

# *On the Value Exploration of Track and Field Teaching in Colleges and Universities Based on the Concept of "Process Evaluation"*

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**Abstract**—To explore the value of college track and field teaching based on the concept of "process evaluation" is to improve the overall quality and physical and mental health of College students, and to highlight the educational policy of "people-oriented" and "comprehensive development". By using the methods of documentation, this paper analyses and explores the development of track and field teaching theory and teaching practice in Colleges and universities. The results show that college track and field teaching should adhere to the concept of "process evaluation" and "process philosophy", pay attention to "health first" and "people-oriented"; pay attention to continuous innovation, avoid blindly inheriting traditions; pay attention to the healthy development of all students, so that they can actively participate in and learn to grow in track and field teaching. The main innovation of this paper is to emphasize the renewal of the teaching concept of track and field in Colleges and universities and the establishment of the teaching objective of "process evaluation".

**Keywords**—*process evaluation; college track and field teaching; value discovery*

## I. ANALYSIS OF THE CONCEPT OF "PROCESS ASSESSMENT"

Process evaluation, also known as formative evaluation, was first proposed by Scriven in his "Methodology of Evaluation" in 1967. The concept of "process evaluation" was once popular in the 1980s, and has gradually become a development trend of today's educational concept. The concept of "process evaluation" is a way of educational evaluation. It forms a contradictory unity with "outcome evaluation". It is a powerful complement, improvement and expansion of the concept of "outcome evaluation". It is also fundamentally the key to education, that is, "how to teach, what to teach, why to teach and who to teach". Compared with "outcome evaluation", the advantages of "process evaluation" mainly emphasize "people-oriented" and "human-oriented principle" and "lifelong education", "whole-person education" and "professional education", which are based on the principle of "all for students, all for students and all for students", in order to cultivate and bring up an all-round development. Successors of the new era of socialism, which is characterized by development, integrity, versatility, and redness and expertise. In order to achieve the "Chinese Dream" of prosperity and prosperity and the great rejuvenation of the Chinese nation at an early date, China must continue to implement the strategic principles of "rejuvenating

the country through science and education" and "strengthening the country with talents", further expand reform and opening-up, continue to deepen educational reform and teaching innovation in Colleges and universities, and use new teaching concepts to guide teaching and educating people. The educational concept of "process evaluation" emphasizes that education is a step-by-step process, which can't be promoted by pulling out seedlings and accomplished overnight. The growth and development of human beings are regular in time. Only by following this law can education achieve the desired results.

### A. "Process Philosophy" holds that the world and life are both processes

Engels once discussed process philosophy as follows: "A great basic idea is that the world is not a collection of unchanged things, but a collection of processes, in which all seemingly stable things and their images or concepts in our minds are constantly changing in the process of generation and destruction." [1] Some scholars also believe that "everything in the universe is a process, and is in a certain process, from micro to macro, from inorganic to organic, from animal to human society are in an eternal process of operation. Nature is a process, human society is a process, and human thinking is a process. It can be said that the process is everywhere, the process is everywhere, and the process is all-inclusive. [2] Everything is born and starts again and again, life has a long history of learning, life and death, life cycle and transmission from generation to generation are the embodiment of the process, time is the continuation of the process, space is the extension of the process, the operation and transmigration of the process throughout the year, everything is the evolution of the process, the process is the cause, there is no result without the process, and nothing.

### B. College track and field teaching is the process of physical, mental and life experience.

Psychologists believe that human beings are an animal that can never be completed. To become real human beings, they have to undergo secondary generation. It can be seen that education is a kind of "re-engineering" of "secondary generation" of human beings, and teachers are engineers of this "re-engineering". Because of long-term outdoor classes, physical education teachers experience time, climate and

teaching process especially obvious. Track and field teachers also work as track and field team training, getting up early and returning to the stars and wearing the moon, the experience of the process will be more intense. Some scholars believe that sport is a continuous "process philosophy" of sport, sport is a "process experience" of perfecting human nature, and sport is a "process culture" of pursuing higher wisdom. [3] For example, the teaching process of track and field in Colleges and universities is a long-term accumulation process for students and teachers, especially the track and field training is a kind of daily perseverance. Teachers and students always repeat the same movement and training procedures in the rain all the year round. In the seemingly dull practice, movement skills gradually form, physical and mental state gradually adapts, meaning. The quality of ambition has also been gradually improved, so the performance of sports has improved little by little. It can be seen that track and field teaching is the embodiment of the process, which is perseverance and patience, because in teaching and training, we can't "fish in three days and sun in two days". That kind of "exposure in ten days" practice is the destruction of the process and the violation of the law, and ultimately can't get the ideal teaching effect. There are famous saying In Chinese traditional martial arts: "One day does not practice three days, three days do not practice one year." It emphasizes that the process depends on continuity rather than one-stop success. As the saying goes, "Ten years of trees and a hundred years of people", education and teaching can't pursue immediate results. It is a long, meticulous and patient process. Without perseverance and perseverance to the end, all the efforts ahead will ultimately fail.

## II. EXPLORING THE VALUE OF TRACK AND FIELD TEACHING IN COLLEGES AND UNIVERSITIES

### A. *The aim of track and field teaching in Colleges and universities is to put health first.*

People's life and youth are limited, time and opportunity are limited, so health is the foundation, health is one, and the rest are the zero behind this "one". Health does not mean everything, but there is nothing without health. Although college physical education is the end point of school physical education, it is the starting point of "lifelong physical education". We should take health as the first step and lay a good foundation for lifelong physical education. In the 1950s, Tsinghua University had a famous slogan: "Exercise one hour a day, and work healthily for 50 years." This is to focus on the long-term goal of lifelong sports for people's health and longevity. College track and field teaching should adhere to the principle of health first, not stick to the form and content of track and field teaching, not be popular with traditional sports concepts and habits, and be bold in reform and innovation. For example, on the basis of "credit system", we should further implement "sports club system" and "sports Association system", such as "marathon club", "middle and long distance running club", "obstacle running club", "race walking club" and "walking club". While paying attention to normal students, track and field teaching in Colleges and universities should also pay attention to and care for those sports disadvantaged groups, create some track and field projects and health courses suitable for their special physical conditions, so that their physical

functions can be expanded and strengthened, so that sports can benefit all students without dead ends.

### B. *The goal of track and field teaching in Colleges and universities is to put people first.*

Hume, a British thinker, pointed out in his *On Human Nature* that "no matter how far away any subject seems from human nature, they always return to human nature in one way or another." [4] "Human nature is the only solid foundation of all sciences." [4] In 1999, an article titled "Some Thoughts on Humanistic Spirit in Today's Society" in *China Sports Daily* pointed out: "The significance of physical fitness in today's society has been diminished; people are not enjoying the splendor of a match... It's about who loses and who wins; athletes are more concerned about how many millions they can earn." Some experts say that in today's world, "from the outside, it is mainly a global environmental problem, from the inside, it is the materialization of human beings, that is, human beings are controlled by the machines he creates, and human beings are regarded as objects." [5] Heidegger, a German philosopher, was appalled by the disasters brought by the alienation of science and technology. Modern technology has "uprooted people". The World Conference on Population and Development, held in Egypt in 1994, pointed out that "the center of sustainable development is human"; the World Science Conference in 1999 proposed that future science and technology should be "more humane". It can be seen that the teaching of track and field in Colleges and universities should be people-oriented, improve the physical quality of College students, at the same time, improve their mental health and interests, and understand and pay attention to their ideological trends and future development. For example, according to the age and physical development characteristics of College students, we should vigorously develop long-distance running in college track and field teaching, because long-distance running not only has a great role in promoting human body muscles, bones, nerves, viscera and so on, but also has a greater impact on human psychology. (1) Medium and long distance running can inspire people's spirits and improve their ability to resist pressure; (2) it can increase the oxygen supply to the heart and brain and improve people's creativity; (3) it can increase people's self-confidence, make people more determined and tenacious; (4) it can enhance people's excitement, make the body release "hedonin" (endorphin), and make people become positive and optimistic. In today's society, fitness for all is booming. Sports have become a healthy way and lifestyle of the people. Among all kinds of fitness sports, walking, running, jumping, throwing and other items in track and field are the simplest and easiest way to exercise. They are suitable for people of all occupations and ages. College students are in a good period of physical exercise, through the development of college track and field teaching, so that they pay more attention to their healthy growth and future development.

### C. *The form of track and field teaching in Colleges and universities is whether to stick to one pattern or not.*

Confucius said, "Those who know are inferior to those who are good, and those who are good are inferior to those who are happy." College track and field teaching can stimulate students'

interest and hobbies in sports by broadening track and field classes and enriching track and field teaching methods, so that they can persist in sports for a long time, cultivate lifelong sports ability and sports skills. The characteristics of track and field teaching in Colleges and universities should be adapted to the local natural climate and human environment. The north is located in the alpine region, especially in winter. The jumping events in track and field are not suitable for development. But if jumping is changed into rope skipping, students not only love learning, but also are especially suitable for popularization and improvement, because rope skipping is a very game-oriented sport. In the past, some experts have done some research, believing that if we stick to skipping rope for 20 minutes every day, not only can we lose weight, but also can treat cardiovascular diseases. Through the summary of teaching practice, it is considered that rope skipping has the following advantages: (1) rope skipping is simple and feasible, and the amount of exercise can be large or small. (2) It can stimulate students' interest in sports and improve the excitement of the central nervous system. (3) There are many patterns and innovations in rope skipping, such as forward-swing, reverse-swing, single-foot, double-foot jump, timing fast jump, short-rope pattern jump, timing endurance jump, double-swing jump, and collective individual jump and so on. It can be seen that the teaching form of track and field should not be rigid and conform to the rules.

#### *D. The effect of track and field teaching in Colleges and universities is to learn to grow up*

Psychologists believe that human beings are an animal that can never be completed, because the whole life of human beings is growing, developing and changing. Man is finished (good or bad) until he dies. It can be seen that people should "live forever, learn forever and transform forever". College track and field teaching is to enable college students to achieve stage results, that is, four years of University "completed" state. Because track and field teaching is mostly outdoor sports in windy and rainy playgrounds, through years of storms and snows, over time, under the influence of factors such as time, climate, training, injuries and competitive challenges, people will hone a strong and indomitable will quality, which is a kind of spiritual training for people, through life experience people learn to grow, learn to overcome their own difficulties and overcome their own. And full of faith in the future.

#### *E. The evaluation of track and field teaching in Colleges and universities is based on participation.*

In order to serve the public, sports should emphasize the importance of participation. Especially in the competitive sports of eliminating the fittest, it is the ultimate ideal to carry forward sports to highlight "participation first" and "competition second". In 1924, Coubertin said, "For the Olympic Movement, participation is more important than winning. Let's remember this powerful words, gentlemen. It will extend to every field and form a clear and healthy philosophy of life. The most important thing in life is not success but struggle, not conquest but hard struggle. Its essence is not to win, but to make human beings more brave, stronger,

more cautious and generous. [6] The result is determined by the correct attitude and spirit of participation, because participation focuses on process, growth and experience, not results. Lu Xun also highly praised those competitors. He said: "The winners are respectable, but those who lag behind and still run to the end are the backbone of China's future, and those who look at such competitors without laughing at them." It can be seen that in college track and field teaching, more attention should be paid to the whole students, not a few sports elites; more enthusiasm for students' participation should be aroused, rather than the results of competitions. Therefore, the evaluation of track and field teaching should change the traditional evaluation method of physical education, from the past performance-based assessment to the integrated evaluation of performance assessment, peacetime assessment, attitude assessment, comprehensive assessment and final assessment, in order to reflect the scientific and humanistic nature of "process evaluation". Track and field teaching in Colleges and universities should also be extended to extracurricular activities, such as morning exercises, interval exercises, extracurricular activities ("two exercises and one movement"), and attach great importance to the development and improvement of sports clubs and sports associations.

### III. CONCLUSION

Track and field teaching in Colleges and universities is the basis of physical education. Therefore, it is the fundamental to develop college sports to do well in track and field teaching. However, for a long time, track and field teaching mainly pays attention to students' technical skills, sports team training and competitions, neglecting the physical and mental health of students in track and field teaching, which is contrary to the tenet of "strong sports country, rich sports people". There are two tracks in college physical education, one is mass fitness, the other is competitive sports. These two tracks are complementary and indispensable. College track and field teaching should be based on the concept of "process evaluation". It should concentrate on public health, pay attention to all students' learning attitude, interests, process experience and future development. It should take the process above the result, and the participation above the skill, so as to achieve the goal of "educating, perfecting and developing people" in sports.

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