

# Research on "Platform+Module" Talent Training System of College Physical Education Major from the Perspective of Innovative Education

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**Abstract:** For a long time, in the process of physical education, more attention has been paid to the teaching of students' theoretical knowledge and technical skills, but little attention has been paid to the cultivation of students' abilities in various aspects, especially their innovative ability, which seriously affects the promotion of quality education and the implementation of the national fitness program, and can not meet the requirements of the times for talent quality. From the perspective of innovative education, guided by social needs and post requirements, this study focuses on the talent training objectives and curriculum system in the current training scheme of physical education majors in universities by means of literature review and theoretical analysis, and puts forward the basic conception of optimizing the training scheme of physical education majors. According to the needs of social and economic development, from the perspective of innovative education, the talent training mode of "platform+module" is more suitable for the social needs of sports talents at present.

## 1. Introduction

At present, China's higher education reform has gone from macroscopic system, system and mode reform to concrete deepening reform stage with training objectives, curriculum and teaching methods as the main contents and improving teaching quality and talent training quality as the fundamental goal. In recent years, the cultivation of innovative talents is the focus of education departments and universities [1]. With the rapid development of China's sports industry, the requirements for sports professional and technical personnel are getting higher and higher.

As an important part of quality education-physical education, how to integrate into the tide of educational reform, how to adapt to the challenge of innovative education and cultivate students' innovative ability are a hot issue in current school physical education. In a sense, without innovative sports talents, the strategy of developing sports through science and technology cannot be implemented [2]. Therefore, we must carry out innovative education to train and bring up a large number of sports talents with innovative spirit and ability. The talent training mode of "platform+module" curriculum system has obvious characteristics and advantages in realizing the combination of general education and professional education, meeting the students' personality development, the society's demand for specialized talents, and implementing quality education and innovative education.

## 2. Innovative sports education

The innovative education of physical education can be studied and analyzed from two levels, namely, the concept level and the behavior level. The conceptual level is implicit, while the behavioral level is explicit. Only by solving the problems at the conceptual level can the problems at the behavioral level be finally solved, and conversely, the changes at the behavioral level can promote the changes at the conceptual level.

### 2.1. Innovation of sports concept

Health first view. The concept of "health first" includes three aspects: first, it requires educators

to put physical education at the most basic level in the five educations; Second, educators are required to establish the guiding ideology of "health first" in education. Thirdly, educators are required to pay attention to students' physical and mental development in physical education.

Comprehensive view of physical education. It is required to study all aspects of physical education from the synchronic point of view, that is, physical education includes not only moral education, intellectual education, aesthetic education and labor technology education, but also nutrition, hygiene, physical skills and physical and mental health development. Physical education can strengthen bones and muscles, improve knowledge, adjust mood and strengthen will.

Life-long sports concept. It is required to study sports from a diachronic perspective. It is necessary for students to learn the necessary physical education knowledge and skills during school. Form a good interest in sports, develop the habit of exercising, and teach students the ability to learn and improve again [3].

## **2.2. Innovation of sports behavior**

Change from passive training to autonomous training. The innovation of sports behavior first attaches importance to changing students from passive practice to active practice, and regards students as the main body of sports activities. This requires physical education teachers to pay attention to arousing students' enthusiasm, initiative and initiative in physical education, and try to educate and guide students to practice independently.

From attaching importance to teaching to learning. In the innovation of sports behavior, teachers' role must be changed. Teachers should be changed from the original role of soloist to the role of director or promoter. Only in this way can we truly realize the transformation of physical education from emphasizing teaching to emphasizing learning [4]. In other words, teaching students to learn is the ultimate goal of education and of course the ultimate goal of school physical education.

From attaching importance to fitness to attaching importance to all-round development. We should pay attention to physical fitness, enlighten and seek knowledge, and pay more attention to moral education, and we should not neglect delta and adjustment.

## **3. Feasibility of "platform+module" training mode for sports professionals**

For decades, the training mode of sports professionals in China has been influenced by the traditional ideas of planned economy and centralized political system. The characteristics of planned economy and the brand of traditional educational thought are deeply left in the aspects of personnel training specifications, personnel training modes and curriculum setting of physical education majors [5]. With the establishment and improvement of China's socialist market economy and the changes in the market's personnel training specifications, the traditional training mode of sports professionals with strong planned economy has been impacted.

New ideas, change ideas, train qualified sports professionals who meet the needs of social development and have innovative ability, and realize the transformation from professional education to the educational concept of combining special education with general education. So as to meet the needs of society for diversified talents.

The training goal of innovative talents should meet the needs of social development, take the training of physical education teachers as the foundation, and radiate other sports-related fields at the same time. According to the guiding ideology of "health first" and the need of implementing quality education in an all-round way, we should further broaden the professional training caliber, expand students' knowledge, increase the courses of humanities sports, sports training, sports health care, traditional sports and other majors, enhance students' flexibility, arouse students' enthusiasm, stimulate students' initiative and improve their social adaptability.

## **4. Characteristics of "platform+module" innovative talent training system for physical education majors**

### **4.1. Renew educational concepts**

In order to meet the needs of social development for physical education talents, physical education majors should be skilled in training teachers for basic education and quality education. Therefore, it is necessary to renew educational concepts and broaden basic courses. By offering general courses to improve students' comprehensive quality, offering liberal arts infiltration and interdisciplinary courses reflecting the development of contemporary science and technology and social progress, we can strengthen the study of basic courses.

#### **4.2. Enhance curriculum flexibility**

Although the overall trend of the curriculum of physical education major is that the number of compulsory courses has obviously decreased and the number of elective courses has gradually increased, compulsory courses still account for the majority. In the "platform+module" innovative talent training system of physical education major, the credits of elective courses have been greatly increased according to the needs of society and curriculum development, and more independent choices have been given to students [6].

Elective courses are included in every curriculum structure, especially the major direction module, arbitrary elective courses and innovation and entrepreneurship training plan. After market analysis, it can be adjusted in time according to the needs of the development of the situation, which can be mobile, flexible and combine long and short lines, and enhance the initiative of running schools.

#### **4.3. Optimize the curriculum structure**

The curriculum structure system for the cultivation of innovative talents in physical education majors is set in line with the principle of "less but better, spreading knowledge, strengthening the foundation, opening up the backbone and going deep into the frontier", re-selecting, determining the basic contents of disciplines and professional courses and optimizing the curriculum structure system [7]. The new curriculum structure sets compulsory courses according to the discipline form of physical education major, which is composed of main courses and general compulsory courses. The main courses give students the most basic knowledge and skills in physical education, which is the core of the whole curriculum system of physical education major.

### **5. Innovative strategy of "platform+module" innovative talent training system for physical education majors**

#### **5.1. Innovative personnel training system framework**

According to the training goal of undergraduate physical education major, it is basically to train talents in physical education and sports management. It is necessary to actively carry out educational reform, so that innovative talents in undergraduate physical education major can be versatile and meet the increasing demands of society for innovative sports talents. The "platform+module" innovative talents training system can well realize the cultivation of innovative talents with one specialty and multiple abilities for undergraduate majors of physical education.

In the construction of "platform+module" innovative talents training system, we should first build a reasonable framework. The teaching system of "platform+module" innovative talents is constructed according to the current curriculum setting and training objectives of physical education undergraduate majors in universities, as shown in Figure 1 below:

From the construction of innovative talents teaching system of "platform+module", we can see that "platform" is mainly based on skill-based courses and basic courses, with emphasis on cultivating students' professional skills and mastering solid basic knowledge. The "module" is mainly embodied in the professional direction module and elective course module, which aims to expand the employment development direction of innovative talents majoring in physical education and participate in physical education learning in multiple dimensions.

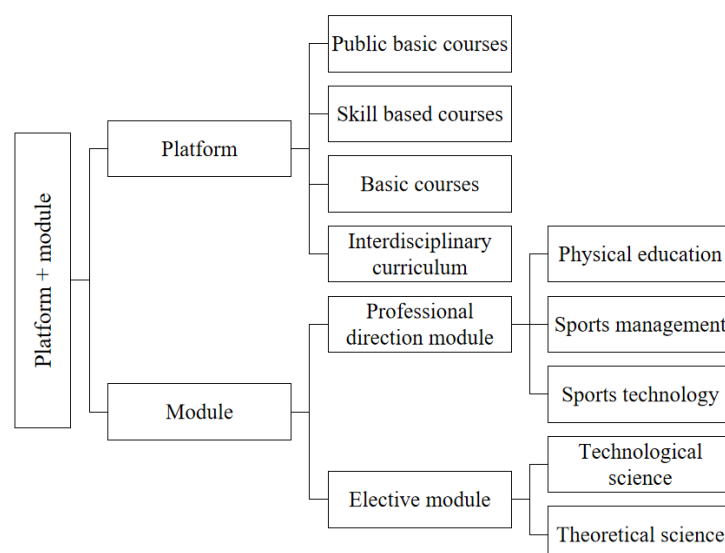


Figure 1 "Platform + module" innovative talent training system framework

## 5.2. Combination of theory and technical teaching

In the process of theoretical and technical teaching, we should penetrate knowledge points into each other, break the original teaching methods, further meet the students' demand for knowledge and improve the teaching effect.

Through gradual infiltration in daily teaching, students can understand that physical education is not only sports training, but also a comprehensive discipline including pedagogy, psychology and physiology. Therefore, while doing a good job in sports training, we should also strive to learn the relevant theoretical knowledge, broaden our knowledge and achieve the organic integration of theory and technical study.

## 5.3. Optimization of practice links

Practice link is an important part of the training system of physical education professionals, and it is a concrete way to test students' mastery and application of the knowledge they have learned, and plays an important role in cultivating students' practical ability.

Encourage universities to adopt the practice organization form combining decentralization and centralization. Some students think that internship is a waste of time instead of internship in order to take the postgraduate entrance examination and find a job, thus failing to achieve the function of educational internship courses. Therefore, it is suggested that universities should adopt the practice organization form of combining decentralization and centralization. For students who can contact the practice places and units according to their own actual conditions, decentralized practice should be adopted. However, for students who cannot find practice units, schools should arrange guidance teachers to organize unified practice units. And form a long-term cooperative relationship with the internship unit.

Promote the practice mode in stages and steps. At present, college physical education majors generally adopt one-time practice mode. That is, before graduation, concentrate on completing the whole process of internship at one time. Although this practice mode is beneficial to the management of educational practice, it can save the funds of educational practice.

## 5.4. Teachers' quality requirements

Actively renew ideas. Teachers should study the new situation and the new requirements for teaching put forward by the development of society and the times, strengthen their innovative ideas, be brave in pioneering and innovating, and dare to practice boldly. Teachers should constantly update their concepts with the changes of the times, not be old-fashioned and become a pioneer in innovation and pioneering.

Have the mentality of equality between teachers and students. The relationship between teachers

and students advocated by innovative teaching is democratic and equal. Teachers regard learning as a promising inventor and creator in the future, provide students with time and space to fully develop their imagination and association, appreciate students' insights, regard students as friends to solve problems together, and constantly encourage students to surpass themselves.

Have a rigorous scientific attitude. The innovation of physical education can't violate the laws of sports itself, the laws of students' physical and mental development, and the inherent laws of teaching. The implementation of innovative teaching needs the guidance of scientific world outlook and methodology, leaving the scientific and rigorous attitude, and innovative teaching becomes rootless, passive water and difficult to really work.

### **5.5. Construction of teaching facilities and equipment**

Physical education undergraduate major is a highly practical discipline, which needs to complete teaching in a large number of teaching facilities and equipment. Therefore, in the process of cultivating innovative talents for physical education undergraduates, schools must strengthen the construction of physical education teaching facilities and equipment, and constantly improve them to meet the needs of physical education.

In the construction of "platform+module" innovative talents training system, students should be guided to plan their study and practice reasonably according to the specific sports facilities and equipment of the school. First, starting from practical courses, strengthen the study of physical education professional skills and constantly improve their professional skills; Second, starting from theoretical courses, consolidate the basic knowledge of sports theory; Third, from the social practice, actively participate in the social practice process, participate in schools, enterprises, society and other sports practice learning.

## **6. Conclusions**

To meet the challenges of innovative education and sports innovative education, China's sports education should respond from the concept level and behavior level to meet the requirements of the development of the new era for talent quality. The majority of sports education researchers must deeply understand the significance of sports innovation education from the theoretical level, find corresponding strategies and methods, and point out the direction for the practice of sports innovation education; The "platform+module" curriculum system allows students majoring in physical education to choose courses across majors. The implementation of the system of major, minor, double major and double degree provides institutional guarantee and practical possibility for the cultivation of compound talents.

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