

Research on Strategies for Enhancing Demonstration Ability of Normal University Students under the Five-in-One University Physical Education Curriculum System

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Abstract: In view of the shortcomings of the university physical education curriculum system in the cultivation of normal university students, this study proposes the construction of a five-in-one physical education curriculum system. The system covers five aspects: physical education classroom teaching, extracurricular physical exercise guidance, students physical health test, sports competition training and social sports services. By employing a multitude of approaches, including the integration of theory and practice, personalized development, scientific assessment, cultivation of competitive spirit and teamwork, as well as engagement in social service practices, this endeavor seeks to foster the comprehensive development of teacher education students in areas such as physical education knowledge, skills, psychological qualities, and social responsibility. These efforts are geared towards enhancing their demonstration abilities and laying a solid foundation for their future careers in education. The research also puts forward countermeasures and suggestions on the possible challenges of implementing the system, such as strengthening financial support, the construction of teachers and improving student participation, which provides practical guidance for the reform of university physical education curriculum and the cultivation of demonstration ability of normal university students.

1. Introduction

In recent years, the state has attached great importance to the training of normal university students, emphasizing its key role in improving the quality of education and promoting the process of education modernization in China. The Ministry of Education and relevant departments have issued several documents, clearly pointing out that we should deepen the education reform of normal university students, strengthen the cultivation of their practical ability and innovative spirit, so as to meet the needs of the development of education in the new era. Under this macro background, physical education, as an important part of the training of normal university students, not only undertakes the basic task of cultivating students physical and mental health, but also

shoulders the key mission of improving the comprehensive quality of normal university students and enhancing their exemplary role in future education and teaching.

As a highly practical subject, the core goal of physical education is to promote the physical and mental health development of students through scientific physical exercise and systematic knowledge teaching, and to cultivate their teamwork, competition consciousness and perseverance. For normal university students, physical education is an important way to improve their demonstration ability. As future teachers, normal university students demonstration ability is not only reflected in the process of physical education learning, but also throughout their whole career, which has a profound impact on the development of students.

However, there are many deficiencies in the cultivation of the demonstration ability of college physical education courses in normal university students. On the one hand, the physical education curriculum in colleges and universities is relatively traditional, mainly focusing on the traditional sports skills and theory teaching, and lacks the characteristic content for cultivating the demonstration ability of normal university students. The connotation of the course is not thoroughly explored^[1], and fails to keep up with the new ideas and new methods of talent training in colleges and universities, resulting in the insufficient ability in the practical ability and demonstration ability of normal university students. On the other hand, the teaching methods of physical education courses in colleges and universities are relatively simple. Most colleges and universities still adopt the traditional classroom teaching, lacking practical application operation and demonstration interactive links, and it is difficult to stimulate the learning interest and enthusiasm of normal university students. In addition, the evaluation system of physical education courses in colleges and universities also mainly focuses on the students sports skills and theoretical knowledge mastery form^[2], and the evaluation of the demonstration ability, organization and management ability of normal university students is relatively insufficient, which cannot fully reflect the comprehensive quality and ability level of normal university students.

Studies have shown that by building a diversified curriculum system, combined with practical training and theoretical guidance, students comprehensive ability can be effectively improved^[3]. Such courses are usually rich in content, innovative and practical, and are often updated to meet the talent training needs of the discipline. Some studies believe that the use of case analysis, group discussion, simulation teaching and other teaching methods can stimulate normal university students interest and enthusiasm in learning^[4], and cultivate their ability to analyze and solve problems. Furthermore, establishing a relatively comprehensive system of ability evaluation and standards, adopting diversified evaluation methods and approaches to comprehensively and objectively assess students' ability levels, is also a common characteristic of high-quality courses in universities.

In light of the current deficiencies in the cultivation of demonstration abilities among teacher education students within physical education courses in universities, this study proposes an innovative strategy to construct a five-in-one physical education curriculum system. This system aims to further promote the comprehensive development of teacher education students in terms of physical education knowledge, skills, psychological qualities, and social responsibility through various means, including the integration of theory and practice, personalized development, scientific assessment, cultivation of competitive spirit and teamwork, as well as social service. It is expected that it can effectively improve the demonstration ability of normal university students in China, lay a solid foundation for their future education work, and provide useful practical guidance and theoretical reference for the reform of physical education curriculum and the demonstration ability training of normal university students in China.

2. Concept definition

2.1 Demonstration ability of normal university students

The demonstration ability of normal university students refers to the ability of normal university students to set an example for students and guide and promote their learning and development through their own behavior, action and speech in the process of education and teaching. This ability is not only reflected in the field of physical education teaching, but also widely throughout the future education and teaching career of normal university students. The demonstration ability of normal university students is characterized by demonstration, guidance and education, which requires normal university students not only to have solid professional knowledge and teaching skills, but also to have good moral quality and personality charm.

2.2 Five-sphere integrated curriculum system

The five-in-one curriculum system is an innovative university physical education curriculum mode, which promotes the demonstration cultivation of normal university students ability through diversified curriculum implementation channels. The system includes five core components: physical education classroom teaching, extracurricular physical exercise, students physical health test, sports competition training and social sports service. Each part is closely developed around the cultivation of normal university students demonstration ability, forming an organic whole.

3. Construction of a five-sphere integrated curriculum system

3.1 Theoretical basis

The construction of the five-sphere physical education curriculum system in all-in-one universities is rooted in the theoretical basis of pedagogy, sports physiology, sports psychology, sports training and sociology, and aims to promote the demonstration cultivation of normal university students ability systematically and scientifically.

According to the principles of curriculum and teaching theory, the curriculum system should pay attention to the systematic content, the scientific method and the effectiveness of evaluation^[5]. The five-in-one curriculum system integrates PE classroom teaching, extracurricular physical exercise, physical exercise, physical health test, physical competition training and social sports services, forming an organic and unified whole, which aims to comprehensively improve the demonstration ability of normal university students through diversified teaching channels. The theory of pedagogy points out that education should focus on the comprehensive development of students and cultivate their innovative spirit and practical ability^[6]. The five-in-one curriculum system emphasizes the combination of theory and practice. Through rich practical opportunities and platforms, normal university students are encouraged to master theoretical knowledge and constantly improve their demonstration ability and comprehensive quality, so as to lay a solid foundation for their future education and teaching work. The principle of physical education physiology shows that moderate physical activity can promote the improvement of human physiological function and physical quality^[7]. Based on this principle, the five-in-one curriculum system sets up extracurricular physical exercise and students physical health test and other links, aiming to improve the physical quality and health level of normal university students through scientific exercise plan and test and evaluation, so as to provide a strong guarantee for their demonstration ability. Sports psychology theory emphasizes that individual psychological factors have an important influence on the effect of physical activity^[8]. The five-in-one curriculum system focuses on stimulating the internal

motivation and interest of normal university students, and cultivating their positive learning attitude and team spirit through diversified teaching methods and competition activities, so as to improve their demonstration ability and psychological quality. The principle of sports training emphasizes the scientific, systematic and pertinence of training ^[9]. Based on these principles, athletic competition training formulates scientific and reasonable training plans, strengthens technical guidance and training, fosters team collaboration and cooperation, thereby comprehensively enhancing the competitive level and teamwork abilities of teacher education students, and bolstering their exemplary capabilities. From the perspective of sociology, education should focus on the interaction between individuals and society, and cultivate students sense of social responsibility and civic awareness ^[10]. By setting up social sports service links in the system, normal university students are encouraged to participate in community service and sports Volunteer service and other activities, enhance their social responsibility and practical ability, but also help them to play an exemplary role in the society

3.2 System construction

The cultivation of the demonstration ability of college physical education course service is a systematic project, which requires the close coordination and coordination of PE classroom teaching, extracurricular physical exercise, students physical health test, sports competition training and social sports service. Through optimizing and perfecting this system, more normal university students with solid sports knowledge, excellent sports skills, good psychological quality and strong sense of social responsibility can be cultivated, and contribute to the development of physical education and the health of the whole people.

3.2.1 Physical Education classroom teaching: the integration of theory and practice

Physical education classroom teaching, as the core component of college physical education curriculum system, is a highly organized and systematic educational activity. It is not limited to the traditional sports skill training, but covers the multi-dimensional content of sports theory knowledge teaching, sports skill training, physical quality improvement and mental health education. Under this framework, students not only learn how to correctly implement the technical movements of various sports, but also deeply understand the scientific principles behind sports, such as sports physiology, sports anatomy, etc., so as to build a comprehensive sports knowledge system. In addition, physical education classroom teaching also emphasizes the promotion of students mental health through physical activities, and cultivate their indomitable will, team spirit and positive attitude towards life.

Physical education classroom teaching plays a fundamental and guiding role in the demonstration ability cultivation. First of all, it is the main way for students to acquire sports knowledge and skills, and lays a solid foundation for students to participate in extracurricular physical exercise, physical health test and sports competition training. Through systematic classroom learning, students can master scientific exercise methods and understand the positive impact of sports on physical health, so as to form a positive sports lifestyle. Secondly, physical education classroom teaching is the key link to cultivate students lifelong physical education consciousness. Through the combination of theory and practice, students gradually realize that physical education is not only a part of school life, but also a healthy partner for life, so as to set up the concept of lifelong exercise. Finally, the physical education classroom teaching also undertakes the responsibility of inheriting sports culture and carrying forward the spirit of sports. By telling the history of sports, introducing sports celebrities and analyzing sports events, it stimulates students love and respect for sports and cultivates their good sports ethics.

3.2.2 Extracurricular physical exercise: a personalized and diversified practice platform

Extracurricular physical exercise, as an extension and supplement to physical education classroom teaching, refers to students participation in physical activities organized by schools or associations in their spare time according to their personal interests and needs. Extracurricular physical exercise activities have various forms and rich content, including but not limited to ball games, track and field, swimming, martial arts, yoga, etc., aiming to meet the sports needs of different students and promote their all-round development through diversified exercise methods. Extracurricular physical exercise not only pays attention to the improvement of sports skills, but also emphasizes the autonomy and creativity of students, encouraging students to give play to their subjective initiative in physical exercise and explore suitable exercise methods for themselves.

Extracurricular physical exercise has a good adaptability in the cultivation of demonstration ability. First, it provides students with more possibilities for personalized development. Compared with physical education classroom teaching, extracurricular physical exercise is more flexible and diverse. Students can choose the sports activities to participate in according to their interests and specialties, so as to enhance their physical quality and sports performance in a relaxed and happy atmosphere. Secondly, extracurricular physical exercise helps to cultivate students social adaptation. In team sports, students need to learn to work with others and face challenges together, which helps to foster their teamwork spirit and competition consciousness. At the same time, through participating in cooperation and competition, students can also exercise their own psychological quality, learn to keep calm under pressure, stable play the best level. Finally, extracurricular physical exercise is still an important carrier of moral education. Through participation in extracurricular physical exercise, students not only receive physical training but also undergo spiritual edification, gradually developing a positive outlook on life and values. Additionally, extracurricular physical exercise provides students with a stage to showcase themselves and realize their self-worth, which contributes to enhancing their self-confidence and self-esteem, further promoting their comprehensive development.

3.2.3 Students physical health test: the cornerstone of scientific evaluation

The students physical health test is a series of tests on the students physical quality, morphology and physiological function according to the relevant national standards and requirements. These test items usually include height, weight, lung capacity, sitting forward flexion, standing long jump, sit-ups, 50 meters, 800 meters (female) and 1000 meters (male), aiming to fully reflect the students physical fitness and health level. Through regular physical health tests, the school can timely understand the students physical changes, and provide scientific basis for physical education teaching and exercise.

Students physical health test plays a feedback and regulatory role in the university physical education curriculum system. First, it is an important means to evaluate the effect of physical education teaching and exercise. By comparing the test data at different time points, we can clearly see the progress or deficiencies of students in physical fitness, so as to adjust their teaching strategies and exercise plans in time. Secondly, the physical health test helps to stimulate the students enthusiasm for physical exercise. When students see an improvement in their physical data, they feel a sense of accomplishment and pride and become more actively participate in physical exercise. On the contrary, if the physical data is not good, students will also realize their own shortcomings, and then generate the motivation for improvement. Finally, the physical health test also provides the possibility for the students to develop a personalized physical exercise program. Through the analysis of physical fitness data, we can develop a more scientific and reasonable exercise plan according to our own actual situation, which not only improves the exercise effect, but

also promotes the development of students ability.

3.2.4 Sports competition training: the melting pot of competitive spirit and teamwork

Sports competition training is a special sports skill training and competitive ability training for students with a certain sports foundation and potential. Through systematic training plans and methods, we improve students competitive level to prepare for participating in sports competitions inside and outside the school. Sports competition training not only pays attention to the improvement of sports skills, but also emphasizes the cultivation of psychological quality and the shaping of team spirit. In the process of training or competition, students will usually choose from themselves, opponents, teammates, referees, spectators, equipment and other aspects under the high-pressure environment, while creating advantages, reversing disadvantages and keeping the victory, and gain growth.

Sports competition training is an important link in implementing the fundamental task of moral education in the curriculum system of physical education in colleges and universities. First of all, it is an important way to cultivate students competitive spirit and teamwork ability. By participating in the competition training, students can learn how to stay focused and calm in the competition, how to effectively communicate with their teammates to cope with the challenges in the competition. These experiences are of great significance for their future development and career. Secondly, sports competition training is helpful to improve students self-confidence and their ability to resist pressure. Good results in competitions can make students feel their strength and potential to enhance their confidence. Meanwhile, facing the difficulties and setbacks, students can learn how to adjust their attitude, respond positively, and improve their ability to resist pressure. Finally, sports competition training is also an important position for demonstration ability cultivation. By organizing and participating in sports competitions inside and outside the school, the school can show its sports strength and style, and enhance the cohesion and influence of various fields in the school.

3.2.5 Social sports services: the bridge between the campus and the society

Social sports service refers to the sports fitness, consultation, training and other services provided by colleges and universities by using their own sports resources and advantages, to meet the sports needs of the public, promote the in-depth development of the national fitness movement, and enhance the popularity and influence of colleges and universities. There are various forms of social sports services, including opening sports venues, holding sports lectures, carrying out sports training, and organizing community sports activities.

Social sports service plays the role of bridge and link in the cultivation of demonstration ability. First of all, it helps to realize the seamless connection between college physical education and social needs. By providing social sports services, colleges and universities can timely understand the talent needs of the public, so as to adjust their own training programs and school-running direction, and better serve the society. At the same time, social sports services also provide more practical opportunities and platforms for physical education and exercise in colleges and universities, which is helpful to improve students practical ability and comprehensive quality. Secondly, social sports services can help to promote the in-depth development of the national fitness campaign. College students, especially normal university students, as an important part of social and cultural students, play a leading and exemplary role. By providing high-quality sports services, on the one hand, it can stimulate the enthusiasm of the public for sports and promote the popularization and development of national fitness sports; on the other hand, it is also a vivid embodiment of the demonstration ability of normal university students.

4. Implementation challenges and countermeasures

4.1 Challenge Analysis

First, the shortage of funds is a major problem. The implementation of the five-in-one curriculum system needs a lot of financial support, including the construction of sports facilities, equipment purchase, teacher training, competition organization and the development of social sports service projects. However, the investment of colleges and universities in the implementation of public physical education courses is often limited, and it is difficult to meet all these needs.

Secondly, the lack of teachers is also an urgent problem to be solved. The construction of a five-in-one curriculum system requires a team of teachers with rich PE teaching experience and professional skills. However, in reality, many colleges and universities have the problems of insufficient number of physical education teachers and uneven teaching level. In addition, some teachers do not accept the new teaching concepts and methods well, which may also affect the smooth progress of the curriculum system.

Moreover, low student participation is also a challenge. As the physical education course is often regarded as a "minor subject" in the university environment with great academic pressure, the cognitive inertia of "emphasizing specialized courses rather than public courses" has not been eliminated. Some students may lack of interest in physical education courses, resulting in low participation. This will affect the implementation effect of the curriculum system, and it is difficult to achieve the expected teaching objectives.

4.2 Countermeasures and suggestions

All of the following challenges can be taken: First, strengthen fund-raising and rational allocation. Actively strive for government funding, corporate sponsorship, social donations and other channels, to provide a solid economic foundation for the implementation of the curriculum system. At the same time, according to the actual needs of the implementation of the curriculum system, reasonable planning and allocation of funds, to ensure the smooth progress of various teaching activities and projects.

Secondly, strengthen the construction of teachers. By introducing excellent talents, regularly organizing teachers to participate in training and exchange activities, establishing incentive mechanism and other ways, to improve the overall level of teachers and teaching enthusiasm. At the same time, teachers are encouraged to actively participate in the reform and innovation of the curriculum system, and contribute more wisdom and strength to the cultivation of the demonstration ability of normal university students.

Moreover, to increase student participation. By enriching course content, increasing fun and practicality, and strengthening practical sessions, students' interest and enthusiasm for learning are stimulated. Meanwhile, through the comprehensive education provided by the sports curriculum system, students' understanding and emphasis on sports courses are enhanced, guiding them to actively participate in sports activities and exercises.

In addition, it can also strengthen the cooperation with communities, enterprises and other external institutions to jointly carry out sports activities and competitions, and provide more practical opportunities and platforms for normal university students. Through these cooperation, we can not only enrich the practical experience of normal university students, but also improve their social responsibility and teamwork ability.

5. Conclusions and suggestions

Through in-depth research on the construction and implementation of the physical education curriculum system in the five-in-one universities, it is found that the system has significant advantages and potential in promoting the demonstration ability cultivation of normal university students. However, there are also some challenges and problems in the implementation process. In order to overcome these challenges and promote the continuous improvement and development of the curriculum system, it is necessary to continuously strengthen the work of funding and reasonable allocation, faculty construction, student participation and external cooperation. It is also necessary to strengthen the evaluation and feedback mechanism construction of the implementation effect of the curriculum system. By regularly collecting and analyzing data, listening to the opinions and suggestions of teachers and students and all walks of life, the problems and deficiencies in the implementation process are found and solved in time. On this basis, the curriculum system should be continuously optimized and adjusted to ensure that it can better adapt to the actual needs and development trend of normal university students.

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