

Rethinking China's University Physical Education Programs Based on the Tasks of Higher Education

Liang Wu^{1,*}

¹College of Physical Education and Health, Zhaoqing University, Zhaoqing, Guangdong
526061, China

*wuliang184222@163.com

Abstract

Using research methods such as documentary method, interview method and logical analysis method, the objectives and tasks of university physical education, the main problems and curriculum and teaching reforms are studied from the mission of higher education. It is believed that university physical education should have 3 functions and goals, such as strengthening and improving the use of physical education technical skills; helping students to establish the awareness of health first and lifelong physical education; and mastering the means and methods of evaluating and improving their own physical condition. As the main way to realize the goals of university physical education, there are problems such as the shortage of teaching resources such as sports venues and facilities, insufficient motivation of college physical education teachers for teaching reforms, the prevalence of the phenomenon of "emphasizing skills rather than health", and the lack of teachers for extracurricular physical education activities. These problems are analyzed and specific strategies and methods for the reform of university physical education teaching are proposed.

Keywords

College physical education; Teaching objectives; Physical education teaching.

1. INTRODUCTION

The physical health of young people has always been a national issue of great concern, but also a hot spot and focus of the theoretical and practical research of school physical education workers. "After 12 or 14 years of physical education classes, the vast majority of students have not been able to master a single motor skill", "physical fitness and health conditions continue to decline" and other issues have been highlighted and attracted sustained attention and discussion, the physical education and health program, without a major change in understanding, attitude and approach, students' physical and mental health, especially physical health problems are unlikely to be achieved. For physical education and health programs, without major changes in understanding, attitude, and approach, students' physical and mental health, especially physical health problems cannot be fundamentally improved [1]. China's university physical education (public sports only, the same below) curriculum is also the same, physical education and health courses from elementary school until the second year of university, at present for primary and secondary school school physical education related research is more, but for the university of physical education is less attention, the existing research is mostly focused on college students' physical fitness testing problems or physical education courses carried out in the form of the form, content, methods and so on the level of the university physical education and physical education, the function of university physical education, the status of the basic issues of the research, the university of the physical education

curriculum of the articulation of the schools and universities, and their logical problems have not been solved so far [2]. University physical education should be a decisive stage for college students to strengthen their sports skills and develop lifelong sports habits, but why is it that things are not what they seem to be, and their physical fitness is deteriorating? Starting from the relationship between university sports and primary and secondary school sports, and the relationship between university sports and university education, reflecting on the problems related to university sports based on a systematic perspective and the needs of the development of the times is conducive to deepening the understanding of university sports and encouraging its development in a better direction.

2. THE MISSION OF HIGHER EDUCATION AND THE ROLE OF UNIVERSITY SPORTS

Higher education as a specialized nurturing institution to disseminate profound learning and cultivate high-level talents, the curriculum is the key to achieve its talent cultivation goals and objectives. As a compulsory course for all non-physical education majors, university physical education must obey and serve the general task of higher education.

2.1. Tasks of Higher Education

As a form of education, higher education must conform to the general law of education, and at the same time there are geographical differences and characteristics of the times. As an important part and advanced form of education, higher education in the new era of socialism with Chinese characteristics has a clear mission under the guiding ideology of making people moral. Article 5 of the Law of the People's Republic of China on Higher Education explicitly states, "The mission of higher education is to cultivate advanced specialists with a sense of social responsibility, a spirit of innovation and the ability to put things into practice, to develop science, technology and culture, and to promote the construction of socialist modernization." At the same time, Article 4 of the Law also emphasizes and refines the general purpose of education in China: "Higher education must carry out the State's educational policy, serve the construction of socialist modernization and serve the people, combine with productive labor and social practice, and make the educated persons socialist builders and successors with all-around development in morality, intellectuality, physique, and aesthetics. "

Adhering to the principle of establishing morality and emphasizing the all-round development of morality, intellect, physique and aesthetics is the centralized embodiment of the mission of higher education. All college students are subject to professional development on the premise of meeting this basic condition. Or, the process of all college students receiving professional education is also the process of comprehensive development of morality, intelligence, physical fitness and aesthetics, which should at least be a kind of guiding ideology or educational philosophy in the process of education implementation. In this process, the status and educational value of sports attracts more and more attention, because the health of young people is related to the future of the nation, and school sports work is an important link to promote students' perfect personality, healthy growth and comprehensive development, which is of great strategic significance [3]. Therefore, in order to realize the purpose of sports, there must be a corresponding curriculum and guarantee mechanism. The university physical education program and its related requirements and systems become an important part of the university system and university curriculum.

2.2. Curriculum orientation and mission of university physical education

University sports is the main body of college students, to enhance physical fitness, improve health and improve physical literacy, and promote the free and comprehensive development of students as the main goal, with the university campus as the activity space, the organization and

implementation of all sports and related activities [4]. This is the purpose of education in the "body" level of refinement, the curriculum as the main means to achieve the goal of education, its content determination, method selection should be subject to and serve the purpose of education. "Enhancing physical fitness, increasing health, and improving physical literacy" provides regulations and guidance for the development of university physical education programs. Under the general requirement of "establishing morality and educating people" in the new era, and taking into account the characteristics of physical education and the fact that university is the final stage of school education, university physical education should have the following functions or goals.

First, to strengthen and improve the use of sports skills. Physical education as a kind of education that takes physical practice as the main means, the level of technical ability and its utilization is the most intuitive manifestation to judge the effect of physical education teaching. In the body and brain labor has undergone a major transformation, physical activity is seriously inadequate in contemporary society, to enhance physical fitness must be fully active their bodies, sports as a kind of shouting who practice as the main means of education, to let students move must let him master, strengthen the basic sports technology, otherwise, students are difficult to experience the fun of sports is difficult to participate in a sustained manner. At the same time, university sports is based on the primary and secondary school stage of physical education and health courses 12 years of learning effects, university sports can no longer be too much to repeat the basic technical skills of a variety of sports, and one of the focuses of its classroom teaching is to improve and apply the special sports ability [5]. Through the primary and secondary school 12 years of school sports, in a variety of sports practice, students should know their own physical fitness, sports interest and athletic ability, in the university stage, they need to get sports professional teachers more professional guidance and learning assistance, in the "full" on the basis of the realization of the "Specialization". In practice, although there are differences between different students in terms of their physical fitness and athletic ability, the nature of the university determines that university physical education teaching cannot deviate from this basic understanding, but can only achieve this goal to the greatest extent possible through the organization of teaching and the improvement of teaching methods.

Secondly, to establish students' awareness of health first and lifelong sports. The university is wonderful, but in the course of human life is only a few years, and health is the goal of lifelong pursuit of people. Only when students have established the concept of meeting the needs of contemporary society and mastered the basic ways and means of healthy life through university life can it be said that university students are the breeding ground of social elites. University sports should establish the concept of students' health first and cultivate their lifelong sports awareness. Enhancement of physical health is an important function of sports, but in today's production and lifestyle have undergone major changes, sports obviously can not fulfill the heavy responsibility of student health alone. According to a survey, 74% of Chinese families never take their children to exercise with them, and nearly 70% of students are not allowed to go out to exercise after they get home from school, the governance function of schools on students' physical health is over-amplified obscuring the governance space of the society and the family [6]. Sports skills can be strengthened through social training institutions, and the improvement of physical form and function by physical exercise requires a continuous process, which the 90-minute weekly physical education class, the quality of which has yet to be proven, is obviously unable to help. It takes two, three or even more years to achieve the goal of making students understand the importance of health, the irreplaceable role of sports in maintaining health in today's society, and the importance of lifelong sports through a limited amount of university physical education, which cannot be accomplished by social training institutions and the family and community or which the university physical education program cannot be responsible for. At the same time, the teachers of the university physical education program are

trained in physical education and teacher education, and in the implementation of the program have both the responsibility to train students in physical education and moral character, as well as the best conditions and environment to achieve this goal.

Thirdly, students are given the means and methods to evaluate and improve their physical condition. Educational quotes such as "The purpose of teaching is not to teach" and "Teaching a man to fish is better than teaching him to fish" suggest to educators that it is most important and effective to equip educated people with the ability to learn and the habit of learning. The Ministry of Education of the People's Republic of China has formulated the National Physical Fitness Standard for Students (Revised in 2014), which is an important guide for the reform of the physical education curriculum system in colleges and universities [7]. This policy, although well-intentioned, does play an important role in promoting college students' participation in physical activity. However, it is ultimately an external mechanism, and the implementation process has also led to the phenomena of physical education classes in some schools becoming physical fitness test classes, and physical fitness test fraud for the sake of degree certificates are not unreported, and students do not have a sense of identity although they must participate. While insisting on external promotion, it is more important to stimulate the internal motivation of students to participate in sports, and to encourage students to take the initiative to experience the charm of sports in the process of sports activities, which should be one of the important goals of the physical education program. Physical education and health courses should take the sports program as a means to physical health as the purpose. If cultivating lifelong sports awareness and habits belongs to the thinking and conceptual level, letting students pay attention to their own bodies through college sports, and mastering the means and methods of evaluating their own bodies, improving and strengthening their own bodies through sports, requires more changes in college sports. Only in this way can college students feel that sports are closely related to their own health and life, and can they be touched to study seriously and be used for life.

The above objectives do not use or emphasize common references such as enhancing physical fitness, feeling the various experiences given to individuals by sports, enhancing cooperation, and cultivating the quality of will. Because, these are the inherent functions of the objective existence of sports, and these purposes will eventually be realized with the achievement of the above 3 objectives. At the same time, the physical ability, free time, and self-awareness of students at the university level are significantly improved compared to those at primary and secondary schools, and the above goals can only be realized at the university level, which is an important constituent of the awareness of the ability of university students as the elites of the future society.

3. IDEAS AND STRATEGIES FOR CURRICULUM REFORM OF UNIVERSITY PHYSICAL EDUCATION

The realization of the purpose or mission of university physical education depends on many aspects such as school leadership, infrastructure, teaching resources, etc., among which the curriculum reform of physical education is the most important.

3.1. Dilemma issues facing curriculum reform

As a process of educational activities in which teachers and students interact, the implementation status of the curriculum determines the extent to which the purpose of education is ultimately realized. Under the guidance of "teaching-centered", all activities in higher education should serve the teaching activities. As a basic course, the significance and value of the university physical education program is undeniable, and the basic premise of a good university physical education program is to meet the objectives of higher education and

the educational tasks of the university physical education program. In reality, due to various reasons, the university physical education course has not been paid sufficient attention to, therefore, a full understanding of the current problems of university physical education course teaching is the basis for the realization of the mission of university physical education, the following issues are the key dilemmas faced by most colleges and universities at present.

First of all, there is a shortage of teaching resources mainly in sports field facilities. According to the latest survey data based on 2000 colleges and universities [3], the average field area per student in Chinese colleges and universities is only 0.54m² outdoors and 0.3m² indoors, which should be an objective factor restricting university sports. This realistic dilemma also leads to many colleges and universities of physical education classes can only choose shuttlecock, martial arts and other sports venues and facilities do not require a high level of projects, can not meet the diverse and individualized learning needs of students, inhibiting the enthusiasm of students sports participation. Secondly, the teaching reform of college physical education teachers is not enough motivation. At this stage, the impact of college teachers' title evaluation, teaching evaluation, the status of college physical education courses and other factors make college physical education teachers almost no "college physical education class is wonderful" and the possibility of excellence. Many college physical education teachers' teaching concepts and methods have not changed for many years, and in the face of the new era of students and the social environment and the arrival of the information age, it is difficult for teachers to meet the students' needs in terms of the amount of information and exemplary in the leading process of teaching. University physical education teacher is the key to determine the success or failure of university sports, and then good ideas, programs and venues material conditions, must be through the physical education teacher as the key subject to make the object elements to play its effect on the students. Fully mobilize the work potential of university physical education teachers, improve the level of work is the focus of the university sports work. Thirdly, the phenomenon of "emphasizing skills over health" prevails. Sports relative to other disciplines is the most notable features of sports and programs, sports programs and technology how to become an internal need for school sports must think about the problem, because the school sports competition is only a means rather than an end. At present, the content of university physical education courses is relatively broad, mainly focusing on the introduction of sports technology, and it is difficult for the teaching of related knowledge to be logically connected with the students' life, employment and future development and other practical issues [8]. "Physical education and health" name has asked the university sports to pay attention to health, but the current gap in this area is obviously obvious: 10 hours of theory courses, practice courses in the constant repetition of the basic technical movements of primary and secondary schools, many university physical education teachers out of shape body and unhealthy lifestyle, etc. make people feel that the "physical education and health" is not a healthy lifestyle. "Physical education and health" is only a theoretical concept rather than an actual situation. As the last link of school physical education, university physical education, as the last link of school physical education, for the health of the knowledge of the contempt, powerless, in the absence of other corresponding health courses as a complementary condition, so that the students for the understanding of the health of the value of sports, sports and health and other important issues of knowledge is relatively shallow, which, in turn, negatively affects the students' participation in sports.

In addition, the lack of teachers for extracurricular sports activities, the lack of attention from school leaders, and the lack of opportunities for further training and learning for physical education teachers have to a certain extent constrained university sports from exerting its proper effects. However, the basis and core of the above mentioned factors related to the creation of sports culture on campus lies in the serious implementation of the university physical education program.

3.2. Specific strategies for teaching reform

University sports and its effects are affected by many factors, under the existing conditions, with "cultivating people with moral character" as the guidance, based on the goal of cultivating talents in higher education, and the task of college sports as the standard, teaching reform is a breakthrough, which can and should be considered from the following aspects.

First, the existing sports resources are fully utilized through scientific management. Stadium facilities are the foundation, and the lack of existing venues and facilities is the objective condition. The Ministry of Education of the People's Republic of China issued the Basic Standards for Physical Education Work in Higher Education Schools in 2014, which also clarified the focus of physical education tasks, planning, curricula, and basic capacity building and safeguards in colleges and universities [9]. However, due to the historical basis and the rapid development of higher education, the existing sports venues and facilities equipment is insufficient when the objective exists and may continue to exist in the local will be quite a long time, although the conditions of sports venues and facilities in colleges and universities will certainly be gradually improved, but in the existing conditions rather than complaining about the sky, it is better to scientifically plan and solve the problem to attract more resources to invest in the actual effect. For example, in accordance with the physiological characteristics of the human body, afternoon sports activities are certainly the best, but under the constraints of the lack of venues, scientific and reasonable class division, deployment of physical education time is the most realistic and effective method. Many secondary schools have tried, the university should be based on the characteristics of different projects, site conditions, student professional courses of study and other factors will be reasonably allocated to the morning, or even at noon or in the evening, will make full use of the existing limited resources to ensure that 90 minutes of high-quality and efficient physical education classes. We must believe that there are always more solutions than difficulties, scientific planning in the existing conditions of most colleges and universities can be solved. In this process, school leaders attach great importance to the university physical education program, academic affairs and university sports management departments to cooperate and take the initiative is very important.

Secondly, let extracurricular sports activities become the main position for the development of university sports activities. Change the current form of physical education teachers to physical education classes and amateur training as the main content of the work, through the improvement of the university physical education teacher's title appraisal mechanism, reasonable adjustment of the workload of the class time, improve the effect of the guarantee mechanism so that extracurricular physical education has become an important element of the teacher's work. Under the "Three Autonomous" model, the limited number of physical education classes focuses on the technical and tactical application of the program, while extracurricular students are allowed to practice at different levels, and teachers are assisted in using sports technology to experience competitions and improve their abilities, so as to realize the integration of inside and outside the classroom and to ensure that they can exercise for one hour every day. Let sports become a conscious process and result of college students' daily life, i.e., let sports become a way of life for them [10]. Fully mobilize the leading role of physical education teachers in the development of extracurricular sports activities, and effectively encourage and guide all kinds of sports clubs to actively carry out regular sports activities, students and teachers can mobilize the enthusiasm to ensure that the campus sports culture can be enriched gradually thick. On the basis of independent choice with sports program interest, under the guidance of the teacher every day competition (practice) to strengthen, students can better experience the fun of sports, from external motivation into internal demand, sports become part of the lifestyle and throughout their lives to obtain the possibility.

Thirdly, the cultivation of students' health awareness and ability to maintain their own health will be strengthened. Xi Jinping, President of the People's Republic of China, has instructed, "We should establish the concept of health first, and help students enjoy fun, strengthen their physical fitness, improve their personality, and refine their will in physical exercise[11]." Physical education, as a positive and effective way to increase health, needs to be able to "understand" and "teach by example". Health, especially physical health, is one of the basic needs of all people, and the significance and value of contemporary sports for health should be fully emphasized. On the basis of practical teaching as the main part of university physical education courses, "health thinking" should be established and emphasized in practical classes and extracurricular sports activities. To make students fully realize and appreciate: through physical exercise to enhance physical fitness can provide basic protection for their own health. Then let the students continue to grow the methods, channels and ability to obtain health. At the same time, colleges and universities should guide and encourage teachers specializing in physical education or medicine to teach students about healthy lifestyles, scientific physical exercise, self-health assessment and exercise intervention through general education courses and public elective courses, so that students can have a sense of health and the ability to be healthy. Compared with primary and secondary schools, college students have less academic pressure, more free time, and higher self-cognitive ability, so it is the right time for them to set up the awareness of lifelong sports and put it into practice.

4. SUMMARY

Through physical education courses, it is crucial to help students recognize the effects of physical education, experience the joy of physical education, and have the habit and ability of lifelong physical education, so that "physical education does not end with the termination of the students' roles". Through theoretical and practical methods, students can internalize the value of "sport is an important part of a healthy lifestyle", which is the proper meaning of university physical education. University is the highest form of education, university sports should have more responsibility for the primary and secondary school physical education and health programs to check the gaps. University sports have difficulties and problems, but the existing achievements fully show that the difficulties can be overcome and problems can be solved. Students, teachers, venues and facilities are the three basic elements for the smooth implementation of college sports, and there is still much to be done in the process of improving the quality of college sports and pursuing the goal of making college students more elite.

ACKNOWLEDGMENTS

This paper was supported by the 2023 Guangdong Province Education Science Planning Project (2023GXJK528).

REFERENCES

- [1] Ji Liu. A re-examination of the theoretical and practical issues of health physical education curriculum model in China[J]. Journal of Beijing Sport University, 2019, 42(6): 12-22.
- [2] Lang Jian, Mao Zhenming. On the rupture and articulation of physical education programs in universities and schools[J]. Journal of Chengdu Institute of Physical Education, 2019, 45(2): 38-43.
- [3] Geng Jie, Xu Hong, Wang Fenghui et al. Implementation status and countermeasures of basic standards of physical education in higher education[J]. Journal of Shenyang Sports Institute, 2020, 39(1): 20-28.
- [4] Huang Meirong. Exploring the dilemma and way out of university sports in China[J]. Sports and Science, 2017, 38(5): 101-107.

- [5] Jiang Yong, Xu Guangjian. The status quo and optimization path of physical education curriculum integration in universities, middle schools and elementary school[J]. Sports Culture Guide, 2019 (12): 97-103.
- [6] YUE Jianjun, GONG Junli, WANG Jiahong. Dilemma and breakthrough: China's student physical fitness policy based on international action framework [J]. Journal of Physical Education, 2020, 27(2):1-5.
- [7] Ren Pingshe, Chen Xiaobo. Research on the current situation of college students' physical fitness and promotion mechanism [J]. Fujian Sports Science and Technology, 2019,38(6):51-54.
- [8] Cheng Fangping. Sports: an important foundation for a happy life[J]. Research on Education and Teaching,2019,33(4):1-10.
- [9] Cong Canri, Fu Dongmei. Attribution and Response to the Misconduct of Physical Education in Colleges and Universities in China[J]. Journal of Physical Education, 2015,22(6):93-98.
- [10] Huang Meirong, Zhang Yanping. Research on the promotion mechanism of college students' sports living in China based on social ecological model[J]. Journal of Tianjin Sports Institute, 2019, 34 (1): 14-22.
- [11] Mao Zhenming. Keywords of Chinese school sports in 40 years of reform and opening up[J]. Physical Education Teaching,2019(1):4-6.