

## Research on the Construction Path of Region Physical Education Teaching Alliance in the Colleges and Universities

Yang Cao<sup>1a</sup> and Jiawei Zheng<sup>2b\*</sup>

<sup>1</sup>Physical Education Department of Qiqihar Medical University

<sup>2</sup>Physical Education Department of Qiqihar Medical University

Qiqihar Heilongjiang China

<sup>a</sup>2292697211@qq.com, <sup>b</sup>317839118@qq.com

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**Abstract:** Object: Construct the region physical education teaching alliance among the colleges and universities, it can make the physical education teaching resources of colleges and universities be integrated and optimized, sharing the resources, changing the past situation that colleges were separated from each other and fought alone. Methods: In this paper, by the literature review, expert interview, questionnaire survey, mathematical statistics and logical analysis, the authors study the advantages, problems and development strategies of buildinging the college physical education alliance. Conclusion: It is beneficial to students, teachers and schools of constructing regional physical education alliance among colleges and universities, there are practical effect of cultivating students who are developed in both physically, mentally and spiritually.

At present, China's higher education has entered the stage of popularization. With the continuous expansion of colleges and universities, the number of students increase sharply, the development of physical education in colleges and universities is facing many difficulties and challenges, which can not fully meet the needs of most students because of sports diversification, multi-level, personalization and diversification, and facing the danger of further marginalization. Under this new situation, how to break the misunderstanding of 'mending' in the traditional framework of college physical education curriculum reform, overcome the situation of self-closure within a certain time and space limit of traditional college physical education, eliminate the existing barriers among college physical education departments, surpass the dilemma of realistic development, develop new college physical education situation ,so many problems have become an urgent topics we have to studying and facing. For this reason ,the author make an investigation and analysis on the practical difficulties of physical education in colleges and universities in China, and explores the adaptive development path of physical education teaching under the new situation from the perspective of regional sports teaching alliance construction, in order to provide useful references for the sustainable, healthy and rapid development of physical education in China's colleges and universities.

With the increasing number of students, physical education teaching resources in colleges and universities are in a dilemma. Without breaking the existing sports resources of colleges and universities, share sports resource, how to finding a way to making the college physical education rich and colorful? Construction region physical education alliance is the best way. By constructing region physical education alliance, it can not only realize the sharing of physical education teachers, stadium facilities and superior physical education curriculum resources, but also achieve the mutual win of physical education among colleges and universities and improve the quality of physical education. Through the construction of physical education teaching alliance, we can not only realize the sharing of physical education teachers, sports facilities and superior sports curriculum resources in colleges and universities, but also achieve mutual success of physical education among colleges and universities and improve the quality of physical education. Region physical education alliance in colleges and universities refers a kind of physical education teaching mode formed between two or more colleges and universities in a certain region (including different campuses of

the same university), in order to achieve the goal of optimizing physical education. Regional physical education alliance is an important form to strengthen and enhance the competitiveness of college physical education.

The 21st century is an era of great economic, political and cultural prosperity and development, and higher education has entered a "fast lane" stage[1]. Social progress, human are thirst for knowledge, and the popularization of higher education have made it possible for more and more people to enter higher education institutions and receive higher education. At the same time, the shortage of educational resources in colleges and universities, the unbalanced development of regional educational resources are also highlighted. With the increasing number of students, physical education teaching resources in colleges and universities are in a dilemma. Therefore, without breaking the existing sports resources of colleges and universities, through mutual cooperation between colleges and universities, learn from each other, share the sports resources to achieve the effective development of college physical education, there are great era significance. Based on this, this paper puts forward the idea of constructing regional sports teaching alliance in colleges and universities. Through the sports teaching alliance, it can share the sports teachers, sports facilities and superior sports curriculum resources in colleges and universities, achieve mutual success of physical education among colleges and universities, improving the quality of physical education.

General Secretary Xi Jinping once summarized the situation of higher education resources as "the theory of cutting cake". The situation of the division of higher education resources is like cutting a cake, which is cut crosswise, vertical, left and right, and finally cut into cake crumbs[2]. Through the construction of sports teaching alliance, optimizing the integration of sports resources and rational distribution, we can avoid the emergence of "cake crumbs" and achieve the optimal allocation of sports resources. Constructing the regional alliance of physical education teaching and realizing the integration and sharing of physical education teaching resources in colleges and universities, has become the most adaptable and effective way of development.

In the process of constructing the physical education alliance in colleges and universities, regional innovation should be taken as the theoretical basis for its construction[3]. Regional innovation plays a catalytic role in achieving regional social development goals. Innovation has always become a key factor in measuring regional competitiveness. In order to realize the optimization and integration of regional higher physical education resources, improve the competitiveness of regional benefits, under the guidance of regional innovation theory, different colleges and universities must strengthen the cooperation, work jointly for the development, utilization and management activities of physical education teaching resources, and hold regular innovations on Regional Higher Physical Education teaching. In order to promote the construction, development and perfection of university sports teaching alliance.

## **Research Methods**

First of all, The author collect and integrate the relevant research results from home and abroad, learn the current research trends in related fields in order to providing support and guidance for the development of this research. Secondly, establish a specific theoretical basis to standardize and guide the development of this study. Third, adopt a variety of scientifically effective research methods to obtain sufficient and detailed research data, through scientific analysis and demonstration, to provide the necessary guarantee for the research of this topic. Fourth, through the analysis of this proposed methods to expounding the significance and value of this research, through the experience summary in the process of the proposed construction, to provide the necessary reference for the popularization of the research results.

## **Analysis on the Factors Influencing the Construction of College Sports League**

The primary reason for the development of this self-conceited concept is first factor that restrict the construction of regional physical education alliance in colleges and universities. For a long time,

due to the influence of the narrow concept of self-conceited development, the physical education in colleges and universities not only lack necessary interaction with social sports, but also shows a state of zero contact and zero communication between universities. The old concept of development lacks sufficient understanding and recognition of the importance of establishing a sports teaching alliance. Some leaders or P.E teachers think that allowing students from other colleges to participate in P.E. teaching activities will not only disrupt the original teaching plan, but also leads to many other problems, such as management, the provision of teaching equipment and the allocation of teachers. Therefore, in order to prevent the rise of new "troubles", they refuse to establish a P.E teaching alliance.

The objective resource gap leads to different opinions on the sharing of sports teaching resources among colleges and universities. There are obvious differences in the time of college construction, geographical location, resource allocation, developmental concepts and so on, which results in the existence of sports teaching resources gap. In colleges and universities where sports teaching resources are relatively abundant, it is unavoidable to have a sense of superiority complex, which leads to conflict on establishment of sports teaching resources sharing mechanism among colleges. Especially in the maintenance and repair sharing facilities and the allocation of funds needed for the purchase of equipment, the divergence of opinions is more obvious.

The absence of relevant policies leads to the lack of programmatic guidance in the construction of regional sports teaching alliances in colleges and universities. Constructing the alliance between University districts and physical education, we should not only follow the basic principles of "voluntariness, equality, cooperation and sharing", but also need the support and guarantee of relevant policies. The lack of policy with normative and guiding functions will lead to unclear development orientation and imperfect alliance structure in the process of construction of regional sports teaching alliance in colleges and universities, which will easily lead to the disintegration of the alliance due to some disagreements.

## **The Construction and Development Strategy of College Physical Education Teaching Alliance**

**Change the concept of development and establish the construction purpose of "equality, mutual assistance, optimization and sharing".** The essence of building regional sports teaching alliance in colleges and universities lies in breaking the traditional "fixed and self-confident" concept of development. Through the comprehensive development, integration and reorganization of sports teaching resources in colleges and universities in the region, a new physical education teaching system is constructed in order to achieve the effect of  $1 + 1 > 2$  [4]. The requirements for in the process of regional sports teaching alliance in colleges and universities. Are they must change their concept of development, expand the perspective of horizontal development, strengthen the union of colleges and universities in the region, follow the principle of "self-determination and voluntariness", and take "equality, mutual assistance, optimization and sharing" as the construction purpose to promote and guarantee regional sports in colleges and universities.

**Eliminate differences of opinions and build an intercollegiate sports teaching alliance network information platform.** The analysis of the factors influencing the construction of regional sports teaching union in colleges and universities shows that the differences of opinions on resource sharing will hinder the construction of sports teaching federation. Therefore, eliminating the differences of opinions on resource sharing among universities has become an important link to realize the importance of construction and development of regional sports teaching alliance in colleges and universities. This requires as a part of eliminating the differences of opinions, we should give full play to the advantages of network technology and construct the network of information platform for physical education teaching members of the alliance. On the one hand, it publicizes the distribution of sports teaching resources of union members on the platform to ensure that the advantages of sports teaching resources of union members can be fully displayed; Besides, it also publishes the opening of sports courses for union members on the platform, so as to create conditions for college students in the union to choose their own sports courses. At the same time, the construction of network for information exchange platform of regional sports teaching alliance

in colleges and universities can promote the exchange of physical education teachers in the alliance[3], this not only promotes the reflection of sport teachers' own value, but also effectively alleviates the lack of physical education teachers among the members of the alliance[5].

Clarify the Development Orientation, and provide standardized guidance for the Construction and Development of College Districts and Physical Education Teaching Alliance. The core purpose of constructing regional sports teaching alliance in colleges and universities is to promote the integration and reorganization of sports teaching resources in colleges and universities, to build a brand-new sports teaching system, to improve the overall effect of sports teaching in colleges and universities in the region, and to play an active role in promoting the development of regional social sports[6]. Therefore, in order to ensure the construction and development of regional sports teaching alliance, it is necessary to determine the development orientation that highlights the characteristics of adaptability, effectiveness and overall situation. This requires that the development for orientation of regional sports teaching alliance with the core of realizing the socialized development of physical education in colleges and universities, it should be clearly chosen on the basis of China's sports development, the allocation status of coalition sports teaching resources, and the basic characteristics of social sports development in the region.

## **Discussion and Suggestions**

Sports authorities should organize the coalition of physical education teaching in colleges and universities in order to break the gap of "deep wall courtyards" under the condition of maintaining relative independence among universities, share their own superior teaching resources, and provide support for the scientific development of physical education in colleges and universities[7].

There are obviously some problems in the construction of regional sports teaching alliance in colleges and universities: teachers' salary, venue Maintenance costs, students' safety, class time and which must be carefully studied.

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