

Development and Conception of Physical Education Reform in Chinese Colleges and Universities Based on Resource-Based Learning

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Abstract: With the continuous improvement of the development level of China's socialist cause, the healthy development and strength quality of college students have been comprehensively improved. College sports resources are the basis of engaging in college sports activities and the guarantee of developing college sports. Therefore, the optimal allocation and efficient use of college sports resources has become a major issue facing college sports reform. The main purpose of physical education is not only to enhance students' physical quality, but also to master certain sports skills. This requires us to intensify the reform of physical education in colleges and universities, and adhere to the principles of efficiency, sharing and pertinence. Based on resource-based learning, this paper first analyzes the present situation of college physical education, and according to the necessity of physical education reform, puts forward the effective path of college physical education reform under the background of new educational concept.

1. Introduction

With the development of education reform, the quality education of college students has attracted more and more attention, and the development of college physical education has been paid more and more attention. In the process of physical education, students should also master certain sports skills [1]. Based on the above analysis, college physical education needs to convey physical education knowledge to students in emotion and value. This requires colleges and universities to strengthen the reform of teaching work and fully implement the teaching viewpoint and goal of healthy physical education during the reform of physical education [2]. Therefore, how to seek benefits from limited resources through the rational development, optimal allocation and full utilization of college sports resources has become a major issue whether college sports reform can meet the needs of socialist construction and promote its healthy development.

We have been talking about physical education curriculum reform, in order to use the new ideas, new means and new contents after the reform to solve the problems existing in the old physical education curriculum, and to grasp the crux of the old physical education curriculum, we can grasp the key points of the problems [3-4]. We must clearly see that college physical education is still the weakest link in higher education. Although China's colleges and universities have accumulated rich

experience in physical education and made great progress, many problems still exist in the actual physical education process.

2. Problems in College Physical Education in China

2.1 The Concept of Physical Education Teaching Lags Behind and the Teaching Form is Monotonous

Due to the influence of Chinese traditional college education and teaching concepts, there are many problems in the physical education teaching process of college physical education teachers in China, which seriously hinder the improvement of teachers' physical education teaching level and students' interest in physical education learning. Its teaching concept still lags behind and needs to be improved, failing to effectively realize the importance of reforming college physical education by clarifying teaching objectives and adjusting teaching concepts. Physical education curriculum reform still spends too much energy on the selection of sports events and teaching methods. At present, the evaluation method of physical education curriculum is mainly skill assessment [5]. The reform of physical education curriculum also needs to aim at cultural inheritance. The teaching of sports skills is only a part of cultural inheritance. What really needs to be inherited is our traditional national culture. The lagging teaching idea and monotonous teaching form are the important problems of physical education in colleges and universities in China at present.

2.2 The Evaluation Mechanism of Students' Sports Ability is Not Perfect

For the evaluation of students' sports ability, there are deficiencies in the examination of students' sports literacy and sports health awareness, which leads to a single evaluation standard in schools and reduces the effectiveness and rationality of teaching work. At present, there are still some new ideas in the development of physical education curriculum resources. Physical education teachers are often not the organizers and implementers of extracurricular sports activities, and students are not the main body of sports activities. This phenomenon has always existed in the process of physical education [6]. College physical education is an important part of higher education. In order to further implement the strategy of rejuvenating the country through science and education, train a large number of high-quality talents to meet the needs of social development as soon as possible, college physical education must improve the efficiency and quality of running schools in an all-round way. Only by improving the efficiency of running schools and making better use of human, material and financial resources can the quality of education be effectively improved with limited resources.

2.3 College Physical Education Curriculum Lacks Systematicness

Education is a systematic project and a long-term and systematic planning and design process. The important function of school education is to realize people's socialization systematically and purposefully [7]. As the core content of educational reform, physical education curriculum reform also needs to be systematic. Physical education curriculum reform is a continuous exploration process, so curriculum reform "must be carried out in a holistic, historical and long-term perspective [8].

Teachers, as providers of teaching services, directly determine whether the curriculum objectives and teaching objectives can be successfully achieved. The current physical education curriculum reform is carried out separately in different educational stages, which are divided into basic education and ordinary college education. This reform has led to the repetition of physical

education teaching objectives, contents and means. The existing sports resources in colleges and universities are not fully utilized, which can not give full play to their economic and social values, as can be seen from the current utilization of sports stadiums and sports human resources in colleges and universities; With the increasing enrollment expansion of colleges and universities in China, the number of college students is increasing, and the scale of colleges and universities is increasing, which puts forward new requirements and challenges for the construction of physical education facilities in colleges and universities.

3. Necessity of Physical Education Reform in Colleges and Universities in China

Under the background of the new normal of knowledge, the society puts forward higher requirements for students' physical and mental qualities, and the national physical education work is constantly deepening. Strengthening the cultivation of students' good physical quality is also conducive to better enhancing students' health awareness, and enabling students to have good physical skills and sports awareness, and then participate in healthy life and study. However, as far as the true university town is concerned, it is essentially a new thing in the process of urbanization and popularization of higher education in the era of knowledge economy, a new model of interactive development, symbiosis and common prosperity between universities and cities, and a new trend of university urbanization and urban universalization [9].

In the past physical education curriculum reform, there has always been such a phenomenon: physical education curriculum reformers tend to be more active in the development of physical education curriculum content and means and measures, but seldom make in-depth exploration and cognition of the essence and laws of physical education curriculum. Faced with this situation, college physical education reform should re-orient itself, and establish the goal, value orientation and implementation mode of college physical education in the information age, so as to become a part of the education system that can live up to its mission and keep up with the pace of the times.

4. On the Reform Strategy of College Physical Education

4.1 Pay Attention to the Training Resources of Sports Talents

In the current sports reform, paying attention to the cultivation of sports talents is the most important work to be done at present, and sports talents are an important part of sports development. Therefore, strengthening the cultivation of talents is an important condition for the success of current sports reform, and it is also of great strategic significance.

Resource-based learning for the cultivation and exploration of sports talents should start with teachers, as long as experienced and enthusiastic teachers can explore potential students. Therefore, some physical education teachers should be given higher conditions and treatment, so that they can work better and keep their sense of responsibility and dedication, so that the number of sports talents discovered will increase, and the number of students with good sports talents will also increase; In this way, the base range of talents is expanded, which is more conducive to the cultivation of talents.

Secondly, it is to strengthen exchanges and exchanges between students in various colleges and universities in sports activities. More regional exchanges between colleges and universities can enhance students' sports enthusiasm, improve teachers' teaching level, make teachers and students in various colleges and universities get progress and promotion in exchanges and exchanges, and at the same time let teachers and students gain insights. Colleges and universities can also achieve complementary advantages, learn from each other's strengths, learn from their strengths, get rid of their dross, and exercise and cultivate sports talents.

4.2 Clarify the Core Objectives of Physical Education Reform

First, during the period of determining the core objectives, we should adhere to the concept of lifelong physical training, establish the educational goal of moral education, and at the same time, take improving students' sports skills and physical quality as the overall goal of physical education, so as to effectively realize the all-round development of students' physical and mental qualities and abilities. Actively solve and face up to the problem of insufficient class hours, strengthen the construction of physical education courses in colleges and universities, and train students through teaching objectives.

Secondly, under the background of quality education, it is difficult to realize the reform of traditional physical education teaching if we only teach students theoretical knowledge and neglect the training of students' basic skills. Therefore, the core goal of physical education in resource-based learning should be to combine theoretical knowledge with practical skills teaching, train students independently, and strengthen the comprehensive cultivation of students' skills and theoretical literacy, so as to effectively improve the effectiveness of education and better integrate college physical education with the development concept of healthy China.

4.3 "Two-Way Consortium" Integration Mode

The integration mode of "two-way consortium" refers to the integration mode that schools in the same city or different cities are connected together in a certain area, forming a relatively concentrated university with higher education as the main industry.

The integration mode of "two-way consortium" mainly realizes the integration of sports resources through two ways (Figure 1), one is the integration of sports resources between universities in the same city, and the other is the integration of sports resources between universities in two cities close to each other. The distance between universities in the same city is relatively close, and it is easy to form cooperation among universities without changing the geographical location of the original universities. By establishing sports alliances among universities, we can make full use of the advantages of human resources and time resources of universities, realize the sharing of sports facilities and resources, and save the use of sports funds.

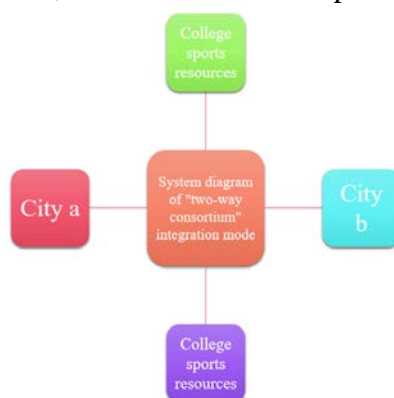


Fig.1 System Diagram of "Two-Way Consortium" Integration Mode

However, compared with other types of university towns, this model can save a lot of money in construction and introduction because universities, scientific research institutions and production service enterprises are all local original. Therefore, the focus of this model should be to change the original institutional arrangements that are not conducive to the transformation of science and technology, take measures to encourage the links between colleges and universities, strengthen the

mutual cooperation between colleges and universities, and create a good environment for the sharing of educational resources.

4.4 Systematic Implementation of Physical Education Curriculum Reform, Multi-Channel Development of Physical Education Curriculum Resources

At present, the reform of physical education curriculum is scattered. Primary schools have their own reform standards, junior high schools have their own reform goals, and universities have a set of rules and regulations. This independent reform mode has its advantages, and at the same time limits the development of physical education curriculum reform. We should make a breakthrough in the current decentralized reform mode in different educational stages and systematically plan the school physical education curriculum.

For example, physical education can be carried out in the form of sports games in primary school, mainly by teaching sports skills in middle school, and mainly by inheriting knowledge and sports culture in university. If we rely too much on some popular ideas and slogans, then reform is destined to become a form, but not a result. The construction of physical education curriculum resources in colleges and universities should not only stay on explicit resources such as classroom and extracurricular, but also pay more attention to the development of hidden resources such as off-campus resources and social resources. Students, as the development objects of physical education curriculum resources, are also the key aspects of the development of physical education curriculum resources in colleges and universities in the future, which should be paid attention to.

4.5 Reasonable Creation of Physical Education Teaching Mode

In any kind of complete teaching guidance system architecture, it is necessary to coordinate and intersperse the phased teaching concept, the comprehensive debugging index of individual quality, the overall teaching structure and the contents of the guidance system. Therefore, this part of the research activity is actually to verify the rationality of the overall characteristics of the teaching process, so as to ensure that the core characteristics of the latest physical education reform can be fully mapped [10].

During the optimization and transformation of the existing teaching structure, it is necessary to set heterogeneous teaching extension mode according to various requirements such as individual physical condition and skills handover rules. Specifically, it is to apply scientific theory as the pilot unit as much as possible, and at the same time, combine experimental comparison means to accurately evaluate the feasibility and operation convenience of the established teaching mode, so as to ensure the organic coverage of the details of large-scale teaching rectification in the later period.

Improve the level of standardized industries. We should improve our service level while socializing sports, adopt the form of inter-school cooperation, share resources, complement each other in advantages, and expand scientific research platform. In the existing off-campus practice bases and college students at all levels, according to the physical and mental characteristics of students in different grades, the contents that can effectively develop students' physical quality, improve students' basic physical activity ability, promote sports culture, stimulate students' competitive awareness and satisfy their sports interests should be listed as teaching materials, but unnecessary repetition should be prevented. On the basis of practicing the education base, we should actively unite with the off-campus base, rely on the existing quality engineering projects and college students' innovation and entrepreneurship projects, and build an industry-university-research cooperation platform for innovation and entrepreneurship education with distinctive sports characteristics.

5. Conclusions

In the current reform of China's education system, the opening of physical education courses in colleges and universities has played an important role in the physical and mental development of college students. At the same time, the physical education teaching process can effectively create a democratic learning atmosphere and bring subtle influence to students. From the current situation, during the development of college physical education, there are still theoretical and technical problems in the past, which lead to the slow pace of college physical education reform, and it is difficult to better realize the comprehensive exercise and training of students. It is hoped that through the analysis of the concept and system based on resource-based learning integration, combined with the current development of college physical education reform, college physical education resources can be optimally allocated and efficiently utilized, and a sustainable integration model of college physical education resources can be constructed, which can provide useful reference for deepening college physical education reform and improving college teaching quality.

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