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## Exploration of the University open sports teaching reform

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### ABSTRACT

This paper has explored the reformation of college open physical education teaching, hoping to apply the open sports teaching mode to the actual teaching process, which can actively promote the application of value and significance of university sports teaching. The majority of our colleges and universities set sports teaching environments and conditions are often not able to meet the development of school teaching requirements and the requirements of the students' learning, which has seriously hampered the implementation of the open education model in the process of physical education, to ongoing in-depth explore colleges and universities open physical education reform has far-reaching significance in promoting the advancement of the Physical Education and raising the overall level of physical education students. The development goals of the modern college physical education is to cultivate people's exercise habits, improve the function and value of the quality of life as well as other aspects of life, through sport teaching enables students to enhance their health level, laying the foundation for lifelong physical exercise. Thus, we start from the following aspects: first comparative analysis of the characteristics of traditional Physical Education and Physical Education teaching; second describes the resistance of the university open sports teaching mode; finally, proposes the countermeasures on the implementation of colleges and universities open physical education reform.

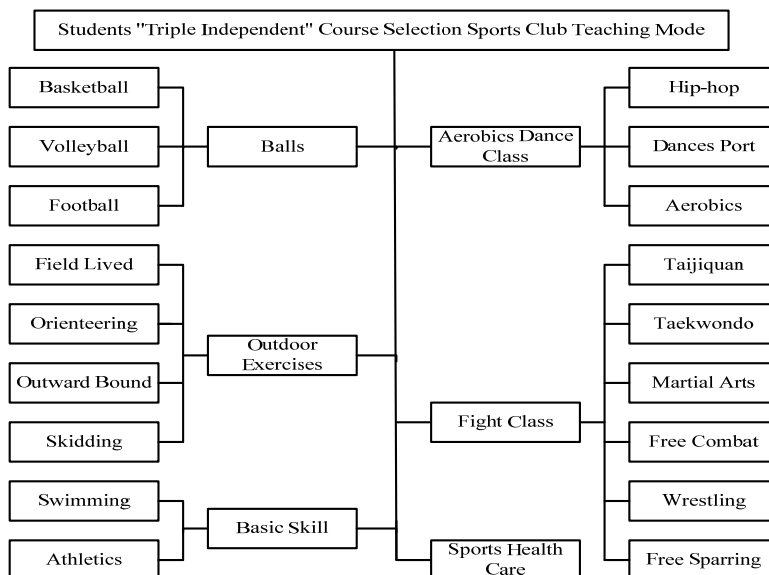
### KEYWORDS

Open sports teaching; Reform; Traditional model.



## INTRODUCTION

The environment is a basic condition for human survival and development, relate to the teaching activities of university's sports, a good sports teaching and learning environment will play an important role to enhance the quality of the students. The university sports teaching is an important part of our educational system, with the deepening of the reform of social education, the traditional mode of teaching has been difficult to adapt to the requirements of the development of society. Traditional sports teaching process depends on the teaching and learning environment will cause great trouble to the development of the students, and gradually find its inherent defects in the process of reforming, effective optimize the construction of traditional sports teaching environment times and adaptability efforts to build a teaching environment. The open sports teaching environment is the result of constantly optimize the reform of the teaching environment under the guidance of the concept of quality education, students learning from passive into active inquiry, build fully mobilize the enthusiasm of students, creativity and initiative in learning atmosphere, so that every student can fully appreciate the fun of learning and success, so that students are able to establish awareness of lifelong learning and lifelong exercise to promote the comprehensive students development. With the deepening of quality education and the fast development of college education reform, the class humanism education and personality reflect deepening, cultivate creativity and initiative of the students' ability to learn become an important objective of the reform of college physical education, and how to fully implement quality education concept, which enables students to learn from the teacher let me change for me to learn, become the current new problems. The development goal of modern university physical education is to cultivate people exercise habits, improve the quality of life and the life of every aspects of the function and value, through physical education enables the students to improve their health and lay the foundation for lifelong physical exercise. Constantly promoting students' all-round development, take the student as the center of the education teaching, harmonious and democratic relationship between teachers and students as guarantee, to teach students to study, really help students construct their own cognitive structure, fast improve students accept, create and conversion information ability as the basic task, make teachers at ease in the thought<sup>[1]</sup>. The relation between teachers and students is equal, teachers should actively learn from students' opinions and suggests, positively strengthen communication with students, fully respect the student's individual differences in the process to evaluate students, and construct a scientific humanized teaching form. Schematic diagram of students' independence select classes teaching mode as shown in Figure1.



**Figure 1 : Schematic Diagram of Students' Independence Teaching Mode**

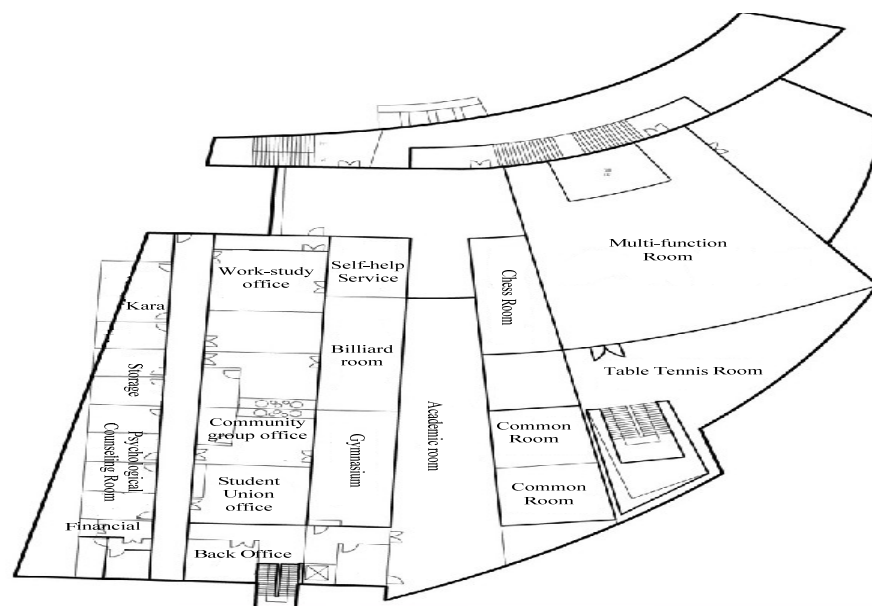
The continuous development of the Physical Education Reform makes sports teaching mode gradually started showing a diversified development trend, domestic related education scholars through indirect college sports club teaching mode in some teaching experience, do a relevant comparison between the foreign club sports teaching mode and traditional teaching mode. From the point view of world education development, PE Teaching Reform in Universities of our country by showing the difficulties and hot issues compared to the horizontal and vertical of society, culture and history, combined with China's national conditions and the present situation of education development, starting from the college teaching, discusses how to improve the teaching quality of physical education of undergraduates from two aspects of theory and practice. Advocated to implement the open sports teaching mode, actively apply open sports teaching mode to actual teaching process, and to seek practical, reasonable and scientific operation mechanism and teaching system, with a new awareness of reform and development, and teaching philosophy for sustainable development and sports teaching reform in our colleges and universities to provide specific ideas, contents and methods of teaching college sports generate positive promotion of value and significance<sup>[2]</sup>.

The purpose of this study: Aims to investigate the reform of college open physical education teaching, so as to provide strong theoretical foundation and relevant teaching; the research content is: Through comparison of teaching characteristics between traditional sports teaching and open sports teaching, and then explore the resistance encountered in open sports teaching reform, to find the most efficient solution strategy.

## THE COMPARISON OF TEACHING CHARACTERISTICS BETWEEN TRADITIONAL SPORTS AND OPEN SPORTS

### The scientific of education concept and the guiding ideology

The traditional sports teaching adhere to the guiding ideology of “three basic” skills education and physical education. Focus on improving the technical level of student movement and enhancing the physical fitness of students, ignoring the individual differences of students and subjectivity. Open sports education guiding ideology and values education focuses on health first and quality education thought, the lifelong PE ideology, curriculum ideology and the student main body of value. The design of the physical education curriculum must be fully pay attention to students' physical and mental health education, strengthen cultivate students' lifelong physical education concept, ability and habit, give full play to the main role of students' physical and mental health, to cultivate the coordinated development of high-quality talent constantly service, open sports teaching mode embodies the joint between teaching ideas and guiding ideology and modern education, with times distinctive characteristics of and the scientific nature. Sports facilities open model as shown in Figure 2.



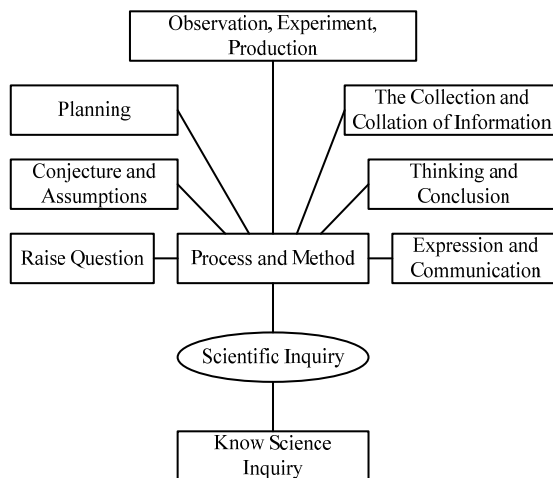
**Figure 2 : Sports Facilities Open Model**

**With openness form**

Course open form is the physical education course open the most direct embodiment, First of all, the student can choose the teaching content independent, based on the choice of teaching contents, open content from sports content to fitness sports and lifelong education. In addition, students can also be independent of class time, in this way teaching time and space extends toward after-school, family, community, as well as off-campus, students can also choose the teachers, to change the traditional teacher-centered teaching mode, so that students truly become teaching centers. Students independent complete the process of practice, fully embodies the students subject position in the teaching process, make sports teaching form change from a single body practice gradually towards various forms of modern teaching form. In the process of university sports traditional teaching, often emphasis on keep step and uniform requirements, it will has a certain limit with the development of students' skills and personality, the open sports teaching can actively create a good learning atmosphere and learning environment for students, supplement and correction of students in the learning process one-sided understanding and error, and continuously improve its own learning methods<sup>[3]</sup>.

**The structure of the course with diversity**

College sports traditional teaching model general set of optional course, general course and elective course, which are relatively narrow and single. Open sports teaching structure fully combine with sports extracurricular and classroom teaching, social and school, and according to the law of the general requirements of the school education and physical education curriculum development and actively carry out a variety of sports-related courses for students. There will be organized, planned and purpose of the school sports activities, sports exercise and extracurricular exercise and unified into the category of physical education curriculum, realize the diversity of curriculum structure, help students lifelong sports consciousness and the cultivation of learning interest. Build open course method as shown in Figure 3.



**Figure 3 : Build Open Course Method**

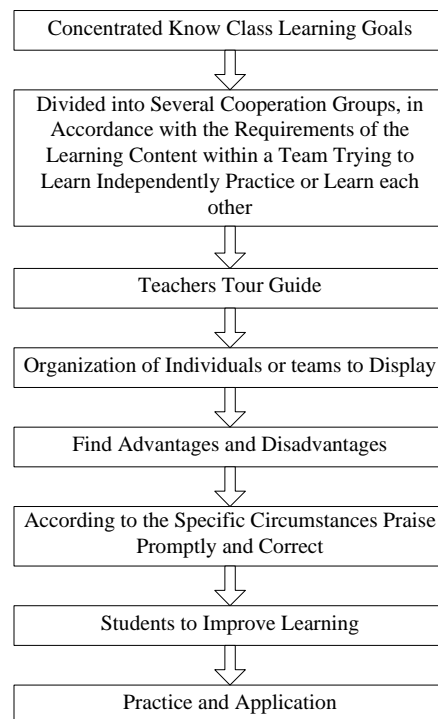
**The teaching goal of the embodiment**

The purpose of college launch traditional sports teaching is to enhance the students' physical fitness, strengthen ideological and moral education of students, open sports teaching purpose is to enhance students' social adaptability, and enhance the physical and mental health of students, improve students' motor skills and to improve students enthusiasm in participate sports. Real put students as teaching subject, concerned about the dominant position of students in the teaching process, keep in

mind the personality differences and needs of students are reflected in the learning process, revealed the hidden goal of teaching, effectively enhance the operation of their teaching, continue to promote the development personality of some students who have spare capacity to learn<sup>[4]</sup>.

### Teaching resources is expanding

Open sports teaching greatly expand their own teaching resources, the openness of the human resource management require teachers should timely change, quick to adapt to the development requirements of the times, for teachers to create teaching space, and put forward higher requirements of personal qualities of teachers. In addition, the openness of the teaching methods for the universities sports teaching can make full use of the advanced education technology and equipment enhance teaching support, make full use of social and external resources, education should be out of the school, through the practice to improve students' learning ability, reasonable utilization of mountains, rivers, grassland, forest resources actively carry out teaching activities. College sports curriculum teaching design as shown in Figure 4.



**Figure 4 : College Sports Curriculum Teaching Design**

### Teaching evaluation is comprehensive

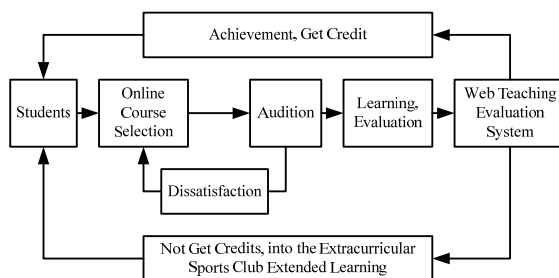
The traditional sports teaching activities of teaching evaluation is mainly composed of teachers according to the athletic sports standard, method and way of learning to investigate<sup>[5]</sup>.

Among the traditional sports teaching evaluation, often too much emphasis on the sports results achieved by the students, pay attention to the screening of their selection function, open sports teaching evaluation thinking is an important transformation achievement from the examination-oriented education to the quality education, focusing on the development, motivate and strengthen, its evaluation content contain learning attitude, knowledge skills as well as physical and affective performance, exchanges and cooperation, as well as learning attitude and behavior and other factors, at the same time pay special attention to the progress of students magnitude and level of effort as an important basis for the evaluation<sup>[6]</sup>.

## THE RESISTANCE EXIST IN IMPLEMENTATION OF THE OPEN SPORTS TEACHING PATTERN

### The inertia effect of traditional sports teaching concept with the examination-oriented education in physical education in colleges

At present, under the influence of traditional education a lot of physical education teachers are also do the teaching process operation, in the teaching organization, means, method and content are no big change, and can't really realize open teaching. Teaching activities often lack health-based teaching content, and the athletic events as the main content of the College Physical Education, and lack of rational knowledge and content to teach in the teaching process, students can't as the subject of education, in the teaching process high school students are still in a passive low. Although in the choice of the project have a certain degree of autonomy at the beginning, but a series of problems in the progress of teaching, teaching content and teaching organizations is still mainly teachers, and did not implement the hierarchical teaching methods, ignoring students the overall quality of education, simply pay attention to inculcate students' knowledge, to the neglect of the cultivation of the spirit and ability of the students, the organizational form of teaching rather monotonous, quite outdated teaching methods. Open sports elective mode is shown as Figure 5.



**Figure 5 : Open Sports Elective Mode**

### Hardware facilities is not perfect enough

For a long time, the construction of China's sports teaching facilities mainly to meet the requirements of the traditional teaching mode, all teaching facilities should submit to the teaching plan, the main facilities is track and field venue, followed by volleyball and basketball courts. Stadium mainly in volleyball, indoor basketball hall and gymnasium, in recent years, with the implementation of the policy of the college enrollment, the surge number of students entering the University, and the construction of sports venues have been difficult to meet the student requirements for physical exercise, the open sports teaching solve this problem effectively. Under the management of open sports teaching mode, students can independently choose class time, teachers and teaching content, which makes the sport began to improve the teaching requirements for venues and equipment, but the majority of our school sports funding are evident inadequate, still far from reach requirements of students open sports teaching, shortage of sports equipment makes the sports teaching activities often difficult to expand. Open sports teaching mode in related projects, such as sports, dance, aerobics, badminton, table tennis, tennis and basketball, etc. attract a large number of students, the relatively low rate of students selected for traditional project, which makes the use of venue often exist imbalance, college sports pattern of teaching resources is difficult to meet actual demand, are also beginning to become important obstacles of the open sports teaching mode to carry out the university students during physical exercise. For example, some of the emerging sports teaching projects, such as non-athletic gymnastics, hip-hop, skating, rock climbing is often abnormal commencement due to lack of stadiums, the lack of funding for

sports facilities has severely constrained the choice of the students on the course content in a very large extent on the impact on students learning enthusiasm of an adverse effect<sup>[7]</sup>.

### PE teachers' personal quality need to further strengthen

The physical education teacher is the main force to effectively realize the teaching mission of higher education and teaching purposes, and also the perpetrators and organizers of open teaching, the teacher quality level will have a direct impact on teaching quality and level of development. In actual teaching process, the thoughts of many physical education teachers are often too old, lack of innovation lead to perform traditional inertia action influenced by traditional concepts of education in the teaching process. At the same time, sports teachers' professional skills constitute also exist some problems, college sports teachers responsible for a number of sports training and teaching, and is gradually increasing, and most of the physical education teachers had only received two sports special education, according to the survey, 70% of the physical education teachers major are gymnastics, three ball as well as track and field. Many popular sports often hire non-teachers to part-time because lack of some special teachers, resulting in a lot of sports is greatly reduced because of the low professional skills of teachers, severely affect sports teaching effect. According to the survey, college students in particular love for badminton, table tennis and tennis, but the teachers teach these projects is sorely lacking, and greatly reduces the quality of the College Physical Education. Memory process diagram in Physical Education is shown as Figure 6.

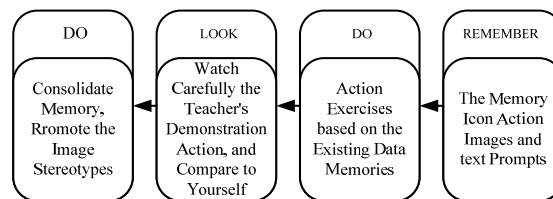


Figure 6 : Memory Process Diagram in Physical Education

### To ignore the sports science knowledge of effective teaching

Open sports teaching focus on motor skills in the undertaken process, their choice of teaching materials more to consider from a technical point of view of the movement, lack of sports science knowledge, scientific theoretical guidance, the students tend to know its however not knowing why it is so, and lead to lack the ability of flexibility use of sports knowledge to physical exercise in future lives. Fewer lessons arranged by the university sports teaching theory, major colleges and universities are just at the sports science knowledge effectively teach as supplementary teaching, just a mere formality for the assessment of the students' theoretical knowledge, students only against the standard answer rote by rote, and is difficult to truly grasp and understand the knowledge. This allows the students difficult to fully understand the functions and values of the sport due to a lack of knowledge guidance and learning<sup>[8]</sup>.

### Assessment method is competitive

Assessing the results of the physical education curriculum assessment has a single technology and the athletic rules only take into account the general level of the students, it did not fully take into account the individual differences of the students themselves, as well as the student movement skills and growth of sports knowledge in the whole learning process. This uniform standard is essentially to consider the level of competition and the ability of college students, the main reason is to confuse different distinction of physical education teaching evaluation and competition achievements, another important reason is the lack of more suitable assessment methods for physical education teaching, and

only with the related practice of competitive sports, so the students reflect the situation is not objective enough<sup>[9]</sup>.

## **THE COUNTER MEASURES IMPLEMENTATION OF THE COLLEGE OPEN SPORTS TEACHING REFORM**

### **Correct sports teaching concept**

If we really want to implement open teaching must fundamentally change the concept of teaching, examination-oriented education mode in the current college physical education major source are the lag of teaching ideas and teaching concepts. School sports teaching must be the implementation of a comprehensive quality education to the students, to change the adverse ideological legacy of the examination-oriented education, top-down ideological transformation from school physical education teachers and administrators, and an important element to fully understand the physical education. Promote the all-round development of the students in moral, intelligent and physical, changes bad concepts in the teaching process of college sports, makes college sports teaching real service students, fully enhance the students' ideological and physical health. Physical Education Teaching must be comprehensive for the majority of students, respect and establish the dominant position of students in the teaching process, active play to the students initiative in the learning process, only in this way can make the open sports teaching have a positive impact on student learning. Combine lifelong benefit of the students at the school with sports benefit, and allows students to be able to establish the concept of lifelong physical and health first concepts, transform the concept of student learning, and actively develop students' active learning, college sports teachers in the teaching process also must establish the innovative thinking, bold reform of teaching methods and teaching methods in the teaching process, use modern teaching methods to enhance the students' enthusiasm.

### **Vigorously to improve the teaching and learning environment of the college physical education**

Currently the majority of our college sports teaching environments and conditions are not able to meet the requirements of the development of teaching and student learning, which has seriously hampered the implementation of the open education model sports teaching process. The relevant education scholars have suggested that colleges and universities must carry out sports teaching activities in strict accordance with the relevant requirements of the sports department equipped for the college physical education the stadiums construction of facilities and equipment, as far as possible implement the national spirit of the document, and continue to increase sports funding invest as much as possible to create a good teaching environment to promote the facilities and equipment with the construction of the venues and facilities to fully meet the actual requirements of the physical education and health curriculum construction. Conditional universities can also keep up with the pace of developments, establish emerging sports venues number of students interested in, such as ice-skating rink, a baseball field, and a climbing gym.

### **Strengthen train the overall quality of teachers**

In order to achieve the goal of college physical education, in the final analysis need to rely on college sports teaching practice in the teaching process, to really set up a high-quality, high-level sports teachers is the key to the implementation of an open sports teaching. Open sports put forward higher requirements of overall quality for teaching physical education teachers, only constantly enrich business technology structure of college sports teachers, and improve its research capacity, the level of business as well as the ideological level, in order to adapt to the requirements of the times development. Colleges and universities to carry out sports teaching process by sporting institutions especially in college sports, the Department of Physical Education, School of Teacher Training, and effectively improve the efficiency of the university's school, vigorously cultivate high-quality, widely adapt, prison-based



composite teacher, make great efforts to PE teachers pre and post-training, actively expanding sports special training, actively strengthen business upgrading of physical education teachers. To carry out a variety of academic activities and research activities for the qualities of the physical education teachers, and actively improve the status of teachers in the teaching process, establish teacher reward system and appraisal system, only this way can raise the overall quality of teaching teachers and quickly adapt to the times development requirements. To achieve this goal, the school as well as the relevant departments should increase investment in funding for teacher training, so that teaching technology modernization and Teacher Training can be supported in policy and funding<sup>[10]</sup>.

### **Emphasis on theoretical knowledge and develop the concept of lifelong education**

Current college physical education tend to focus on the student movement special theory and the basic theory, often overlooked the educational function in the process of the physical education, is the cultivation of the spirit of the students' personality, the school can take full advantage of sports theory teaching classroom, effectively strengthening humanistic quality education, such as the relationship of sports, cial development and human progress. Driver role for people's daily life and the cultural economy, reflecting the functions and values of physical education, physical education make students establish the idea of health first, and actively develop students' lifelong sports concept, so that students can learn theoretical knowledge timely feedback to the process of day-to-day practice of sport, and constantly enhance the students' cognitive and feelings, and gradually internalized to become sports view behave and basic quality.

## **CONCLUSION**

The open sports teaching one of the most prominent features is the ability to continue to form the effective interaction between the teaching constituent factors in the process of teaching, makes students, teachers and students, students and teachers and teaching environment interaction, this behavior between each other, emotional, information and spiritual interaction together constitute the open teaching environment. It has a very important role to enhance each other's relying and trust between teachers and students, to strengthen mutual encouragement and mutual support between the students and the students, effectively raising the interest of the students, so that students can be effective learning in pleasant relaxed environment.

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