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Research on the problems and development strategy track and field teaching facing in the ordinary colleges and universities

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ABSTRACT

At present, students in the colleges and universities are lack of the knowledge for track and field sports and interest, which leading to the huge problems faced by ordinary university in track and field teaching, and overall athletics level of students gradually reduce. Investigation and analysis shows that the main reason is that the track and field teaching in ordinary universities is boring and unable to arouse the students' interest. This study, aiming at these difficulties, puts forward some strategies about the reform and development of track and field teaching.

KEYWORDS

Ordinary colleges and universities; Track and field teaching; Difficulties; The development strategy.



INTRODUCTION

Since China's reform and opening up, China keep deepening and promoting the reform of physical education in ordinary colleges and universities, and gradually develop the specialized physical education to improve the students' physical quality and the competitive level. But with the emergence of sports elective course, on the one hand, the comprehensive sport such as aerobics, basketball, badminton, baseball, etc. are favored by the masses of students, which are signed up fully for the first time; On the other hand, track and field sports receive a frosty reception and gradually get worse. According to the current study, only 20% of the average college has set up the elective course of the track and field sports. the main reason is because the enrollment is not enough to open classes due to the low interest of students. Track and field teaching situation is not optimistic in common colleges and universities. how to promote it among students in the ordinary colleges and universities is not only the problems of ordinary sports faculty, but the general problem urgently to be solved in colleges and universities. This paper, through the analysis of this research, puts forwards some suggestions on how to out of difficulties in track and field teaching and then develop quickly.

THE PRESENT SITUATION OF TRACK AND FIELD TEACHING AND THE AND THE ANALYSIS OF DIFFICULTIES AND CAUSE FACING IN ORDINARY COLLEGES AND UNIVERSITIES

The present situation of track and field teaching

Track and field sport is one of the most basic course in physical activity, which is basic project of sports teaching in our country. It develops mainly from the basic natural movements like walk, skip, jump, shoot, run, which can develop students' speed, strength, endurance and other physical conditions in all directions. At present, the test on sport item to the students in ordinary colleges and universities is based on a track and field sports, therefore, all colleges and universities have set it as the necessary courses in sports activities, but its purpose is still to complete "pass the exam" of the students' physical quality.

With the reform of teaching forms and the establishment of bidirectionality of the sports class, multiple types of physical education curriculum has broken the original system, the class system that students can choose courses, teacher and class time^[1]. the students' interest in a while will be attracted by those entertaining sports including football, basketball, table tennis, gymnastics and other sports, and will immediately forget original basis of track and field sports course which shrinks and is snubbed by students^[2]. Interview, questionnaire survey, mathematical statistics are applied to understand the situation of sports teaching in ordinary colleges and universities and check out the classes of Track and Field Course. Some results as shown in TABLE 1, TABLE 2 and TABLE 3.

TABLE 1 : Survey on the view of track and field teaching of 60 college P.E. teachers

Project	Number	Percentage
Track and field course can be replaced with quality training	38	63.3
Track and field course cannot be replaced with quality training	20	33.3
Agree to maintain present situation of track and field teaching	6	10
Agree to cancel the track and field course	30	50
Agree to reform the track and field teaching	26	43.4

TABLE 2 : Survey on college students' view of track and field course

Selection	Number	Percentage
Like the track and field course	141	10.9
Don't like the track and field course	663	51.1
like to participate in track and field sports but don't like track and field course	468	36.1
like neither track and field course not track and field sports	126	9.7
Track and field course is pretty interesting	184	14.2
Track and field course is boring	906	69.8
fitness value of track and field sports is very large	256	19.7
fitness value of track and field sports can be substituted for other projects	1083	83.4
fitness value of track and field sports is little	152	11.7
Agree to keep track and field course	306	23.6
Agree to cancel the track and field course	1103	85.2

TABLE 3 : Situation of opening track and field course in human province

	Open the course normally	Open the course but with fewer students	Don't open the course
the quantity of schools	9	9	7
proportion	36%	36%	28%

From TABLE 1, 2, 3, it can be seen clearly that the difficulties of the track and field teaching in ordinary colleges and universities. which not only can't develop well, but gradually declines, out of student's sight and eventually disappear. This brings unprecedented pressure to track and field teaching in the ordinary universities^[3]. next, ordinary colleges will face how to reform it to increase interest in the process of teaching, use more rich and colorful teaching methods to attract students' attention, and give full play to the fitness function of track and field sports^[4].

The difficulties of the track and field education

Technical moves in track and field sports can be divided into two kinds: Periodicity and non-periodicity. The entire process of track and field teaching are relatively drab; students had to repeatedly in a constant cycle with imitating, practicing, correcting, and practicing... if you don't stick to it, the effect and purpose of track and field sports will not be able to reached. Its teaching process, compared to aerobics, is not with diversity and entertaining and unable to communicate between students, as a result, it becomes more and more dull and boring^[5]. alpha process Questionnaire survey and statistics show that the main factors affect track and field sports in the ordinary university athletics includes seven categories, as shown in Figure 1.

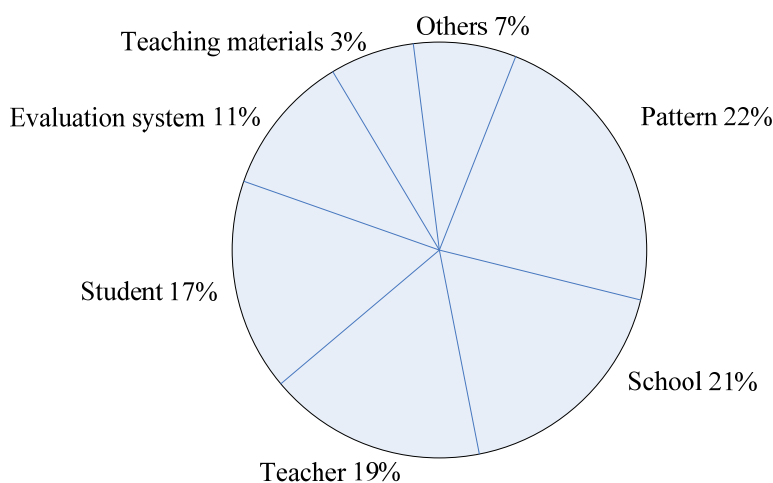


Figure 1 : The main factors influencing track and field sports in the ordinary university

And through the survey of 320 students, only 10% of them like track and field course but those who are in favor of the cancellation in track and field course has reached 54.1%. The main reasons investigated and analyzed are shown in TABLE 4.

TABLE 4 : The reason why ordinary university students don't like the track and field course

Reason	Number	Proportion
Lack of enjoyment in teaching	227	70.9
Lack of fitness nature and with big technical difficulties	144	45.0
Physical quality is too poor to pass the exam	48	15.0

(1) track and field teaching problems

(1) The setting of learning content is unreasonable, with single content and narrow range of knowledge, which seriously impedes the intellectual curiosity and activeness of modern youth students, deviating from the purpose of improving students' overall quality^[6]. The development of the era constantly promotes the reform of sports culture. it pays more and more attention to the diversity of form and content in the process and both content and means are rich and colorful^[7]. But at present, the average college track and field teaching content lacks systematicness and with single form, as a

result, it increasingly reached a dead end of its development direction, greatly affecting the enthusiasm of students to participate in activities.

(2) The track and field teaching model is single, and unified technology and standards are difficult to face for most of the students, which affects the teaching quality. Students not only need long boring training to get satisfactory result of fitness, but also are short of opportunity to show themselves. Students need more external environment stimulation to increase interest. Physical education teaching is a multi-level, multi-dimensional, and multi-factor course, which not only is physical exercise, but also contains the teaching thought, mode, target, content, form^[8]. Students who are lack of chance to show themselves in the track and field events, is difficult to obtain successful experience of feelings and self consciousness. Nowadays, students are not taken as subject in the track and field teaching model and curriculum arrangement is not in accordance with the law of the development of students' body and mind, which leads to low enthusiasm.

(3) evaluation index system of track and field teaching is single, with few incentives for students. It still highlights the independent status of teachers in the whole teaching process and evaluation results, lacking a complete set of scientific and reasonable evaluation method. In addition assessment ignores students' individual differences, making many students can't balance pay and reward and can't see the real results and affirmation. Evaluation of combing qualitative and quantitative analysis is lack in the evaluation system.

(2) Problems with students

(1) The students' body quality gets worse and worse. the majority of students only focus on the core culture and rarely have the time or mind to take part in sports, in the face of exam-oriented education. Facing the reform of physical education, students' interests first, of course, are those sports activities which make oneself entertaining, relax, comfortable in the least time, so the arduous but fruitless athletics is hard to get the favor of students.

(2) The majority of students are lacking in the spirit of bearing hardships and standing hark work, with weak will and without sports spirit. Students live a comfortable life from childhood with the development in living standard, who are difficult to adapt to sports courses like the track and field that need high strength and high density, thus lost consciousness and enthusiasm.

(3) Too much academic stress and other extracurricular activities led to lack of enough time for track and field activities for students. extracurricular physical training is a aimed and planned activities face to everyone, an important part of the learning outcomes of expanding physical education curriculum, and one of the basic way for sports teaching^[9].

(3) Problems with teachers

(1) Teaching staff are short of the teacher in track and field, especially female teachers, which makes track and field teaching tends to masculine direction totally, with the biggest impact that most of the female students are possible hard to choose this course due to possible inconvenience for gender consciousness.

(2) Teachers are lack of the spirit of "fun" in the teaching process, with values orientation unclear. Few athletics teachers change the original rigid curriculum into competitive, interesting and entertaining activities. Laughter and sweat is the most basic standard to evaluate a physical education^[10].

(3) Teachers are lacking in the lack of professional competence, as shown in Figure 2. A survey on the professional competence of physical education teacher in a college shows teachers that with three or more professional expertise is extremely scarce, which has a great influence the choice of sports elective course for students.

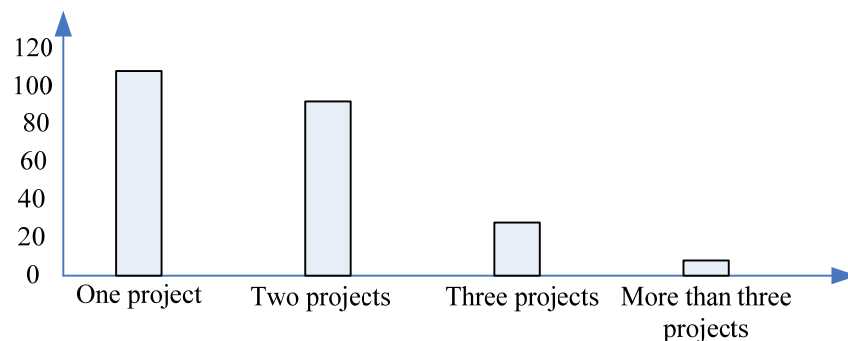


Figure 2 : Special ability of a university sports teacher

DEVELOPMENT STRATEGY OF ATHLETIC TEACHING IN COLLEGES AND UNIVERSITIES

Establish new goal for the course of track and field teaching

The original direction of competitive sports training should be converted into the lifelong physical accomplishment, promoting the goal of health of body and mind common development through the enhancement of physical quality. during this process, the role of the track and field sports should be into full play, so as to make athletics more and more accepted by students and be exercised spontaneously. It, through this kind of keep- fitness teaching methods, constantly guides the student

to develop their own potential and understand correct technical moves in the process of athletics at the same time to form a good circle.

Change the old teaching mode

Traditional teaching mode is completely given up in the process of track and field teaching and converted into entertainment sports mode on the basis of fitness. By combining competitiveness and entertainment, colleges should form a set of teaching mode of teaching through lively activities and give full play to teaching goal of curriculum added. at the same time it should combine the basic moves like jump, run, walk and fitness methods to change students cognition of track and field sports according to appropriate difficulty and reasonable conformation. Colleges should, combining with more abundant theoretical knowledge, make students focus more on scientific exercise and physical beauty, fully exerting effects of combining theory and practice together. it will be able to develop good exercise habits, expect growing interest in track and field events of physical education curriculum constantly. According to the survey, students tend to pay more attention to scientific fitness method, and the contents such as how to eliminates fatigue after exercise and scientific weight loss, etc. in this way, students can experience more fun in the process of movement, and at the same time the effect of exercise will be more obvious, laying good foundation for lifelong physical exercise.

Improving the big environment of physical education teachers

Though the systematic, scientific control, colleges should change the present structure of physical teachers which gives priority to male, make full consideration of the standard of teacher's gender, and diversify the teachers, in order to cope with the diverse demands of students. Meanwhile, teaching body should keep sustainably developing, without an age gap. Colleges should gradually promote the talent flow and increase the share of teaching achievements, constantly apply excellent teaching method of physical education home and abroad to the track and field teaching.

Track and field teacher must pay attention to change their ideas, improve their business level unceasingly, dare to overthrow the old original track and field teaching mode, and take track and field teacher as boring and monotonous activities themselves, thus lose confidence in changing the teaching mode. Track and field teachers are required to have good physical quality and solid professional theory knowledge and the ability to guide students to entertain when facing track and field teaching present situation.

Physical education teachers can't be lack of skills, professional practice and the professional spirit. they should take an active part in the research of the new curriculum, discuss how to effectively improve the practice skills and teaching quality with students. at the same time, they should practice what you learn, promote change through studying, constantly enrich and deepen the teaching content, and broad the vision and thinking of teaching reform and innovation.

Assessment and evaluation system of reform teaching

Assessment and evaluation system often determines the teaching mode and requirements, therefore, except the change of teaching mode, teaching appraisal evaluation system must also be reformed and innovated. Evaluation will take not only sports scores, but also comprehensive factors such as students' learning attitude, willpower and team spirit, etc. into consideration, avoiding seeing congenital conditions only and ignoring students' aggressive mindset.

Colleges should change the method of evaluating students' attitude by height, distance and speed, or it will increase their fear of track and field course and reduce their interest in athletics. It should take the extent of the students changing their own capabilities in track and field course as the basis of assessment, so as to improve the interest of students in track and field sports.

Evaluation and evaluation system should be based on education, pay attention to goal of the all-round development of students' quality, take students' practice ability of applying athletics professional knowledge as a new evaluation standard, and build teaching environment with high quality and low burden at the same time.

Setting up the athletics sports club

The cultivation of the personal interest if combined a scale of students with common interests and hobbies, will have more willpower and produce good results. the athletics club is the basis of this method, which can give full play to the students' autonomy and motivation. Encouraging and actively promoting students make full use of sports and health knowledge in real life. instead of blind exercise, the healthy fitness theory and method should be applied to it. In the meantime, little restriction should be made for students to the use of the track and field stadium, making the students can take full advantage of athletic field in their spare time.

CONCLUSION

There is a saying in world-class athletic competition: people who win the athletics will win the competition. Especially in the Olympic Games with most track and field players. Thus each country pay much attention on the track and field teaching. But from the passage we can see that the ordinary university athletics was shocked by modern physical education teaching, losing its original position. It not only needs the attention of the college leadership, but also should change teaching method and reform scientifically and effectively based on the present situation of tract and field teaching, so as to solve the difficulties faced by ordinary university athletics teaching. and it should increase students' recognition in track

and field sports and make it more diverse base on the original sports foundations like walking, jumping and running, etc. in order to cater to the modern young people's personality characteristics. Not only make students master the right skills and scientific arrangement of fitness in the process of teaching, but also allow them to use these methods to exercise themselves spontaneously, improve the quality of life, thereby get all-round development on mind and body.

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