

Orientation and Construction of Characteristic Leisure Sports in Private Colleges and Universities

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Abstract. With the progress of the times and the continuous improvement of living standards, people are no longer satisfied with traditional leisure sports. It has become a hot spot for people to build leisure styles with body color, and private universities are the mainstay of higher talents training in China. One of the positions, the quality of the development of its special leisure sports teaching work is the most important concern of the people at present. However, from the current situation of the construction of characteristic leisure sports in private colleges and universities in China, the lack of attention, the imperfect feature construction, the serious lack of teachers and the irrationality of curriculum, etc., lead to the existence of college students in the process of sports training. Big defects, lack of physical fitness. Based on this, this paper considers the problems existing in the development of characteristic leisure sports in private colleges and universities, and provides a way for private colleges to construct special leisure sports.

Introduction

At present, the development of our national education has begun to take shape. In today's quality education development, sports is an important part of school education, and it is also an indispensable content and means of quality education. Physical education curriculum is the center of college sports work, in the students' Physical, psychological, social adaptability and personality can not be replaced by other disciplines. Looking at the reform and development of public and private physical education, we can see that the current development of private education in the field of physical education, no matter from the content of teaching materials or teaching methods. There are certain gaps in public education institutions in various aspects such as sports venues and facilities. First of all, from the education system, the development of private colleges and universities and the provisions of physical education teaching plans, as well as the formulation of private sports teaching materials have not yet appeared. Secondly, the current setting of physical education courses in private colleges and universities is basically in accordance with the requirements of the state for ordinary higher education institutions. It is difficult to adapt to the needs of modern education development and to achieve the purpose of health education and quality education by using physical education textbooks or self-editing teaching materials of ordinary colleges and universities, and with reference to the arrangement of physical education teaching plans by private colleges and universities. This is subject to different degrees of restrictions on the construction of leisure sports in private colleges and universities, the cultivation of students' physical education in the physical education of schools, and the cultivation of students to participate in physical exercise for life. Therefore, regardless of the content of the course, Or from the teaching method, it puts forward new and higher requirements for the physical education curriculum of private colleges and universities.

The characteristic sports culture strengthens the function of colleges and universities to serve the society. There are three social functions in colleges and universities: one is to train senior professionals; the other is to develop science: the third is to directly serve the society. In the three functions, training talents is the most important. When two functions are closely linked to the first function, their respective importance is difficult to distinguish. [1] In the United States, more than 90% of US citizens can be 25 miles (ie, half an hour) at a high home. Finding a university within a car trip) The community and the university are closely integrated and inseparable. Sports play an important role in the two-way interaction between the community and the university. First, the

community and the university can share the sports resources to achieve a win-win situation. Secondly, the university By hosting some sports activities in the community, we can win the sponsorship of the community to improve the sports activities of colleges and universities. Once again, the outstanding athletes of colleges and universities can participate in some high-level competitions on behalf of the community and win honors for the community.

Characteristic sports culture can effectively promote the formation of students' vocational skills. The training objectives of different majors in higher education are different, especially in vocational education in higher education. Its fundamental task and training goal is to face production, construction, management and service. - Line, cultivate practical, labor-oriented, high-tech talents. [2] Various talent training objectives put forward higher specific requirements for students' physical fitness. By strengthening the teaching skills related to vocational skills, the kinesthetic ability of the body's proprioception is enhanced, and the occupations closely related to occupations are improved. Physical fitness can effectively develop students' professional ability.

The characteristic sports culture is a powerful manifestation of the concept of running a university. The scale, quality, conditions of running schools, surrounding environment, geographical climate, etc. of the universities are different. These determine that the concept of running a university will be different. The university is based on the external political situation and economic environment. And the cultural atmosphere and the characteristics of the institutions themselves, follow the rules of higher education development, make analysis and judgment in the concept of running a school, talent goals, education models, etc., based on which to determine the position of the college itself. This is what we usually call school positioning. The orientation of running a school is an incisive summary of the concept of running a school. The characteristics of campus sports culture before and after positioning can accelerate the formation of the concept of running a school. Once the formation of campus sports culture can become an important way to position and promote the implementation of the sports culture. Create a variety of sports culture forms that are consistent with the orientation of running a school, so that the school's position is deeply rooted in people's hearts and has been thoroughly implemented, horizontally to the side, vertically to the end.

Method

Establish a Physical Education Model with the Characteristics of Colleges and Universities.

Physical education in colleges and universities can be targeted to open sports programs that are closely related to occupations, and play a role in promoting the professional ability of colleges and universities. [3] Taking "health first" as the guiding ideology, combining lifelong sports with lifelong education, setting up some sports that all students can participate in, suitable for mass sports. Personality sports is an important guarantee for lifelong sports, colleges and universities should be based on The diversity of professional settings, the locality of teaching content, the complexity of student bases, etc., weaken general physical education classes, popularize optional courses, establish a characteristic physical education teaching mode with coordinated development of personality and occupation. Strengthen extracurricular activities, implement classes In-class and extra-curricular integration. In order to adapt to the careers of students in the future, the establishment of sports comprehensive clubs and individual clubs, targeted development of professional physical fitness [4-8].

The use of Special Sports to Promote School-Enterprise Cooperation.

Using characteristic sports to promote school-enterprise cooperation and exchange school-enterprise cooperation is the key to the success of many colleges and universities. Through cooperation with enterprises, colleges and universities not only create conditions for wall-cultivating and practical talents, but also obtain support from enterprises for various aspects of schools. Enterprises provide a good internship platform for colleges and universities, participate in the cultivation of talents: colleges and universities recommend graduates for enterprises, and at the same time use talents to solve practical problems of enterprises. In school-enterprise cooperation, sports can become a bridge and link between Taotong enterprises and universities. Promote

friendship through official and folk forms and learn together in communication.

Create a Distinctive Classroom System.

To create a distinctive classroom system, first of all, colleges and universities should set up some fashion courses that meet the needs of society according to their own superior resources. At the same time of the development of the times, college physical education courses can make full use of the local superior resources and highlight their own characteristics [9-12]. Secondly, the curriculum should be targeted by the needs of the social leisure sports. Change, and the curriculum is set to have certain predictability and continuity for the future. Designers who need these courses are required to conduct surveys and assessments of current leisure sports trends. Once again, it is to increase the classroom's guidance to students' interest in leisure sports, and encourage students to use their spare time for physical exercise [13].

Enhance the Professional Strength of Leisure Sports Professionals.

The prerequisite for rapid development of the profession is to have a high level of faculty. Leisure sports is a comprehensive subject, so the teachers required are multifaceted and practical. Therefore, due to the introduction of talents from various aspects, the school also organizes casual sports teachers from the school to communicate with other leisure sports teachers in the society and listen to some lectures on leisure sports. Thereby broadening the horizons of teachers, bringing teachers into line with the times and improving the professional level of teachers [14-15].

Data Sources

Research Objects and Methods

Research object

A total of 550 undergraduate students from Liaodong College were randomly selected, including 231 boys and 369 girls.

Research methods

Documentary Law

Read articles about leisure sports by searching Chinese journal full-text databases, sports core journals, and online access.

Questionnaire method

It mainly uses the form of questionnaires to issue questionnaires on the time of students participating in leisure sports activities, project arrangement, project selection, and the purpose of participating in activities.

Mathematical Statistics

The original data is stored by Excel, and a database is built. The advanced SPSS software is used to perform mathematical and statistical analysis on data and data.

Results and Analysis

Analysis of the Leisure Sports Situation of College Students.

Investigation and analysis of the time for college students to participate in leisure sports

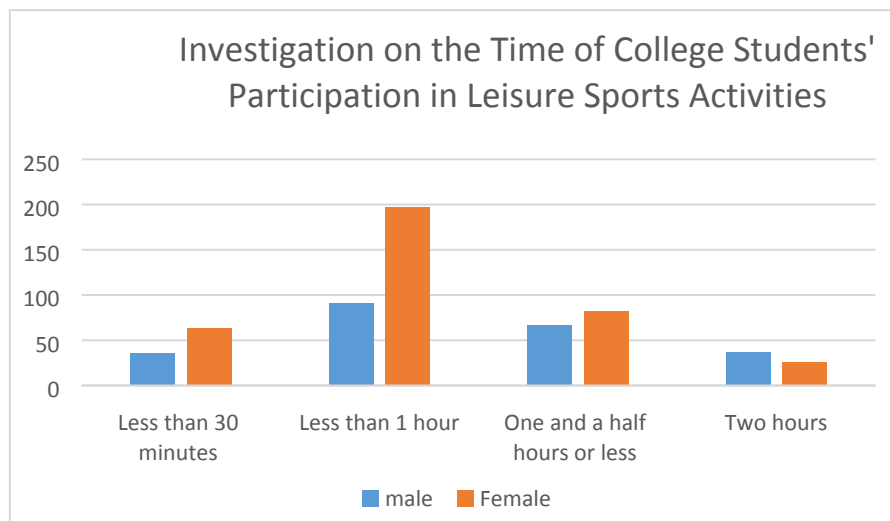


Figure. 1 Investigation on the Time of College Students' Participation in Leisure Sports Activities

Most of the college students' daily spare time is more than 5 hours. The time statistics of college students participating in leisure sports activities found that the time for college students to participate in leisure activities is very short, and 17.3% of girls are still less than 30 minutes. Most of them also Just stay within 1 hour. This shows that college students have insufficient time to participate in leisure activities. Colleges and universities need to improve students' interest in leisure activities, promote students to use leisure time for leisure activities, and improve the quality of students' leisure activities.

Investigation of the purpose of college students participating in leisure activities

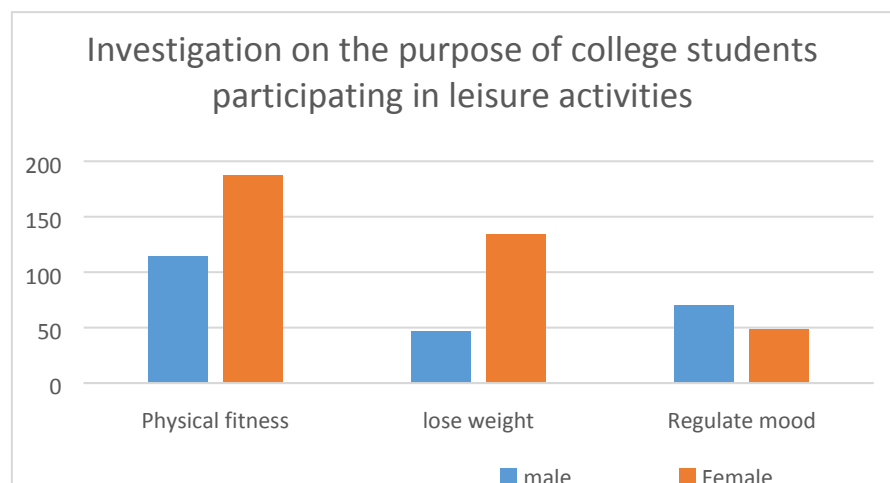


Figure. 2 Investigation on the purpose of college students participating in leisure activities

The survey on the purpose of college students participating in leisure sports activities found that the purpose of boys and girls is different. Most of the students are mainly physically fit, but the second place for girls is to lose weight, and the boys are ranked second. It is to adjust the mood.

Is there a plan for college students to participate in leisure sports activities

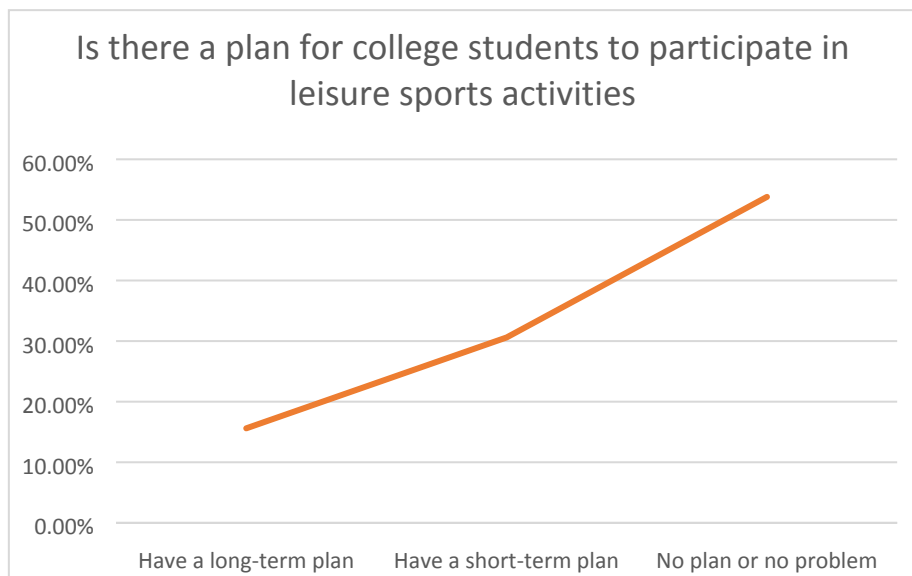


Figure. 3 Is there a plan for college students to participate in leisure sports activities

According to the survey, only 15.6% of college students have long-term planned arrangements for participating in leisure activities. 30.6% of students have short-term plans, and 53.8% of students are unplanned.

The situation of leisure sports facilities in colleges and universities

Teaching and entertainment places in colleges and universities are the necessary conditions for college students to participate in leisure sports activities. However, due to the lack of funds in colleges and universities and the lack of attention to colleges and universities, the teaching facilities of colleges and universities are not perfect enough, which greatly affects the quality of leisure activities of college students and leisure. Interest in activities.

Investigation and Analysis of the Concept of College Students Participating in Leisure Sports.

Improve the quality of life and physical and mental health

Leisure sports is the best choice for college students' self-expression. It can enhance the communication between college students and the objective world [16-18], and form a lifestyle that pursues health, builds harmony, and highlights development as the basic goal [19-21]. Leisure sports also provide students with a relaxed and enjoyable way to exercise, so that students can relax, relieve psychological stress, maintain a good mentality and state of mind, and improve various physical conditions.

Investigation and Analysis of College Students' Understanding of Leisure Sports.

College students' understanding of the role of leisure sports activities should be diversified. As an important part of extracurricular cultural life, sports activities have been accepted by most students. College students have a new understanding and understanding of sports functions in psychology. .

Investigation and Analysis of the Importance Attached to the Relevant Functional Departments of Colleges and Universities and the Construction of Campus Sports Culture.

College leaders should pay great attention to the construction of campus sports culture and college students' leisure education, strengthen the cultivation of students' lifelong sports concepts and leisure sports awareness, increase publicity, increase investment in human resources and funds, and equip with sufficient guidance teachers [22-23], to combine local characteristics, to open a leisure project with local characteristics, not only to meet the needs of leisure students, but also to give full play to their own advantages.

Conclusion

The construction of leisure sports characteristics is a long-term goal. In the process of construction, it is necessary to have a professional positioning and training mode and its objectives, curriculum, teaching resources, and teaching strength. In particular, the time for the establishment of private colleges and universities is short, and there is basically no experience to learn from in the process of sports work. Therefore, the difficulties that need to be overcome are enormous. In short, the construction of leisure sports is a difficult task that requires long-term efforts for each college that establishes or is about to set up a leisure sports specialty.

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