

Organic Integration of Association Teaching and Physical Education in Colleges and Universities of Jilin City

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Abstract: New ideas, methods and models for the development of physical Education in colleges and universities are very urgent and necessary for the establishment of the corresponding structure and function of physical education curriculum and teaching process. Therefore, the organic integration of association teaching and physical education provides an important reference for the innovation of efficient management of PE classroom teaching in colleges and universities of Jilin City. Based on the author's learning and practical experience, this paper first analyzed the necessity of physical education teaching reform in colleges and universities in Jilin City, and then put forward the organic integration strategy between association teaching and physical education in Jilin colleges and universities.

1. Introduction

The Outline of Teaching Guidance for Physical Education Courses in National Colleges and Universities put forward that in order to realize the goal of physical education curriculum, we should combine the classroom teaching with extracurricular activities. Extracurricular physical exercise, out-of-school (association, outdoor) activities and sports training should be integrated into the physical education curriculum so as to form the curriculum structure of organic connection between inside and outside classes[1]. This new integrated curriculum structure in and out of class will have a great impact on the traditional curriculum model of single classroom teaching and put forward new requirements for the reform of physical education curriculum, which provides a good opportunity for the development of college students' sport associations under the new situation.

2. The Necessity of Physical Education Teaching Reform in Jilin City

As an effective organization carrier of students' extracurricular sports activities, sports associations are an important way for colleges and universities to carry out quality education. *The basic Standards of Physical Education in Colleges and Universities* put forward clear regulations and requirements on how to build and develop associations. Therefore, it is necessary to combine the construction of student sports associations with the improvement of the school physical education curriculum structure system, and implement the curriculum management of sports associations according to the actual situation. The incorporation of organized association activities into the physical education curriculum teaching plan is conducive to the construction of a physical education curriculum structure system, which will give full play to the functions and advantages of extracurricular sports activities. It is of great theoretical and practical significance to enhance the benefit of physical education class and extracurricular exercise, to improve the overall quality of school physical education work, and to promote the prosperity and development of school sports culture construction.

In recent years, the physical education course of Jilin city colleges and universities mainly carries out the course mode of "general + elective course". After entering the military training, the freshmen will have basic course of physical education, which mainly exercises the students' physical quality and grasps the basic knowledge and skills of physical education. Sophomore students choose different sports according to their interests and hobbies. Practice has proved that

there is a certain degree of deficiency in this model: in general courses, due to the complicated and superficial learning content, students' interest in physical education is not high, and there is often a lack of attention, which often makes students feel dull about the contents of the teacher's arrangement[2]. In class, if teachers have no hard requirements, students often do not voluntarily and consciously participate in sports, and some even chat in groups. If the teacher is strict, some students will feel bored because of their poor physical condition(such as obesity, poor coordination, etc.), so they can only reluctantly complete the target task arranged by the teacher. This kind of situation can't form "lifelong sports". In elective courses, due to the uneven level of students, many students are satisfied with "passing the test". Some students even think that it does not matter if they fail to pass the exam, and they can still choose again. Moreover, the elective results are not included in the comprehensive assessment of the students, so they have no pressure. As a result, the classroom effect is not obvious and the quality of physical education is affected.

3. Organic Integration Strategy between Association Teaching and Physical Education in Jilin Colleges and Universities

3.1 Course Design of association Teaching

To constructs a new teaching mode, which guides students from receptive learning to autonomous learning. According to the actual situation of Jilin City colleges and universities and combining with the spirit of superior documents, public sports elective courses have been set up with 15 items for first and second grade students, such as basketball, volleyball, football, aerobics, yoga, martial arts and so on. The main content is the basic theoretical knowledge of physical fitness and individual sports, basic technology, skills and methods of physical exercise. About sports elective courses, it aims to expand the students' skills and offers 6 items, such as badminton, table tennis, sports dance, etc. Sports association is a necessary extension of physical education class. Students can further consolidate and develop sports skills, increase exercise time and tap students' potential through association activities. The combination of elective association activity and elective course in physical education course can effectively improve the teaching effect by paying attention to the students' personality, interest factors and the connection between class and association activities in the course of carrying out the course reform[3].

3.2 The implementation scheme of association teaching

It is necessary to build a physical education curriculum system and model that integrates fitness, interest and science, breaks the original department, class system, and reassembles classes to meet the needs of students of different levels and interests. By the re-integration of physical education curriculum content, the re-formulation of physical education syllabus, the adjustment of teaching content, teaching methods and evaluation system, each teacher can rely on the evidence and have a clear idea. In order to improve the effect of the new teaching mode of physical education, the comprehensive contents of students' sports technology, physical development, physical and mental health, participation ability and so on are taken as the evaluation basis in the course of teaching. The teacher runs through the teaching process with the new teaching idea. Full respect for the main position of students and after-class teaching research have a good effect on the integration. In addition, we should pay attention to the combination of selectivity and effectiveness. According to the characteristics of the students as well as the region, climate, facilities and other different conditions to determine the curriculum content, and strive to colorful, to provide students with greater choice space. Make full use of information platform, at the same time, establish class WeChat group and QQ group to timely answer questions for students. Sometimes, the teacher personally demonstrates and uploads videos for students' imitations to further consolidate their skills.

3.3 Form a three-dimensional integrated model

In line with the purpose of practicing while studying, we have gained rich teaching experience

and achieved good results in actual teaching. We have established new teaching contents, so that students can get what they need and their special technical ability will be greatly improved. Technical conservation has also improved. After the attempt of new teaching methods, students' consciousness has been greatly improved, the former dull classroom atmosphere has been improved, and the students' enthusiasm has been greatly improved. Strengthening students' consciousness of lifelong physical education, combining with the reality of Jilin City's colleges and universities, carrying out teaching practice activities such as physical education option, elective course, sports association, sports meeting, sports competition and so on, so as to form the combination of the teaching practice mode[4]. On one hand, teachers improve the "second classroom" and "the third classroom" when adjusting the physical education classroom teaching. On the other hand, we can use Jilin City's existing sports activities resources to increase sports teaching projects. It is necessary to guide students to take an active part in physical exercise, to find problems in specific practice, and to encourage students to invest in the field, equipment, and the content and time guarantee of exercise. According to their own actual situation, students can select the appropriate exercise content, methods, planned, organized, and guided physical exercise in a targeted manner. To solve the problem of single teaching means of physical education, to break the traditional teaching mode of general elective course of physical education teaching, and to truly improve the interest of students to participate in physical education study, can make the practice of physical education teaching practice scientific and effective to achieve unity. During the exercise, students can raise their technical level rapidly under the guidance of teachers or sports backbone according to their own quality foundation and sports ability, and display it in various group activities, which is conducive to the discovery, training and transportation of outstanding sports talents.

3.4 Do well in teacher guidance and training

The guiding teacher is one of the main factors that affect the effect of physical education teaching in colleges and universities. In particular, in the development of the sports association model, due to the lack of relevant knowledge and ability in special skills, activity organization and referee work, students must rely on the guidance of teachers' deep professional education background and mature sports project management experience, because teachers can guide and help associations to define the direction and objectives of development, formulate scientific and reasonable development planning and operation mechanisms, guide associations to plan, organize and carry out competitions, so as to improve members' sports skills and referees' ability.

In the course of the design and implementation of physical education association teaching in Jilin City, the tutor responsibility system was established to guide the teachers to participate in the construction and management of the whole association. It incubates and cultivates the association from two aspects of system construction and activity organization, and adopts the measures of releasing one as soon as it is mature[5]. For example, the teachers can guide the association to develop the constitution, help the association to construct the standardized system, improve the organizational structure and other measures, and promote the institutionalization and standardization of association. Competition activities are the core of association activities, therefore, instructors need to help and guide associations to build scientific competition activities system according to their own conditions, and to establish and perfect the whole association activity system with competition system as the center. In the process of carrying out the activities, the guiding teachers should, on the one hand, teach and guide the motor skills according to the specific conditions of each member, and strive to teach them according to their aptitude and improve them together; On the other hand, they need to help society to strengthen the talent reserve construction according to the need and the student individuality characteristic, train the student backbone, carry on the technical tactics guidance, carry on the referee ability training, enhance its organization arrangement ability and so on.

4. Summary

Student sports association activity curriculum has become an important way and effective means

to strengthen extracurricular physical exercise and deepen the reform of physical education. association activities are counted into sports achievements and credit is an effective strategy and key link in curriculum construction and management of association activities. The establishment of extracurricular sports activities guidance center, the construction of a scientific system of institutional norms, and systems of sports associations provide an organization and system for the effective implementation for the curriculum of association activities. The implementation of the association activities has the obvious effect in cultivating the students' interest in sports, improving the sports skills, forming the exercise habit and improving the comprehensive ability.

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