

Research on Evaluation System of Physical Education Teaching in Colleges and Universities Based on Students' Physique Analysis

Gang Yin

College of Physical Education, Bohai University, Jinzhou, Liaoning, 121013, China

Keywords: Students' Physique, Physical Education in Colleges and Universities, Evaluation System

Abstract: With the deepening of quality education reform in our country, physical education has gradually received the attention of major universities, and university administrators have begun to attach importance to physical education reform. As a place to improve students' knowledge level, universities should also improve students' physique. The establishment of an evaluation system with diverse contents and evaluation methods can ensure that the vast majority of students can better fulfill their learning objectives, so that each student can experience the fun of learning and success, and ensure that physical education training talents are in line with social needs and social development. Based on this, this paper makes a systematic study on the construction of college physical education evaluation system based on students' physique, expounds the theoretical basis of constructing an efficient physical education evaluation system, analyzes the components of the evaluation system, and gives the construction path of college physical education evaluation system.

1. Introduction

College students have less and less time to participate in physical exercises. Apart from public physical exercises, most students choose to stay in the dormitory and surf the Internet, or play games in Internet cafes, or study in the library to prepare for various examinations. Through teaching evaluation, we can not only understand the learning situation of students, but also the teaching situation of teachers, and timely understand the problems and deficiencies in teaching, so as to promote the continuous improvement of physical education and realize the goal of college physical education [1]. Under the background of deepening quality education reform in our country, major universities must change their teaching concepts and strengthen the construction of college physical education teaching system. Only in this way can we make scientific and reasonable evaluation of college physical education teaching and effectively point out the problems existing in college physical education teaching [2]. Physical education teaching evaluation is an important part of the development and reform of physical education teaching, is an important part of education evaluation, is an important link in the school to achieve scientific management of physical education teaching, and plays a positive role in promoting the reform of education teaching and improving the quality of physical education teaching [3]. Physical education is mainly to improve the physique of college students, and the reform of physical education needs to achieve better results. Therefore, universities should put forward a series of reform measures based on students' physique.

2. The Essence of Physical Education Teaching Evaluation

Evaluation is a kind of cognitive activity of human beings, which aims to grasp the meaning or value of the world. Physical education teaching evaluation is an integral part of education evaluation. It is the specific performance of general evaluation activities in the field of education. It is an activity that evaluates the elements, process and benefits of physical education teaching by scientific methods and means according to certain evaluation standards. In short, it is to make judgment on the value of education by systematically, scientifically and comprehensively collecting, sorting out, processing and analyzing educational information, thus promoting educational reform

and improving the quality of education [4]. With the development of economy, people's quality of life is continuously improving, and recreational activities are becoming more and more colorful. Not only sports activities, but also more and more interesting amateur activities have emerged, attracting people's attention more than sports. In this evaluation activity, the main body of evaluation is the social groups implementing education and their constituent organizations, such as school leadership, education administrative departments at all levels, etc. The evaluation object is the practical object of physical education teaching and can be the object of various elements or activities of physical education teaching. Physical education teaching evaluation embodies the application of general evaluation activities in the field of physical education. The purpose of physical education is the main basis for evaluating the value of the process and effect of physical education. Including all information collected by teachers in the classroom: information that helps them understand students, information that monitors teaching progress, and information that creates an effective classroom culture. It also includes various means and ways for teachers to collect, process and interpret such information "[5].

3. Problems in College Physical Education Teaching Evaluation

With the continuous development of education in our country, great changes have taken place in the physical education teaching environment in colleges and universities, which leads to greater challenges in the evaluation of physical education teaching in colleges and universities. At present, although some progress has been made in the reform of physical education teaching evaluation, there are still some problems in the process of deepening the education reform and promoting quality education and health education in an all-round way.

3.1. The Evaluation Index is Unreasonable

Scientific and reasonable evaluation index is the basis for improving the teaching evaluation level, but in the actual investigation, it is found that the evaluation index of physical education in many colleges and universities is unreasonable. The process evaluation and qualitative evaluation are ignored. Results The evaluation only pays attention to the level of students in sports and ignores the development and improvement of students' physique, skills and emotions in the process of study and exercise, which cannot reflect the essential function of physical education [6]. As a result, the evaluation is divorced from the curriculum objectives, which makes students lack interest in these repeated assessment items and lack the selectivity for the items. Of course, students' personality and specialty cannot be well developed. In addition, there are many colleges and universities that only pay attention to the evaluation of students' learning and neglect the evaluation of physical education teachers' teaching work to a large extent, thus failing to urge physical education teachers to continuously improve physical education and further affecting the improvement of physical education teaching level in colleges and universities to a large extent.

3.2. Uniqueness of Evaluation Method

Traditional physical education curriculum learning takes summative evaluation and absolute evaluation as the main evaluation methods. Because summative evaluation is based on stage learning or final learning results, it cannot effectively give timely feedback to the teaching and learning process, and cannot timely help teachers and students to improve teaching and learning. As an essential and important link in college physical education teaching, the evaluation of physical education teaching lags behind the reform of physical education teaching consciousness, teaching content and teaching means to a large extent. However, absolute evaluation requires all students to adopt a unified standard, without considering the objective differences and progress of students in physical fitness, skills, interests, personality, etc. If the quantitative method is applied to non-quantifiable content, the results will not be scientific, such as students' emotion, attitude, values, personality and other aspects will be difficult to carry out quantitative evaluation, on the contrary, qualitative evaluation is more reasonable [7].

3.3. The Assessment Method is not Scientific

Scientific evaluation method of physical education teaching can effectively enhance the evaluation effect of physical education teaching in colleges and universities, obtain objective and fair evaluation results of physical education teaching, and further enable teachers to continuously improve physical education teaching according to the evaluation results. Curriculum learning ignores the evaluation of non-intellectual and non-physical factors such as students' learning attitude, habit formation, emotional communication, mutual aid and cooperation, and ignores the individual differences of students. In practice, there is often a phenomenon of evaluation for evaluation. Evaluation is taken as the goal of physical education teaching, and what is tested is taught. Based on this purpose of teaching evaluation with obvious utility, teachers only consider how to make students pass the examination. It is extremely difficult to effectively carry out teaching activities without paying attention to physical education. From this perspective, besides the competent department, the main body of attention should also include students and teachers. In addition, many colleges and universities only pay attention to the final examination and neglect the examination of students during their study to a great extent, thus failing to fully grasp the actual learning situation of students, thus affecting the improvement of physical education teaching level in colleges and universities to a certain extent.

4. Construction of College Physical Education Evaluation System Based on Students' Physique

Based on students' physique, a series of effective measures need to be taken in the educational reform of college physical education. Each university needs to establish the idea of physical education reform aiming at strengthening students' physique, take students as the center, promote the physical and psychological development of students in physical education, and train them according to the requirements of the society. Therefore, under the background of the new era, universities must further strengthen the construction of the evaluation system of physical education teaching.

4.1. Strengthening the Importance of Physical Education Teaching Evaluation

With the deepening of quality education reform in our country, many colleges and universities begin to attach importance to physical education, but to a certain extent neglect the teaching evaluation work. Therefore, in the process of constructing the physical education evaluation system, college administrators must further strengthen the importance of physical education evaluation work. Through student self-evaluation, mutual evaluation and teacher evaluation, etc. In the evaluation, the functions of discrimination, selection, encouragement and development should be downplayed, and the progress of students should be included in the evaluation. In the reform of physical education, it is necessary to contact the short-term effects of college students and the long-term effects of their life in the future, so as to help students establish healthy sports concepts and form correct sports behaviors, thus doing a good job in basic work for the physical exercise of their life in the future. Therefore, it is necessary to make necessary and accurate observation and judgment from the behavior performance of students, teachers and teaching managers through extensive use of various indicators, organically combine quantitative evaluation with qualitative evaluation, and highlight the important and difficult points of physical education teaching evaluation [8]. The index system and evaluation plan of physical education teaching evaluation are designed around education and teaching objectives. The starting point is to measure and evaluate the degree of achievement of the objectives. The evaluation index is scientific. The evaluation method is operable and meets the actual and social needs of students.

4.2. Setting up Scientific and Reasonable Evaluation Indexes

Scientific and reasonable evaluation index is an important basis to enhance the evaluation effect of college physical education. Therefore, in the process of building the evaluation system of college

physical education, college teaching staff must design scientific and reasonable evaluation index according to the actual situation of sports events. Physical education curriculum needs to be designed according to the specific characteristics of students, with emphasis on enhancing the quality and ability of physical education teachers in all aspects, mobilizing teachers' initiative, carrying out targeted physical education, promoting students to establish healthy physical education concepts and correct physical education learning objectives. Developmental evaluation pays attention to process evaluation, considers students' past, attaches importance to students' present, and focuses more on students' future.

Physical education teaching evaluation system needs to be adjusted dynamically according to the requirements of the times, and "multiple intelligence theory" is an important basis for reconstructing the system [9]. Gardner's multiple intelligence theory holds that any individual can have multiple (multiple) relatively independent intelligence at the same time. To determine an evaluation standard, called objective standard, is to establish the benchmark of teaching evaluation outside the target group (usually based on the teaching objectives stipulated in the syllabus to develop this benchmark). In the evaluation, the target to be evaluated is compared with the standard in order to judge whether it meets the standard. Therefore, in the process of physical education, in addition to encouraging students to actively participate in and explore physical activities, it is also necessary to strengthen the role interaction between teachers and students through mutual exchanges and cooperation, so as to achieve the goal of "teaching is mutually beneficial". Table 1 below shows the levels of the evaluation system of physical education in colleges and universities.

Table 1 Levels of evaluation system for physical education in colleges and universities

Primary indicator		Secondary index	
Indicators	Proportion	Indicators	Proportion
Students	0.2	Learning ability	0.13
		Interest in sports	0.08
		Sports level	0.11
Teacher	0.3	Teaching skill level	0.05
		Teaching organization level	0.06
		Student satisfaction level	0.13
Teaching management	0.3	The importance attached to physical education teaching	0.14
		The level of investment in physical education	0.11
Teaching environment	0.2	Physical environment	0.09
		Social psychological environment	0.21

The teaching evaluation should change the previous overemphasis on the functions of screening and selection, emphasize on giving full play to the educational function of evaluation, and achieve the goal of promoting the development of students through evaluation, showing new characteristics such as the interaction of evaluation subjects, the dynamic evaluation methods, and the diversification of evaluation contents. Establish a scientific evaluation system for college students' physique. Only in this way can students' actual learning situation be evaluated and teachers' teaching situation be objectively and fairly evaluated, thus laying a solid foundation for improving physical education teaching level.

4.3. Actively Innovate the Evaluation Method of Physical Education Teaching

The quality of college students' physique is related to whether our country can make great progress. Although students' knowledge level and ability play a major role in social development, if their physique is relatively poor, they cannot give full play to their intelligence. Continuous innovation of PE teaching evaluation methods is an important way to improve the level of PE teaching evaluation. Therefore, all colleges and universities must further strengthen the innovation of teaching evaluation methods. Only in this way can a scientific and reasonable PE teaching evaluation system be constructed to promote the level of PE teaching in colleges and universities.

According to the different basic forms of evaluation, it can be divided into: diagnostic evaluation, formative evaluation and summative evaluation. Therefore, attention should be paid to the role of

"human" in the evaluation system, so as to achieve "human-oriented" and to promote the development of human personality as the goal. Besides paying attention to teachers' professional situation and needs, teachers should also stimulate their subjective consciousness to the greatest extent. The establishment of a reasonable evaluation standard needs to be based on the students' current physical fitness level and the specific situation of the students in the school, so as to significantly improve the students' sports ability. This article through three kinds of evaluations throughout the semester, the evaluation frequency is 3 times per semester, and physical fitness test and skill test are the main testing methods of the evaluation system, coupled with the integration of emotional evaluation, so that the evaluation scheme system can be clearly and concisely displayed, and the content of the evaluation scheme system can be intuitively reflected from fig. 1.

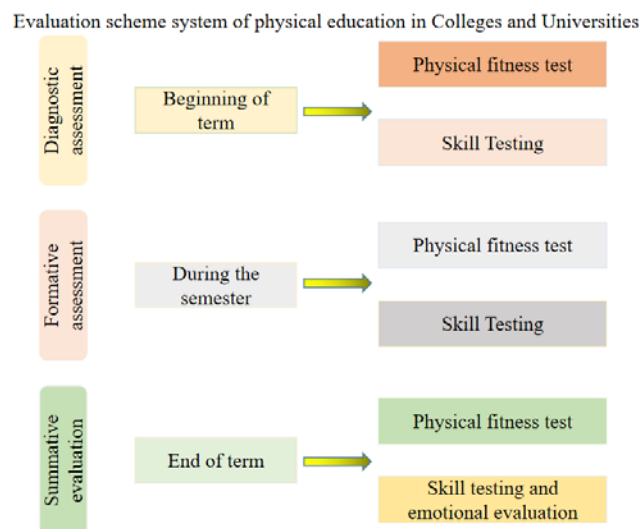


Figure 1 Evaluation scheme

Therefore, we should change the traditional evaluation system in the past, dilute the screening and selection functions, strengthen the incentive mechanism, especially for students with poor physical fitness to find out their bright spots in a timely manner, feedback in a timely manner, and incorporate their progress into the sports study results, so as to establish a vertical comparison by themselves. Students can develop their potential and improve their quality through self-evaluation, which can enhance their evaluation ability and help overcome the psychological obstacles when facing the evaluation results. Teachers also need to keep pace with the progress of the times, promote students' interests while educating them, and learn cultural knowledge while strengthening students' bodies, so as to become college students in good physical and psychological states.

5. Conclusion

A scientific evaluation system of physical education teaching is the basis for improving the level of physical education teaching in colleges and universities. Therefore, under the background of deepening education reform in our country, teaching workers in major colleges and universities must construct a scientific and reasonable evaluation system of physical education teaching according to the actual situation of schools, so as to effectively improve the level of physical education teaching in colleges and universities. As a place for training talents, universities should not only improve students' knowledge and intelligence, but also improve students' physique, so that students can study and work with full energy. Clarifying the problems in teaching and the relationship between them can also arouse the enthusiasm of teachers and students, improve the teaching effect and promote the deepening of teaching reform. The evaluation method of physical education learning should be changed from summative evaluation to procedural evaluation, so as to fully stimulate the subjective initiative of students in physical exercise. The setting of evaluation criteria for physical education learning should fully reflect the intuition and objectivity of students in physical education learning.

References

- [1] Zeng Shengyu. Research on the Status Quo and Development Trend of College Physical Education Evaluation. *Educational Forum*, no. 36, pp. 91-93, 2017.
- [2] Chen Quan. Construction of Evaluation System of Public Physical Education Teaching Quality in Higher Vocational Colleges. *Contemporary Tourism*, no. 10, pp. 225-225, 2017.
- [3] Guo Guoyin, Shu Xiaobin. Research on the Construction of Sports Safety Guarantee Evaluation System in Colleges and Universities. *Sports Fashion*, no. 7, pp. 250-251, 2018.
- [4] Gao Guiqing, Cheng Liang. Research on the Existing Problems of Physical Education Evaluation System in Private Colleges and Universities. *Sports Fashion*, no. 4, pp. 171-171, 2018.
- [5] Song Lili. Enlightenment of Tao Xingzhi's Sports Thought on the Reform of Evaluation System of Physical Education in Colleges and Universities. *Talents*, no. 12, pp. 10, 2017.
- [6] Chen Shaozhuo, Dong Xiaoqi. Thoughts on the Optimization of College PE Teaching Evaluation under the New Teaching Concepts. *Contemporary Sports Science and Technology*, vol. 009, no. 012, pp. 154-155, 2019.
- [7] Liu Junfeng, Hou Xingchen, Ma Zhijun. Research on Evaluation System of Teaching Ability of Public Physical Education Teachers in Local Colleges and Universities in Heilongjiang Province. *Journal of Mudanjiang Teachers College: Natural Science Edition*, no. 3, pp. 77-80, 2019.
- [8] Wang Yongfeng. Exploration of constructing innovative system of physical education in colleges and universities. *Youth Sports*, no. 4, pp. 96-97, 2017.
- [9] Ge Yuhui. Research on Safety Evaluation Index System of Sports Facilities in Colleges and Universities in Jiangxi Province Based on Analytic Hierarchy Process. *Sports Fashion*, no. 1, pp. 197-198, 2018.