

Analysis on the Causes of the Decline of the Special Sports Level of Pe Majors and Its Countermeasures

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Abstract: For sport professional training, teachers should be able to train the students to have higher comprehensive quality, professional ability and application ability and other related work as well as investing in the teaching and training so they can fully developed on their talent. At the same time, colleges and universities should expand on the number of student that will be enrolled, because the students may face the risk of losing their jobs after graduation. In addition, the college entrance examination special sports plus should be accounted for a small proportion of the total scores, because the university and high school stage special sports training is out of touch, and the number of times and the time of special sports training in the university is gradually reducing, and the time of high school receiving special sports training is short, resulting in decline level of student-specific sports. It is necessary to increase the proportion of special examinations in the college entrance examination sports, but there should a consistency of special sports training between universities and high schools, to stimulate and maintain the interest of sports majors, and to improve on the number of special sports training and the training time. On this basis, the student's special sports level will be improved, in line with the recruitment needs of employers.

1. Introduction

Physical education has strict requirements. Teachers should change the traditional teaching ideas and use the new concepts in teaching, as the students does not only need to master the basic knowledge, but also can integrate into teaching and scientific research. Nowadays, with the reform of the education and teaching model, the state proposes the teaching philosophy of quality education, and the teachers should understand the causes of the decline in the level of students' special sports, and to adjust the teaching programs, ro ensure that the comprehensive ability of the students is significantly improved, and the employment prospects are broad.

2. The Cause of the Decline in the Level of Special Sports for Sports Majors

2.1 The college entrance examination special sports plus test is accounted for a small proportion of the total score

If the students want to fill out the sports major in the college entrance examination, they should take the sports plus test, becuese the development of each region is different and the time of the special test and the special sports of the inspection are inconsistent. Nowadays, different provinces recognize the importance of improving on the sports policy of the college entrance examination, even if the proportion of special examinations is rising, the total proportion is still small, indicating that although the special campaigns account for a large proportion of the entire examination, but the scores are in the total score, showing that the proportion in the middle is still very small [1]. People's excessive consideration must be refered to the significance of sports, but to ignore the role of special sports, meaning that this situation must be highly valued by the people.

2.2 There is disconnection between the university and the special sports training in high school

Many students think that the items in the college entrance examination special sports training

currently selected are quite different, so when choosing the sports course, there are two important items to be investigated. The first is whether the course exists and have Interest, the second is to check whether the school has the course. As a result, the special sports training between the university and the high school stage is out of touch, but when the students enters into the university campus, there is need for them to learn a new sports program, and to spend more time in physical exercises. In addition, the original sports programs have not received effective training, and the sports skills have shown a significant downward trend, so when the special sports training is out of touch, the students' physical fitness will could be decline, and the training effect will be poor, showing a negative trend.

2.3 The number and time of special sports training in the university stage have gradually reduced

Some students will be less involved in extracurricular activities during their leisure time, or they will not be able to make reasonable allocations for training time. At the same time, if the school does not organize competitions for special sports, the students will have poor competition and sports skills will drop significantly. [2]. After the training times have been reduced, the students' physical quality will be reduced as well and the essentials key action cannot be mastered. In addition, when the training frequency is reduced, the students' interest in training is also reduced, and the meaning of special sports training would not be recognized, so the endurance quality is remarkable to be decline.

2.4 Short time for receiving special sports training in high school

In the evening self-study, the students will have the special sports training. As a result, the training time will be greatly shortened and the negative training effect will be presented. At the same time, before the students can participate in the college entrance examination, they should have already had a basic understanding of sports programs, because many teachers will allow the students to increase the training of mandatory examinations and weaken the importance of special sports training. In addition, when the college entrance examination is approaching, the students' physical and mental stress will increase, and they will continue to learn the knowledge of the culture class and will pay less attention to the speical sports training, that can be affected by the training situation of high school, as the students believe that sports training should have less time, which produces and gives wrong cognitive concepts, and can not be well integrated into training activities.

3. The Countermeasures to Improve on the Special Sports Level of Physical Education Majors

3.1 Increase on the proportion of special plus test in the college entrance examination sports

The regular college entrance examination sports policy should be scientifically reformed so that the special test will have a larger proportion in the total score, and the teachers and students will have a different mind set and concepts, and will also recognize the important position of the special campaign, and have more knowledge about the special sports for higher attention and strong integration will be put into training. When the proportion is too low, the students' enthusiasm for training will be insufficient, and the sports policy of the college entrance examination should be changed reasonably. Nowadays, the physical quality of students is gradually decreasing, and it is less integrated into various sports activities, because a good body is an important guarantee for engaging in various activities. [3]. At the end, the quality endurance of the students will be enhanced, and if the quality of endurance is low, the physical and mental condition in the special sports will not be good as well.

3.2 Consistency between the university and the special sports training in high school:

Students should actively participate in the special sports training. After a period of time, the school can organize competitive competitions, and the training needs of students will be met to the greatest extent, and the consistency of special sports training in high schools and universities will be

ensured. There are differences in the sports policies of college entrance examinations in each province. In some provinces, there is no special test in the physical examinations. In this case, the sports policies of the colleges and universities in the corresponding provinces should be vigorously reformed, and the various policies should be in line with the characteristics of students' physical and mental development. In the end, the students' motor skills will be greatly improved, and will also lay a solid foundation for future sports training. In addition, the teachers' ideological concepts should also change, and the students should design reasonable training plans, if the training objectives are not scientific, the students' training enthusiasm will decline, and the excellent training effect will not be achieved. So when there is consistency in the training of the two stages, the training effect of the students will be improved, and they will have a better integration into the society, and the employment prospects will become more broad.

3.3 Stimulating and maintaining the interest of sports majors in special training

Interest is an important driving force for learning. Under the influence of the test-oriented education thoughts, and in order to promote the school's enrollment rate to be significantly improved, the teachers will have to increase on the training of special sports and compulsory sports programs, and to promote students' awareness of these sports programs, because the students are trained in a passive mode, even if the student's training time increases, more energy will be spent as well. However, if the student lacks excellent sports interest, the exercise training can not achieve the best results making the special sports training a boring process and when the training time of the students is too long, the psychological state of rejection may occur. In the end, the training effect will not be a good one, the teachers should stimulate and maintain the students' interest in the training, and when the students recognize the meaning of training, then they can actively integrate into the various training activities, because the improvement of motor skill level is a long-term process, and that the current students will not have the wrong cognitive concept, paying attention to the improvement of the scores of the cultural class, and neglecting the achievements of the sports special sports test. When the training enthusiasm is insufficient, it may produce counterproductive Effect.

3.4 Improve the number of special sports training and training time for the students

In the process of integrating into the special sports training, the teachers should make clear plans for them. The number of trainings and training time should be very reasonable, when the training time of the week is small, the sports skills will be greatly reduced. At the same time, students should not spend too much time on special sports training during their leisure time. Therefore, schools should increase their time for special sports training, and the training time should be significantly increased. In addition, the training process should conform to the students' physical and mental development characteristics, and to follow the gradual and progressive thinking. If the initial training volume is too large, the student's physical condition may be affected. With reference to the student's training status, the number of trainings may be appropriately increased and the overall quality of the student's body will be increase. So each of the student's physical condition is different, and the training methods should be constantly adjusted. The teachers should not only teach the students about the motor skills, but also should develop on the students' awareness of self-training, and form a suitable set of reference to their physical condition based on their own training method. In addition, students should increase communication with the teachers, and provide timely feedback to teachers on the existing problems in the training so that the teachers will provide targeted suggestions for them, and students should be able to master the scientific training methods, scientific and standardized in training, in this way they can form an excellent training result.

4. Conclusion

In view of the decline in the level of special sports majors, it is not only influenced by sports policies, but also closely related to training hours. In this case. The Ministry of Education in each region should implement reforms policies, and the school will vigorously organize special sports

competitions, and the training enthusiasm of students will be stimulated and integrated into training activities., so that the level of students' special sports will be greatly improved and adapt to the rapid development of society.

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