

Research on the Setting of Physical Education Courses for PE Majors in Colleges and Universities

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Keywords: sports course; P. E. apartment; course-offering

Abstract: With the continuous progress of the society, in our country, the value of sports fitness is limited by the lack of talents. As a university whose aim is to train social talents, it has the duty to take on the responsibility of cultivating talents in sports. But in the training of sports talents in the curriculum, there is no specific teaching of sports, which will inevitably lead to the lack of sports talents, thus restricting the development of sports in China to a certain extent. In order to solve this practical problem, this study attempts to set up the curriculum of sports in colleges and universities, put forward the concept of curriculum design in theory, and prove the feasibility of the concept through teaching experiments.

1. Theoretical Basis of Setting Physical Education Curriculum

Marx's theory of the all-round development of human beings refers to the overall development of the human body and spirit. It is the full development of human intelligence and physical strength. Its basic connotation can be understood from the following three levels: The first level refers to the overall and harmonious development of human mental intelligence. This is the overall development of people from the perspective of their psychological quality; the second level refers to people. The comprehensive and harmonious development of the mind and body is an important methodological guide that combines human physiology and psychology to grasp the overall development of people. The third level refers to the individual's full harmonious development and the coordinated development of the individual and society. In general, these three levels are the universality of human development in terms of talent, quality, physical and emotional aspects, and the inherent diversity of individual richness and the overall development of the society. The fundamental purpose of curriculum and teaching is to cultivate people who are fully developed. This is in line with the Marxist theory of human comprehensive development. Applying these concepts to the actual work of setting physical education curriculum in colleges and universities requires that, when setting up courses, students must fully respect the subjective status of the students and promote their personalities, while also cultivating their innovative abilities, innovative abilities, and practical abilities. Therefore, the Marxist theory of man's all-round development provides a solid science for bringing into play the initiative of students and training students' adaptability in the setting of physical education curriculum.

2. Taylor's Theory of Target Behavior Pattern

American curriculum theory expert Ralph Taylor proposed a more complete theory system for curriculum development in the book "Basic Principles of Curriculum and Teaching." Taylor's theory of behavioral pattern theory believes that the following principles should be followed in the preparation of any kind of curriculum: "The student must be given the opportunity to practice the behavior contained in the goal; the student must be satisfied when practicing the above behavior; the chosen learning experience. Should be in the student's ability range; multiple experiences can be used to achieve the same goal; the same experience also produces several results." In addition, Taylor also

argued, "must be based on effective learning experience: continuity (ie, in course design Students should be given the opportunity to repeat practice and improve their skills, sequence (ie, the generalization and deepening of the latter experience based on the previous experience), and comprehensive (ie, the horizontal connection of the course) to organize learning." Taylor's goal behavioral pattern theory is one of the basic bases for setting physical education curriculum. According to its theory, it should be considered when setting up the curriculum: First, establish and improve the curriculum objectives that meet the current development of physical education, social needs and the characteristics of students' physical and mental development. System; Second, in accordance with this target system, physical education curriculum setting must have a certain degree of scientificity; Third, increase the horizontal relationship between courses, the integration and integration of courses, increase the mutual penetration between courses.

3. Bruner's Cognitive Structure Learning Theory

Bruner's point of view of Discovery Learning: First, improve the potential of intelligence. Learners themselves propose exploration models to solve problems and learn how to transform and organize information so that it can transcend this information. Second, transfer external rewards to internal motivation. Bruner believes that learning a concept or principle by discovering the relationship between examples is more likely to stimulate students' satisfaction from the learning process than to give the learner an analytical description of the concept or principle. 1 3. Learn to make the best methods and strategies for discovery. Fourth, the maintenance and retrieval of help information. According to Bruner's theory of cognitive structure learning, researchers believe that it is necessary to incorporate multimedia teaching into the setting of physical education curriculum. This can increase the students' grasp of the integrity of the movement. In addition, since the sports major is a highly practical professional of f-j, it is necessary to closely integrate sports basic theory with exercise practice. Kolb's Learning Style Type Theory. Learning style refers to the individual's different ways of learning. 2Korber divided the learning style into types. Zhang Chuting. Teaching Reform and People-oriented Thinking [J]. Curriculum. Teaching material. Teaching Method, 2004 (9), 24 (9) :16-20. Country Liu Yongzhong Jin Caibing. Training Course Design [M]. Nanfang Daily Press, 2005, 5: 105-110.

4. Research on the Setting of Physical Education Courses for PE Majors in Ordinary Colleges and Universities

There are four types of actor, utility, experiencer, and theorist. Because individuals perceive and process information in different ways, learning styles are important factors to consider when arranging teaching methods. In physical education teaching, whether or not teachers teach students in accordance with their aptitude and whether they treat students differently according to their different learning styles is an important factor in testing the effectiveness of teaching. In short, the setting of physical education curriculum needs to take into account the logic of students' understanding of development and also the internal relationship between disciplines. Therefore, physical education courses in colleges and universities should be based on the development of sports science, socio-economic, national politics, and higher physical education, etc., and actively track the successful experience and development trend of the international professional sports education reform, combined with the curriculum setting of domestic higher sports departments The advanced experience of reforms was studied on the basis of the development of Marxism and other educational theories.

5. The Necessity and Feasibility of Offering Physical Education Courses for PE Majors

The Necessity of Offering Physical Education Courses for PE Majors in Ordinary Colleges and Universities. Sports do not need too many venues to exercise, do not need specific sports equipment,

and do not need high-difficult, high-intensity physical consumption and many other sports features. It is undoubtedly a better exercise and lifestyle for students. . Through surveys in colleges and universities, it has been found that sports are especially loved and favored by college students. 1 For many undergraduates, practicing physical exercise will enable them to keep fit, relieve stress, release self and stay healthy. At present, physical education students have rarely enjoyed the pleasure of practicing athletics, gymnastics, martial arts, and other traditional projects, replacing them with more fashionable Latin, sports, and other emerging projects, and have demonstrated strong vitality in colleges and universities. Many sports majors also regard sports as a more fashionable lifestyle. According to the above literature review, at the current stage, there is no physical education program in colleges and universities that specializes in physical education. In a sense, the opening of physical education courses will enrich college students' leisure life and create a very modern lifestyle for college students. 3.2.1.2 Needs of College Students' Psychological Adjustment. According to survey statistics, with the expansion of the university's yearly enrollment, the pressure on employment in society has increased, and the employment of sports professionals has faced unprecedented challenges. Many sports majors have been subjected to various psychological pressures since entering the university gate, in addition to normal learning. They are also busy with postgraduate examinations, grading exams, etc. They have been in a state of mental stress for a long time, and their psychological state is unstable and easy to sense.

To fatigue, anxiety. How to make college students effectively get rid of or relieve these pressures and quickly transfer to normal university life and study is one of the hot issues of higher education. Physical education uses self-improvement training methods to learn and train. It relaxes the body and at the same time achieves the goal of psychological relaxation. This kind of psychological adjustment is incomparable to many other sports programs. The gradual muscle relaxation training effects of sports are quite extensive and have been proven to reduce anxiety, enhance self-concept, reduce the pain of insomnia and so on. From a psychological point of view, the minds of practicing exercisers can keep calm, and they can always maintain a vigorous vitality. Another remarkable feature of sports is that it can help human brainwaves quickly return to a state of calm, maximize the role of parasympathetic nerves, and effectively release and relieve mental stress and tension, restoring them to an energetic state.

6. Advantages of National Education Policy

On August 6, 2002, China promulgated the "Guidelines for the Teaching of Physical Education Curriculum in General Colleges and Universities in China", which stipulates that the determination of college sports curriculum content will no longer be limited to some athletic events. Instead, it should aim at improving students' physical and mental health, and must Adhere to the following points: First, adhere to the combination of fitness and culture, take "health first" as a starting point, and at the same time attach importance to the content of sports culture content of the curriculum; Second, adhere to the combination of selectivity and timeliness, and strive to enrich the content of the course , Respect students' subjectivity and choice of rights; Third, adhere to the combination of science and acceptability, follow the law of physical and mental development of college students and hobbies; Fourth, adhere to the combination of nationality and the world, absorb the world's outstanding sports culture and other principles . Sports as a fashion sport not only has a good exercise value, but also contains a profound cultural heritage, and has been loved by a large number of students. It has spread throughout the world. Therefore, the setting of sports courses is in line with our country. It is necessary and feasible to set up physical education courses in college sports majors. The establishment of physical education courses in the physical education of ordinary colleges and universities not only has the advantages of national education policies, but also has the resource advantages of the courses: First, the related technical course resources, such as gymnastics, aerobics, sports dance and other courses; Second, related courses such as Education, psychology, sociology, sports training, etc.; third, the development and utilization of information resources such as the Internet and mass media. These curriculum resources have now been greatly developed. Apart from

their own unique contents and systems, they have also formed different discipline groups and disciplinary systems. This has played an important theoretical support and reference for the opening and development of many new-type courses. . The establishment of physical education curriculum can be based on the existing advantages of curriculum resources, the actual development of physical education and the actual needs of physical education curriculum setting in colleges and universities to formulate curriculum objectives, content and teaching evaluation. Teacher resources are one of the important factors that restrict the development of a course. For teachers in the physical education curriculum, they can use existing resources such as artistic gymnastics, gymnastics, national traditional sports and dance, and other similar professional teachers to create and continue. Through teaching, learning and self-study to improve themselves, accumulate teaching experience and improve teaching standards. At the same time, teachers should also guide the students out of the classroom, go outdoors, go to the sun, go to nature, and make full use of everything that is available.

7. Master Thesis

Resources, experience, fitness and learning in the social environment. In addition, college-related scholars and experts can use disciplinary knowledge such as pedagogy, psychology, and training to build relevant research on physical education curriculum, and maximize physical education curriculum to develop foothold in universities and develop rapidly. 3.2.2.4 Advantages of venue resources. Compared to other emerging projects such as badminton and tennis, the demand for venue facilities is relatively high. Sports are static and non-confrontational and non-competitive activities. They are not excessive for venues, time and space. Claim. At present, with the continuous and stable development of higher education in our country, most colleges and universities have more expensive sports facilities and sports facilities. According to statistics, the school system has a stadium for every 634 people, which is 3.3 times higher than the national average. The school system accounts for as much as 67.17% of the national sports resources. And colleges and universities have the highest proportion of school sports facilities and facilities, so most college sports majors can afford the teaching and training of physical education courses.

In 2003, the National Sports Education Professional Guidance Committee of the National College of Higher Education formulated a new "National Undergraduate Sports Education Undergraduate Curriculum Program" (for trial implementation) (hereinafter referred to as "curriculum program") in the face of the new "Course Project" Training objectives and requirements, in accordance with the urgent requirements of higher education curriculum reform, combined with contemporary quality education ideas and theories, the author believes that the establishment of physical education curriculum in our college sports specialty, the construction of the physical education content framework, for the society to cultivate qualified, meet the needs of the development of the times The fitness instructors have a very important and positive social significance. The establishment of physical education courses in colleges and universities not only expands the original knowledge theory system of sports, but also enriches the physical education curriculum in colleges and universities. Physical education courses can make gymnastics projects more perfect, and establish more extensive and close links between projects, so as to form a relatively complete group of disciplines. Therefore, the establishment of physical education courses for ordinary college sports majors is in line with the development of the current society. Higher education and discipline development Is an inevitable choice for the development of college sports professional education. Study on the absence of physical education courses for physical education in ordinary colleges and universities select. The Feasibility of Establishing Physical Education Courses for PE Majors in Ordinary Colleges

8. Advantages of Project Object

Practicing sports is not restricted by gender and physical health. 1 Meditation Sports is mainly composed of meditation, voice guidance, and meditation. The pursuit of spiritual and physical

harmony, unity, and stability is the best way to explore "self," "true self," and "ego." Hatha "hatha" sports is the first stage of development towards more advanced sports. In sports philosophy, it is mentioned that if you want to control your mood, you must first train your body. To relax, to reduce the pressure on students due to study, life, and social competition. In addition, many balancing exercises in sports can develop the cerebellum, adjust the pituitary gland, and increase the concentration of attention. This can improve students' attitudes toward learning and living, and improve learning efficiency and quality of life. The physiological and mental health problems of today's college students and the good exercise effects of sports make it extremely important to offer physical education courses in college sports majors. Through the establishment of physical education courses in college sports majors, students can enter the carefree, calm and happy state of sports through the learning and training of sports courses, and enhance their endurance, so that students can throw up their distractions and devote themselves to life. Learn to go. 3.2.1-3 Needs of Physical Education Curriculum Reform in Colleges and Universities.

Acknowledgements

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