

Influencing Factors and Advice of University Physical Education Development

Yan Jin

Music College, Ningxia University, Yinchuan, Ningxia, 750021, China

Keywords: University Physical Education, Current Teaching Situation, Influencing Factors, Advice.

Abstract: There are still lots of inadequacies in university physical education at present, for example, complex current situation and non-development of modern idea. These problems influence the development and improvement of university physical education. Moreover, they influence the form of students' sport habit and lifelong sport awareness, which is against progress of national fitness campaign and promotion of Chinese citizens' body and mind. Advice on university physical education reform was proposed in this work on the basis of current situation and influencing factors of university physical education. Aim of this work is to perfect current situation of university physical education, improve its teaching environment and promote teaching efficiency, thus supporting the progress of quality-oriented education and the improvement of national quality in practical meaning.

1 INTRODUCTION

University physical education is a higher stage for students to learn sports skills and form sports awareness. For university students who are mature in mind and body, university physical education has a great significance which cannot be ignored. Sports habit and lifelong sports awareness is the ultimate goal of physical education in current China. Chinese physical education has achieved greatly in past decades of development. With the reform of physical education idea, its development changes advanced with time. However, some situations and factors in university education restrict the continuous development of physical education, making it difficult to realize its ultimate goal. There is still great potential of university physical education in improving national quality.

especially badminton, ping-pong, tennis and basketball, followed by aerobics and swimming. Student's choice of sports event cannot be fully shown in teaching, because most physical education is based on school arrangements. In a survey (300 copies of questionnaire issued and all recalled and effective), over 90% students thought physical education helped them master certain sports skills to pass exams and build their bodies. Besides, 70% students thought physical exercise could be edifying to their body and mind while it benefited their improvement of physical and mental health. Only 50% students thought physical education could cultivate student's lifelong sports awareness and interest, making students form exercise habit. Male students agree more with this opinion than female students. 20% female students agreed that they participated in sports exercise passively. The lack of initiative in physical education makes it difficult for physical exercise to play its role.

2 CURRENT SITUATION OF UNIVERSITY PHYSICAL EDUCATION

University physical education is rich in content, including tai chi, basketball, volleyball, soccer, aerobics, ping-pong, badminton and swimming. Among these events, students like ball games best,

3 INFLUENCING FACTORS OF UNIVERSITY PHYSICAL EDUCATION DEVELOPMENT

3.1 Lack of Teaching Mode Innovation

Influenced by traditional teaching method,

university physical teaching mode obviously lacks innovation. Firstly, university physical teaching mode and pattern are monotonous and dull. The dominance of students cannot be shown because teachers pass on sports skills as the teaching subject. For example, teachers show movements while students follow in aerobics teaching. Students, passively participating in sports, do not have any autonomy on choosing music and making up movements. Secondly, teaching content is monotonous. Although university physical teaching is abundant in content, it still focuses mainly on competitive sports under different influences, paying attention to improving student's sports quality in a short term instead of its persistence and longevity. The teaching content is small and does not interest students, which is against student's development of their personality and speciality. Thirdly, the reform and innovation remain at theoretical stage without enough practice. For example, the proposal of university physical education club system which is original and unique, attracts many students and inspires teachers. However, it has not turned into practical stage with problems and challenges unpredictable. Therefore, this teaching mode is still at the stage of research, exploration and preparation.

3.2 Teaching Staff Remaining to Be Promoted

The reform and development of university physical education requires the support of strong teaching staff because construction of teaching staff is the basic guarantee of education. Current teaching staff of university physical education cannot ensure its innovation and development. Firstly, university physical teachers should be equipped with professional skills while some teachers' professional quality remains to be improved. On the one hand, influenced by traditional teaching idea, teachers do not get enough understanding of cultivating student's sports awareness and autonomy. They insist "teachers are the honour" as their fundamental teaching idea, forcing students to exercise under their arrangement. Thus, students exercise passively and excessively, which is harmful to their body and mind health. On the other hand, teachers lack teaching awareness of physical theory, thinking physical education is passing on skills. They would rather let students study in classroom than teach physical theory when the weather is bad, making student's comprehensive physical ability improve slowly. In this way, student's mind and body cannot be developed all-around in sports exercise.

Secondly, teachers' idea of physical education innovation is hysteretic. Teachers, influenced by traditional idea, over-focus on cultivating student's sports skills and improving their sports quality in a short term, lacking the cultivation of physical quality. The gap between teachers' teaching idea and modern physical idea makes it difficult for modern mainstream physical idea to permeate university physical education, leaving some room for improvement of scientificity and innovation of physical education.

3.3 Other Influencing Factors

Apart from schools and teachers, influencing factors of university education development come from students. Firstly, students have good material conditions because their family offers wide concern and love. Therefore, student's abilities of self-care and sports are suppressed while they have strong contradiction against exercise and sports. Secondly, university entrance exam is a great thing in students' life so they spend most of their energy on studying before entering universities. However, physical education, as a minor subject, lacks students' and parents' attention, leading to poor physical quality of students. Moreover, student's mastery of physical skills is not comprehensive and systematic while their physical theory is lacking, making student's physical basis varies a lot. Thirdly, students do not fully understand current evaluation criterion of physical education which makes students only pay attention to the mastery of physical skills and passing exams. However, they do not care the cultivation of sports awareness, interests and enthusiasm. Thus it is difficult for students to form lifelong sports awareness and habit without their initiative. Besides, physical facility such as swimming pool in some schools is not well equipped. Old physical facility, such as broken basketry and poor sports field construction, is an important influencing factor of university physical education development.

4 INFLUENCING FACTORS OF UNIVERSITY PHYSICAL EDUCATION DEVELOPMENT

4.1 Multiplex Teaching Method

Multiplex teaching method helps students benefit from physical education and gain confidence and

pride in sports by adapting different students. Firstly, innovation of teaching idea should be emphasized. Teaching method should be perfected to be more adapted to reform of university physical education under the guidance of creative teaching idea. Secondly, proper teaching method should be chosen to cultivate student's comprehensive physical ability. For example, stratified teaching combined with student's physical quality can be proposed, making different students get exercise both in body and mind and improve their quality comprehensively. For another example, boys and girls can be divided into two classes according to teaching content, thus scientific evaluation can be arranged in terms of body and quality of boys and girls. Also, teaching backbone and activist can be cultivated to fully play their role as teaching assistance according to differences in student's receptivity of knowledge. Thirdly, the teaching of physical theory which interests students, such as physical regimen and appreciation, should be arranged scientifically and systematically. Fourthly, various physical teaching modes, combined with student's interest, help realize the idea of "students are the fundamental" and give play to the entertainment of sports. It can integrate education with entertainment, better playing the positive role of university physical education. Fifthly, the innovation and efficiency of university physical education should be emphasized with creative idea. The active practice of university physical education carries out new ideas into university physical education in the first time, enriching the theoretical knowledge of university physical education.

4.2 Emphasis on Teaching Staff Contribution

Teachers are navigators of students and leading force of teaching. Teaching staff contribution is the key link of university physical education. Firstly, university should attach importance to cultivate and store physical teaching talents, especially backbones teachers who can lead university physical education to a higher goal. Secondly, physical theory of teachers should be firmed and expanded. Different teacher training activities combined with modern media can update teacher's teaching theory with new concept and idea, making university physical education a social fitness trend and advance with time. Thus national physical quality in China can be improved. Thirdly, the update and cultivation of teaching idea should be focused on. Teachers are supposed to be encouraged to break the constraint of

traditional teaching idea and innovate in physical education. Thus teachers can make reform and innovation, infusing university physical education development with new energy.

4.3 Other Thinking and Advice

Firstly, students are the subject of teaching and their thoughts on sports influence university physical development directly. Therefore, improving students' understanding level of physical education is one of the keys to ensure university physical education development. Promoting student's sense of participation helps students obtain joy and achievement in sports, inspiring their physical autonomy and initiative. Thus students can participate in sports positively and form sports habit and lifelong sports awareness. Secondly, the dominant role of students should be played in university physical education to improve their understanding of sports. For example, sports events which can show students' vitality and help inspire their enthusiasm. Besides, the systematic teaching of physical health knowledge and appreciation expand students' physical understanding, integrating physical education with students' professional and life plan. Therefore, students can form strong sports awareness, autonomy and habit, which helps students form lifelong physical awareness. Secondly, burgeoning sports events make university physical education unique. Traditional sports events are treasures of university physical education practice. These events will bring students new sports experience with modern physical idea, which benefits the improvement of student's comprehensive physical quality. Developing sports events on traditional basis are requirements of physical education characteristic and students' interests. For example, cross-country, swimming and yoga, well-liked by students, can fully motivate students' positivity and enthusiasm, which makes students participate in sports actively and form sports habit. Fourthly, university physical education, combined with students' physical and mental quality, serves students' body and mind better, making them experience the charm of sports. For example, teachers can comfort students through sports in physical education. For another example, teachers lead students to keep fit through scientific sports, helping students obtain confidence and beauty. Therefore, students' love for sports will be enhanced and they can persist in sports, gradually forming sports habit. In short, university physical education should carry forward "people-oriented"

idea and make reform and innovation based on teaching fact and students. Thus constraints in university physical education can be transferred to benefit student's physical and mental health

5 CONCLUSIONS

University is the cradle of talents and its education emphasis is to cultivate students and talents in need for society. University physical education, aiming at the same goal, should recognize the shortage and developing trend of current physical education based on quality-oriented education and analyze the influencing factors seriously. Therefore, these factors can be eliminated specifically to avoid its influence on university physical education reform, which helps physical education develop steadily. In addition, the characteristic and charm of university physical education can be showed to form students' sports habit and lifelong sports awareness and improve national quality in China.

ACKNOWLEDGEMENT

This work was supported by social science fund project of Ningxia University (sk1120), "Situations and Advice for National Minority Traditional Sports in Ningxia".

REFERENCES

- Li Kefeng. Study on the Influencing Factors and the Countermeasures in Physical Teaching Development, Journal of Qiqihar Junior Teacher's College, 2013 (01): 126-127.
- Li Pengcheng, Song Xu. High School "Athletics Education Combine" Study the Cultural Heritage Overview Critique, Journal of Nanjing Institute of Physical Education (Natural Science), 2012 (01): 96-97.
- Huai Ruoyang. Study on the Influencing Factors and the Countermeasures in Physical Teaching Development, Contemporary Sports Technology, 2014 (13): 73-74.