

Coordinated Development of Physical Education Teaching and Sports Training

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Abstract: This work started with the concepts of physical education teaching and sports training, and further explained the multiple significance of promoting physical education teaching and sports training to the development of nation and national sports. Through many investigation methods, such as literature method and observation method, this work tried to put forward some suggestions on strengthening the study of general knowledge, enriching the contents of professional courses and reforming the principles of sports training under the background of new requirements for sports talents put forward by the new era, so as to promote the coordinated development of physical education teaching and sports training.

1. Introduction

While physical education teaching and sports training gradually occupy an important position in colleges and universities, there still exists some problems, such as lacking learning and understanding of theoretical knowledge among professional students, single teaching method, only emphasizing learning professional knowledge from training, overloading sports training and neglecting the protection of the body in the fierce sports competition [1]. Nowadays, whether professionals or non-professionals, most people's impression of sports is still at the stage of sports training, which directly leads to the slow development of sports and the phenomenon of very few theoretical talents and academic achievements. This work argued that this kind of false cognition of the public and professionals should be changed, so as to promote the coordinated development of sports training and physical education teaching [2-3].

2. Clarifying Concepts of Physical Education Teaching and Sports Training

Physical education teaching is a bilateral activity of teaching and learning, and it is an education process for teachers to guide students to carry out physical practice repeatedly, master the knowledge, technology and skills of physical education, strengthen their physique, develop their ability, and cultivate the quality of communist thought, morality and will according to the educational plan and physical education syllabus. Physical education teaching is a teaching activity in which physical education teachers and students participate at the same time. With the help of appropriate teaching methods, teachers guide students to master the basic theory and health knowledge related to martial arts as well as the basic teaching techniques and skills of physical education as much as possible, so as to strengthen students' physique, cultivate and improve students' sports ability and sports spirit. In the process of guiding students to carry out physical training, teachers should take physical education as the basis and guide coaches and students to participate in sports training together to continuously improve the performance of athletes. Sports training refers to "an educational process specially organized for athletes to continuously improve or maintain their sports performance under the guidance of coaches" The items and contents of sports training have the characteristics of specialization. Since sports learners carry out specialized training, educators need to determine the training contents according to the special characteristics and training needs [4]. In addition, the means and methods of sports training have the characteristics of diversity. Since there exists many task requirements for the sports training, the training contents involved are complex, and the characters of training objects have a certain difference, so that the concrete mode and the means adopted in the training process also have the diversity characteristics.

What is more, sports training is a long-term process, which has a tight link with the educational process, therefore, the final teaching purpose and the teaching task are to improve the sports training skills and the performance of the athletes so as to provide better service for the nation and the public.

3. Significance of Promoting the Coordinated Development of Physical Education Teaching and Sports Training

The change and innovation of educational concept are also developing towards depth and breadth. With the changes of social demand for sports professionals and the aggravation of competition in talent employment market, the training objectives of sports training major should be re-examined. In 2001, the Ministry of Education of the People's Republic of China revised the training objectives of sports training major in colleges and universities published in 1998, and positioned it as "training senior talents who have the basic theory and basic knowledge of competitive sports, master the basic ability to engage in special sports training and engage in sports training and teaching". The revision of the training goal points out the direction for the cultivation of professional talents in China. Therefore, promoting the coordinated development of physical education teaching and sports training is in line with the requirements of the nation for the training of sports talents. In addition, the current physical education teaching in colleges and universities in China, especially physical education and training, is not perfect, and can also be further improved. From the perspective of theoretical research, many colleges and universities do not clarify the basic theory of physical education and training, and do not understand related concepts thoroughly. From the perspective of practice, some colleges and universities do not have clear requirements for students when carrying out physical education and training, and lack professionalism and flexibility in the movement norms [5]. Further strengthening the coordinated development of physical education teaching and sports training is helpful to establish a standardized system of physical education teaching and training, solve the problems existing in the development of sports in the times, and provide high-quality sports talents for the development of China.

4. Realization Path of Promoting the Coordinated Development of Physical Education Teaching and Sports Training

4.1 Strengthening the general education trend and enhancing the academic components of the curriculum

The talents needed in the 21st century are multiple elements, comprehensive and compound. Therefore, the physical education schools should strengthen the general education of students. The purpose of the general education is to cultivate students to be a qualified "man" and "citizen", and then to develop their professional literacy and let them obtain a reasonable knowledge structure. Students not only have solid professional theory and professional technical knowledge, but also have other professional basic skills, such as value judgment ability, communication ability, analysis and problem solving ability and strong adaptability, so as to achieve the purpose of cultivating the elegant taste of students. In addition, the curriculum design should enhance the academic components of research and innovation, widen the professional diameter, and emphasize the "thick foundation", "professional features" and "broadened professional standard". In practice, the professional courses of sports training are divided into three levels and two categories according to the guiding idea of running the school, and the "thick foundation", "professional features" and "broadened professional standard" should be emphasized [6]. "Thick foundation" mainly includes two layers of meaning: One is to reform the structure and content of the current public basic courses, train students to attach importance to the course of natural science, application science and humanities, and strengthen the connection with relevant professional colleges and departments; The other is to grasp two main lines according to the characteristics of the source structure of sports training major. The first line is to strengthen the training and improvement of sports skills for

ordinary high school students, and the second line is to strengthen the theoretical knowledge of sports team. Highlighting the "professional features" is mainly to increase the course contents with professional features. In order to broaden the professional standard, on the one hand, the system of major and selective major should be adopted, and the intersection and integration of sports training major and other sports majors should be strengthened; on the other hand, in order to meet the needs of society, students' employment and professional development, the proportion of compulsory courses and selective courses should be adjusted to increase the number of selective courses and the proportion of study hours [7].

4.2 Increasing professional teaching contents output in classroom of physical education teaching

In the process of physical education teaching, the professional knowledge which can embody the characteristics of physical education teaching should be refined to students in the classroom with high efficiency. Combining the "noumenon feeling principle" of "physical education teaching based on taking the repeated personal practice as the basic way of sports technical learning" with the "maximum acceptability" principle of "physical education teaching based on the teaching materials that can be mastered through practical efforts" is conducive to arranging appropriate professional teaching courses, considering students' acceptable ability and extending the principle of "gradual and orderly progress" according to students' learning ability, so as to fully consider the necessary output of professional content in teaching and to improve the curriculum design of physical education teaching to the level of professional teaching [8]. Students should not only learn from training, but also consider to study the theoretical knowledge and enhance the understanding and memory of theoretical knowledge. Complying with this basic requirement will be very helpful for people to understand the concept of physical education teaching and to grasp the actual operation of physical education teaching.

4.3 Re-standardizing the principle of sports training and actively dealing with the existing problems of sports training

The principle of sports training is a basic standard for guiding general training practice in view of the important links and outstanding problems in the whole process of sports training. As for the important links in the process of sports training, there have always been two aspects: load and recovery. Load is sometimes used as a synonym for "training", but its important position in the training process has increased with the passage of time. As the other side of the unity with the "load", recovery, is not easy to attract special attention in the period when the load level is far from the limit. However, with the strengthening of the load, recovery will become the important factor in the whole process of sports training that will not be ignored [9]. Although recovery is often forgotten in present. It is expected that the "limit load principle" and "combination of cultivation and training principle" will be clearly put forward according to the principle of load and recovery. The outstanding problems of contemporary sports training are scientific sports training and the basic countermeasures faced with fierce competition [10]. The scientific exploration activities of sports training and the research activities of competitive sports development strategy are obviously trying to answer these two questions. However, will the result of the attempt lead to the proposal of "experience first principle" and "one step principle"? Since Sports training is a kind of technical activity after all, it can not be included into the so-called scientific track. The establishment of competitive sports development strategy clearly reminds people to move their horizons from their feet to their eyes. The principle of extreme load should make the load have a clear direction, the principle of combining cultivation and training should make the load be adjusted moderately, the experience first principle tries to make a quick decision when the implementation and control process of the load are abnormal, and the one step principle starts from all possible training links to push forward the sports load.

5. Summary

Physical education teaching emphasizes the study of theoretical knowledge, while sports training emphasizes the practice of professional knowledge, and the coordinated development of the two is the fastest way to promote the development of sports. However, compared with sports training, physical education teaching has received too little attention, so that it has not reached the situation of coordinated development. In order to achieve the coordinated development of the physical education teaching and sports training, making the above suggestions is not enough, and the cognitive level should also be changed. Specifically, the inherent theoretical teaching methods should be reformed according to the particularity of physical education teaching, so as to promote the coordinated development of the physical education teaching and sports training.

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