

Research on the Coordinated Development Strategy of Physical Education Teaching and Sports Training in Colleges and Universities

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Abstract: The interactive mode between physical education and sports training in universities is a key issue in the fields of education and sports today. In the past, physical education and sports training were often seen as two separate fields, each pursuing different goals and methods. However, with the development of society and the evolution of educational concepts, people gradually realize the close connection and interactive relationship between the two. College physical education aims to cultivate students' physical fitness and comprehensive literacy, while sports training focuses on improving athletes' competitive level and skills. In this context, the interactive model between physical education and sports training in universities has given rise to a series of innovative and reform methods, providing students and athletes with broader development opportunities, as well as new challenges and opportunities for higher education and the sports industry.

1. Introduction

In the process of teaching reform in current universities, there is an increasing emphasis on physical education teaching, and in-depth discussions have been conducted on the mode of physical education teaching. In the process of coordinated development of physical education teaching and sports training, some different views have emerged. Some universities believe that sports training is the task of developing competitive sports. For universities, promoting students' physical literacy, physical development and health through physical education teaching is the main task, and only physical education teaching needs to be done well. But some universities also believe that there is a close relationship between sports training and physical education teaching, and that the coordinated development of sports training and physical education teaching can enable students to better participate in sports learning and further promote their comprehensive development. Therefore, in-depth exploration of these issues is of great practical significance for the development of physical education teaching in universities.

2. The Differences and Interrelationships between Physical Education Teaching and Sports Training in Universities

2.1 Differences between physical education teaching and sports training in universities

The core of sports training is for athletes to improve their competitive sports ability and performance, under the guidance of coaches, through organized sports training, to enhance their own sports level and physical function, and better improve their performance in sports competitions. Sports training has unique characteristics that set it apart from other forms of fitness. Firstly, this is mainly reflected in the particularity of the sports objects. [1] The target audience for sports training is mainly athletes, who are smaller in size compared to physical education and fitness groups, but have stronger athletic abilities and physical fitness. Secondly, sports training has a high-intensity exercise load, and the ultimate goal of conducting sports training is to maximize the athlete's athletic ability. Therefore, through high-intensity, long-term, and extensive exercise, athletes' physical functions are often balanced at a higher level. Finally, sports training has the characteristic of specialized operational methods, and the scientific and specialized training methods developed for athletes greatly affect their sports performance. In addition, the evaluation of athletes has strong

practicality. By evaluating various factors such as practical skills and physical functions, and ultimately assessing through competition results, these characteristics reflect the differences between sports training and physical education teaching.

2.2 The interrelationship between physical education teaching and sports training in universities

Although there are differences between physical education teaching and sports training, they both belong to sports and have a certain degree of reciprocity. The reciprocity between the two is the foundation for promoting the coordinated development of physical education teaching and sports training in universities. Specifically, the interaction between the two is mainly reflected in the intersection of content. Generally speaking, physical education teaching and sports training both belong to the category of sports, and both follow corresponding sports theories. The ultimate goal between the two is to achieve sports and to set up a series of training programs to complete established tasks. The two have similar ultimate goals. There are clear regulations between physical education teaching and sports activities, such as the need for both to be carried out on sports grounds, the support of sports equipment, and the guarantee of teaching staff. This indicates that there is a strong interaction between physical education teaching and sports training, which can achieve coordinated development between physical education teaching and sports training.

3. The current situation of coordinated development between physical education teaching and sports training in universities

In the process of reforming physical education teaching in universities, coordinating the development of physical education teaching and sports training is a new direction for physical education teaching reform. However, from the perspective of reform practice, there are still some problems in the coordinated development of physical education teaching and sports training in universities. Only by deeply analyzing these problems can effective strategies be proposed to promote the coordinated development of physical education teaching and sports training in universities. Specifically, the problems in physical education teaching in universities are mainly reflected in the following aspects.[2]

3.1 Poor concept of physical education

At present, some universities have failed to establish corresponding awareness of physical education in accordance with the development of physical education teaching during the process of reforming physical education teaching, and have not recognized the important role of physical education in the success of contemporary college students. Due to the failure to establish a correct understanding, some university leaders have rigid thinking and have not updated their physical education concepts with the times, resulting in a lack of foundation for the coordinated development of physical education and sports training. In addition, some universities do not attach importance to the importance of physical education teaching in the teaching process. [3] The ultimate goal of physical education teaching is to promote students' physical and mental health and their comprehensive development. Therefore, in the teaching process, all education departments should actively cooperate with the work of physical education teachers. However, in reality, most education departments believe that physical education is the work of physical education teachers and has nothing to do with themselves, which makes it difficult to effectively carry out physical education teaching.

3.2 Insufficient teaching staff

In the process of promoting the coordinated development of physical education teaching and sports training, sports training has a certain degree of professionalism, and physical education teaching also has a certain degree of complexity. Both require a balance between theory and practice, and involve a wide range of content, which requires teachers to have strong educational abilities. However, in the process of coordinated development between physical education teaching

and sports training, the teaching staff has not kept up with practical requirements. Some schools tend to hire retired athletes for professional training guidance when guiding students in sports training. Although these types of physical education teachers have strong professional skills, their educational and teaching abilities are relatively lacking. [4] On the contrary, in the process of conducting physical education teaching, most teachers focus on teaching students theoretical knowledge and lack guidance on practical abilities, which can lead to difficulties in deepening students' sports training in practice. The common defects in both aspects make it difficult for physical education teaching and sports training to achieve the goal of coordinated development.

3.3 Lack of foundation for coordinated development of physical education and sports

The coordinated development of physical education teaching and sports requires corresponding foundations. In addition to poor physical education concepts and insufficient teaching staff, insufficient teaching resources, and lack of safety education, all affect the coordinated development of physical education teaching and sports. In the process of conducting sports training, professional equipment and venues are required.[5] Only by building complete educational and teaching facilities can sports training and teaching be better carried out. However, some universities lack maintenance of sports education facilities and venues, which affects the effectiveness of students' sports training. On the other hand, in the process of physical education teaching and sports, attention should be paid to students' sports safety issues. From the actual situation, some universities have not formed a sound education mechanism, and some teachers have relatively poor professional qualities, which have failed to provide effective safety education to students in the process of physical education teaching. This has led to a series of safety hazards for students during the sports process, affecting the effectiveness of physical education teaching and training, and even having adverse effects on students' safe and healthy growth.

4. Path selection for coordinated development of physical education teaching and sports training in universities

Overall, in the process of coordinating the development of physical education teaching and sports training in universities, it is not only necessary to transform the above-mentioned shortcomings and lay a solid foundation for the coordinated development of physical education teaching and sports training in universities, but also to explore new paths for the coordinated development of physical education teaching and sports training in universities. Only in this way can we better adopt the strengths of both, enable students to engage in effective sports training, and promote their comprehensive development in the process of sports, reflecting the significance of physical education curriculum for students' growth. Specifically, the coordinated development of physical education teaching and sports training in universities can be achieved through the following paths.[6]

4.1 Establishing the concept of coordinated development

By analyzing the interaction between physical education teaching and sports training, it can be found that there is a complementary relationship between physical education teaching and sports training. Therefore, in the process of promoting coordinated development, corresponding concepts must be established first in order to better guide the coordinated development of physical education teaching and sports training. Teachers should first play their guiding role in the teaching process, constantly update their educational concepts, innovate educational methods and training methods, in order to cultivate students' sports habits and awareness of exercise. This requires physical education teachers to have the concept of coordinated development between physical education teaching and sports training, design teaching content based on this concept, and ensure effective teaching work. As the main body of learning, students should have a correct understanding of the relationship between physical education learning and sports training, follow the guidance of teachers, and apply theoretical knowledge from physical education courses to practice in the process of physical

education. This can better promote the development of their own sports skills, establish correct sports concepts, and promote coordinated development of their body and mind.

4.2 Strengthening the teaching staff

In the process of strengthening the construction of the teaching staff, we should follow the concept of coordinated development between physical education teaching and sports training, actively introduce highly educated sports professionals with comprehensive qualities, strengthen the connection and communication between various physical education teachers, and use effective teaching seminars and other methods to enable teachers to share experiences in the process of mutual communication, so as to better carry out effective teaching. At the same time, professional training should be provided to existing teachers to strengthen their educational theories and professional abilities. Through educational lectures and inter school communication and exchange, teachers' understanding of the relationship between physical education teaching and sports training should be strengthened in order to better achieve coordinated development between physical education teaching and sports training. In addition, we should also deepen the content of teaching reform. Through the dual roles of physical education teaching and sports training in the teaching process, students' sports concepts can be transformed, helping them establish a lifelong awareness of physical education, enabling them to understand the importance of a healthy life, and fully respecting their subject status. Only in this way can the curriculum structure be set more scientifically and reasonably, encouraging students to actively participate in sports, and effectively improving the effectiveness of the coordinated development of physical education teaching and sports training.

4.3 Strengthen investment in sports facilities

Both physical education teaching and sports training require professional venues and corresponding equipment for teaching or training. Therefore, in promoting the coordinated development of physical education teaching and sports training in universities, it is necessary to increase investment in facilities and equipment in order to achieve good teaching and training results. In the process of investing in facilities and equipment, funding is a key factor affecting the investment of facilities and equipment. Therefore, in the process of investing in sports facilities and equipment, it is necessary to solve the funding problem through effective means. On the one hand, universities should establish special funds for sports facilities and equipment, and ensure that the use of special funds is implemented effectively. Through budget and detailed fund planning, the maximum value of fund utilization can be achieved. On the other hand, universities also need to strive for national funding or cooperate with sports enterprises to obtain funding sources, which can effectively solve the problem of insufficient funds in the investment process of sports venues and facilities. After the update of sports facilities and equipment and the construction of sports venues, it is necessary to establish an effective maintenance system for facilities and equipment. Through effective maintenance, the service life of facilities, equipment, and venues can be extended, so that sports facilities, equipment, and venues can better serve sports teaching and training.

4.4 Develop a comprehensive academic and sports plan

Universities can develop comprehensive academic and sports plans to help students strike a balance between the two, including offering online courses that allow students to schedule their study time more flexibly. Night or weekend classes can also be arranged so that students can participate in sports training during the day and focus on academic courses at night or on weekends. This helps students better balance academics and sports, ensuring that they do not neglect their studies due to sports training and can also achieve success in the competitive field. Universities should carefully plan academic and training programs to ensure that students can fully participate and make progress in both fields. Through this approach, universities can provide students with more opportunities for comprehensive development, help them achieve a balance between sports goals and athletic goals, and also attract more potential students to pursue a career in sports.

4.5 Establish a collaborative mechanism

A collaborative mechanism needs to be established between educators and coaches to ensure that students can achieve a balance between academic and physical education. This collaboration requires regular communication and information sharing to understand students' academic progress and sports needs. Education personnel and coaches can jointly develop students' academic and training plans to ensure mutual support between the two. For example, if students need to participate in remote competitions or training camps, educators can flexibly adjust course schedules so that students can participate. This collaborative mechanism can also help educators and coaches better understand students' needs and provide personalized support and guidance for them. Through collaborative efforts between educators and coaches, universities can better achieve a balance between educational and athletic goals, providing students with opportunities for comprehensive development.

4.6 Curriculum integration

The core of the interactive model between physical education and sports training in universities lies in integrating curriculum design to ensure mutual support and coordination between physical education and sports training. Firstly, universities need to clarify their educational and sports objectives and incorporate them into their core values and educational goals. The educational objectives include cultivating students' comprehensive qualities such as academic ability, leadership, teamwork, and civic awareness, while the sports objectives include improving their competitive level and competition results. After clarifying these goals and values, universities can establish a solid foundation between education and sports, ensuring mutual support between the two. Secondly, universities should integrate the curriculum content of physical education and sports training to ensure that students establish connections between different fields. For example, the content of physical education courses includes knowledge of sports physiology, nutrition, and sports psychology, which can be directly applied to sports training; Sports training courses include sports ethics, leadership development, and teamwork. Integrating the two can promote students' comprehensive development.

4.7 Optimization of teaching methods

The interactive mode of physical education and sports training in universities aims to provide students with comprehensive education and training, enabling them to achieve success in both academic and physical aspects. Project based learning is an effective teaching method that combines theoretical knowledge with practical application by involving students in actual sports projects and training. This method can help students transform abstract concepts into concrete practice and cultivate their practical skills. For example, when studying sports training theory, students can participate in the formulation and implementation of actual training plans, thereby better understanding and applying the knowledge they have learned. This not only enhances students' interest in learning, but also strengthens their practical abilities in the field of sports. Developing personalized learning plans is an important measure. Each student has different learning needs and interests, therefore, in order to ensure that students can achieve the best level in both academic and physical education, personalized learning plans need to be developed, including adjusting course arrangements based on students' academic level and physical interests. With additional tutoring and guidance, students can develop personalized goals and plans, better leverage their strengths, overcome their weaknesses, and achieve comprehensive development. Providing technical support is an important component of modern university physical education and sports training. Modern technologies, such as online learning platforms and data analysis tools, provide students with more learning resources and support. Through online learning platforms, students can access course content and learning resources at any time, and learn according to their own learning progress and needs. Data analysis tools can help students better manage their academic research and exercise progress, obtain timely feedback and suggestions. This technological support not only improves students' learning efficiency, but also cultivates their self-learning ability.

5. Conclusion

In summary, promoting the coordinated development of physical education teaching and sports training is of great significance in the process of reforming physical education teaching in universities. The interdependence between the two provides a theoretical basis for the coordinated development of physical education teaching and sports training. In the process of coordinated development of physical education teaching and sports training, analyzing the current situation can clarify the problems that arise in the process of coordinated development of physical education teaching and sports training. Based on this, in-depth analysis can be conducted and corresponding solutions can be proposed to explore new paths to promote the coordinated development of physical education teaching and sports training. Only in this way can the effectiveness of coordinated development of physical education teaching and sports training be effectively improved, and students can improve their sports skills, enrich their theoretical knowledge of sports, and promote their comprehensive development through the teaching of physical education courses and sports training.

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