

# Research on Teaching Reform of Physical Education in Colleges and Universities under the Background of Sunshine Sports

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**Abstract:** Sunshine Sports is a sports activity based on the meaning of "Sunshine". The life classroom advocated by Sunshine Sports reflects the value of sports itself. Sunshine Sports has become an important measure to enhance the health of college students' physical fitness and an effective way to promote the development of college physical education. Aiming at the problems of lack of attention in the teaching of physical education, backward teaching ideas, single teaching methods, low overall quality of teachers, lack of practicality and innovation of teaching materials, this paper puts forward the countermeasures for college physical education reform under the background of sunshine sports: Strengthen the basic theoretical teaching of physical education; Innovate the teaching mode of sunshine physical education; Improve the status of physical education in quality education; Guide students to learn independently through the sports club system; Innovate the evaluation system of sunshine sports teaching; Continuously improve the teaching strength and teaching level.

## 1. Introduction

In order to respond to the call of sunshine sports and actively implement relevant policies, many colleges and universities have carried out active exploration and reform of physical education teaching at the present stage on the basis of strictly following students' physical health standards. Starting from the physical education teaching, colleges and universities actively have carried out the sunshine sports, and conducted in-depth reform and innovation in light of the actual situation of physical education teaching, constantly innovating, advancing with the times, taking students as the basis and implementing the concept of sustainable development. Physical education is an important basis for students' all-round development and quality education, which is conducive to students' physical and mental health, arouses their enthusiasm and initiative in learning scientific knowledge, and promotes the development of comprehensive quality in a relaxed and active classroom atmosphere. As the last quality course before college students enter the society, physical education plays an important role in improving the comprehensive quality of college students. How to adapt to the background of "Sunshine Sports", reform college physical education, help college students develop good physical exercise habits, and then improve physical quality is the primary task of physical education reform.

## 2. Connotations of Sunshine Sports

Sunshine Sports refers to a sports project that under the unified leadership of the state, the whole society, especially the young students, are mobilized to participate in. Through outdoor sports exercise, the national health level can be improved, and a standardized and systematic national sports plan can be established in the process, keeping up with the socialist development tone, jointly improving the health of all citizens in China, letting people love sports and participating in exercise, forming good sports habits. Specifically, Sunshine Sports, as a national sports program advocated by the country, is essentially a social movement. Through this special form of activity, it is possible

to establish a civilized and healthy life concept in the whole society, and constantly guide our citizens, especially young people, to “go into the sun and into nature”, add vitality with sports, and interpret the value of life with exercise.

Sunshine Sports is a sport based on the meaning of "sunshine". From the composition of Sunshine Sports, it can be divided into material and spiritual parts. The material part is the hardware facilities, including sports facilities and equipment related to sports activities, sports venue apartments, sports equipment and sports staff, etc. The spiritual part is the rules and regulations, ideology and sports culture that ensure the smooth progress of various sports activities. Sunshine physical education is a teaching concept that focuses on teachers' care and individual development of students. It is also a teaching practice that changes the teacher-student relationship and breaks the traditional teaching idea of physical education. Sunshine Sports pays attention to the following aspects: First, freedom. In the physical education with strong practicality, theoretical teaching is basis and diversified physical activities are the foundation. The development of outdoor sports activities is the guarantee of the achievement of the sunshine nature of sports activities, which can not only enhance the emotional communication between teachers and students, but also attract students to go out of the classroom and into the nature. Second, comprehensive. Sunshine Sports not only pays attention to the health of college students, but also pays attention to the learning experience of college students, emphasizing the comprehensive development of physical, psychological and emotional aspects. Third, subjectivity. Take individual students as the main body of teaching and get rid of the traditional teaching mode with teachers as the main body. The subjectivity of Sunshine Sports has increased the initiative and participation of students.

### **3. Significances of Developing Sunshine Sports**

The Sunshine Sports concept is in line with the requirements of the scientific development concept and aims to comprehensively, coordinately and sustainably strengthen talent development. The 19th National Congress of the Communist Party of China proposed to accelerate the promotion of sports power and give priority to the development of education. From the perspective of education itself, the continuous development of sunshine sports is an important measure to change the concept of physical education, enhance the connotation and level of running schools in an all-round way, and improve the quality of all-round development of quality education, and it is also an important guarantee for the full implementation of a strong country of talents and ensuring the prosperity and development of socialism with Chinese characteristics. Therefore, the development of sunshine sports is of great significance, which is highlighted in the following aspects:

(1) The life class advocated by sunshine sports embodies the value of sports itself. Sunshine Sports advocates the establishment of harmonious teacher-student relationship. PE teachers should cultivate their own behavior and standardize their majors; Cultivate their own personality, bright broad-minded; Cultivate their own minds, peace and beauty, in order to improve themselves, to create a noble quality of education and realm, to try their best to exercise democracy, equality, freedom, open, interactive, harmonious sunshine education, this is the unremitting pursuit of life classroom, and also the charm of sunshine sports.

(2) Sunshine Sports is an important way to further implement the national fitness program. Sunshine Sports, with the slogan of “health, sports, sunshine, and future”, needs to comprehensively promote the in-depth implementation of Sunshine Sports in schools. As the frontier group of new social technologies and new ideas, college students represent the most advanced popular culture. To improve the enthusiasm of college students to participate in sports, it has a positive role in promoting the "National Fitness Program" policy, achieving the goal of national fitness and driving other people to participate in sports.

(3) Sunshine Sports is an important measure to enhance the health of college students. As the main venue for students' physical exercise, in order to fully respond to the call of “Sports for one hour, healthy work for 50 years, and happy life for a lifetime”, all kinds of schools have developed school-based courses, and special sports programs have been widely carried out in physical

education classes and extracurricular sports activities. As a special form of education for cultivating talents, Sunshine Sports plays an irreplaceable role in improving students' physique and health.

(4) Sunshine Sports is an effective way to promote the development of college sports. Sunshine Sports promotes the school to respond to the call, improve physical exercise facilities, strengthen the training of teachers and students, and gradually establish the concept of "to improve students' physical health as the purpose, to carry out sunshine sports as the starting point, to promote students' sports positive health, sustainable development as the guarantee". Through various forms, the Sun Sports and campus culture will be combined to form a good atmosphere and physical exercise habits of mass participation.

#### **4. Existing Problems of Physical Education Teaching in Colleges and Universities**

Through systematic research, the problems existing in college physical education are summarized as follows:

(1) School leaders do not pay attention to physical education. The common problem in physical education in colleges and universities is that the main resources are invested in the teaching of culture, and physical education is not taken seriously. Due to the lack of attention of school leaders, the allocation of physical education resources will be less, which directly affects the enthusiasm of physical education teachers. From leaders' neglect to teachers' lazy attitude to students' loss of interest in physical education, and as a result, physical education often has only form, no substantive content, and can not improve the overall quality of students.

(2) The thought of physical education teaching is backward. At the school level, it attaches importance to the construction of academic courses, ignores the development of cultural and sports activities, and fails to recognize the importance of students' comprehensive development. At the level of teachers, the traditional teaching thought is adopted, and the physical quality and technical requirements of students are taken as the only standard to measure the teaching effect, ignoring the cultivation of students' interest. At the level of students, they have not formed a correct understanding of physical education, and even have an aversion to physical education courses. These backward ideas seriously restrict physical education teaching.

(3) Physical education teaching means are single. In college physical education teaching, teachers generally take the method of explanation and demonstration, students carry out imitation exercises, teachers then correct the existing problems in the imitation, students through repeated practice to consolidate the action. Although this method is effective, it is difficult to achieve the ideal teaching effect by only focusing on the teaching method of knowledge infusion. Passive learning limits the development of students' creativity, hinders students' progress, is not conducive to the sustainable development of physical education, and the teaching efficiency and quality are relatively low.

(4) The physical education teaching material lacks the practicality and the innovation. Sports textbooks mainly focus on the learning of competition items, and the content is full of utilitarianism. The purpose is to teach students to master sports skills, including the basic theoretical knowledge and skills learning of sports items. The boring theory teaching makes students fear difficulties and get bored with sports learning. The textbooks pay too much attention to the development of physical quality, not enough to the ideological and psychological guidance of students, ignore the interest of students in sports and mental health, hinder the all-round development of students.

(5) The overall quality of physical education teachers is not high overall. Physical education teachers have a phenomenon of low comprehensive quality and weak professional ability. On the one hand, many young physical education teachers lack understanding of teaching work, lack of teaching enthusiasm and practical experience; on the other hand, some physical education teachers are not graduated from physical education, and they do not have systematic theoretical knowledge as a support. In addition, the teaching tasks are heavy, the teachers' self-innovation and teaching ability are limited, which leads to the physical teaching process being too rigid and stagnant, and the goal of physical education is difficult to achieve.

## **5. Countermeasures on Teaching Reform of Physical Education in Colleges and Universities under the Background of Sunshine Sports**

Based on the concept of sunshine sports, aiming at the problems existing in physical education in colleges and universities, the countermeasures for college physical education reform under the background of sunshine sports proposed in this paper are as follows:

(1) Strengthening the teaching of basic theories of physical health. A good idea of healthy sports can improve students' habit of exercising consciously, guide students to carry out scientific sports, cultivate their sports awareness, and help them to form a good lifestyle and exercise habit. There are still some problems in physical education teaching in colleges and universities, including insufficient class time, incomplete teaching content, lack of innovation in teaching form and poor pertinence. In order to enable students to learn and master theoretical knowledge, it is necessary to implement the teaching mode of combining in-class and after-class teaching, and integrate the sports health theory into extracurricular practice, so that students can understand theoretical knowledge in practice. At the same time, by using the network resources to create sports health network courses, students can learn independently, make full use of spare time, and the teaching content is also rich, students can also interact with each other, and this course is easy to be accepted by students, can mobilize students' physical exercise enthusiasm.

(2) Innovative sunshine sports teaching mode. Teaching reform is the premise of promoting physical education, and teaching innovation is the key to realizing the reform of physical education. To be specific, the reform of physical education in colleges and universities mainly aims at improving the physical education teaching mechanism, changing the evaluation mechanism of unilaterally evaluating teachers, appropriately adding student evaluation, professional physical education coach evaluation, and mutual evaluation of teachers and other assessment methods. Sports innovation also needs to start with teaching methods, because Sunshine Sports is a relatively popular and free form of sports, and teaching methods should be more scientific and diversified. In addition to changing the traditional education and teaching methods, schools can also appropriately highlight the practicality of sunshine sports, and select professional sports education centers with high quality and good service as the expansion institutions of colleges and universities, and provide students with sufficient sports learning resources and strengthen school-enterprise cooperation, so as to improve the practicality of physical education.

(3) Improve the status of physical education in quality education. Promoting sunshine sports and deepening the reform of physical education means that physical education must be given more rich connotations, and the importance of physical education must be improved. The most effective way is to highlight the importance attached to physical education in the year-end performance appraisal, increase the proportion of physical education and improve physical education hours and credits. At present, college physical education pays more attention to students' physical exercise methods, but ignores the guidance of physical health and scientific exercise methods. In the context of sunshine sports, new educational concepts and educational methods have gradually entered the physical education classroom. In order to adapt to the development and changes of the new era, college students should attach importance to physical exercise and strengthen relevant knowledge and skills training, and apply it to physical education, so as to create a healthy, scientific, happy and efficient physical education teaching mode, promote the sunshine physical education teaching, and realize the students' physical and mental development.

(4) Guide students to learn independently through the sports club system. Autonomous learning is a modern learning method corresponding to traditional learning, and students are used as learning subjects to achieve learning goals through independent analysis, exploration, practice, questioning and creation. The form of sports clubs is one of the main forms of carrying out "Sunshine Sports". When setting up sports programs and conducting physical education, students are allowed to choose physical education content and form according to their physical health conditions and interests. This teaching method can improve students' interest in physical exercise and make up for the limitation of too single physical exercise program. In addition, the teaching method of sports clubs should be adopted to allow professional instructors to provide relevant theoretical guidance and practical

exercises for students, and the school should provide sufficient sports venues and equipment to enable students to carry out sports reasonably in accordance with the regulations.

(5) Innovative sunshine sports teaching evaluation system. Teaching evaluation includes two aspects: teacher evaluation and student evaluation. Student evaluations include sports ethics, special skills, extracurricular activities, and sports attitudes. The evaluation of sports ethics also includes the aspects of psychology, physiology and sports culture and spirit, so that students can have professional sports skills and rich extracurricular activities, and become well-rounded sunny sports teenagers. Teacher evaluation includes teaching ability, educational methods and new subject knowledge. In terms of subject knowledge, teachers should master sports and health knowledge, as well as educational psychology knowledge, pay attention to teaching ability assessment, and encourage teachers to continuously improve teaching programs and enhance the ability to organize students' collective activities. In terms of educational ability, teachers judge according to students' thoughts and behaviors, and teach them purposefully. Continuously improve the evaluation system and promote the development of sunshine sports teaching.

(6) Continuously improve the faculty and teaching level. The level of teachers is directly related to the quality of teaching. Sunshine Sports puts higher demands on teachers' professional ability and professional quality, so it is necessary to continuously improve the teaching strength and teaching level. Adhering to the concept of "needs, participation, and harmony", the enthusiasm of teachers to participate in practical teaching needs to be fully mobilized, so that they can find problems and solve problems in practice, and basic methods suitable for physical education teachers, such as inquiry, instruction, and self-study, are used comprehensively. Learn from the experience of foreign teachers in-service training, innovate teaching and research activities, and strengthen the monitoring and evaluation of teachers' quality. At the same time, physical education teachers should contact and communicate with excellent teachers to realize the gap, and actively correct their own shortcomings, establish the awareness of independent learning, improve their own quality and accomplishment, and better improve the basic theory of physical education courses and practical teaching, so as to improve the quality of teaching.

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