

Research on the Application of the Model of College Physical Education Teaching Club

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Abstract—The reform of physical education in colleges and universities in China has been deepening, and the club model has become an extension of college physical education. The establishment of physical education in colleges and universities not only promotes the development of students' physical health, but also cultivates students' good habits for lifelong fitness. Applying the club model to college physical education can not only make communication between teachers and students more convenient. In addition, this kind of teaching mode is also responsive to the quality teaching advocated by China. This paper first analyzes the current situation of college sports club teaching mode, further analyzes the necessity of the implementation of sports club model, and finally puts forward the specific development path of college sports club teaching mode.

Keywords—club mode; college sports; specific application

I. FOREWORD

Since the 1980s in China, under the influence of the sports management mode of colleges and universities and the sports thoughts of the world university, the college physical education teaching mode in the form of clubs is gradually emerging and attracts people's attention. In the 1990s, the physical education in the form of clubs involved the overall reform of college sports, reflecting the situation of multiple standardization. The teaching mode of college sports clubs has played an important role in the reform of college physical education and has been favored by contemporary college students. Under the background of the new era, college physical education teachers should be able to deeply understand the role of sports clubs in optimizing physical education, innovative teaching ideas and developing students' comprehensive quality, and actively solve the problems faced in the development of college sports clubs, so as to better apply the club model. In the physical education of colleges and universities, the overall quality of college students is effectively improved.

II. ANALYZE THE IMPORTANCE OF IMPLEMENTING THE TEACHING MODE OF COLLEGE SPORTS CLUBS

The main characteristics of sports club teaching are to emphasize students' self-selection, self-exercise and independent time. They are required to guide students to participate in physical exercise consciously and respect the individual development of students. In the teaching of sports club mode, students can choose their own favorite sports. Students can be consciously involved in sports activities. The sports club teaching mode that pays attention to the development of students' personality, fully expands the development space of students. After more than one year of

study, students can master sports theory knowledge and practical skills comprehensively and systematically, laying a solid foundation for long-term physical exercise.

III. ANALYSIS OF THE CURRENT SITUATION OF THE TEACHING MODE OF COLLEGE SPORTS CLUBS IN CHINA

Through the investigation and research on the teaching mode of sports clubs in colleges and universities in China, this paper understands the current situation of the teaching mode of college sports clubs in China, and analyzes several problems existing in the implementation of sports club teaching mode in Chinese universities:

A. College Students Lack Awareness of Conscious Physical Exercise

For the "sports population", researchers have defined it as: more than three times a week, each exercise time is at least more than half an hour, and each physical activity intensity is medium intensity. If you can meet the above requirements, you can be regarded as a physical exercise population. College students are the most populous group, but in the survey, it is known that college students have less than half of their fitness times in a week. Physical fitness is a conscious fitness behavior, but more than 50% of college students do not. Meet the standard of "sports population". This situation is also caused by various reasons. First, because students have heavy learning tasks and lack of extra time for sports. Second, it also shows that some college physical education teachers fail to allow students to establish correct lifelong sports. View.

B. Sports Single

In the research survey, it was learned that some college clubs were not set up according to the students' interest preferences. In the survey, 86% of colleges and universities only set up more common sports, including football, volleyball, basketball, tennis, etc. Less than 14% of colleges and universities opened relatively fresh and fashionable sports, such as golf and bowling. Street dance, billiards, etc. For some very popular sports, because the students choose to concentrate, this also brings a huge burden to the school sports ground and physical education. It fails to realize the independent sense of self-learning, self-management and independent development, and can not stimulate students to sports. The initiative of sports learning.

C. The Professional Quality and Motor Skills of Teachers Need to Be Improved

Some sports, fitness, entertainment and leisure sports are becoming more and more popular. For traditional ball sports,

the demand for sports learning of the diversity of contemporary college students has not been met. Nowadays, some fresh things such as golf, bowling, and wild survival. Fashionable sports programs are being loved by college students, and students also want to use physical education classes to learn the skills of these sports. However, it was learned in the survey that the physical education teachers in most universities in China lacked some professional knowledge of fresh and fashionable sports. Due to the aging of the knowledge structure, they failed to meet the needs of current college students' physical education.

IV. DEVELOPMENT PATH OF TEACHING MODE OF COLLEGE SPORTS CLUBS

A. Reasonable Development of Teaching Objectives

In the teaching design, teaching implementation, curriculum setting, teaching evaluation and other aspects, the teaching objectives of the course play an important guiding role. In the development of teaching objectives, sports club teaching must be based on the development of students' personality, so that students can master a sports skill and cultivate students' good habits for lifelong fitness. Colleges and universities should also comply with the needs of the development of the times, according to the needs of social development, combined with the current teaching conditions of the school and the characteristics of student personality development, including: sports venues, sports facilities, teacher strength, student infrastructure differences and students' voluntary participation. To develop the teaching objectives of the sports club teaching model, the goal of the sports club teaching model can be realized, so that the club model can play its true role in physical education.

B. Expand Teaching Content in a Timely Manner

In the teaching content of sports clubs, it is mainly to enable students to master the theoretical knowledge and application skills of individual sports, while also cultivating the appreciation ability of other sports. For the content of teaching, we should expand the role of physical education in fitness, entertainment and society, improve the theoretical content system of sports, and rationally adjust the content structure of practical courses. Let students have a deep understanding of the meaning of sports, and realize the important role of sports in the development of physical and mental development, so that students can learn the rules and referee knowledge of sports competitions and cultivate the appreciation of sports competitions.

C. Sports Club Concept Class and Practice Class Specific Teaching Methods

(1) Teaching methods of physical education theory

In the teaching mode of sports clubs, teaching can be carried out through modern teaching methods, thus changing the physical education teaching methods. Teaching methods that interspersed with theoretical content through special lectures and practical lessons with diversity and flexibility.

First, special lectures. Invite experts from the school and outside the school to have higher professional level, carry out teaching activities in the form of special lectures, and make

videos of the whole lectures, which can be viewed by students, or uploaded to the school website for free. Choosing to watch can enhance students' enthusiasm for sports theory classes.

Second, sports videos. The sports teachers screened various sports technical tactics and high-level competition videos, and broadcasted the videos in the teaching. Through such a form, students can watch freely according to their own needs, which not only cultivates their ability to appreciate sports competitions. It can also achieve targeted teaching purposes.

(2) Teaching methods of physical education practice

In the teaching mode of college sports clubs, students are generally free to choose the sports programs they are interested in to study, which has a very good interest and learning foundation. Therefore, in the teaching of sports clubs, the teaching methods chosen by physical education teachers are also diverse. In the teaching of physical education practice, teachers can use the following teaching methods to improve the learning efficiency of students.

First, the heuristic teaching method. In the teaching of sports clubs, on the one hand, we must give play to the leading role of teachers, on the other hand, we must also take into account the main role of students, which is also the basic principle of carrying out heuristic teaching methods. Because the sports programs selected by the students have certain theoretical knowledge and skills, the teachers guide them to participate in sports through the prompts, so as to enter the learning theme and cultivate students' ability to explore sports projects. Students are the main body of teaching, using self-study and self-study to find the difficulties in learning and master the key points of teaching; to master the training subjects under the guidance of the independent or through the guidance of the collective and physical education teachers. After the students complete the training subjects, the physical education teacher will demonstrate the difficulties and key demonstrations in practice, thus consolidating the students' foundation. In addition, teachers should also strengthen the teaching content. For the heuristic teaching method, it has played an inspiring role in tactical teaching and ball technology teaching.

Second, the unit teaching method. The physical education teaching club is a physical education teaching through a single subject. Therefore, students can systematically study selected subjects in a relatively concentrated time, so that students can complete and in-depth study of selected sports, so that they can be proficient in Mastering a sport makes this sporting operation a specialty of their fitness.

D. Create a Good Fitness Atmosphere

To better carry out the teaching mode of college sports clubs, we must first guide students to participate in physical education activities consciously, thus stimulating their independent learning ability. Therefore, college sports clubs should actively create a good fitness atmosphere for teachers and students, and enable all students to participate in sports activities within the sports learning atmosphere created by the school. In addition, the club-style physical education should seize the opportunity of sports culture construction, and

through the construction of campus culture and sports culture, further exert the infection effect of cultural construction on students' subtle influence, and make physical exercise become the needs of students' daily life, and thus actively Participate in sports learning.

V. CONCLUSION

It can be seen that the application of the club model in college physical education can effectively stimulate students' interest in physical education, enable students to consciously invest in sports learning, further promote their personality development, and train students to exercise for life. Good habits. In addition, it also strengthens the physical education skills of physical education teachers, and to a certain extent, it also improves the teaching efficiency of college physical education.

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