

Research on Innovative Teaching Models for Leisure Sports Majors Based on Diversified Teaching Methods

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Abstract: Leisure sports have a significant impact on the physical and mental health of students, not only exercising the body, but also effectively relieving learning pressure. The current promotion of leisure sports in ordinary universities in China is not ideal, mainly concentrated in sports schools, which limits its popularity. In order to benefit more students, we should actively promote the entry of leisure sports into ordinary universities. The teaching of leisure sports majors faces many challenges, such as vague training objectives, insufficient teaching staff, unreasonable curriculum design, and lagging teaching practices. To address these issues, we need to establish clear teaching objectives, strengthen the construction of teaching staff, optimize curriculum settings, and strengthen cooperation between schools and enterprises. Diversified teaching methods are crucial for leisure sports teaching, as they can effectively increase student participation, cultivate innovative abilities, and enhance their overall quality. Teachers should actively explore and apply diversified teaching methods to meet the needs of different students and promote the continuous progress of leisure sports teaching. The application and innovation of diversified teaching methods in leisure sports majors have brought revolutionary changes to teaching and laid a solid foundation for cultivating high-quality leisure sports talents.

1. Introduction

Leisure sports activities have become an indispensable part of modern life. They refer to physical exercise activities that people engage in in their leisure time to enhance physical and mental health, enrich their lifestyle, and improve themselves[1]. This form of activity is not only beneficial for the comprehensive development of individuals, but also in line with the pursuit of a healthy lifestyle in today's era. The physical education major in universities, as an important base for cultivating future sports talents and leading sports development, naturally shoulders the responsibility of cultivating leisure sports professionals[2].

With the rise of diversified education, universities should also keep pace with the times and adopt diversified educational methods and means for the cultivation of leisure sports professionals[3]. Diversified education emphasizes teaching according to individual needs and personalized development, which coincides with the core concept of leisure sports activities. In the teaching of leisure sports, teachers should provide diverse course choices and activity arrangements based on students' interests, strengths, and career plans to meet the needs of different students[4].

Diversified education also encourages interdisciplinary learning and communication. As a comprehensive discipline, leisure sports are closely related to multiple fields such as psychology, sociology, and management. By introducing knowledge from these related disciplines, not only can the teaching content of leisure sports be enriched, but also the comprehensive literacy and innovation ability of students can be cultivated. In the context of diversified education, universities should also strengthen cooperation with enterprises to provide students with more practical opportunities and career development guidance. Through school enterprise cooperation, students can have earlier exposure to the actual operation of the leisure sports industry, thereby better combining theoretical knowledge with practice, and improving their professional competence and competitiveness[5].

In order to better carry out leisure sports education in higher education institutions, we should

closely combine the concept and methods of diversified education, continuously innovate and improve education and teaching models, cultivate more leisure sports talents with professional qualities and innovative abilities, to meet the development of the times and the needs of people[6].

2. Analysis of the current teaching situation of leisure sports major

2.1. Teaching Status of Leisure Sports Majors

Leisure sports, as an important part of physical education in universities, have a profound impact on the physical and mental development of students[7]. This form of sports activity can not only exercise students' bodies and improve their physical fitness, but also effectively alleviate learning pressure and promote their mental health. In today's fast-paced and high-pressure learning and living environment, leisure sports have become an important way for students to relax and regulate their emotions.

At present, the establishment of leisure sports majors in China is not ideal. Most universities that offer this major are concentrated in sports schools, while among the majority of ordinary universities, there are very few that offer leisure sports majors. This situation limits the popularization and promotion of leisure sports education, and also hinders more opportunities for non sports major students to have access to and understand leisure sports[8].

In order to better popularize and promote leisure sports teaching, it is necessary to introduce it into ordinary universities in China. This not only expands the influence and audience of leisure sports, but also allows more non sports majors to experience the physical and mental benefits brought by leisure sports. Ordinary universities have a large student population, and offering leisure sports majors or related courses in these schools can greatly promote the development of leisure sports[9].

The promotion of leisure sports in ordinary universities also helps to cultivate students' lifelong sports awareness. By participating in various leisure sports activities, students can discover their interests, find suitable exercise methods, and continuously engage in physical exercise in daily life to maintain a healthy lifestyle. Introducing leisure sports into ordinary universities is an important way to promote the development of leisure sports. In the near future, more non sports majors will also be able to develop in leisure sports and enjoy the fun and benefits of sports[10].

2.2. The problems in teaching leisure sports majors

Unclear training objectives are an important issue facing the current development of leisure sports majors. The scope of leisure sports majors is quite extensive, covering numerous fields and projects. However, this has led to many universities appearing too vague and vague in setting training objectives. This lack of specific and clear teaching objectives makes it difficult for students to grasp the key points in the learning process, and they are also unable to improve their professional skills and knowledge in a targeted manner.

The weak teaching staff is also an important factor restricting the development of leisure sports majors. At present, most teachers in this major come from different majors, and they may not have received professional leisure sports training or training. These teachers are often held by other physical education teachers, and their understanding and comprehension of leisure sports may not be comprehensive and in-depth enough. This situation not only affects the quality of teaching, but also limits the further development of leisure sports majors.

In terms of curriculum design, there are also problems with leisure sports majors. Most students do not have their own specialized courses, which leads to a lack of in-depth mastery of professional skills. Without specialized courses, students find it difficult to form their own expertise and characteristics in a specific field, which undoubtedly affects their future employment competitiveness.

The backwardness of teaching practice is also an issue that cannot be ignored. In China, the teaching practice of leisure sports majors in many universities is relatively lagging behind, mainly manifested in insufficient cooperation between schools and enterprises. The lack of cooperation

leads to a lack of practical opportunities for students, making it difficult to apply the knowledge they have learned to practical work. This not only affects the improvement of students' practical abilities, but also hinders the improvement of the practical teaching system for leisure sports majors.

There are obvious problems in the training objectives, teaching staff, curriculum design, and teaching practice of leisure sports majors. To address these issues, we need to establish clearer and more specific teaching objectives, strengthen the construction of the teaching staff, optimize curriculum settings, and increase cooperation with enterprises to enhance students' practical abilities and employment competitiveness. Table 1 clearly shows the problems in teaching leisure sports majors.

Table 1 Problems in Teaching Leisure Sports Majors

Category	Problem description	Impact and consequences
Training objectives	Unclear, too vague and vague	Students have difficulty grasping key points during the learning process and are unable to improve their professional skills and knowledge in a targeted manner
Teaching staff	Weak teaching staff and lack of professional training in leisure sports	Affects the quality of teaching and restricts the further development of leisure sports majors
Course settings	Students do not have their own specialized courses	Students appear to lack in-depth mastery of professional skills, which affects their future competitiveness in employment
Teaching practice	Insufficient cooperation between schools and enterprises, and lack of practical opportunities	Students find it difficult to apply the knowledge they have learned to practical work, which affects the improvement of their practical abilities

3. The importance of diversified teaching methods in the teaching of leisure sports majors

The importance of diversified teaching methods in the teaching of leisure sports is self-evident. Leisure sports, as an activity that emphasizes physical and mental health, interest creation, and self-improvement, should have flexible and varied teaching methods to meet the needs and interests of different students. Diversified teaching method is precisely such a teaching method that can meet these needs.

Diversified teaching method means adopting various teaching methods and means in the teaching process, such as case teaching, project-based learning, group discussions, practical operations, etc., aiming to stimulate students' interest in learning, improve their learning enthusiasm and autonomy. In the teaching of leisure sports, the application of diversified teaching methods can help students to have a deeper understanding and mastery of the essence of leisure sports. Diversified teaching methods can help improve student engagement. By introducing a variety of teaching activities, teachers can stimulate students' interest in learning, making them more active in the classroom and more willing to actively participate in learning. This high level of participation not only helps students better understand the knowledge and skills of leisure sports, but also cultivates their teamwork spirit and communication skills. Diversified teaching methods help cultivate students' innovative abilities. In a diverse teaching environment, students need to constantly adapt to new learning methods and challenges, which helps stimulate their innovative thinking and problem-solving abilities. For students majoring in leisure sports, this innovative ability is particularly important, as they may need to creatively apply their knowledge in various leisure sports scenarios in the future.

Diversified teaching methods can also help improve students' overall quality. Leisure sports are not only a physical activity, but also a lifestyle and cultural phenomenon. Through diversified

teaching methods, teachers can guide students to examine and understand leisure sports from multiple perspectives, thereby enhancing their cultural literacy and aesthetic ability. Diversified teaching methods play a very important role in the teaching of leisure sports majors. It can not only improve students' learning enthusiasm and autonomy, but also cultivate their innovation ability and comprehensive quality. In the teaching of leisure sports, teachers should actively adopt diversified teaching methods to meet the needs of different students and promote the sustainable development of leisure sports teaching. Figure 1 clearly illustrates the importance of diversified teaching methods in the teaching of leisure sports majors.

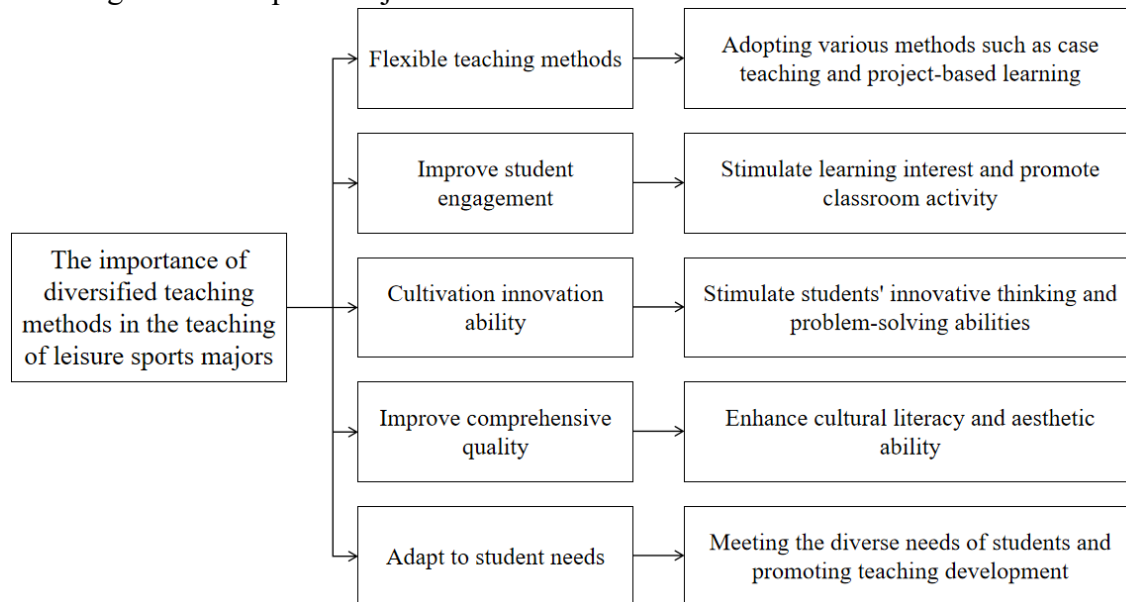


Figure 1: The importance of diversified teaching methods in the teaching of leisure sports majors

4. Application and Innovation of Diversified Teaching Methods in Leisure Sports Majors

The diversified teaching method, with its flexible and innovative characteristics, has shown great potential and value in the teaching of leisure sports majors. In the field of leisure sports, the application of diversified teaching methods not only improves the quality of teaching, but also provides students with broader learning space and development opportunities.

The application of diversified teaching methods in leisure sports majors is reflected in the richness of teaching content. Traditional teaching methods often focus on imparting theoretical knowledge and skills, while diversified teaching principles place greater emphasis on cultivating individual differences and interests among students. Teachers can design diverse teaching content based on the needs and interests of students, such as outdoor sports, fitness training, dance yoga, etc., to meet the learning needs of different students.

Diversified teaching methods emphasize innovation in teaching methods. In the teaching of leisure sports, teachers can use various teaching methods such as project-based learning, situational teaching, and role-playing to enable students to learn through practice and improve learning effectiveness. For example, teachers can organize students to participate in actual leisure sports activity planning and organization, allowing students to master relevant knowledge and skills in practice, and cultivate the ability to solve practical problems.

Diversified teaching methods also encourage diversity in teaching evaluations. Traditional teaching evaluations often rely solely on exam scores, while diversified teaching principles place greater emphasis on evaluating students' comprehensive qualities and abilities. Teachers can use various evaluation methods such as work presentation, oral reports, and self-evaluation to comprehensively evaluate students' learning outcomes, stimulate their learning motivation and confidence.

Diversified teaching methods encourage teachers to constantly explore new teaching methods and means. With the continuous progress of technology, teachers can use modern teaching

technologies such as virtual reality and augmented reality to create a more realistic and vivid learning environment for students. At the same time, teachers can also collaborate with industry enterprises to jointly develop leisure sports courses and projects, making teaching more in line with industry needs and market development. The application and innovation of diversified teaching methods in leisure sports majors have brought revolutionary changes to teaching. It not only enriches the teaching content and methods, but also stimulates students' interest in learning and innovation ability, laying a solid foundation for cultivating high-quality leisure sports talents.

5. Conclusions

The development of leisure sports major in China faces multiple challenges. The ambiguity of training objectives has become a significant issue. Due to the wide range of fields involved in leisure sports, many universities appear vague and vague when setting teaching objectives, making it difficult for students to clearly understand the learning priorities and effectively improve their professional skills. The weak faculty also hinders the development of this major. At present, many teachers are transitioning from different majors, and their understanding of leisure sports may not be deep enough, which affects the quality of teaching. The lack of curriculum also makes it difficult for students to develop their own expertise, which in turn affects their future employment competitiveness. The lag in teaching practice, especially the insufficient cooperation between schools and enterprises, limits the improvement of students' practical abilities. To address these issues, we need to establish clear and specific teaching objectives, strengthen the construction of teaching staff, optimize curriculum settings, and deepen cooperation with enterprises, in order to comprehensively improve students' practical abilities and employment competitiveness.

The importance of diversified teaching methods in the teaching of leisure sports majors is increasingly prominent. The diversified teaching method, through the use of various teaching methods such as case teaching, project-based learning, and group discussions, can not only effectively stimulate students' interest in learning, improve their learning enthusiasm and autonomy, but also help cultivate their teamwork spirit and communication skills. More importantly, this teaching method can cultivate students' innovation ability, guide them to examine and understand leisure sports from multiple perspectives, and thereby enhance their cultural literacy and aesthetic ability. The application of diversified teaching methods in leisure sports majors not only enriches teaching content, but also provides students with broader learning space. Teachers can design diverse teaching content to meet the learning needs of different students.

The diversified teaching method, with its flexible and innovative characteristics, has brought new vitality and possibilities to the teaching of leisure sports majors, helping to promote the sustainable development of leisure sports teaching and cultivate more leisure sports talents with innovative abilities and comprehensive qualities.

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