

On the Problems and Optimization Measures in the Optional Teaching of Physical Education Modules in Colleges and Universities

Yutong Tang^{1,a}, Baoqing Tang²

¹Wuhan University of Technology School of Physical Education of Whut, Wuhan, 430000 Hubei, China

²Wuhan Institute of Technology, Wuhan, 430000 Hubei, China

^a362441431@qq.com

Keywords: College physical education, Module options, Teaching problems, Optimization measures

Abstract: Physical education courses in colleges and universities are closely related in content and have their own laws in teaching. This is the object that our current curriculum reform has been trying to explore and study, and is the basis for our curriculum reform. In terms of basic characteristics, module option teaching is to optimize the whole physical education class by means of modularization, and classify and classify different types of sports items accordingly. Therefore, it can be seen that module option teaching fundamentally constitutes a new physical education classroom model, which is correspondingly weakened in view of the long-term concept of class. At the same time, the new physical education class based on module division helps students to screen independently and ensure that the most suitable class items are selected. This paper analyzes the problems existing in the optional teaching of physical education modules in colleges and universities and puts forward optimization measures. The physical education teaching activities in colleges and universities take the physical and mental health of students as the teaching goal. Through various forms of physical education, students can strengthen their awareness of exercise in sports activities, increase their sports skills, and improve their comprehensive quality under the guidance of teachers.

1. Introduction

Physical education module teaching fully embodies the new concept of curriculum reform, highlights the characteristics of “taking students' development as the center”, respects students' emotional needs, and plays a great role in promoting the formation of students' sports hobbies, specialties and lifelong sports consciousness. At present, the basic goal of physical education teaching in colleges and universities is to strengthen students' physical professional skills, improve their physical fitness in various sports activities, and meet their spiritual and physical needs in daily study and life. Physical education curriculum in colleges and universities is closely related in its content and has its own laws in teaching, which is the object that our current curriculum reform has been trying to explore and study, and is the basis of our curriculum reform[1]. From the basic characteristics, modular option teaching is to optimize the whole physical education classroom by means of modularization, and to classify and divide different types of sports accordingly.

There are some very important problems in physical education. The physical qualities of boys and girls are different. If we teach together in physical education class, the physical qualities of girls will not keep up. Secondly, everyone's interest in sports is different. If compulsory blanket indoctrination may lead to students losing interest. The starting point of modular option teaching mode is to meet the needs of students. However, most colleges and universities do not set the options from the students' main needs, which is embodied in the following aspects: there are fewer items for students to choose from, which is difficult to meet the requirements of students. Most of the items offered by ordinary high schools are similar, mainly focusing on basketball, football and table tennis, without the characteristics of their own schools[2-3]. Therefore, it can be seen that modular option teaching fundamentally constitutes a new type of physical education classroom

model, and the long-standing concept of class is weakened accordingly. At the same time, the new physical education classroom based on the premise of module division helps students to screen independently and ensure that the most suitable classroom items are selected.

Modular teaching aims to explore the logical connection and law of physical education curriculum in content and teaching, and form different modules with their own characteristics in teaching organization to carry out teaching. Modular teaching can stimulate students' enthusiasm and initiative to participate in sports, which is more in line with the characteristics of students' physical and mental development and students' learning characteristics. Physical education teachers should set different teaching objectives for different levels of students, and make reasonable teaching tasks. In a certain period of time, the teaching objectives can be divided into curriculum objectives, semester objectives and annual objectives, reflecting the hierarchical processing content of hierarchical teaching method. This teaching mode not only helps to improve students' learning effect, but also standardizes teachers' teaching organization, which plays a certain role in improving teaching efficiency[4]. However, how the physical education module teaching is carried out, whether it has been implemented and what problems exist still need to be further investigated.

2. Problems in Optional Teaching of Physical Education Module

2.1 Repetition and Discontinuity of Learning Content

For a long time, under the strong influence of examination-oriented thinking, teachers and students still tend to ignore the daily teaching of physical education, and feel that as long as they can obtain the credits they deserve, they will be deemed to have completed the fundamental goal of the discipline. General schools have stipulated compulsory programs and restricted programs for male and female students. The range of students' choices is small. Even if students choose their favorite programs according to their hobbies, some students can only change items because of the large number of classes or the insufficient number of classes. The optional teaching of physical education module gives regions and schools more autonomy. Each region and school can set up corresponding courses according to its own situation[5-6]. This article uses the modular teaching connotation of vocational education for reference, and combines the characteristics and reality of college physical education curriculum to express the modular teaching connotation of college physical education curriculum, as shown in Figure 1.

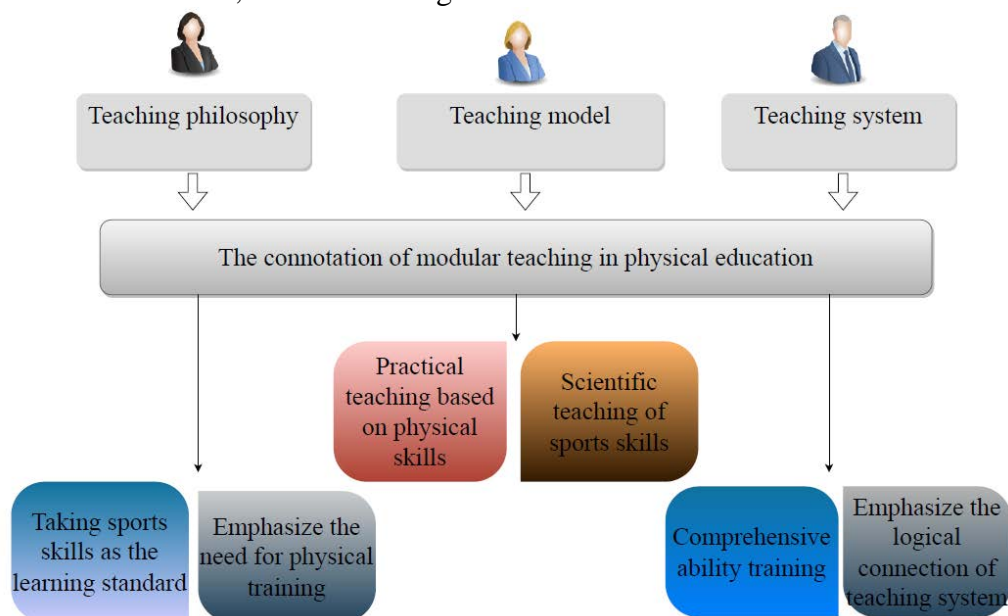


Fig.1 Schematic Diagram of Modular Teaching Connotation of College Physical Education Curriculum

Due to the neglect of daily health education and the simple focus on the classroom content

related to the physical education discipline test, even if the module option classroom model is implemented, it is difficult to reflect the due classroom effectiveness. Students are allowed to obtain credits in a certain module of a series, and students have more time and opportunities to learn their favorite projects[7]. In addition, the frequent change of items by students leads to the interruption of learning content, which destroys the continuity of learning, which is not conducive to the improvement of students' skills and interest, but also to the formation of students' lifelong sports awareness. Physical education teachers are relatively scarce. If teachers travel for a long time, the corresponding physical education modules will have to be suspended, and the continuity of students' physical education learning will be affected.

2.2 Ignoring Module Rationality

Under the condition of carrying out the credit system, the most fundamental feature of modular option teaching lies in free choice, thus cultivating students' sports skills and strengthening the fundamental theories involved in physical education. Most teachers are confused about how to deal with five different specific goals when making a level teaching plan, and are confused about how to ensure the hierarchy of the plan and what the specific goals of each class hour are[8]. However, in the actual implementation process of the purpose of physical education reform, because teachers failed to clarify the teaching objectives of physical education courses and did not give scientific and reasonable teaching evaluation to students, the teaching standards were too rigid and dogmatic to accurately measure the physical and mental development level of senior high school students.

Judging from the present situation, teachers still don't pay attention to the scientific nature when setting the optional modules related to physical education class, and they are indifferent to the autonomy that students should have. In class, we often pay attention to one thing and lose sight of another, which can't form the hierarchy and progressiveness of teaching, and can't carry out continuous and in-depth teaching, so the teaching quality can't be guaranteed and can't keep up with the desired effect of modular teaching reform. The teaching activities of any subject need to be clearly defined before they can be implemented. In recent years, some high schools have set up diversified sports disciplines such as football, table tennis and volleyball, but some traditional disciplines tend to be set repeatedly, thus impairing the overall classroom quality. Physical education teaching activities in colleges and universities aim at students' physical and mental health. Through various forms of physical exercise, students can strengthen their exercise consciousness, increase their sports skills and improve their comprehensive quality under the guidance of teachers.

2.3 Lack of Scientific and Effective Classroom Content

At present, the whole process of setting module options is not reasonable, so it can not highlight the scientific and effective physical education content. Teachers and students should be clear about this: the fundamental purpose of the division of module options is to cultivate interest and stimulate enthusiasm for learning sports well. For students with good physical quality, teachers can properly adjust the height of the pole to better help them understand and master the high jump skills. The track and field teaching in this way can enable students at different levels to study pertinently to a certain extent, and promote the improvement of teaching efficiency[9]. Therefore, teachers can stimulate students' interest in learning through effective forms, carry out innovative and interactive teaching forms, help students improve learning effects and enhance track and field skills.

To fully understand the basic situation of students is the prerequisite for PE teachers to carry out teaching activities by using the stratified teaching method. PE teachers should pay attention to the understanding of students' personality and physical quality to lay the foundation for curriculum teaching. For example, physical education teachers can use the form of questionnaires to understand the basic situation of students. The module teaching reform is implemented in physical education, and the combination of health education and physical education is also the first time. Most of the physical health education knowledge that students learn is interspersed in the skill class teaching and skill teaching materials. Constrained by the exercise venue and other factors, the whole process of teacher setting module shows a rigid and single trend, so it lacks the necessary openness. In some cases, some of the modules set up in the physical education class did not really meet the students'

preferences, so they were ignored.

3. Optimization Measures

3.1 Perfecting the Reform Mechanism of Physical Education Module Teaching

To implement the module teaching reform of physical education and health courses, all schools must establish the leading institutions of physical education module teaching, improve the module teaching system, and truly take physical education module teaching as an important task. After the high school PE teachers make clear the teaching objectives, they should also improve the current PE classroom teaching level, actively explore and study the current PE teaching reform theory, and put forward a feasibility course analysis report to narrow the distance between actual teaching and PE reform. Physical education teachers should resolutely change their teaching concepts. For high school students, a good body is far more important than good grades. For the future development of the motherland, the new generation of the motherland needs a good body, and the body is the capital of the revolution[10]. In essence, modular option teaching fundamentally constitutes a brand-new physical education classroom model. Therefore, in order to improve the present situation from the source, teachers and students should devote themselves to changing their existing understanding and take the whole option of high school physical education module as the innovation focus. Through the analysis and implementation of college physical education module option teaching, the countermeasures are shown in Figure 2.

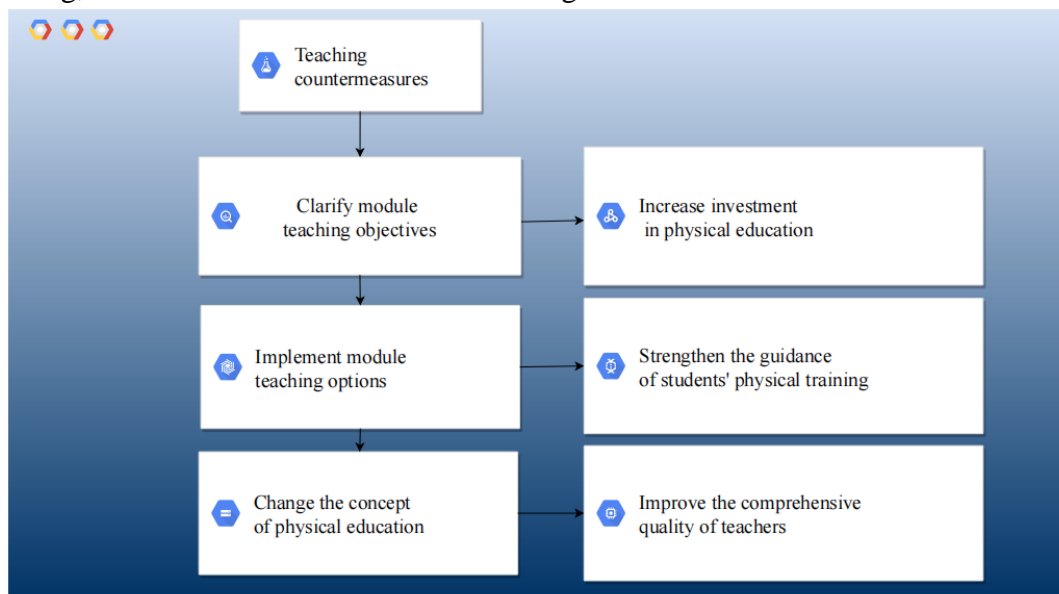


Fig.2 Analysis of the Teaching Countermeasures for the Optional Sports Modules in Colleges and Universities

In the process of teaching innovation of high school PE module options, teachers must abandon traditional teaching concepts. The setting of project and module contents should reflect the curriculum concept of student-centered and the curriculum value of health-oriented, and should fully consider the needs of students' development. The teaching should be student-oriented, stimulate students' interest in sports, let students give full play to creativity, and meet the psychological needs of different students. When setting up various types of classroom modules, teachers should also closely combine students' preferences and use diverse measures to strengthen students' existing awareness of exercise. Starting from the original intention of the reform of physical education module teaching, we should strive to achieve the best effect of the reform of physical education module teaching and cultivate students' interest in lifelong physical education.

3.2 Increase the Investment in Physical Education Funds

Increased investment in physical education means less investment in other disciplines. If schools

lack understanding of the role of physical education, they only pay attention to the enrollment rate of college entrance examination, but a conservative attitude towards the development of school physical education will inevitably affect the investment in physical education funds, which requires the strong support of the government and schools, adding elements of students' participation in teaching and encouraging students to actively participate in teaching. For example, in the traditional game of “losing handkerchief”, teachers can exchange roles, so that students can experience the new game mode. Because the understanding ability of high school students is mature, teachers can integrate new sports knowledge into the games that students are familiar with.

On the premise of improving teachers' level, physical education teachers can reconstruct modular teaching from an all-round perspective, which is also helpful to optimize modular teaching and enhance its rationality. At the same time, teachers and students work closely together to agree on the specific content of module options to ensure that they can be integrated into the physical exercise carried out with students on weekdays. At the same time, PE teachers should constantly improve their right to speak. According to the needs of the development of physical education, they should apply for increasing the investment in physical education funds for special purposes, and optimize the school venues and equipment based on the needs of students.

3.3 Improve the Teaching Evaluation System of Physical Education Module

Physical education teachers should summarize teaching evaluation methods in the teaching process, pay attention to students' healthy behavior, emotional and intellectual performance, cooperative performance and individual differences, give full play to the incentive and guidance functions of student evaluation, so that every student can see their progress, and improve their self-esteem and self-confidence. Invest sufficient funds in sports teaching equipment to ensure that the sports teaching equipment purchased by the school matches the daily teaching content of teachers. School administrators should also seek more physical education teaching resources from the society in view of the current direction of physical education teaching, and create a good teaching environment for the optional teaching of physical education modules. The key to optimizing the setting of module options should be the comprehensive consideration of various elements. In operation, schools and physical education teachers should pay close attention to the real situation of high school students, and also pay attention to the existing teaching equipment, stadiums and other elements.

As a physical education teacher, we should make clear the significance of innovation, and the innovative teaching method must be never implemented and the original knowledge should be disordered and reorganized, and the targeted innovative teaching method should be formulated by summarizing the key points. Pay attention to the organic combination of process evaluation and final evaluation, achieve fairness, justice and openness, eliminate the situation of human feelings, form and improve an effective evaluation index system, and promote the continuous improvement of physical education teaching level. For different types of high school students, the corresponding module options should highlight individual differences, which should be given more attention and respect. The high school sports module option must fully implement the innovative concept, combine new knowledge with practice, and take “practice is the only standard to test the truth” as the teaching goal.

4. Conclusions

The setting of physical education module reflects students' subjective desire under the new curriculum standard, which is helpful to fully mobilize students' interest and enthusiasm in learning, to form students' sports hobbies and expertise, and to lay the foundation for lifelong physical education consciousness. There is no doubt that the module in physical education teaching meets the needs of modern education development. The integration of modular option teaching and physical education helps to mobilize students' enthusiasm and highlight differences. Teachers and students can devote themselves to in-depth exploration and jointly improve the existing classroom model while working closely together. Let students learn and improve in interaction as the main

body of learning, so as to gain different jumping skills and enhance their track and field skills. Through this interactive teaching form, the limitations of traditional teaching mode can be effectively improved, so that students can actively participate in physical education teaching activities and enhance their comprehensive quality. Therefore, schools should create more opportunities for students, strengthen the theory while playing games through students' understanding of knowledge, and carry out innovative teaching through interaction. It needs the support of the school, and it can also improve their physical fitness and cultivate their unique qualities and interpersonal relationships. The teaching of module options should be continuously optimized and improved. On this premise, the advantages of applying module options to physical education will be highlighted, and the effectiveness of the whole classroom process will be improved.

References

- [1] Liu X. Teaching Evaluation Optimization Measures under Big Data Technology[J]. *China Computer & Communication*, 2019, 57(10):36-59.
- [2] Li W. The Status Quo and Improvement Methods of College Physical Education Evaluation[J]. 2020, 63(12):35-48.
- [3] Gaobinnan H. An artificial intelligence fuzzy system for improvement of physical education teaching method[J]. *Journal of intelligent & fuzzy systems: Applications in Engineering and Technology*, 2021, 40(2):56-77.
- [4] Ni L, University J. Research on the Integration of Physical Education Curriculum into Life Education in Independent College[J]. *Journal of Jiamusi Vocational Institute*, 2021, 39(18):36-43.
- [5] Zhou Y, Liang G, University G P. Discussion on the Optimization of Public Physical Education Teaching Mode in Guangdong Universities[J]. *Bulletin of Sport Science & Technology*, 2022, 56(18):36-42.
- [6] Zhang W. Research on Physical Education Teaching Quality Improvement Based on Clustering Analysis[J]. *IOP Conference Series Earth and Environmental Science*, 2021, 186(6):012037-012048.
- [7] WUTiedi. High School Physical Education Based on the New Curriculum Reform[J]. *Foreign language version: Educational Science*, 2022, 56(1):4-17.
- [8] Feng X, Li J, Hu S, et al. An approach to the permeation mechanism of learning transfer and teaching strategy in physical education based on complex network[J]. *PLoS ONE*, 2021, 16(1):0243906-0243925.
- [9] Zhang Z, Zhao Z, Yeom D S. Decision Tree Algorithm-Based Model and Computer Simulation for Evaluating the Effectiveness of Physical Education in Universities[J]. 2020, 20(7):16-32.
- [10] Jiang J. Study on Police College Physical Education Optimization in the “Internet Plus” Era[J]. *Bulletin of Sport Science & Technology*, 2019, 19(4):16-31.