

# The Exploration on the Public Curriculum System Construction in Colleges and Universities from the Perspective of the Rise of the Campus Marathon\*

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**Abstract**—By analyzing the reasons for the rise of college campus marathon, this paper reflects on the mass fear of long-distance running in colleges and universities aiming to improve and innovate the public physical education curriculum system of common colleges and universities with the guidance of campus marathon. Ultimately this will help to cultivate students' moral values and implement the guiding concept of health first.

**Keywords**—*campus marathon; colleges and universities; curriculum system; construction*

## I. INTRODUCTION

President Xi said in the report of the 19th National Congress of the Communist Party of China, "A nation will get thriving and strong as long as its youths are thriving and strong...The Chinese dream of the great rejuvenation of the Chinese nation will finally come true through the successive efforts of generations of young people." Strengthening school physical education is an important way to implement quality education and promote the all-round development of students, which is of great significance for promoting the modernization of education, building a healthy China and a strong country in human resources and realizing the Chinese dream of the great rejuvenation of the Chinese nation. In recent years, physical education reform in colleges and universities has achieved some results, but the problem of "hypomotility" of teenagers is still prominent, and their physical health has not changed fundamentally. [1] With the implementation of several opinions of the state council on accelerating the development of sports industry and promoting sports consumption in 2014, marathon in China has witnessed a rapid development. In 2015, campus marathon was also rapidly launched in colleges and

universities across the country, with increasing number of participants. "Carry out nationwide fitness activities extensively and accelerate the construction of a strong country in sports" — since the report of the 19th CPC national congress set clear goals for sports development, college sports will also usher in a new period of development. Therefore to play the leading role of campus marathon and reform and innovate the college physical education curriculum system is the concrete embodiment of earnestly implementing the spirit of the 19th CPC national congress and one of the important ways to realize the "double first-class" construction of colleges and universities.

## II. THE PRELIMINARY ESTABLISHMENT OF CAMPUS MARATHON RACE SYSTEM IN COLLEGES AND UNIVERSITIES

Campus marathon has become an important part of Chinese marathon and one of the representative brand events in Chinese universities. Its types are shown in "Fig. 1". The campus marathon shows the professional organization of the event, from the security of the event to the setting of medical rescue points, from the training of volunteers to the timing chip worn by athletes, all reflecting the professional quality of the event running; the event operation is market-oriented in that Chinese college students marathon league is an original campus sports event launched by Kangpaisi sports, and HUPU is responsible for its commercial operation and marketing; covering a wide range of regions in the east, west, north, south, and the middle of China, the campus marathon has entered most of the country's provinces and universities; whole member of the university ranging from ordinary teachers, alumni and elite runners to ordinary students have all participate in this event; the campus marathon is being held online or offline with intelligence, with which runners from more than 100 colleges and universities across the country will carry out online marathon and inter-school PK in relay through mobile platforms such as the JOYRUN; the

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finish trophies are made with characteristics, and the design of the finish medals and the routes all represent the charm of the campus and the profound culture of the host university; the publicity of the campus marathon has been promoted by media, for example, 2017 Campus Run in the national college running season officially launched video live broadcast to widely publicize the event; the conception of the

event hosting is advanced, for example, China University of Political Science and Law, Fudan University, Wuhan University, South-Central University for Nationalities and Southwest Minzu University all used the 2017 National Day to hold mini-marathons on campus to celebrate the 68th birthday of the motherland.

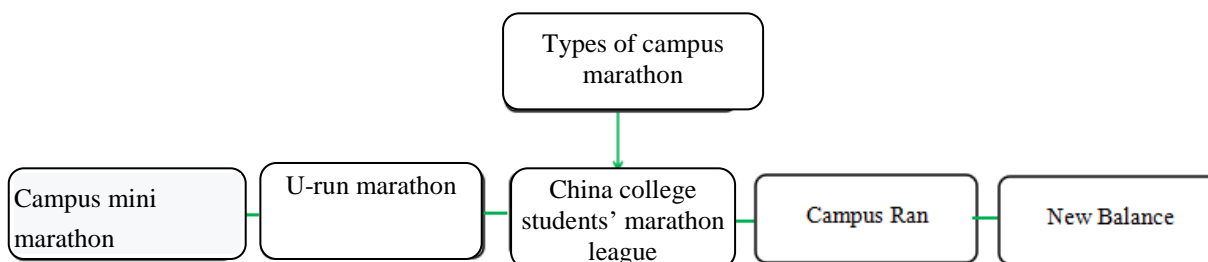


Fig. 1. Types of campus marathon.

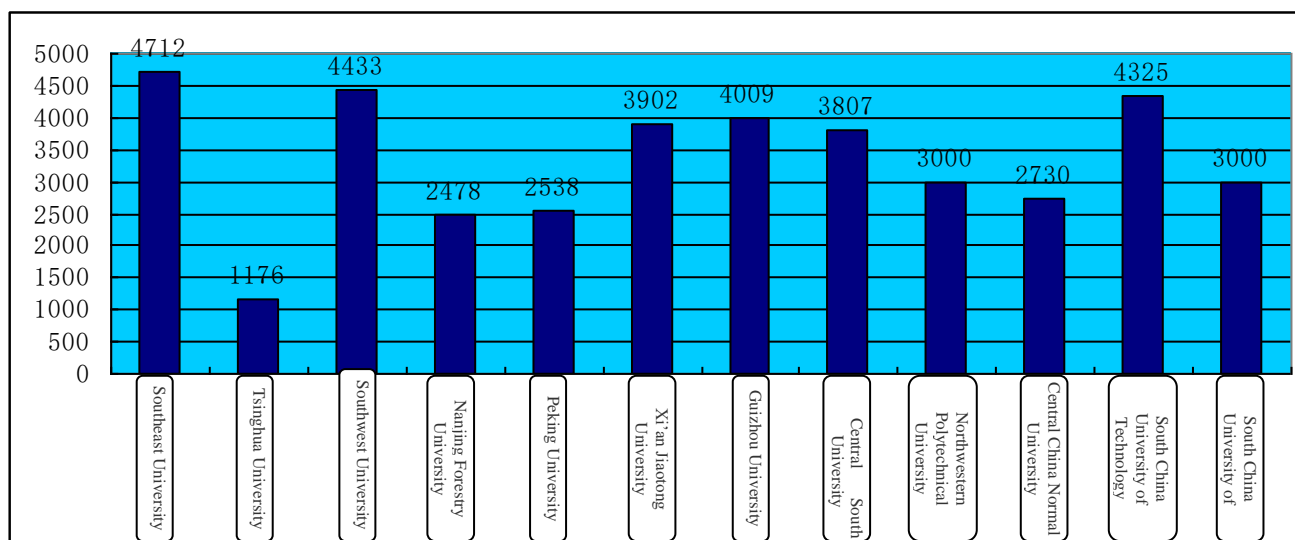


Fig. 2. The number of college participants in the China college students marathon league in 2016-2017.

An exclusive running platform for college students was set up through the form of marathon league, and more and more college students are participating in fitness running activities online or offline. Better experience is provided for the student running lovers so that good sports concepts and habits can be developed by students. According to "Fig. 2", in the 12 universities there are about 40,000 contestants. So it can be estimated that the number of college marathon participants nationwide is hundreds of thousands every year.

### III. BACKGROUND ANALYSIS OF THE RISE OF CAMPUS MARATHON

#### A. Under the Guidance of the Government, China's Marathon Has Entered the Fast Track of Development

In 2014, the implementation of several opinions of the state council on accelerating the development of sports industry and promoting sports consumption promoted national fitness as a national strategy. The Athletics Administrative Center of General Administration of Sport of

China has streamlined administration and delegated power, standardized management, and cancelled the approval of marathon events, resulting in a blowout growth of marathon events (as can be seen in "Fig. 3") After 36 years of development since the first marathon was held in Beijing in 1981, marathon has become the most popular and influential mass sports event in China. It has made positive contributions to improving people's health, advocating healthy and civilized lifestyle, and promoting the construction of a healthy China. General Secretary Xi Jinping mentioned in the report of the 19th CPC national congress that "nationwide fitness and competitive sports have developed in an all-round way" in the past five years. And such five years is also a period when the marathon sport in China witnesses rocketing development. At present, the principal contradiction in China is "the contradiction between the people's need for a better life and unbalanced and inadequate development". Then "make marathon a way of life" is the best interpretation of people's pursuit of a better life.

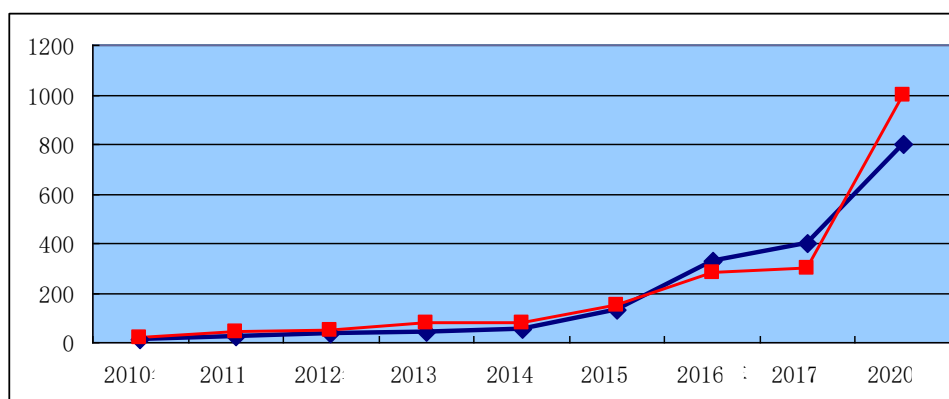


Fig. 3. Number of marathon events and the number of participants in China in 2010-2020.

#### B. *Students' Sunshine Sports Winter Long-distance Running Activities Promote the Rise of Marathon Sports in Colleges and Universities*

In view of the continuous decline in the endurance quality of Chinese students, the state council has formulated and issued the "opinions of the CPC central committee and the state council on strengthening youth sports to enhancing their physique". Since 2007, the ministry of education, the general administration of sport of China and the central committee of the communist youth league have organized and carried out sunshine sports winter long-distance running activities for hundreds of millions of students nationwide. And the long-distance running drives the improvement of school sports activities and caused a craze of physical exercise for teenagers.

#### IV. CALM THINKING BEHIND THE HEATED EFFECT OF CAMPUS MARATHON

The rise of marathon in colleges and universities is out of the demand of the development of the new era. Therefore in order to keep pace with the times, the setting of physical education curriculum in colleges and universities must be guided by the scientific concept of development to build a multi-extension curriculum system with track and field as the core. However, there remain many problems in the current college physical education.

##### A. *The Marginalization of College Track and Field Courses from Its Core Status*

From the founding of the People's Republic of China to the early 1990s, the track and field teaching has been the core content and compulsory items of physical education curriculum in Chinese schools, and this status was never shaken during that period. [2] He Ye found that many colleges and universities neglected the teaching of track and field, and some even did not offer track and field courses at all after investigating the teaching of track and field in some colleges. It can be seen that college track and field teaching has become a short board of college sports. [3] Li Wanwan believes that the real effect of the public physical education of track and field courses in colleges and universities in Henan province is not optimistic. [4] Meng Yixiao found

that the development of track and field sports in universities in Zhejiang province has been restricted and challenged like never before through his research on 10 universities in Zhejiang province, and its development prospect is really worrying. [5]

##### B. *The Practice of Giving up Eating for Fear of Choking out of the Reverence for Life — There Is a Long Way to Go for the Campus Long-distance Running*

In recent years, sudden death of college students during the test of 1000-meters running has occurred from time to time. Since 2012, 10 students have been stricken by accidents while running. Then some colleges and universities are doing away with long-distance running programs for fear of accidents. For example, a number of universities in Beijing have cancelled long-distance running items with courses longer than 3,000m for school sports meetings, and fun sports events such as 400m steeplechase, tornado and braiding have taken their place. [6] In contrast, the grand occasion of China's current marathon events can be seen by all, where participants were not deterred by the unexpected accidents.

##### C. *The College Students' Physical Health Is in Grim Situation While the Reform of College Physical Education Has Little Effect*

Up to 2014, China had carried out seven surveys on teenagers' physique and health. Data show that in recent years, the trend of teenagers' physical health declining for more than 20 years has stopped falling and recovered. However, the situation is still austere. The detection rate of overweight, obesity and poor vision remains high, while the endurance and explosive power of college students are still at a low level. In stark contrast to the booming development of China's economic and social undertakings since the reform and opening up 38 years ago, school physical education is still a weak link in the development of education.

##### D. *The Reform of Physical Education Curriculum Is Over-promised but Under-delivered and the Documents Are Hardly Implemented*

In 2002, the national physical education teaching guidelines for colleges and universities clearly stipulated that

students should have 144 periods of physical education in the first and second grades, 18 weeks per semester. However, according to the survey, some schools set PE classes for 16 weeks, and some even reduced them to 14 weeks. The teaching hours of students' PE courses were severely compressed. Serious shortage of sports facilities exists in some private colleges and universities, where even the occasion of badminton class of three classes with 120 students being taught on 10 courts appear. The "Basic standards of the physical teaching work in colleges and universities" launched by the Ministry of Education stipulated that students' test results shall be recorded in their files and students who score less than 50 points in the test will be counted as completing schooling without meeting requirements upon graduation. However, only a few colleges have carried out this document.

#### V. IMPROVING AND INNOVATING THE PHYSICAL EDUCATION CURRICULUM SYSTEM OF COLLEGES AND UNIVERSITIES WITH THE CAMPUS MARATHON AS THE GUIDE

After more than ten years of development, the teaching mode of "three independent" course (including Independent curriculum learning, independent project research, independent assessment and evaluation) has constructed the overall framework from the perspective of students' subject position, which not only provides students with rich and colorful teaching content and project system, but also puts forward higher requirements for teachers. However, different universities have different understandings of the teaching mode. Under the teaching mode of "three independent" course, each school is required to reform under certain conditions according to its own conditions, instead of doing it completely independently. If students are allowed to select a different course each semester, they can only learn the courses superficially without fully mastering the skills, not to mention forming lifelong exercise habit. A new curriculum framework system should be constructed, and deep-level reforms need to be conducted in the original curriculum from the aspects of competition system, curriculum project system, curriculum content proportion, social welfare and service in terms of forms and content, etc., so that the current curriculum system can be continuously enriched and improved.

##### A. Encouraging Full Participation to Break Through the Path of Elite Development

In "Opinions on further strengthening the construction of high-level sports teams in ordinary institutions of higher learning", the Ministry of Education, General Administration of Sport of China, "the purpose of constructing high-level sports teams in general institutes of higher education is cultivating well-rounded high-level sports talents and its goal is to complete the participation tasks of the world university games and international and domestic major sports competition, so as to make contributions to the national Olympic glory plan and the sustainable development of competitive sports." [7] It is true that the establishment of high-level sports teams has made great contributions to the development of competitive sports in China. But what cannot

be ignored is that the potential of the athletes has not been fully tapped. In some colleges and universities, some athletes don't need to take physical education classes with their names in the list of physical education class and can still be given full marks in the final. This is unfair to other students, and the lack of campus culture of student athletes also leads to their lack of sports cultural accomplishment. At the same time, the leading and exemplary role of student athletes has not been fully played.

##### B. Building the Competition System to Break Through the Talent Training Path

At present, very few students benefit from the current college sports competition system. In the 13th National Games of the People's Republic of China, where national fitness and competitive sports were given the same attention, so many people of national fitness can also stand on the highest stage of China's competitive sports, which is a successful model of China's reform of the whole sports arena. In the college campus competition system, to enable a large number of ordinary students to participate in this arena, it is necessary to reform and improve the existing competition system. The overall sports competition system of the school should be the sunshine sports health week competition system focused on track and field games (in the first half of the year) and the sunshine sports health month competition system focused on campus mini-marathon (in the second half of the year). Meanwhile, the leading role of sports departments and the basic platform of sports associations and clubs should be given full play to, to guide students to participate in competitions.

##### C. Building Campus Brands to Break Through the Development Path of Adding Projects

Physical education curriculum setting is the key factor of physical education teaching in colleges and universities, and the central link to realize the goal and task of physical education and teaching in colleges and universities. The type and structure of the curriculum, the class hours and key points of each course will directly reflect the quality and level of physical education in a school. [8] Many emerging projects, such as national traditional sports projects and leisure fashion projects have entered the curriculum setting of college physical education. However, blindly adding items does not fundamentally solve the current situation of students' low interest in physical exercise and slow improvement of physical fitness level. Trace the reasons and one can find that the changes of the teaching of the courses just appear in their forms which attach importance to the skills too much but ignore the educational and fitness function of the projects themselves. The situations in universities and colleges are much the same, lacking in features. In July 2017, the ministry of education issued the "Opinions on the Implementation of Further Strengthening the Construction of High-level Sports Teams in Colleges and Universities". In this "Opinion", the high-level sports team project was included in the teaching contents to reform and innovate the teaching form of physical education, and widely carry out extracurricular activities and student group competitions with high-level sports teams as the main body.



Colleges and universities should take the Big Three which include baseball, football, and basketball as the lead, to create brand projects with school characteristics and thus realize the goal of "one school, one brand" or even "one school, multi-brands".

#### *D. Extending Extracurricular Education to Expand the Path of Teaching Effect*

Institutions of higher learning should organize students to take an active part in extra-curricular physical exercise by setting up sports clubs, sports associations and in other forms, to encourage students to take an active part in national fitness activities outside school, and thus form an extra-curricular system both inside and outside the school. Southeast University has a tradition of students' morning exercises of 40 years. An extracurricular activities guarantee system with time, credits, plans and teacher guidance has been implemented since 2013, effectively ensuring the qualified rate of students' physical health. Zhejiang University implements the teaching mode of "friends of health" membership, which combines teaching and training, popularization and improvement, teaching in-class and out-class, in-school and out-of-school. And physical health improvement classes are set up for students who fail physical fitness test and lack exercise. Diversified forms of physical exercise and online and offline assessment carriers are used to extend the original single in-class assessment to the combination of in-class and out-class assessment. Xiamen University makes students' performance in participating in Xiamen Marathon as one of the optional sports courses.

#### *E. Using the Big Data Platform to Establish a Scientific Evaluation Mechanism*

The leverage of "National Student Physical Health Standard" should be given full play to and the big data should be used to construct a sports information platform for students, to analyze, evaluate and grasp their physical and health conditions scientifically. The physical education assessment and evaluation mechanism of the school should be established, and the results of physical education, students' physical health, their participation in extracurricular sports activities and social welfare services should be taken as the important content of students' evaluation of awards, excellent performance and postgraduate recommendation.

#### *F. Going Back to Physical Education to Break Through the Path of Quality Development*

Since the first Olympic Games were held in ancient Greece in 1896, the Olympic spirit has spread and developed across the five continents around the world. "Mutual understanding, long-lasting friendship, solidarity and fair competition" endows the Olympics with more connotations and makes it not just an athletic contest but shoulder profound significance of physical education. In 2015, during a cycling race in Spain, Estevan suffered a flat tire just 300 meters from the finish line, while his rival Navarro refused to overtake him. Navarro thought it was immoral to do so. New Zealand's Nikki Hamblin and American Abbey D'Agostino helped each other finish the women's 5,000m at the Rio

Olympics after both were injured. In our football and basketball arenas, however, booing, name-calling and on-court conflicts occur from time to time. Therefore college sports education should also make students understand the profound cultural connotation and educational significance of sports while paying attention to improving students' physical and mental health. Efforts should be made to actively create the campus sports culture atmosphere, and comprehensively improve students' physical and cultural accomplishments.

## VI. CONCLUSION

First-class universities must have first-class sports. So in the construction of the "Double First-Class" initiative in China's colleges and universities, the physical health level of students should be included in the overall plan of the school to fully implement the requirements for students in the "National Physical Health of Students". A nation will get thriving and strong as long as its youths are thriving and strong. Colleges and universities should keep pace with The Times, and take the development of long-distance running as a breakthrough to improve and innovate the existing curriculum system under the opportunity of the rapid development of college marathon. In terms of curriculum setting, they should construct a number of extended courses with track and field courses as the core and increase the proportion of physical fitness in other projects; build a series of long-distance running activities in the extracurricular curriculum system; in the school campus competition system, construct the sunshine sports health week competition system based on track and field games (in the first half of the year) and the sunshine sports health month competition system based on campus mini-marathon (in the second half of the year). Through the improvement and innovation of the physical education curriculum system of colleges and universities, students' physical fitness can be comprehensively improved and the Chinese dream of a healthy China can finally be realized.

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