

Research on Building Physical Education Evaluation Mechanism in Independent Colleges

Yang Cheng

PE Teachers' Office, Huazhong University of Technology, Wuchang Branch, Wuhan, China
44319943@qq.com

Abstract—Physical education evaluation mechanism is an important component of physical education and teaching in independent colleges. By applying literatures, expert interviews and other methods, the author conducted an analytical research on the physical education evaluation mechanism in independent colleges, probed deeper into building a new teaching evaluation mechanism, so as to provide some basis for reforming the physical education evaluation mechanism in independent colleges.

Keywords—*Independent College; Physical Education; Evaluation Mechanism*

I. RESEARCH SUBJECTS & METHODS

A. Research Subjects

In order to accurately understand and use the core content and value of the physical education evaluation mechanism in independent colleges and show fully the extended content of the evaluation mechanism, this study selected randomly 8 independent colleges in Wuhan as subjects of the survey. (Survey results shown in Table 1)

Table 1.subjects

No.	School
1	Huazhong University of Science and Technology Wuchang Branch
2	Chutian College, Huazhong Agricultural University
3	Hankou University
4	Wuhan Donghu University
5	Jiangcheng College, China University of Geosciences
6	Huaxia College, Wuhan University of Technology
7	Wuchang Institute of Technology
8	School of Sport Science & Technology, Wuhan Institute of Physical Education

B. Research Methods

1) *Literature Analysis*. By referring to relevant data and information, mainly through checking and collecting more than 70 articles on physical education and teaching evaluation in CNKI and VIP electronic databases bought by Wuhan Institute of Physical Education's library, and combining with the current situation and reform forms of the physical education evaluation mechanism in independent colleges, this paper studied further on the basis of its predecessors.

2) *Expert Consultation*. Through visits and phone calls, the author exchanged and discussed extensively his own

opinions and perspectives with the experts, professors as well as many colleagues engaged in physical education for many years, listened humbly to their suggestions and comments, thus ensuring technical indicators of this paper are reasonable.

3) *Comparative Analysis*. Primarily demonstrated arguments on the current situation, reform & development trends of the physical education evaluation mechanism in independent colleges, and analyzed comparatively with other related literatures.

4) *Mathematical Statistics*. Relevant data acquired were statistically processed and analyzed.

II. CURRENT SITUATION OF THE PHYSICAL EDUCATION EVALUATION MECHANISM IN INDEPENDENT COLLEGES

Independent colleges evaluate students' performances with a unified standard. The basic approach is a centesimal evaluation whose main part is assessing whether a student's physical quality and relevant professional skills can reach the target, which is purely an evaluation of students' body function and technical capability. This method, which uses a unified standard to evaluate students' achievement, often gives the students a false impression that they can get by as long as their exams are passed, resulting in a polarized situation where students who are physically fit can get higher scores without much effort while those born weaker cannot reach the standard no matter how hard they try. For this, many students who originally liked sports and were willing to take the course develop an emotional weariness, or even lose interest in learning.

Teaching evaluation is a means of judging whether the teaching has reached a certain quality. It can mobilize students' learning enthusiasm, and motivate the teacher to teach students in a target-oriented way. Not only can comprehensive evaluation of students' learning attitude and level play a role in evaluation, but it can encourage the students to take the initiative to develop on a higher level, promoting the teachers' teaching to be more directed. Only by carrying out teaching and evaluation according to students' individual differences can the students' interest be mobilized and maintained in order to create a good learning atmosphere in the classroom. Comprehensive evaluation can objectively reflect a teacher's teaching effectiveness and quality; meanwhile, by taking full advantage of the leverage of evaluation, it can boost students' interest in sports and stimulate their urge for self-improvement.

Thus, more accurate and reliable evaluations are of great

and far-reaching significance to the formation of an effective, scientific and appropriate physical education evaluation mechanism in independent colleges.

III. MAIN PROBLEMS OF PHYSICAL EDUCATION EVALUATION MECHANISM IN INDEPENDENT COLLEGES

- A The assessment of learning attitude cannot be quantified, for in practice it can only be based on the subjective judgment of the teacher. Though it has certain constraints on students' learning process, it goes against the original intention of this evaluation method, which primarily is to enhance students' enthusiasm in learning sports.*
- B Evaluation on technical skills and physical quality occupies a relatively large proportion; in this regard, the traditional physical education evaluation methods are also adopted. Therefore, drawbacks of this nature will not be repeated.*
- C The meaning of evaluation has been distorted and cannot achieve its fundamental function. Because the present evaluation system focuses more on form and lacks integrity, the various functions of evaluation has not been played effectively.*
- D The current evaluation mechanism emphasizes results but ignores the process, leaving the degree of a student's efforts to learn and progress unevaluated. This existing evaluation method no longer meets the development needs of today's physical education; also, it is to some extent out of line with the schools' sports teaching objectives.*

Therefore, it is necessary to reform and optimize the existing performance evaluation mechanism.

IV. DESIGN OF THE PHYSICAL EDUCATION EVALUATION MECHANISM IN INDEPENDENT COLLEGES

Teaching evaluation can be roughly divided into diagnostic evaluation, formative evaluation and summative evaluation. Traditional evaluations contempt formative evaluation and attach too much importance on summative evaluation. Therefore, the above-mentioned categories of teaching evaluation can be combined with each other to infiltrate effectively.

According to the teaching objectives of physical education, students should be evaluated comprehensively from aspects of theories, techniques, skills and professional

capabilities. Specific methods and standards of evaluation can be considered comprehensively from the following aspects: Teachers' evaluation of the students in their learning process, students' self-evaluation, students' mutual evaluation, students' evaluation of the teachers' teaching activities and other evaluation systems that reflect students' actual situation and their individual level. The above teaching evaluation methods can be combined together, shifting the evaluation methods from result-oriented to process-oriented and taking full account of the student's sports foundation, learning attitude, rate of progress and other factors. In short, physical education evaluation mechanism in independent colleges is aimed at pursuing quality teaching and effectively improving students' physical fitness and innovation ability.

V. CONCLUSION

Physical education evaluation mechanism holds an important position in the links of evaluation system, thus evaluation contents must be implemented through concrete and feasible evaluation approaches. A scientific and meticulous evaluation mechanism is needed to ensure the improvement of physical education's quality. Of course, to evaluate teaching, we shall choose the correct evaluation mechanism at first. As each evaluation method has a different base, specific problems are supposed to be solved in different ways, wanted results differentiate and they all share certain limitations, evaluation of physical education should highlight its strong points and offset the weaknesses, and various evaluation methods should be infiltrated and combined for use. In particular, when analyzing and processing the evaluation results, the impact of specific indicators on the evaluation results must be considered, and principles of the teaching evaluation mechanism must be followed, so as to improve the physical education evaluation mechanism, and ultimately to reach the goal of enhancing the quality of physical education.

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