Influence on college students' innovation ability

In the model of physical education club, the final examination will require students to conceive, create and arrange under the premise of group, which will not only improve the solidarity construction ability of students, but also enhance their ability to create new social application of knowledge.

Table 6 influence of sports club teaching mode on college students' innovation ability (%)

Influence Degree	No Influence	Weak	Normal	Strong	Very strong
Percentage	1.1	5.2	30.8	42.3	20.6

5.3 The influence on the ability to withstand setbacks

The teaching model of sports club can exercise college students' interpersonal skills in activities, their ability to handle properly in team cooperation or competition, and their ability to resist setbacks, etc., so that their social adaptability has obvious changes. Should actively guide college students to a healthy life right direction to develop, encourage college students to comply with social ethics and legal norms, also can improve the response capacity of university students to social problems, resolution and processing capacity, in virtually formed the partial pressure of the college students' social constraints and the power, is advantageous to the ability development of college students is more and more mature.

Table 7 influence of sports club teaching mode on college students' ability to resist frustration (%)

Influence Degree	No Influence	Weak	Normal	Strong	Very strong
Percentage	0.9	6.9	28.1	45.1	18.8

6. Conclusion

This physical education model can fully mobilize the enthusiasm of students. Students can choose their favorite sports according to their study status and interests. This teaching mode also breaks the barrier inside and outside the traditional class, gives the student sufficient freedom, satisfies the student to the sports item demand. At the same time, in addition to normal teaching, students can use more time to participate in club activities and exercise. This not only makes the most of the school's time and space, but also sends vitality to the overall spirit of the school. This kind of teaching method enables students to be more interested in learning and devote themselves to physical exercise. Students can effectively improve their sports skills, physical quality, psychological capacity, sports organizational capacity. This enables them to better integrate into society [3].

The content and teaching method of PE club need to be further improved. Only in this way can students continuously meet the needs of the physical education class, so that students really like the physical education class. Only in this way can college students truly improve their physical quality and their comprehensive ability in the collective, cooperation, contradiction and problem-solving process. The PE Club teaching model has played a positive guiding role in cultivating the awareness of lifelong physical exercise, and a good role in promoting the reform of college physical education and the further development of club teaching model.

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