

New Era Background Nakedness Teaching Integration of New Opportunities

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Abstract: Physical education is a very important part of education, but in the process of development of physical education and education appear disjointed situation. In the new era of education development, this paper starting from the connotation of teaching fused, find out the body teach fusion problem: awareness is not unified, separation system is not sound and motto, and according to the time request put forward the path of body teaching fusion, including: establishing competition system, set up the health first concept of education, a new training system, and make sports education, grab from teenagers, the optimization of sports and education resources.

Introduction

A search was conducted on cnki with the theme of "integration of physical education and physical education". Since 2013, a total of 16 published literatures have been found, including 4 published in 2018, 2 published in 2017, 2 published in 2015, 2 published in 2014 and 6 published in 2013. Most of them are about the cultivation of competitive sports talents or high-level sports talents, and there is a lack of research materials on the integration of sports and education in general higher education and compulsory education. In the just past "two sessions", the national representative committee pointed out that the compulsory education stage more than 700 physical education classes, but failed to train students to master a sports skill, is the separation of physical education and education, not a good combination of physical education and education. In this paper, the connotation of "integration of physical education" causes the problems in the current "integration of physical education", and explores the development path of "integration of physical education" in the new era.

The connotation of "integration of physical education".

Youth is strong, strong sports youth. In recent years, from the central to the local, from education to sports, youth sports has received unprecedented attention. How to return to education and deeply integrate youth sports with education ^[1] has presented a new topic in the new era. "Teaching" is in order to achieve the cultivation of a new era of comprehensive development of talents, put forward by the state education department teaching mode reform, is refers to the new historical conditions to strengthen the school sports education work, promote students to actively participate in sports training, train and bring up high quality laborers to the nation and the outstanding sports reserve talented person education mode. It is an important measure to integrate the resources of physical education and education and implement the strategy of talent training, which embodies the fundamental training goal of physical education and education. However, with the development of society, the "combination of physical education" gradually fails to meet the needs of new talent cultivation, and the "integration of physical education" mode comes into being. The so-called "sports and education integration" mode is a new mode to cultivate comprehensive sports talents. It mainly aims at solving the problems in the "sports and education integration" mode one by one.

There are three main ways. The second is to use the teaching advantages of education departments; Third, sports departments and excellent schools jointly establish sports teams and move towards the new mode of "national macro-management and local implementation" ^[2].

Current problems of physical education integration

Disunity of consciousness

According to article 34 of the law of the People's Republic of China compulsory education law regulation, education teaching work shall conform to the law of education, and the characteristics of the students' physical and mental development, facing all students, teaching, the moral education, intellectual education, physical education and aesthetic education organic unity in the education teaching activities, pay attention to training students' independent thinking ability, innovation ability and practice ability, promote the all-round development of students. In the process of practice, we should avoid the wrong practice of neglecting a certain part or isolating each part so as to organically integrate all the components of comprehensive development education. Sports is an integral part of the comprehensive development of education. Many people in the society do not have enough understanding of sports and regard professional sports as isolated from education.

Imperfect system

"Teach fused" to a certain extent, depends on the change in the system of our country's college recruit students of high levels of ^[3], and in the case of the external environment change, athletes training and management system in our country has not made corresponding change, there is no perfect security system to promote the management system and coordinated development between the colleges and universities cultivate high level athletes. Colleges and universities have the advantages of talents and teachers in physical education, so they should have advantages in cultivating high-level athletes and make due contributions to China's sports undertakings. However, the current management system does not provide enough institutional guarantee for colleges and universities to cultivate high-level athletes ^[4].

Separation of learning and training

The prominent feature of China's high-level athletes is that their cultural level is generally low, which also highlights the contradiction between learning and training of competitive sports under the whole country system ^[4]. As is known to all, competitive sports have high physical requirements for athletes, and many colleges and universities adopt the training mode of fatigue war in training, resulting in many athletes suffering from injury ^[5]. Athletes in intensive training and time to learning of cultural knowledge, lead to distractions, many colleges and universities in order to make the athletes excellent results in the competition, to give priority to with training, learning is complementary mode, reduce the demand for cultural achievements, even match good athletes can be some courses, etc., for a long time lead to cultural level is low, athletes athletes retired after injury is more there is no way for reemployment, seriously hindered the development of "body teaching convergence".

The development path of "physical education integration" in the new era

Establish competition system

Competition is an endogenous motivation to stimulate students' physical exercise. The best way to make sports competition conducive to promoting and stimulating students' enthusiasm for sports

and become an endogenous power channel for students to participate in sports exercise is to let physical education and extracurricular sports exercise play a role. Schools may, in accordance with the relevant provisions of the state, on the basis of school conditions adjust measures to local conditions, improve the occasion for schools and students of all kinds of competitions, campus sports competition should be class inside and outside the body, more on physical education, organizing students to carry out various forms of competition, in the competition, at various levels and through sports competitions stimulate students' enthusiasm, getting involved in sports activities, to develop good habits of sports. Second, in the extracurricular sports activities, take various forms of competition to attract more students to participate in physical exercise. Sports competitions pay attention to the establishment of competition system, build a perfect competition system framework of intramural competition, inter-school competition and selection competition, so as to normalize and systematize sports competitions. Sports should return to education, deeply integrate with education, promote community and university-level sports leagues, and allow more students to have opportunities for activities and competitions. Sports can not only effectively improve physical health, but also improve the cohesion of teachers and students and promote the construction of campus culture. Only by organic combination with campus culture can sports competitions truly achieve the goal of school sports, which is to enjoy fun, enhance physical fitness, improve personality and temper will.

Establish the education concept of health first

The second session of the 13th national committee of the Chinese people's political consultative conference (CPPCC) hopes to put health first in education. Zhong denghua, vice minister of education, said the ministry will further foster the concept of health first to help students enjoy fun in physical exercise. Continue to strengthen physical education and extracurricular exercise, the idea of the improvement of understanding into concrete physical education reform effect; We will improve the construction of sports teachers and school grounds. The integration between disciplines is not simply 1+1, but should consider the connections and differences between disciplines. In terms of sports departments, we should consider how to summarize the experience of carrying out physical education in schools, how to cultivate high-level athletes scientifically, how to further improve the position and role of sports departments in national physical health, and how to strengthen the education and publicity of physical health. For the education department, it is necessary to systematically sort out the experience in implementing the health first education concept. Summarize whether there is any deviation in the policy orientation and subject setting of physical education; Whether the organization setting and staffing arrangement of education departments are reasonable, and whether the proportion of educational funds is appropriate; Summarize the implementation and feasibility of school sports related policies of the education department.

Create a new training system

The reason why China achieved excellent results in competitive sports at the Beijing Olympic Games in 2008 is that it mainly relied on the talent cultivation system of competitive sports at that time and provided talents to the next level through the three-level training system of amateur sports schools, professional teams and national teams. With the development of social economy and the reform of institutions, the three-level training method has been seriously impacted. Firstly, it is because that in the past, the concept of comprehensive education was not correctly grasped, and the cultural education of small athletes was not paid attention to, and the cultural knowledge of athletes in sports schools was weak. Secondly, the competitive sports yield is low, an excellent athlete has a lot of athletes as partners, behind only see elite athletes achieved excellent results, didn't see silently behind the partners athletes pay a sweat, and the most athletes practice partner for motor technology

is not high, not famous, cultural achievements were some factors are difficult to obtain employment. Therefore, the new training system comes into being. The new system cannot only rely on the sports department, but also needs the cooperation of the education department to cultivate the future high-level athletes into "three talents", that is, to have access to education, books and a way out.

Let sports return to education, starting from teenagers

On the one hand, high-level athletes only focus on the pursuit of gold and silver, leaving behind the learning of cultural classes; On the one hand, there is a lack of physical exercise and a worrying physical health. The two skins of sports and education have aroused the common concern of sports and education workers. During the discussion of the sports sector group of the CPPCC, the issue of "integration of sports and education" has aroused hot discussion^[6]. In recent years, the ministry of education has strengthened the development of school physical education by increasing physical education class hours, putting physical education in an important position and other measures. The physical education environment for teenagers has been greatly improved, the school physical education policy system has also been constantly improved, and there has been a new leap in the quantity and quality of teachers and facilities. However, the current educational situation of pursuing scores and enrollment rate still exists, and teenagers' physical fitness needs to be improved. Sports and education, in the final analysis, are all about people. The sports department and the education department should discuss about allowing athletes engaged in competitive sports to have access to education and books, and let the majority of young people in addition to coping with cultural learning and college entrance examination, have the opportunity to participate in physical training and competition. The integration of physical education and physical education is helpful to improve the level of economic sports, and can play the educational function of complete personality. Physical education should run through people's lifelong growth, strengthen the body, hone the will, really let sports and education integration is the way to improve youth physical health, in the stage of compulsory education, let sports really return to education.

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