

The Educational Reform Path of Integrating Folk Sports Culture into Public Sports Courses in Colleges and Universities

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Abstract: Public physical education curriculum exists widely in Colleges and universities, so it plays an indelible role in improving the physical quality of College students. On the one hand, it cultivates students' interests and hobbies, on the other hand, it enhances the overall physical strength of students. At present, the public physical education curriculum in Chinese colleges and universities is a mature stage, due to the influence and restriction of various factors, the development of the public physical education curriculum in colleges and universities has begun to fall into a bottleneck. Based on the perspective of folk sports culture, this paper makes a systematic analysis of the problems existing in the college physical education curriculum from the following aspects: the inadequate understanding of the public physical education curriculum in colleges and universities, the teacher's dominance and student's subjectivity, and the lagging construction of the school physical education teachers. This paper aims to provide some references for the education reform path of smoothly integrating the public physical education curriculum into the folk sports culture in colleges and universities from the countermeasures of improving teachers' ability, enriching teaching contents and improving teaching mode.

1. Research background

1.1 A review of the literature

Folk sports are well played in people's daily life and traditional festivals. Ding Min, through the inheritance and protection of folk sports culture, probes into the important part of sports in people's lives, the development situation and how to protect folk sports culture, and puts forward countermeasures and suggestions for the development of public sports in colleges and universities (Ding, 2017). Based on the reform of public physical education curriculum in Colleges and universities, Yangxi found the quality education has become an important concept to promote the reform of physical education curriculum, and to improve students' health has become an important part of the educational reform. According to the actual problems of the public physical education curriculum in Colleges and universities, the paper puts forward reasonable countermeasures to guide the development path of the current public physical education curriculum (Yang, 2012). Students should enhance their physical fitness, on the one hand, can promote the continuous development of society, on the other hand, are also the basis of a country's social and economic development. Li Panmei summarizes the influence of the course content on college students' way of life by discussing the relevant sports courses of folklore, reveals the current situation of college students' sports life style, and after carrying out folk sports, the interest of students has been greatly improved (Li, 2012). As well as by talking about the development of folk sports in the new era, we can find the advantages and disadvantages of folk sports, and put forward suggestions for the integration of college sports courses into folk sports culture (Su, 2017). Based on the inheritance of folk sports culture and the reform of college public sports curriculum, Goldman explained that while the reform and development of college public sports curriculum, integrating itself into folk sports culture will not only enhance students' physical fitness, but also deepen their understanding of folk sports (Guo, 2018).

1.2 Research purposes

In recent years, the problem of general college students' physical decline has not been effectively solved, and there are no obvious turning points and effective measures to improve it. As an integral part of school education, public physical education curriculum in Colleges and universities plays an important role in improving students' physical quality. However, in teaching practice, there are unavoidable responsibilities and problems (Ye, 2014). Colleges and universities are not only about cultivating students' knowledge literacy, but also about physical quality. In view of this, it is an important attempt and exploration in the current path of educational reform to change the public physical education coursing in colleges and universities and integrate it into the folk sports culture. However, after sorting out the achievements of domestic scholars on the educational path reform of integrating public sports curriculum into folk culture, the author finds that the existing theoretical research is rather one-sided. In this context, this paper combines the relevant content of college sports courses and folk culture, and explores the new path of integrating college public sports courses into the reform of folk sports culture education, so as to ensure the improvement of College Students' physical fitness.

2. Problems of public physical education in colleges and universities

2.1 Misunderstanding of ideology

At present, most students' understanding of physical education is mainly manifested in insufficient attention and lack of awareness. The social evaluation of a university is limited to "enrollment rate", "scientific research ability" and whether there are well-known professors. Therefore, it is not difficult for students to understand the concept of physical education as dispensable. Many college students reflect that there will be physical education during the first year of high school. After the second year of high school and the third year of high school, not only time does not belong to themselves, but also teachers decide what courses students should take. Therefore, some students who enter higher education institutions can not distinguish basketball, football and volleyball. Universities have one or two physical tests every year. From the new students' test, we can find that the overall pass rate of students' health is low and their physical quality is poor. It is not difficult to understand why the reform of public physical education curriculum is difficult.

2.2 The lag of theoretical teaching and the unreasonable setting of physical education curriculum

At present, one of the common problems in Colleges and universities is the lack of educational content. Most colleges and universities have no unified scientific and systematic sports theory textbook framework and teaching content. The other is too little time. Most colleges and universities arrange more outdoor activities. Even in weather conditions, indoor classes are usually occupied by other teachers or turned into self-study classes, resulting in very few theoretical classes. Not only can it not constitute a systematic theoretical teaching, but also it is not self-aware of some common sports knowledge. Finally, there is the teaching arrangement. Colleges and universities have no full-time curriculum teachers in the course of arranging physical education theory. Most of them will arrange according to the weather conditions at any time. Most of them are outdoor activities, and most of them are indoor self-study.

At present, in terms of setting up teaching content and curriculum, most colleges and universities do not reflect the connotation of sports in detail, rich sports items and improve college students' ability to adapt to the development of society. The course type is rigid, the teaching content is single, and the students' physique is limited, so the cultivation of the theory and content of physical education teaching has been neglected. What's more, a common phenomenon in most colleges and universities is that physical education is occupied by other teachers (Wang and Li, 2017).

2.3 Lack of teachers' and students' positions

The most important and basic thing in the teaching process is the relationship between teachers and students, which directly affects the teaching and implementation of physical education curriculum. Some colleges and universities advocate “teacher-led” and “student-centered”, but in real teaching, most teachers unilaterally interpret dominance as “management and authority”. Overemphasizing the leading role of teachers, neglecting the existence of students' main body, inhibiting the development of students' personality, which is not conducive to teachers' playing their leading role and students' own initiative. On the contrary, some university teachers have lowered their status in teaching and stubbornly emphasized the main role of students, resulting in “sheep-feeding teaching” as the current teaching focus of physical education in colleges and universities, reducing the load of students' sports. This phenomenon is becoming more and more common, the harm is very obvious, if it continues, it will eventually lose the normal physical education teaching order and the teaching effect should be reflected.

2.4 The lag of the construction of school P.E. teachers

The lag of educational concept makes exam-oriented education become the main way for teachers in the teaching process. Teachers emphasize the cultivation of students' sports skills and physical quality, ignoring students' pursuit of interest, psychological quality and innovation. Because of the insufficient cultivation of sports consciousness, students tend to like sports and are tired of taking physical education classes. Secondly, scientific research ability is generally low, most college physical education teachers have lower academic qualifications and poor overall ability, so they do not attach special importance to writing, resulting in a very unbalanced development of scientific research ability. However, in developed countries, the emphasis on sports is relatively high. Therefore, how to scientifically build the teaching staff and improve the quality and ability of teachers is an urgent problem to be solved at present.

3. The necessity of integrating folk sports culture into college public sports course

3.1 Advantages of folk sports culture

Folk sports is a kind of sports with special form and rich rational connotation. Folk sports have the advantages of richness, diversity and economy. There are many kinds and forms of folk sports in China. Students of different genders, ages and hobbies can choose various ways of participating in exercise and sports. Economy is embodied in the functions of strengthening physical fitness, disease prevention and fitness, cultivating sentiment, etc., and has the characteristics of rich content, easy learning and easy development, so no additional investment is needed. Therefore, to ensure that colleges and universities in the widespread development of folk sports, but also to solve the sports venues damaged, equipment obsolete shortage and other related problems. Secondly, folk sports are popular, entertaining and interesting. Chinese folk sports have a broad mass base. The distinct nationality and strong local style make this kind of sports with self-entertainment and self-entertainment naturally produce super attraction. It can not only involve a large number of the public, but also indirectly integrate various modes of sports and entertainment, enriching people's spiritual and cultural life. Therefore, the popularization and promotion of folk sports culture in colleges and universities plays a very good demonstration role. At the same time, the teaching characteristics of folk sports are simple and easy to teach and learn, which not only facilitates teachers' teaching, but also creates good conditions for college students' sports lifestyle and improves students' comprehensive quality to a certain extent.

3.2 Rationality of folk sports culture

China has a long history and culture. Folklore culture spreads all over the streets and alleys. Folklore sports that appear with it are also popular. Therefore, the development of folk sports culture is not only the inheritance of Chinese culture, but also provides more reference and reference for the development of Chinese sports culture. Moreover, the inheritance of folk sports

culture is not only a spirit, but also physical fitness and inner ability. Many martial arts, such as Taiji, can improve our own physical quality on the one hand, and on the other hand, it will be of great help to our own ability of internal literacy. Nowadays, the development of public sports culture in Colleges and universities has fallen into a bottleneck and lagged behind. If we do not change the development thinking in time, we will lose its original significance. Therefore, the integration of college public sports culture into folk sports culture can not only enhance the connotation of sports culture itself, but also enhance the ability of teachers, and the interest of students has more and better development

4. The reform of the path of integrating the public physical education course into the folk sports culture in colleges and universities

4.1 Enhancing teachers' ability and improving teaching mode

Teachers in most colleges and universities do not have a big gap in academic qualifications, so it is very important for teachers to improve their abilities. Firstly, colleges and universities should increase the number of training for physical education teachers to improve their teaching ability. Teachers, as the backbone of physical education in Colleges and universities, play an important role in curriculum reform. First of all, we should change teachers' educational concept. Most college teachers believe that students can directly contact various sports facilities without learning theoretical knowledge. The popularity of folk sports culture is due to the popularity of folk sports knowledge. Therefore, university teachers should explain the relevant theory of the next outdoor course to their classmates before each outdoor activity.

4.2 Enriching teaching content and expanding students' diversified needs

Folklore sports are not only diversified, but also have rich connotations. In view of this, college teachers can enrich the teaching content and expand more teaching methods through the teaching content of folk sports. The enrichment of content is often a comprehensive guide to practice. Therefore, students can choose sports that they are interested in through the various educational models provided by teachers. It can not only improve the diversified needs of students, but also enable students to try different sports from different dimensions and understand different sports. In terms of textbooks, we should pay attention to the content of textbooks and keep close to the teaching objectives, involving students' interests in various aspects, so that students can choose their favorite courses and sports.

4.3 Improving teaching mode and realizing modern teaching

First of all, it can improve the teaching mode of colleges and universities, and improve the advanced, rationality and relevance of the curriculum. Secondly, we should change the traditional self-study mode which is limited to indoor monotony and increase the content of theoretical courses and interest courses. For outdoor activities, students should purposefully choose the items they like and increase their interest in physical education courses. Therefore, the reform of public sports curriculum in colleges and universities should not only integrate folk sports culture, but also follow the requirements of modern teaching and improve the education model. Students not only learn knowledge, but also enhance their physical fitness and interest.

4.4 Establishing and perfecting the teaching evaluation system to promote the construction of teaching staff

Increase the teaching evaluation of students and teachers in colleges and universities. The evaluation of students should not only pass the examination, but also take the examination of relevant theoretical knowledge content, or the examination of unilateral interest, etc. Teachers' evaluation should be based on the passing rate of students' physical examination, and evaluate the performance of teachers during the semester. It can also increase the assessment of teachers' teaching quality and so on. This ensures the students' interest in physical education and the improvement of the quality of teachers. Therefore, it plays a great role in establishing and

perfecting the multi-teaching evaluation system and promoting the construction of the teaching staff to a certain extent in improving the physical education curriculum in Colleges and universities.

5. Conclusion

In a word, the development of public physical education curriculum in Colleges and universities can only be sustained in the process of constant change. To a certain extent, the integration of college public sports curriculum into folk culture not only provides a more thorough cultural propaganda, but also provides a good basis for the cultivation of students' interests. The purpose of setting up public physical education course in Colleges and universities is to improve students' physique and cultivate students' interest. Therefore, to reform the quality of integrating the public physical education curriculum into the folk sports culture in Colleges and universities needs constant research and exploration.

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