

# Diversity Development: Rational Choice of Physical Education Teaching

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## Abstract

Diversity development is based on the fact that there are differences among students which is the demand of economic and social development for education, Every individual develops differently to some extent, especially in uniqueness, PE teaching has some features including content diversity, object complexity, teacher specialty, and course dynamism, which requires that PE teaching should pay attention to differences among students, performing diversity development teaching methods, and it can realize the main body of teaching in the true sense.

## Keywords

Diversity; Development; PE Teaching; Subjectivity.

## 1. EXPLANATION OF DIVERSITY DEVELOPMENT

As the proverb goes, “A mother bears mine babies, and nine babies are different”, which reflects the variation in genetics, meanwhile it demonstrates that it varies from person to person. Even if the babies born by one mother are such the case, the diversity of kids from different families is more obvious. This is viewed just from the perspective of genetics and variation, if it is combined with interests and hobbies, intellectual types, recognition style, characteristics ,etc. Diversity among people is of no doubt. The basic function of education is to promote human’s development, but the way of human’s development is a long lasting issue in educational research. Special attention is paid to personality development in modern education concept. Personality has some common traits as human and has uniqueness, which is the unity of both sides. Personality development is actually to develop the unity of individual’s common different development to some extent, which is different from “unity development” or “average development”. It specially refers to individual’s development in uniqueness, it is the main aspect of personality development, and it is the fundamental development approach to propel individual to adopt himself or herself but different from others.

To understand diversity development, we should develop differently. Development differently shows the development direction which shows the development targeted education, which makes them develop accordingly and originates from reflection on unity teaching in real society. Diversity exists universally, which is reflected in many aspects. In addition to developing common aspects to make students become real “human being”, education and teaching should promote individual’s unique development, and make him or her become useful talents which can promote illustrates how to develop, that is, depending on diversity, developing diversity and making its uniqueness more obvious. Teachers in the front line have a deep feeling that the good traits of excellent students usually were not taught by their teachers. Some students are born with the talent for dome courses, but they are bad at some other courses. For example, literature giant Zhu Ziqing was enrolled exceptionally by Peking University in 1916, when he was bet at Chinese literature, but his math mark was zero point. Historian Huhan, was enrolled abnormally by Peking university in 1916, when he was best at Chinese literature, but his math was zero

point. Historian Huhan, was enrolled abnormally by Tsinghua university because his Literature & history and English were full marks, but his math mark was also zero point. The two famous people achieved success due to their own diversity development. In 1983, Harvard university professor Gardner proposed Multi-intelligence Theory. He argued that types of intelligence are relatively independent. And the theory relates to dependent intelligences, verbal communication, logical maths, visual space, music, physical movement, etc. Intelligence development in different fields people have its uniqueness, even if autistics are such the case. The character Rimon in the film Rain Man is a good example.

## **2. DIVERSITY DEVELOPMENT IS AN OPTION IN COLLEGE PE TEACHING**

### **2.1. Social Development's Demand for Education.**

In China, the earliest works about education Xue Ji, proposed the idea: "If you want to be famous, you should learn", "teaching is the basis of founding a nation". It reveals the reciprocity relationship between education and social development. Since the middle 20th century, new technological innovation has been sweeping the world. Human society has entered information Age, and knowledge economy has become clear and visible. "We have never seen an age like knowledge economy age which is utterly necessary for innovation. There has never been such an age that urgently calls for cultivation of creativity." [1] Marxism believes that productivity is the key factor in social development, while humans are the most active factor in productivity. We should arouse human's enthusiasm. So it is a necessary demand to promote innovation and creativity no matter competitions among nations or among individuals. Plenty of researches have proved that there is no creativity without personality. Individuals is creativity uniqueness originates from creativity. Only when uniqueness is fully and freely developed, an individual can own abundant creativity; On the other hand, the development of multi-culture has become an important image of today's society.

People now are more and more aware that the multiplication of culture is of great importance to the prosperity and development of culture. But respecting differences is the basic requirement for modern development of multi-culture. Multiplication means respecting personality and differences while pursuing democracy and equality. If there are no differences, there will be no diversity. And it is impossible to achieve multiple development. So we believe that pursuing diversity development is the same goal between times and society. "Education is the basis of century plan," If the nation wants to succeed in the international competition in the future, it should depend on the education -- quality which adapt to the social development. Diversity development teaching is social demand for education. It is the only path to cultivate creative talents and to promote social and cultural multiplication. School PE course is a key part of education. We should use the characteristics and advantages of PE course to promote the education quality, which is responsible for PE teaching.

### **2.2. The Characteristics of PE Teaching**

The PE teaching itself has some characteristics. It has been proved that the teaching quality can be hard to be assured with the traditional standard and unity teaching. We should only adopt diversity development teaching methods to make PE teaching more effective.

#### **2.2.1 The Diversity of Teaching content**

PE teaching contents are diverse. Beside track field, artistic gymnastics, basketball games, football games etc, some sports with the time icon such as Taekwondo, Yoga, directional movement, street dance, Gymnasia LP. Psychological development training. Together with some sports with cultural background such as stilts, shake diabolo, lion dance, Pearl ball games, rubber band skipping, etc. Are entering the class. They originate from various culture main body such as military, religion, life, art. They lack necessary logical relationship among themselves.

Although the teaching contents have been dealt with tough textbooks, during the unity and standard PE teaching course, the contents are “enriched”, but the teaching outcome does not seem so “colorful”. Though more the one decade’s PE learning from primary school to university, let’s not talk about students’ physical aptitude or health condition, many students does not grasp even one basic PE skill. Although the reasons for this are various, it proves long term low effectiveness of PE teaching. Paoding’s skillfully killing the bull and old oil-seller “Practice makes perfect.” tell us that, to grasp one skill, we should stick to it and practice more so that we can succeed to some extent. Otherwise, “East hammer, West stick”, “Work by fits and starts”, we should do nothing in the end.

Students have the most contact with the content of physical education, the deepest feelings, they generally feel that the content of physical education is boring, physiological feelings of pain in some of the teaching content has a strong fear and antipathy, Some sports of interest hope to learn longer, more, more detailed and so on. [2] we can develop teaching in accordance with the differences between students and give full play to teachers' dominance and students' subjectivity, fully mobilize the enthusiasm and creativity of both teachers and students, select teaching contents that meet the social requirements, meet the characteristics of the subject and meet the physical and mental development of young people, and teach students real physical education knowledge and skills so as to improve quality of teaching so that all people can get their due development.

### 2.2.2 The complexity of Teaching objects

German philosopher Leibniz once said, “We can’t find two pieces of leaves being the same in the world”. He revealed the relationship between unity and diversity of world from the perspective of philosophy. The unity world exists and develops in various forms, but different individuals in the materials would have their own specialty. Human beings are advanced existence in the material world, which reflects thoughtful diversity with feeling and dynamic existence based on genetics and acquisition. First thing is diversity existence. Differences among students are various, in addition to diversity on interests and hobbies and learning preparation, students’ intelligence, recognition style, studying style and personality varies from person to person. The demesne of each diversity is not the same, which is influenced by genetics, growth condition, and education factor. They directly affect the students’ studying course and effects; another thing is dynamic existence. The diversity among students is developing and changing from time to time. The diversity among students at different ages is different. Generally speaking, the younger a child is, the smaller the diversity will be. With the growth of age, different variations and influence on personal development develop in different directions. The objectives of PE teaching are teenagers whose dynamic variations are the most obvious. Their complexity embodies not only diversity that has existed, but also dynamic variation. The whole unity is one of the main teaching characteristics. It is every teacher’s responsibility to develop a child. The studies show that genetic factors are relatively stable, and its influence on individual’s development declines during the developing course. Individual’s experienced diversity increases with the individual’s development, but this kind of diversity’s influence on individual’s development. [3] So facing teaching objects with different conditions or levels. Overlooking diversity PE teaching can lead to low effect in teaching. If we operate diversity developing teaching in the dynamic diversity key period, even if there are genetics and different experiences, the students can improve their skills on the basis of their original learning, physical aptitude and personality can develop in harmony.

### 2.2.3 PE Teacher’s Specialization

As the proverb goes, “Teachers are the root of century educational plan”. Professional and well-cultured teachers is the basis of realizing teaching goals and tasks. Teaching is a bilateral activity which includes teacher’s teaching and students’ learning. Modern teaching theory

stresses teacher's leading role and students' main body status is the premise of promising good teaching quality, neither of which can be in absence. Only when teacher's leading role well promotes students' main body status can students develop accordingly. As far as a PE teacher's concerned, his leading role embodies in many aspects, such as inner and outer manners, and teaching by example, spreading social culture and PE value, research in teaching methods and learning methods, developing students' learning interests, etc, but these should depend on teacher's specialized skills. In training PE teachers, due to various reasons, under the target of "one major many skills" or "one speciality, two strong points", teacher's "professional" is not usually professional, "more talent" and "two strong points" are more reluctant. In the real teaching, teachers are not only engaged in "professional" teaching items, but also engaged other teaching items. "Every other line is like a mountain" means this although they share some similar characteristics.

It is common that "half - knowing" teach students whose skills may be better, how can this mislead the young men? According to a survey, most middle school students like PE sports, not only because PE sports can make a person stringer, but more importantly, they admire a PE star in one certain item. They constantly imitate PE star to improve his or her PE skills because they appreciate their skillful actions and powerful spirits. [4] This is also one of the reasons that students like PE sports but dislike PE classes. Those who are erudited can make teachers, special skills are important for PE teachers to learn. If they are poorer than students, how can the students be convinced? So a teacher should teach student with their relatively powerful professional skills, and build his or her own authority through his professional career. Students admire teacher from the bottom of their heart, so that they can "get close to teachers, believe teacher's methods, respect teachers and imitate their behaviors", so the students can succeed in studying.

#### 2.2.4 The dynamic nature of the teaching process.

PE teaching is a dynamic course, combined preset with generating. Preset means design in advance. According to the purpose, organization and regulation in teaching activities, we should design and arrange teaching activities before execute teaching activities.

Generation refers to we should constantly adjust and generate the course in the basis of preset depending on teaching activity's uniqueness and uncertainty during the teaching process. Both preset and generating cannot be lacked. If we lack generating teaching courses, it will lead to adhering to old habits. If we lack preset, teaching may develop feely. Only when preset and generating affect mutually can we make PE teaching energetic and active. Teaching is not only a science course, but also an art course. One of the important differences is that science pursues shared rules, while art stress unique personality more. PE diversity development teaching aims at promoting personality development while maintaining students' main body status. First it must be designed in advance. We must follow teaching rules and laws and basic and inner rules in PE sports. More importantly, we should generate it, not only because we should adjust teaching contents and conditions with the activities go on, but students in educations activities are various changeable and adjustable. As we know, students are different in learning, they are also changeable. Full sense of sports, enlarged sense of space, sense of freedom among interpersonal relationship, and acquisition of sports skills which make students change all the time. More honorably, these are adjustable and make teachers give their best strengths.

Ancient Rome educator Quintilianus once said: "it is believed that one of the best teachers is that a teacher should be good at closely observing the differences between students and every student's special tendency." But now we believe it is not enough to figure out how it works, we should try to promote students' personality development through various PE teaching activities on the basis of knowing and respecting students' diversity.

#### 2.2.5 Diversity of teaching assessment

Teaching assessment depends on teaching objects, which can judge the value of teaching process and outcome. The ideal teaching, as far as PE teaching assessment, traditional approaches pay more attention to final assessment and absolute assessment. It mainly reveals selection and distinguishing function of assessment, such an assessment approach may make teaching difficult to be unity. It is common in teaching that students' sports marks cannot reach "standard", no matter how they try, while some other students can get more points even if that two types of PE learning students may disappear invisibly who can't reach standard though they have tried give up and students who do well in PE sports though they do not need to practice are proud. Modern PE teaching assessment, pays more attention to generating assessment and relativity assessment, at the same time, it stresses final assessment and absolute assessment. It makes full use of development and encouraging function of assessment to stimulate and adjust every student's PE active learning. It will cultivate every student's aptitude to improve all students' overall skills on the basis of making every student progress and developed. Mr. Lu xun once said, "Winners are surely respectable, but those competitors who stick to running to the finish line but lag behind and those onlookers who see competitors seriously are the ridge of China in the future." Teaching faces the whole students, and each student should not be neglected, especially those competitors and onlookers as Mr. Lu said. It is required that teachers should adopt diversity development teaching concept, face up to, accept, utilize and develop students' diversity, and combine scientific assessment to make students find out their own learning direction and achievements that they try their best to achieve. Even if some students may be poor at innate quality and sports basis, they can build PE learning confidence so that they can develop accordingly.

### 3. CONCLUSION

American famous psychologist Gardner once said, "In the past century, the biggest mistake in teaching is: suppose the whole children were a unity without diversity, while teaching the same subject to treat the children with the same approach." PE teaching is such the case, even today, this kind of unity teaching method still exists in PE teaching. Economic and social development requires that PE teaching should foster students with different personality. The characteristics of PE teaching itself requires we should stress and distinguish students' diversity in teaching. So, "keep with the times, advance advantages and avoid shortcomings" we should depend on and develop students' diversity. Implementing diversity development teaching is the best option to PE teaching so that we can make students' uniqueness fully developed, and it embodies the main body status in teaching in a real sense.

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