

The Practice of College Physical Education in the New Era—Taking Huazhong Agricultural University as an Example

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Abstract: School physical education is a basic project that aims to realize the fundamental task of cultivating morality and improving students' comprehensive quality. It is required that school education must adhere to the direction of "taking moral teaching as a priority", focus on the all-round development of students, comply with the principle of cultivating students' sound personalities, and commit to "letting every student become a useful person". Huazhong Agricultural University has been paying attention to the reform and exploration of college physical education strategy. This study summarizes three education measures of college sports in teaching reform, sunshine physical education on the campus, and condition protection, analyzes the achievements in improving sports literacy, inheriting and developing traditional national culture, and exerting the value of physical education, and proposes to deepen the exploration of the value of physical education in the future, strengthen the research on the function of physical education and innovate the practice path of physical education.

1. Introduction

School physical education is a basic project that aims to realize the fundamental task of cultivating morality and improving students' comprehensive quality. It is also an important work for accelerating the modernization of education and building a powerful education and sports country. It has a unique function for carrying forward the core socialist values and cultivating students' patriotism, collectivism, socialist spirit, and willingness to work hard, realizing the goal of using sports to cultivate wisdom and spirit. [1-3] Moral education requires that school education must adhere to the direction of "taking moral teaching as a priority", must focus on the comprehensive development of students, must comply with the principle of cultivating students' sound personalities, must be committed to "let every student can become a useful person", which fully embodies the value of school education. The urgent problems that need to be solved are how to understand the educational value of school physical education correctly, make clear the content of the educational value of school physical education, and find effective strategies to realize the value

of school physical education. [4] Huazhong Agricultural University has been paying attention to the reform and exploration of college physical education strategy and has achieved fruitful results. For example, in October 2022, the *Implementation Plan of Huazhong Agricultural University to Strengthen Sports Work in the New Era* was released, and in December 2023, Guangming Daily carried out a special report on the sports education system of Huazhong Agricultural University under the title of *Sports Department of Huazhong Agricultural University: Creating “The Six ones” Education Model - Promoting High-Quality Development of Physical Education*. This study summarizes the concrete measures and effects of educating people and puts forward the direction of future efforts.

2. Specific Measures for Physical Education in Huazhong Agricultural University in the New Era

2.1. Deepen Teaching Reform

Yuanpei Cai said that complete personality is first in sports. It is mainly reflected in four aspects: improving emotional state, enhancing self-esteem and self-confidence, enhancing communication and cooperation, and improving moral standards. [5] Sports play an irreplaceable role in educating people. The teaching philosophy of Huazhong Agricultural University physical education is to adhere to the lifelong learning and lifelong development of students as the center, to create a “six one” sports education model featuring one run, one exercise, one swimming; one ball, one competition, and one physical test", to form a sports activities vivid situation that no sports, no Lion Mountain; no sports, no youth; no sports, no life.

In addition to adhering to the “grand physical concept” and the traditional physical education of integrating inside and outside the class, we should build multi-opening and menu-style physical education courses, physical exercise and sports competition modules, and gradually improve the physical education teaching model that combines health knowledge, basic sports skills, and special sports skills. The Department of Education should establish an integrated education system of compulsory courses, elective courses, extra-curricular exercises, sports competitions, and revise *The Code of Conduct for Physical Education Teaching* and Teaching Management and the physical education curriculum syllabus.

Strengthen the construction of the physical education curriculum. Further, increase the categories of PE curriculum and enrich the elective resources. General courses on sports and health, sports and society, sports nutrition and health, and compulsory swimming courses are offered to strengthen the learning of sports injury, sports nursing, and sports nutrition. We will carry out collective guidance for physical education, and set up physical training camps and extracurricular skills improvement classes. Schools should improve the team spirit, and physical confrontation ability as the guidance, strengthen the three major ball course construction; To improve students’ special sports skills and meet diverse needs, we will constantly strengthen the construction of swimming, three-ball, and basic physical training courses; Teachers should take the improvement of professional skills and sports literacy as guidance, give full play to the advantages of Shanshui campus, and set up special sports courses such as orienteering.

Strengthen the construction of first-class physical education curriculum and teaching materials, and deeply implement curriculum ideology and politics. Relevant departments should be constructed an open and mutual promotion and sharing mechanism of physical education resources inside and outside the school, and build high-quality online physical education resources. Innovative teaching methods, effective online and offline mixed teaching, and timely organizing students to learn 2 class hours of online health knowledge. The evaluation method combining process and result evaluation should be implemented. The physical education quality assessment

runs through the whole school system and provides four semesters of compulsory physical education courses and extracurricular sports activities such as running around the lake for freshmen and sophomores. For senior undergraduates and postgraduates, the combination of sports elective courses and extracurricular sports activities around the lake is implemented. Senior undergraduate students can obtain the score of sports quality in comprehensive quality assessment if they meet the prescribed standards. Teachers should encourage students to practice hard after class, organize sports teaching exhibitions, teaching competitions in class, class competitions, and other forms of competition, which use competition instead of training, use competition to promote learning.

2.2. Booming Campus Sunshine Sports

Organize and enrich group competitions. Every year, HZAU organizes several school-level sports events and sports meetings for teachers and students and strives to build a brand of campus sports activities and a sports carnival for teachers and students. More than 10,000 student-athletes, referees, and volunteer service personnel enjoy fun and harden their will in the competitions. HZAU regularly holds the school sports meeting and a series of events such as the “Lion Mountain Cup” individual sports league every year, and secondary units are encouraged to organize and carry out various forms of sports events and teacher and student leagues to deepen the harmony between teachers and students. The school encourages students to participate in at least one-time university-level sports competition during the school period and carry out regular physical exercise. The school should coordinate with multiple departments, the organization of “one run, one exercise, one swim” and other physical exercise activities, to carry out the lake run, freshmen run, “road to happiness” graduation run, spring run, 12-minute run, improve the quality of broadcast exercises, strengthen rhythmic exercises training, students master swimming skills.

The school actively selects and organizes teachers and students to participate in relevant events held by superior departments (associations), strives to improve the competitiveness of school-level competitions and the standardization level of event organization, standardizes the team uniforms, arena layout, appearance etiquette, referee appearance, post-match awards and other aspects of high-standard sports events. This will allow students to enhance their motor skills in an atmosphere of intense competition and a sense of ritual, establish a firm sense of rules and competition, enhance frustration resistance and collective sense of honor.

The sports sector should be strengthened the value leadership of high-level sports teams and improve the performance of events, encourage some students with excellent physical fitness to participate in high-level sports training and participate in high-level competitive events. The government should establish and improve a system for high-level athletes to assist in guiding mass sports activities and sports competitive activities. Sports student associations should actively carry out healthy and progressive sports activities in various forms. The Ministry of Education should organize physical education teachers and high-level athletes to guide and contact various sports associations and sports events, to demonstrate, lead, and drive routine training and competitions, and to improve students’ self-management, self-education, and self-service ability and level. Support faculty and staff to set up sports fan organizations to carry out a variety of mass sports activities.

2.3. Giving Full Play to the Role of Paving Stones for Conditional Protection

Form a sports work mechanism with overall coordination, close cooperation between relevant departments, and internal and external coordination. Huazhong Agricultural University has incorporated the effect of sports work into the performance assessment of target management and implemented the incentive mechanism of the points system. Each college ensures that the passing

rate and excellent rate of students in physical testing and the points in participating in campus sports events increase year by year, and selects the advanced units in sports work every year. Strengthen the construction and management of facilities. The selection of advanced groups in sports work as the starting point plays the role of example demonstration and leading, further highlighting the main role of education of the college, helping students master 2-3 sports skills, and constantly improving the physical health level of students. The propaganda department should give full play to the role of the media, strengthen the publicity of sports work in the new era, do a good job in the publicity and reporting of sports events and typical cases inside and outside the school, and create a good atmosphere for everyone to advocate sportsmanship, everyone to participate in sports, and everyone to support physical education. Focusing on factors such as students' physical health level, participation in various sports competitions at all levels, and the organization of sports activities by the college, HZAU will formulate and implement the selection methods for advanced collectives in school sports work in 2024, strengthen work guidance, and form a long-term mechanism.

The school should make overall plans for the construction of sports venues and facilities in schools, allocate adequate sports teaching facilities and equipment, improve information management and service level, implement an online booking function, and improve the openness and use efficiency of sports venues. Rational design of education and teaching links to provide security for teachers and students sports. Safety supervision department should establish and improve safety risk prevention and control plans for large-scale sports activities, and prevention, treatment, and insurance mechanisms for accidental sports injuries.

In terms of the teaching staff, we will strengthen the cultivation of key special physical education teachers, explore the system of external coaches and external teachers, and build a high-level teaching team with a rational structure and a combination of special and part-time skills that meet the requirements of high-quality physical education work. Further training will be intensified. The training department should strengthen the training of teachers' teaching ability, take "one specialty and multiple abilities" and "strong foundation and promote specialty" as the basic requirements of the construction of sports teachers, and promote the sports department teachers to participate in intramural sports competitions individually. It is planned to select physical education teachers and coaches to participate in relevant professional development and learning, organize teachers to receive systematic training of international and national referees to participate in high-level competitions and increase the proportion of teachers who are high-level referees. The Ministry of Education should improve the evaluation mechanism of PE teachers. Implement the "one vote veto" system of PE teachers' ethics and style, and take the results of moral education and teaching quality evaluation as the core basis of performance assessment, strengthen physical fitness and skill training assessment of physical education teachers. In the physical education teacher title evaluation, teaching and scientific research achievements evaluation, to achieve "performance first, classification evaluation".

3. Effect of Physical Education in Huazhong Agricultural University in the New Era

HZAU takes Top leaders of China's thoughts on socialism with Chinese characteristics for a new era as guidance and adhering to the "health first" education concept. We should promote the integration of five educations, the integration of teachers and students, and all-round development. Schools should strengthen the work of school physical education, promote the method of using sports to cultivate wisdom and spirit, integrate sports and education, and sports and beauty. To cultivate the campus sports culture atmosphere of "no sports no lion mountain, no sports no youth". School curriculum should enhance the comprehensive quality of students' sports and serve the all-round development of students, promote students to enjoy fun in physical exercise, enhance

physical fitness, improve personality, harden their will, and take the initiative to assume the responsibility of the great rejuvenation of the era of new people.[6-7]

3.1. The Significantly Improved College Students' Sports Literacy

Huazhong Agricultural University carefully organizes students to participate in training and in-class testing related to physical health testing. The physical examination department should Optimize the students' physical test reservation system, and incorporate the exercise of physical test items into the physical education classroom teaching. Teaching not only inspires students to actively participate in physical exercise, but also helps students to improve their abilities and skills to take part in the test, improve the passing rate and excellent rate of college students' physical fitness, and finally make students' physical quality continuously improved. We will provide assistance and guidance to special groups. Sports department should establish a training camp for the students who have a total score of less than 50 in the previous two years, targeted guidance, and help students to carry out appropriate physical exercise activities or sports projects to help students improve their physical fitness level. Health rehabilitation courses are offered to students with physical diseases or post-operative rehabilitation. We will implement an early warning mechanism for students who fail the physical fitness test.

3.2. The Inherited and Developed Traditional National Culture

Huazhong Agricultural University should attach importance to the combination of excellent traditional Chinese culture and college physical education, and actively introduce the five-animal exercises, eight trigrams boxing, Chinese martial arts, dragon and lion dance into the physical education class. The enthusiasm of students' participation is quite high. The opening of traditional programs not only helps students enjoy fun, strengthen their physical fitness, improve their personality, and harden their will, but also helps students understand, carry forward, and inherit the traditional sports culture of the Chinese nation, thereby enhancing their national self-confidence and pride, deepening their collectivism and patriotism concepts, firming their ideals and beliefs, and enhancing their confidence, ambition and backbone to be Chinese people. Not up to the times, not up to glorious youth, not up to the people. [8]

3.3. The Full Play of the Value of Sports Education

Through the exploration of ideological and political value, the education function of college sports can be brought into full play. It not only helps students to improve their sports literacy, improve their personality, but also helps college students to establish the correct three outlooks. Huazhong Agricultural University carefully organizes sports throughout the year, including the "three big ball" competition in the first half of the year, the "small ball" competition in the second half of the year, and the autumn sports games, which is organized into a sports carnival for teachers and students. The sports culture atmosphere of "no sports no lion mountain, no sports no youth, no sports no life" makes students like sports and love sports. While paying attention to the standardization of the organization of campus events and improving the participation of teachers and students, it focuses on motivating teachers and students with hard work and sportsmanship, educating teachers and students with good competition style and discipline, guiding campus civilization with civilized participation behaviors, and deepening the sports purpose of teachers and students in civilized competition and civilized watching. The implementation of the relevant requirements of *the National Students' Physical Health Standards* will further improve the monitoring and evaluation of students' physical health, and strengthen the willingness of students to

participate in physical exercise and enjoy the fun and benefits of sports.

4. Direction of College Physical Education in the New Era

College students in the new era present new characteristics and new expectations and college sports education is facing new requirements and challenges. Colleges and universities should actively explore and improve the educational effect.

4.1. Further Fully understand the Value of Physical Education

The Sports Law of the People's Republic of China mentions that we should carry forward the Chinese sports spirit and cultivate the Chinese sports culture, which is highly consistent with the educational purpose of colleges and universities. The emotional experience of sports behavior and sports spirit can resolve the realistic dilemma that the value of sports education in colleges and universities is underestimated, further cultivating student's patriotism and the love of schooling, collective consciousness, dedication, cooperation, competition, perseverance, and spirit of exploration and innovation, and truly give play to the powerful group cohesion, value orientation and inspiring function of sports spirit. Scholars who recognize the sixteen-character guideline as a new concept of physical education believe that it is not only an urgent need in the new era of comprehensively building a modern power but also the expectation of satisfying the education of the people. Therefore, colleges and universities must strengthen the leading role of Chinese sports spirit in the value of college students, give full play to its strong value orientation and education effect, integrate Chinese sports spirit into the practice of moral cultivation, activate the role of sports in improving the comprehensive quality and shaping the character of students, and stimulate the powerful energy of Chinese sports spirit in cultivating people. [9-10]

4.2. Further, Strengthens the Research on the Function of Physical Education

In recent years, Huazhong Agricultural University has adhered to the lifelong learning and lifelong development of students as the center, practiced the physical education concept of "health first", focused on the two education goals of enhancing students' physique and mastering sports skills, closely linked to the "completely teaching, diligent practice, regular competition", integrated the first and second classes, and focused on enhancing students' physical foundation, cultivating students' sports skills, and promoting students' habit formation. The school should organize regular running so that students can insist on physical exercise and strengthen their physical fitness, insist on carrying out collective morning exercises so that students can be encouraged to develop a healthy lifestyle habit of going to bed early, getting up early, and having breakfast on time. As a compulsory physical education course for first-year college students, swimming education guides students to overcome their fear of "daring to swim", exercise their body and mind comprehensively "want to swim", improve their survival skills "can swim", and constantly challenge themselves "good at swimming". The school should establish football special courses, each student at least systematically master one ball game skill, take multiple measures to improve students' physical health level, and carefully organize and carry out physical health tests for all students. The reform of the "six one" sports education model has strongly supported the construction of first-class universities and formed a vivid situation of sports work that "no sports is no lion mountain, no sports is no youth, no sports is no life". In the later stage, we will strengthen the research on the function of public sports education in colleges and universities, in order to provide reliable theoretical support for deepening the reform of public sports in Huazhong Agricultural University.

4.3. Further, Innovate the Practice Path of Physical Education

At present, Huazhong Agricultural University has built a three-whole education system for public sports in colleges and universities in the new era, and all affiliations have further strengthened the leadership and overall coordination of sports work and improved the operating mechanism, incentive mechanism, and constraint mechanism. The majority of college students in the new era are “post-1995” and “post-2000”, [11] whose ideas, ways of thinking, and living and learning habits have distinct group characteristics. Therefore, in the process of education, we should adapt to the characteristics of the group and strive to improve the effectiveness of education. Give full play to the traditional classroom to the spread of sports culture, at the same time should fully expand the teaching path, and combine theory with practice innovation. The network has become the main battlefield of contemporary students’ lives and studies, affecting students’ lives, study, and state of mind, and building a multi-dimensional carrier platform for network education. Whether the atmosphere of campus sports education is strong or not is directly related to the effectiveness of education. Through the allocation of sports facilities, the establishment of school-based sports courses, the establishment of a sports culture research center, the establishment of campus sports associations, the holding of campus sports culture festivals and other forms, create a strong campus sports education atmosphere, the exploitation of sports education resources.

We should strive for success, and not be afraid of challenges. Huazhong Agricultural University continues to deepen the reform of physical education in colleges and universities in the new era, and expects to make some beneficial exploration in the reform of physical education in colleges and universities, in order to truly guide the focus and goal of physical education work to fall on the effect of “using sports to educate people”, and play a demonstration role, so as to better adapt to and meet the demands of students’ growth, the requirements of the development of times and the needs of social progress.[12]

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