

Research on the Effect Evaluation of Club Model in College Physical Education Teaching Based on Niche Theory

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Abstract: The teaching mode of sports clubs in colleges and universities in China is conducive to cultivating students' sports consciousness, establishing correct sports concepts and positioning accurately as the teaching mode of sports clubs in colleges and universities. Educational niche theory is a relatively independent sub-definition of social system. This paper expounds the practical significance of club teaching mode in college physical education. Under the guarantee of a certain sports environment, physical education teachers choose the appropriate sports curriculum content and teaching methods according to the sports purpose, and achieve the sports purpose through the interaction with students. The implementation of club teaching mode in colleges and universities cannot be bound by traditional concepts, and the teaching model of sports clubs should be constantly improved. Carrying out the study of physical education teaching mode in colleges and universities plays an important role in cultivating students' sports awareness, sports ability and lifelong sports concept, and is also an important means to cultivate healthy talents. It can make students feel different from the previous college physical education teaching, pay more attention to the students as the center, fully reflect the students' main status, and have a great effect on stimulating students' interest in learning.

1. Introduction

The teaching mode of sports clubs is that students independently choose teachers and set up projects according to teaching conditions, systematically learn the principles and methods, organization and appreciation of the project and other aspects of knowledge and ability training [1]. Colleges and universities carry out sports club teaching, promote the full use and construction of sports facilities, promote the adjustment of teaching staff, optimize the structure of teaching staff, and improve the quality of teaching [2]. According to the analysis of the current operation of the club mode in college physical education teaching, the teaching system and teaching contents inside and outside the class cannot be unified. For example, when organizing sports club activities, they cannot be designed in combination with the teaching contents of college physical education [3]. There are also fewer sports for students to choose, which can't meet the students' requirements for physical education, and can't improve the students' physical quality and learning skills, which is contrary to the idea of lifelong sports. A physical education class organized in the form of a club that lays the foundation for lifelong health. That is to say, under the conditions of school conditions, based on the needs of students, the establishment of sports programs, students based on their own interests and hobbies and free choice of sports, this class of competition not only caused the waste of higher education resources. Moreover, it restricts the function of the higher education system and cannot meet the needs of social development for rich and diverse human resources. In addition, the hierarchical level of the school sports ecosystem is also reflected in its own subsystems, such as the school physical education classroom teaching system, the school physical education after school exercise system [4].

Sports club is a form of organization, which has a long history of popularity abroad. With the reform of China's economic system, competitive sports took the lead in introducing the sports club system [5]. The teaching mode of sports clubs in Colleges and universities is to give full play to students' individual sports talents, interests and hobbies in accordance with the goal of talent cultivation in Colleges and universities and the needs of students for sports teaching. To meet the

requirements of students for physical education, but also help students develop good habits of physical exercise, and make it extend for a long time, so as to improve students' physical quality, lay a good foundation for students' future work and life [6]. From the perspective of niche theory, the good state of school sports ecosystem should be based on niche theory, with teacher-student relationship as the core and teaching objectives as the orientation. At the same time, in order to achieve the healthy development of the whole university discipline system, it is more necessary to coordinate symbiosis and coevolution among disciplines [7]. It can be seen that it is feasible to introduce the niche theory into the discipline construction evaluation in theory. Students choose their own teachers and projects, systematically learn the knowledge and ability of the project's principles and methods, organization and appreciation, so as to achieve a sports club teaching model that truly masters one or two sports projects that are engaged in physical exercise for life [8]. Internalization is the quality and conditions of the university itself, such as the goals and guidelines of the university, decision-making mechanism, organization management, management system, resource management and other tangible resources, intangible resources and knowledge resources. Therefore, from the perspective of niche theory, it is of theoretical and practical significance to study the evaluation of the effect of club model in college physical education teaching [9].

2. The Characteristics of College Sports Club Teaching

In the course setting of sports clubs, we should break the bondage of the traditional mode, offer various kinds of club courses for students, select special items according to individual interests, and break the original departmental differences. The club mode in physical education is to let students choose courses independently, set up a certain number of sports club courses with different contents, make full use of existing sports facilities, adjust the special structure of physical education teachers, and establish the mechanism of selecting courses. Therefore, the course selection system is the core of the club model in physical education. In addition, the teaching strategies and methods of the integrated teaching mode of physical education are diverse, which can accomplish the task of physical education classroom teaching. At the same time, it can expand more sports functions for students and implement the appointment and management mechanism of all the staff responsible for the club director, which is conducive to the systematization and specialization of the teaching reform management, thus ensuring that the club director has sufficient energy to grasp the teaching reform and improve the teaching quality. It realizes the unity of in-class teaching and out-of-class teaching, and greatly improves the effect of physical education teaching. The emergence of global integration and the adaptation and integration between different cultures require teachers to change the relatively conservative and backward concept of education and teaching, emancipate the mind, advance with the times, and rebuild a teaching concept that combines modernity and tradition. To create an atmosphere that condenses and motivates students to learn. Secondly, the development of college physical education teaching club model should strengthen the evaluation of students' ability, and combine the evaluation results to conduct hierarchical teaching for students. It is necessary to take into account the differences of individual students and truly reflect the students' subjectivity.

Universities in the same niche, that is, those of the same type or level, can expand their niche by means of ecological release when their niche breadth is wider. In the process of sports club teaching, students should be regarded as the core of sports club teaching. Combining with some interests and hobbies of students, some encouraging and interactive activities should be carried out, so as to give full play to the leading role of students in sports club teaching. In order to implement club mode in College Physical Education teaching, it is necessary to have the corresponding sports facilities and teachers. The way to solve the problem of insufficient sports facilities is to increase the unit time of physical education class and rent (borrow) the social sports facilities. With the goal of building a new learning mode of modern college sports, the sports club which combines inside and outside class is accompanied by the rise of lifelong sports, starting from the overall education concept of training talents. The school sports ecosystem also presents certain openness. This openness is mainly manifested in the status of the various elements in the system in different time and space environments and their relationship. Because the school sports ecosystem only keeps the

transmission and exchange of material, energy and information with the outside world. It is necessary to combine the actual situation of students, to reflect the knowledge and practicality as much as possible, to stimulate students' inspiration and creative desire, and to make students interested in practical content, so as to fully mobilize students' enthusiasm for learning and subjective initiative, and promote students to actively innovate and complete practical content. It is the key ability to determine the breadth, adaptability and competitiveness of its niche. Therefore, from the perspective of ecosystem concept, the core competence of colleges and universities is that colleges own, adapt and enhance their niche ability.

To establish a mechanism for teaching management, i.e. to implement a full employment system under the responsibility of club directors; Post responsibility system for educational reform objectives; Scientific evaluation system of physical education teaching. Since club courses are offered according to the needs of students for physical education, some teachers need to change items and study again. Through further training, teacher introduction and other ways to adjust the team structure, take the initiative to adapt to the requirements of physical education. The essence of the niche of colleges and universities is composed of the abilities possessed by colleges and universities. Among various abilities, the ability to make colleges and universities occupy a higher niche and to be superior to competitors is the core ability that cannot be imitated distributed at all levels. In order to truly improve teachers' practical and innovative ability, teachers must cultivate their comprehensive ability in learning and research, perfect their practical system and teaching ability improvement system. Secondly, the social ecological environment, also known as the structural environment, is a unique working environment of school sports consisting of students and physical education teachers, mainly including the basic personal conditions, abilities and levels of students. To meet the students' needs for physical education, it is also conducive to the establishment of a harmonious relationship between teachers and students. In addition, teachers can deepen their understanding of students so that teachers can better teach and achieve time, timeliness and pertinence. Rationalized and humanized physical education.

3. The Optimized Countermeasure of Niche Theory to the Reform and Development Environment of College Physical Education

The implementation of sports clubs in Colleges and universities is a perfect and complementary form of sports activities in Colleges and universities, which has a good role in promoting the concept of lifelong sports in college sports work. The role of club model will be really brought into play. First of all, in the teaching environment should be student-oriented, club teaching mode in college sports teaching, mainly divided into school clubs, off-campus clubs, but no matter from which angle to carry out club teaching, must be student-oriented. It provides a good teaching environment for students' all-round development. The purpose is to promote the development of various types of students' various strengths, which is of great significance to students' sports consciousness, sports ability, sports appreciation and physical exercise. It greatly meets the students' personality requirements, makes the students' personality show in the "independent" or "independent" behavior, and creates conditions for the students' enthusiasm and initiative in learning. Only by acquiring advanced sports information, meeting people's needs and adapting to the development of society, can we keep dynamic balance while storing energy and develop towards a normal, healthy and sustainable direction. In combination with the actual needs of physical education, students with higher comprehensive quality should be selected as the person in charge of the management organization, and a sound financial management system should be established to implement the division of responsibility system. At the same time, the management organization should also provide appropriate guidance for the activities of the clubs. And strictly check and evaluate it.

According to niche theory, the existence and gradient position of a discipline in the whole discipline system will exist in three states: survival, development and competition. To survive, a discipline must possess certain resources and functional elements, and to develop it, it is necessary to coordinate the internal elements. The implementation of the integrated physical education

teaching mode in and out of class has the following advantages: the reform of physical education teaching in schools in China provides an opportunity for it. Some colleges and universities in China have acquired experience in implementing in-class teaching clubs and extracurricular sports clubs, which provides a basis for it and so on. The evaluation of teachers is mainly done by students, and students' evaluation of teachers is an important basis for assessing teachers. This evaluation mechanism makes teachers in a passive position, which is conducive to arousing the enthusiasm of teachers' work and fully mobilizing teachers' subjective initiative. In the process of physical education, physical education teachers should "have a habit of critical consciousness and questioning. Treating new ideas and advanced education and teaching experience is not a complete acceptance and blind imitation, but a grasp of the essence and integration with reality." The teacher has a fixed time and a fixed place to attend classes, and the students are free to choose the course content. The teaching content of the sports club model is mainly composed of competitive sports, mostly concentrated in basketball, volleyball, football, Table tennis, tennis, badminton, swimming, martial arts, bodybuilding, aerobics, sports and dance.

Setting up these special sports clubs in Colleges and universities can help students to keep fit in recreation and exercise in "play", and these sports have a strong trend of popularization. Getting out of campus is still a good lifelong sports project and can be an indispensable fitness helper in work and life. Strengthen the promotion of the teaching mode of college sports clubs in our country, and at the same time, we should fully grasp its development strategy, so as to continuously improve the teaching mode of college sports clubs in our country, and cultivate more talents for our colleges and universities. The theory of discipline niche indicates the competitiveness of a discipline in the whole discipline system, and the overlap degree of discipline niche indicates the diversity of disciplines. In other words, the niche of sports environment and the niche of sports curriculum are the guarantee to embody or complete the niche of sports purpose, and the latter plays a guiding role for the former. Therefore, both at the theoretical level and at the practical level, the three exhibit very complex relationships. Interaction, mutual cause and effect. Development and competition are all for better survival, and sustainable survival means self-development and competition. In order to maintain a strong vitality and have a high niche, colleges and universities must create an environment conducive to the survival, development and competition of the organization. It also shows the value of its existence through selectivity. The sports club provides students with space for independent activities, providing students with the space they need for their own intentions, giving them the opportunity and rights, choosing what they want, doing what they can, and developing their strengths. The purpose is to construct the core structure of students' knowledge ability and cultivate students' main ways of development in morality, intelligence and physique.

4. Conclusion

This paper studies the effect evaluation of club model in College Physical Education Teaching Based on niche theory. Because teachers and students actively participate in teaching activities, they can fully satisfy and give full play to students' specialties after class, create appropriate learning environment and activity atmosphere according to students' specific conditions, and so on, they will certainly form a distinctive teaching mode, so as to achieve the purpose of improving teaching quality. In understanding the connotation of club teaching mode and promoting club teaching mode, we should not be bound by traditional concepts. We should dare to practice and innovate. Only in this way can the teaching mode of sports club develop continuously and improve constantly. Using ecological theory to study college physical education teaching is the concrete application of this interdisciplinary research method, and ecological research is the theory and method of sustainable development of higher education. In order to ensure the effective functioning of the school's sports ecological function and its own stability, it is necessary to use the ecological niche advantage of the subject to better understand, understand and mobilize the subjective initiative of the two through different means such as material reward and spiritual care. To solve the shortcomings of the teaching mode of physical education clubs in China in a timely manner, students should be the main body of physical education, establish an evaluation system, improve the management system, and

realize the integrated club teaching mode inside and outside the classroom. Improve the management system, so that the club's target mechanism, management organization, organizational mechanism, binding mechanism and operational management have clear responsibilities, thus forming a scientific and complete normative system.

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