Empirical Research on Reform Mode of University Physical Education Curriculum

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Abstract: By surveying five universities, Changzhou University, Shanghai university of T.C.M, Shenzhen University, Hefei Academy and Jiagen Academy of Xiamen University, it was found that sports clubs are basically five physical education-based clubs. Only those students in year one and year two were being trained in the club. As a result, those students in year three and year four, who were not being trained, were going down with their body constitution. Evaluation and examination system for their students and teachers did not suited to the development requirements of the club, and sports club comparing with the existing teaching mode, there was not much improvement.

Keywords: Sports clubs, Decreasing constitution, Examination system

1 Introduction

From Statistics showed, there had been a downward trend to students' physical health condition for the past 20 years since 1985, particularly in 2000, fat students were as high as 15% in 6 to 18 students, and students were in the high detection rate of adverse visual. Our students' physical health was decline year by year; this had caused great concern the whole society. Party and State graters had concerned to the health of adolescents, In December 2006, the ministry of education, the state general administration of sport put forwarded. Comments of a further strengthening of the school work, and improve the quality of health, in May 2007,central committee and the state council issued comments of the strengthening of the young adolescents health sports enhance the opinion of the community and the education department will be highly concerned about young people in our constitution of the hard reality for all social and educational departments to strengthen the school sports and health work, and importance to the student body.In7,January,2007,general secretary Hu Jintao issued important instructions for the community as a letter:" enhancing young people, promote the healthy growth of young people is the country and nation, party committees at all levels and the government should attach great importance, the whole society should be concerned and supported." the education minister Zhouji issued in the first collegiate sports work meetings:" the student health standards of the country's constitution is on the basic requirements of health, if students could not pass the test, they were not graduated.

University's sports education which has the characteristics of connecting with the society is the final phase of the school sports education, it is great significance for future students' sports games, And university school education programmers are an important way of school sports education, It is one of an important content and means for achieving the goal of University education. With the quality education further, and lifelong physical education and health first was put forwarded, the reform of university physical education curriculum development needs a new curriculum organization to adapt to the society and the needs of students.” Health first idea had become the overall trend in the 21st century, and had become the competent department of consensus and the new strategy. The student's health is foundation of the national health quality, it is a national strong vitality, and it is the nation's future, weak frame of support for china's historical mission, davit mock becomes sad state of mind, a national rejuvenation. So, the school curriculum reform is needed. The sports club is as a kind of the grass-roots organization, since the last century 1990s, it has been introduced in the reform of the important direction and the paper made research on five colleges and construct the innovative school sports club mode.

2 Investigations and Analysis on Domestic Universities Sports Club
2.1 Research objects and methods

2.1.1 Research objects
Changzhou university, Shanghai university of T.C.M, Shenzhen University, Hefei Academy, Jiagen Academy of Xiamen University

2.1.2 Research methods
Field visits, on-site communication, information query.

2.2 Research results

2.2.1 Changzhou university
Undergraduate first and second year students in the implementation of PE elective courses and extra-curricular sports clubs combined model, when assessing the performance ratio of elective course: 40% of special skills, physical fitness 30%, 20% of sports theory, learning attitude, 10%. From September 2000 the implementation of extracurricular activities club from credit management system, provides that: in school extracurricular sports club activities each semester, meet the requirements will be entitled to exercise the extra 0.5 semester credits. Otherwise, you can not get credit, to be rebuilt.1-6 semester undergraduate extra-curricular physical activity should be 3.0 credits for graduation. Otherwise, it may not graduate, according to closed treatment. The first semester of each academic year since the new school until 17 weeks of the official credit card, take into account the effective number of times a week up to 2 times the number of valid credit card power available up to 10 credits. The second semester of each academic year the first 3-17 weeks of credit card, take into account the effective number of times a week up to 2 times the number of valid credit card power available up to 15 credits. Clubs were set up basketball, volleyball, soccer, table tennis, badminton, athletics, tai chi, aerobics, sports and other public projects (as the case may be fine-tuning of each semester).

2.2.2 Shanghai university of T.C.M
Shanghai university of T.C.M teaching physical education club system. The club is the organization of physical education club form of physical education teaching mode, namely in the same class has all kinds of sports, each project for a club, students can according to their own conditions and interest, free options class, weekly lessons are allowed, not replace project class teaching content, teaching progress, the restrictions. Its specific organization adopted and close by teachers, namely: according to their own special classes, arrange the listing of the appropriate teaching contents to finish class teaching task. Club, Close: by grade group arrange special theory seminar and exercise standard test. In the special technical assessment using A and B "roll", A roll for the new teaching content, B is already mastered before the content or I am good at project, students can choose according to their own freedom at A and B volumes. The final assessment standard grade by physical exercise, special technology integration self-test and teachers of each class learning attitude timely assess three aspects.

2.2.3 Shenzhen university
Shenzhen university physical education curriculum reform in China is one of the early, especially from 1994 to sports club teaching reform and innovation, accumulated the massive sports club teaching development experience. In each special for sports clubs, Shenzhen University were formed 32 sports clubs, sporting director is the club's direct leader, sports teacher is the first person club. According to "the student independently choose sports" and "independently choose the time", "class teacher” free choice of the "triple independent” mode selection, freshmen and sophomores each semester, a club, a student can repeat two year can choose four sports club. In teaching methods, teachers using the students to practice in the traditional teaching mode, the sports club students grades, A: > 85: B: 84-75, C: 74-65, D: 64-60, F: < 60.

2.2.4 Hefei Academy
Hefei Academy practices teaching reform of sports clubs in September 2006, schools established by the general office, student affairs committee, and relevant departments and personnel composition of student sports club management center. According to the club, a special set of 14 sports clubs, club membership, namely 3-level junior members, intermediate member, senior members, grade 1 or 2 intermediate, junior member clubs with teaching practice, the students of class units can be selected according to every club coach class schedule, freedom of choice in class. Performance appraisal, 1 credit PingJiaZhi executes
semester/semester, 4 credits. Don't attend a particular club students must complete three times per week (54 times/semester) extracurricular physical exercise outside parliament (except practice). Grade three and grade four medium, senior members can choose to join the club's training, contest activity, PingJiaZhi year, 1 credit/year, 2 credits. Face the club membership package learning by junior college PE teachers (according to the syllabus, plan of organization learning). For senior members were learning from teachers menu (according to the different requirements of club members training pertinently, seminar, competition and other forms of individualized learning). Student achievement evaluation principle in conjunction with the teaching of sports club members and students' representative director, jointly formulated. Focus on student's learning process, participation, growth and the health quality evaluation.

2.2.5 JiaGen Academy of Xiamen University

Physical education club system is Xiamen university, college of these features, is a campus sports venues, by relying on exercise program, customize free exercise time, customize the instructor with the club, the organization form of physical education teaching, extracurricular sports, sports training and competition and other groups of physical education teaching mode. The school related department leaders club management center, sports clubs, and unified management of teaching and coaching and training, contest activity. The school regulations: the first week of classes at least 1 sports club course, or abandon this semester sports club curriculum, not get this semester sports credits. 9 weeks before the midterm exam at least six times in sports clubs, or abandon courses this semester sports club curriculum, not get this semester sports credits. Every day the sports club course (2 hours), the invalid. With 36 hours can get 1 credit standard, the need for additional test. According to the national ministry of education, college graduates to get four sports credits, these college students in the university through 144 standard credits hours to get this 4 credits.

2.3 Analysis and Discussion

Five universities, although in practice in the process of transformation of the club education concept and management concept, optimizing education resources, the university physical education teaching contents, teaching form diverse personalized have certain positive role, but from the investigation, the main existing problems and the insufficiency in:

2.3.1 Westernization mode, the club transfer or partial teachers laid-off
Shenzhen university, school early in the club's conception club management center was established and the convergence of the western sports club abroad mode, namely the complete management and the cultivation of students' autonomous learning, although each club is equipped with a teacher as a club coach, but it is mainly engaged in term of the club work plan early counseling, activities of daily management and technical guidance, however, this completely westernization club mode fails to fully consider the situation in China, many sports teachers will face the transfer or laid-off, teacher interests threatened, this will inevitably strongly opposed by the PE teachers of reform and Shenzhen university, if the club to promote reform mode, each college PE teachers will greatly reduce the number of with the site now college PE teachers is disastrous. So after 2000, from Shenzhen university club reform basic stagnant, although the club's teaching in the teaching form, but has returned to the traditional teaching mode, namely teachers teach students practice, imitation. Visible, deep reform of sports club has become a mere formality, substantive reform has little.

2.3.2 Project replacement of each lesson, causing the disorder of teaching
Shanghai university of T.C.M from the Angle of students can make students more freedom to choose their favorite project take exercise, is "people-oriented" spirit, but from the Angle of teachers to sacrifice some teachers teaching quality, take unfair competition means to attract the students choose their own course, this will cause the teaching of disorder. Each lesson times of change, allow the project as a teacher in class is not the number of students also does not know how the technical level of students, obviously it defeats the teaching routine. Students also a problem, the attendance every lesson times of change point, allow the project is to let students learn more practice more, for "lifetime sports" laying solid foundation, if do not perfect attendance, there will be not consciously truancy and unknown, it would break in "learn more".
2.3.3 Sports venues will directly influence the extracurricular sports club activities
Changzhou university physical education curriculum teaching mode is a traditional class teaching and extracurricular club activities, the combination of a model is the feasibility of using more colleges and universities better model, but the model to a certain number of sports venues, because the extracurricular sports activities are conducted in the spare time, in addition to the teaching time, spare time is very limited, in limited time to arrange the three grade extracurricular sports activities without a certain number of sports venues will be unable to guarantee the normal development of sports activities.

2.3.4 Initiative of class time to students throughout the semester will be caused by uneven phenomenon
Xiamen university institute of these early in the club throughout the semester will be teaching practice by students of class time arrangement, the consequences of such freedom is at the beginning of the depression, semester later, when teaching is crowded, but the man is good for some sites and began to demand higher devices, it is difficult to make project each students achieve fitness effect. From 2008-2009 school years second semester began before midterm exam regulations "9 weeks at least six times, sports club curriculum which greatly reduced the number of class uneven phenomenon.

2.3.5 Not all the students will into the club management
From the perspective of students' physique monitoring results over, junior, senior grade student physique larger a sophomore students decline, from research institute of Hefei, except four other universities, not the junior or senior students as the club's teaching object, how to improve the student's physique will be facing the school sports workers of the biggest challenges.

2.3.6 Teacher evaluation system failed to match with the requirements of the development of the club
As Shenzhen University, sports club form has been implemented for more than ten years, but failed to match with the club for the teachers' evaluation of PE teachers, the existing assessment measures adopted in the school personnel evaluation system of teachers. How to adapt to the development of teachers' club incentive mechanism, the teachers responsibility mechanism is the key to success for reform.

3 Conclusions and Recommendations

3.1 Grasp the sports club appropriate "degree" is the key
The ideal sports club is fully solved the contradiction of the "triple independent", namely: the student independently chooses the time, the student independently chooses the class projects, and the students independently choose the class teachers. Sports club in Shanghai university of T.C.M was trying to solve the contradiction between projects and interests, but to the other extreme: causing teaching disorder because of blind pursue meet students' course under the background. Sports club in Jiagen Academy of Xiamen University feet these students independently choose class time, but ignored the contradiction between the optional course and stability of course arrangement. Students complete independently choose the situation result in that teachers will face crisis of laid-off department or transfer department , It is root that Shenzhen university sports club is stagnation. Therefore, the good sports club ecological should be played the "triple independent" advantage when appropriate, to achieve the harmonious development.

3.2 Inside and outside the class integration pattern has not yet been fully spread
From the investigation, except in Changzhou institute and Hefei university , other universities has not taken all students into sports club plans, therefore, from care the angle of the students' physical health, especially junior, senior undergraduate students, sports clubs and integration, let more students participate in sports activities are significant.

3.3 Sound evaluation mechanism
From Shenzhen University sports clubs without assessment to other Universities no perfect and lag physical examination, sports club assessment are always important guarantee of sports club health development. From the perspective of evaluation, assessment means, such as credit, grade, mandatory exercise, divides and qualitative evaluation standard are Habitual ways, however, no matter what
examination means, the basis and the various points into the interval number, grade, whether through a rigorous and serious fastidious also deserves further discussed. At the same time, the assessment for senior only by regulations to exercise is far insufficient, it still should return to the student physical examination. Therefore, the senior students should establish the scientific dynamic physical evaluation system, and they should abandon scores or exercise such simple assessment method. In a word, we should sports clubs, according to our teachers and facility to actual circumstances, as in the "fits" mode or copy.

References