

Analysis on the Reform Thought of "Three First-class" Construction of Contemporary College Sports

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Abstract: The development strategy of "rejuvenating the country through science and education" is definitely not four empty words, but a real existence, which has unparalleled significance. University is located in the important position of education, for the country to train and transport a large number of talents, so how to develop the contemporary college sports major is worthy of practitioners' thinking, especially for university builders and organizational leaders, how to rely on the "three first-class" strategic thinking to carry out the reform of the university, is a very important issue. University leaders should rely on realistic factors, down-to-earth, conscientious, solid foundation for the establishment of "three first-class" sports colleges and universities.

1. Analysis of the Problems Existing in Colleges and Universities

The key to the development of the country lies in talents, and the key to the emergence of talents lies in education. In other words, it is of great significance to the future of the country how talents can be trained through the priority development of education[1] University education belongs to higher education and is in the top position of the educational pyramid. Therefore, any university leader should forge ahead, attach importance to the development of sports, combine the historical development context and the latest development direction of the times, inject more innovative elements into contemporary colleges and universities, so that colleges and universities radiate all the previous vitality and vitality, and strive to send more high-quality talents for our country.

1.1. The Quality of Physical Education in Chinese Universities is Uneven

The 34 colleges and universities in China belong to 985 and 211 respectively, which are the "elite colleges" in our universities, and the remaining colleges and universities are ordinary colleges and universities. However, the quality of the development of colleges and universities in China lies precisely in those ordinary colleges and universities. As the barrel theory reveals: it is the shortest plank that determines the volume of water in a barrel. The key of college education in our country lies in those ordinary colleges and universities, if the ordinary colleges and universities can move forward steadily along the right direction, they will certainly be able to improve the quality of their respective schools, and accept more good students at the same time. However, according to the current situation, the quality of colleges and universities in our country is uneven, excellent students are generally located in 985 and 211 colleges, but ordinary students can only toilet in ordinary colleges and even private colleges, this development trend is more obvious in the current Chinese education. In a word, the phenomenon of polarization is not only reflected in the economic level, but also in the cultural level. The gap of educational development level will lead to a lot of practical problems, so the relevant people engaged in education must deeply reflect on and summarize this, and create a more fair teaching environment. As shown in Table 1, most Chinese students believe that there is serious polarization in Chinese universities at this stage, which is undoubtedly worthy

of in-depth analysis:

Table 1 Questionnaire

Do you think there is a problem of polarization in Chinese institutions of higher learning	
Yes	89.771%
No	10.229%

1.2. Uneven Distribution of Physical Education Resources

There are two main elements to evaluate the quality of running a university: one is hardware facilities, the other is software facilities. When there are strong hardware and software facilities in colleges and universities, it is natural to ensure that the university maintains a relatively strong competitiveness and enterprising, but more importantly, the school should have a strong faculty, when the school has a strong faculty, it must be able to better serve all students, so that students with the help of teachers, conscientious and tireless learning, and better find their own learning board, real progress and promotion, which is not of great significance to students, so teachers in colleges and universities should seriously reflect on and sum up, and promote progress. Find more teaching resources for schools and students, so that students move in the right direction. Many colleges and universities lack sufficient physical education resources and infrastructure to meet students' learning needs.

1.3. The Orientation of Sports Running in Contemporary Universities is Not Clear

Only by knowing their actual situation and clarifying the direction of their own progress can a university make full use of its time, cherish good resources, and make great progress and promotion. The same is true for sports majors that set up colleges and universities. Ordinary colleges and universities should find their own development orientation and concentrate their efforts on developing superior subjects, so as to attract more high-quality students and make students get great promotion and progress.

2. Analysis on the Construction of "Three First Class" of Contemporary College Sports

2.1. What is a First-Class Undergraduate?

Nowadays, most students in China have the ability to receive undergraduate education. Therefore, students should not be satisfied by the above undergraduate colleges, but should think more about how to go to a better undergraduate college to further their own education. In other words, we should seriously think about how to get into an excellent, first-class undergraduate college, which is also a major problem that should be considered by the scholars. It is important not only to establish an undergraduate college, but also to establish a first-class undergraduate college, so as to stand out among the numerous undergraduate colleges in China. First-class undergraduate colleges and universities have strong cohesion, creativity, epochal, innovative and interactive, with strong school strength, learning resources, teaching platform, teachers, is the dream place for all aspiring students. First-class undergraduate colleges and universities not only have buildings, but also masters, is the gathering place of talent. Therefore, any education-loving scholar, any student eager to make a breakthrough, should go to the first-class undergraduate colleges, so that the self-made and breakthrough. First-class physical education undergraduate colleges and universities have a good learning atmosphere, school strength, teaching resources, teachers, any student with a sports dream, can get a good education in the school, so as to become a more outstanding sports dreamer.

2.2. What is a First-Class Major?

The first-class sports major is the specialty of sports characteristic and sports famous brand in the university, these majors have the huge attraction to the related students. The first-class major in a college has a strong teaching staff, strong physical education teaching resources, rigorous and thorough teaching and training system, a good learning atmosphere and a pioneering teaching

platform, which is worthy of students' participation. Students in the first class major can get better physical exercise, and also can fully realize their own sports ambition and sports ambition. How to measure the first-class sports major in a university? It should also refer to some secular standards, such as the employment rate after graduation, salary treatment, employment prospects and the future of the future, and most importantly, the first class major should be able to enable every student who has a dream to get close to his own dream after receiving education, to realize his great progress and promotion, and to achieve the rich fruits of life, which is the intrinsic meaning of the first class major. Naturally, many colleges and universities lack this humanistic connotation of first-class majors, so this is also a place where university-run scholars should strive to improve in the future[2].

2.3. What is a Top Talent?

The present era is an era in which talents are needed, and which country can have more talents can get a more favorable position in the future development. Therefore, colleges and universities should repeatedly carry out self-examination and self-thinking, so as to adjust the teaching orientation and teaching layout, and formulate more effective teaching methods for all students, so that students can feel the vitality and vitality of education. The so-called sports talents must have strong creativity, innovation, humanism and responsibility, and know how to put individual sports talents and creative spirit into a greater cause, so as to realize the dual development and comprehensive progress of self and collective, and promote the development and progress of sports in our country. But by analyzing the actual situation, many students know that they are not a person with a grand ideal of development, and that they have not been able to devote their major to the greater cause, which is a question worth reflecting on:

Table 2 Questionnaire

Do you have an ambitious career plan and career orientation	
Yes	10.92%
No	89.08%

3. What Reform Ideas Should Chinese Universities Adopt

3.1. Innovative Thinking

Education is the product of the times, with what kind of spirit of the times, there is what kind of teaching mode. Office scholars should adhere to innovative teaching ideas, so as to create a new teaching momentum, so that more students to achieve major promotion and breakthrough. Therefore, in order to achieve the three first-class strategic goals, university-run scholars and teachers should adhere to innovative thinking mode. Promote the development of sports specialty with scientific teaching method and school running mode.

3.2. World-Oriented, Modern, Future-Oriented

An excellent university manager should adhere to the world-oriented, modernization-oriented and future-oriented teaching ideas. Education is not a self-contained concept, nor a closed-door concept, China's higher education should go hand in hand with the world's higher education, so that the country's education radiates unprecedented vitality.

3.3. The People-Centred Approach to Teaching is Always Implemented

Teachers in colleges and universities need to carry out people-oriented teaching ideas all the time, anxious students' urgent, thinking students' thoughts, so that students feel unprecedented dignity. If teachers can maintain humanistic ideas and ideals and water students with love, then students can naturally have greater attachment and attachment to schools and teachers, and can change themselves from inside to outside, and become a better student, and go further and further on the road of becoming talents. As shown in Table 3, the current college students have a strong need for

care from teachers, so teachers need to spend more time and energy in the future teaching work to care for the growth and progress of students, so as to help students become talented. Students majoring in sports should not only know how to win or lose, but also know how to love better through sports.

Table 3 Questionnaire

Do you need the care and help of your teachers	
Needed or badly needed	98.76%
No need	1.24%

4. Concluding Remarks

China's institutions of higher learning should continue to move forward in the right direction, striving to achieve the "three first-class" teaching purpose. College administrators and teachers should adhere to the correct teaching ideas and teaching ideas, face the world, face globalization, face the future, so that more students become the pillars of the country[3].

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