

## Current Development and Countermeasures of Physical Education in Universities

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*Abstract: As an important part of university curriculum system, college physical education plays an important role in the development of university students. With the continuous development of China's higher education system, China's educational departments have attached more and more importance to physical education in Colleges and universities. Colleges and universities are the most important cradle for talents training in China. The teaching management departments in Colleges and universities should fully realize the importance of physical education. However, there are still some problems of physical education in universities in China. It is urgent for the Department of physical education to devote their energy to the exploration and practice of the new model of physical education in universities, so as to strengthen the physical quality of the students in Colleges and universities. Therefore, this paper analyses comprehensively the current situation of physical education in universities in China and then puts forward some corresponding countermeasures.*

*Keywords: physical education, university student, education reform.*

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### 1. INTRODUCTION

In recent years, with the implementation of education reform, the teaching management departments of universities in China have begun to attach importance to physical education in universities. Good physical education in universities can not only improve the physical quality of university students, but also enable the students to set up the concept of lifelong fitness. In particular, after the Decision on Deepening Educational Reform and Promoting the Quality Education ( hereinafter referred to as the Decision) issued by the Educational Ministry, the physical education of universities in China has set off a new round of reform upsurge under the guidance of the Decision, and has made many achievements in reform [1]. However, there are many difficulties and problems in the practice of physical education development in universities. Therefore, in order to ensure the continuous and healthy development of physical education in universities, it is necessary to clarify the problems and make a timely reflection and improvement.

## **2. SIGNIFICANCE AND NECESSITY OF PHYSICAL EDUCATION**

As an important part of university curriculum system, physical education plays an important role in the development of university students. Physical education, as an important form of achieving the goal of physical education in universities, of which importance and necessity have an important impact on Physical Education in universities. Therefore, we must have a clear understanding of the significance and necessity of physical education in universities.

Firstly, physical education helps to improve the physical quality of university students. The main goal of university physical education is to improve the physical quality of university students through systematic teaching [2]. Therefore, the promotion of physical education in universities can promote teachers to improve their teaching activities, enhance the interest of the P.E. class and students' participation, so as to improve the physical quality of university students.

Secondly, physical education helps to perfect the teaching system of universities. As a public course, P.E. is an important part of the whole teaching system. Especially under the education reform, the effectiveness of physical education in universities requires teachers to innovate their teaching content and teaching mode, so as to make the teaching system more reasonable [3].

## **3. CURRENT DEVELOPMENT OF PHYSICAL EDUCATION IN UNIVERSITIES**

### **3.1 Backwardness in the teaching concept**

In the traditional teaching of physical education, teachers, as the main body of the whole teaching activities, aim to impart the students' sports skills and sports knowledge, and ignore the students' main position in the classroom, thus impede the development of students' creative ability. The main direction of modern education is people oriented. The people-oriented teaching idea is to highlight the students' subjectivity, to guide the students' thoughts and feelings to express in the classroom, to realize the individualized teaching, to stimulate the students' interest in learning and to creative ability, which enable each student has the access to get different degrees of development in P.E. class [4]. However, in the process of practical P.E. teaching class, the traditional "spoon-feeding" model of teaching is commonly used by university teachers at present. It is a fact that it results in a lack of initiative, cooperation and creativity and so on. Meanwhile, there are many unreasonable aspects of curriculum arrangement in many universities, such as lack of theory teaching. At the same time, some basic concepts and principles occupy a large proportion in theoretical knowledge of physical education textbooks, and often lead students to feel bored. However, the theoretical knowledge that really students need is very small and it is not conducive to laying a solid theoretical foundation for the development of sports practice.

### **3.2 Monotonous teaching content and methods**

At present, the teaching contents of physical education in universities are relatively backward, lacking novelty, lack of guidance. On one hand, the contents of physical education in universities are mostly traditional teaching contents. In daily physical education, teachers simply carry out warm-up exercises and physical exercises, such as running. Due to the lack of interesting sports, students often lack interest and interaction. On the other hand, at present, the physical education curriculum in universities has a considerable amount of teaching content, which is difficult to be completed in a

very short period of time, which leads to the perfunctory phenomenon of teachers in the course of teaching. Besides, the content of physical education in universities is mainly based on practical teaching, lacking rational contents. The teaching of physical education in universities includes the knowledge of physical health care and the knowledge of the treatment of sports injury. These theories can make the students become more comprehensive. Therefore, it is difficult for university students to master the sports skill and carry out regular sports activities by taking practice teaching as the whole [5].

### **3.3 Lack of stadium and the supporting facilities**

Supporting facilities is an important guarantee for sports activities, which has an important impact on physical education. In particular, with the enrollment expansion of universities and the continuous improvement of university students' demand, the existing stadium, facilities and equipment in universities are difficult to adapt to the development requirements under the new situation, which objectively restricts the development of physical education in universities in China. First of all, at present, many universities lack adequate sports facilities, making it difficult for teachers to carry out physical education activities according to their interests and hobbies. Due to the lack of sports facilities, it is difficult for students to carry out physical education according to their hobbies, as well as obtain physical education which is in line with their wishes [6]. Secondly, the stadiums and facilities in Colleges and universities are poor, which can not meet the daily sports needs of students. Meanwhile, with the old and ever-aging facilities, the safety of students during exercise is difficult to guarantee.

### **3.4 Weak teacher resources and low professional quality**

PE teachers are the implementers and participants of PE Teaching in universities, which have an important influence on PE teaching activities. At present, many universities do not attach importance to carrying out PE teaching activities, so that universities do not introduce excellent teachers. Especially under the reform of physical education, the existing teaching team has been unable to meet students' teaching needs. In addition to that, the quality of the existing PE teachers needs to be improved. Some physical education teachers in universities can't adapt well to the pace of teaching reform. There are differences in age, professional titles and academic qualifications in the configuration of physical education teachers in universities, and the ranks and echelons of teachers are not formed. At present, in the system of job performance evaluation and title promotion of university teachers, it is an important measure to publish a certain number of academic papers in periodicals. Therefore, university PE teachers have to use a lot of energy to study theoretical research and publish academic papers [7].

### **3.5 Unscientific evaluation of physical education**

The PE teaching in universities in our country ignores the functions of education, culture and so on. It pays attention to the competitive sports and despises the quality education. Therefore, it lacks the concrete implementation plan of "lifelong sports", "healthy sports" and "quality sports". As the same

time, most universities still tend to adopt absolute standards in physical education teaching evaluation, and pay too much attention to quantitative evaluation, thus lack the scientific and rationality of evaluation.

Generally speaking, the outstanding problems existing in university physical education curriculum evaluation and assessment are as follows. The first problem is the one-sided examination content. At present, in the assessment of sports courses, the assessment mode is still based on competitive sports, which ignores the assessment of students' attitude and progressiveness. The second problem is the rough and unscientific valuation method. In terms of evaluation methods, teachers' evaluation and summative evaluation are the main evaluation methods. This method has a lot of drawbacks, because people who know most about students' learning situation should be students themselves. However, Summative assessment lacks the assessment of the whole process. It only evaluates the final results and ignores the attitudes of students in the process of exercise. The third problem is the unreasonable assessment criteria. In terms of assessment criteria, universities generally adopt uniform standards to assess students, which is unfair to university students. Simply taking the final score as the assessment standard, not only neglects the efforts of the students in the process of sports, but also dispel the enthusiasm of the students, which will lose the real significance of the assessment [8].

#### **4. DEVELOPMENT COUNTERMEASURES OF PHYSICAL EDUCATION**

##### **4.1 Set up innovative teaching concept**

According to the requirements of teaching reform in universities, the selection of teaching concept and teaching system should firmly grasp the goal of physical education teaching, as well as ensure that the teaching concept is advancing with the times with a set of scientific teaching system. The current educational reform calls for “people-oriented concept” and “lifelong physical exercise”. On one hand, physical education should conform to the needs of students and the characteristics of their physical and mental development. At present or in the coming period, the physical education reform in universities must conform to the requirements and personality of university students [9]. Among them, the most important point is to satisfy students' desire for bodybuilding. With the continuous improvement of social economy and spiritual civilization, many university students' sports concepts have also changed, and fitness has become fashionable. For students, sports can not only keep fit, but also cultivate character and enjoyment. Therefore, PE teachers should make different plans for PE teaching according to the various needs of university students with some leisure sports and interesting sports.

Besides, the concept of lifelong physical education should be advocated in physical education, which helps to students' healthy development [10]. Therefore, the teaching of physical education must be organically combined with the lifelong physical education of students, and at the same time, provide reliable guarantee for students to carry out lifelong physical training.

##### **4.2 Optimize teaching content and methods**

Teaching contents should be colorful and teaching methods should be diversified. With the continuous progress of sports in China, the contents, teaching methods and teaching methods of physical education curriculum in universities have changed with the development of society.

Therefore, universities should change their teaching methods and set up the position of students firstly. At present, the students in many universities are in the passive position, so the teachers should set up the students as the main body in the course of physical education. In the specific teaching, PE teachers should reform the teaching methods which are serious in the past and make their teaching methods more diversified. Teachers can use the game teaching methods, create situation teaching methods to carry out physical education, so that the students' enthusiasm for physical education to be fully strengthened as well as the improvement of teaching quality. On the other hand, universities should reform the content of teaching materials, both theoretical teaching and practical teaching. Universities can increase the content of theoretical teaching in physical education materials, such as sports psychology, sports injury treatment, so as to make the content of physical education more comprehensive as well as to train high school sports talents in accordance with the development of the times.

#### **4.3 Improve teaching environment and supporting facilities**

Sports facilities are the hardware guarantee of physical education. At present, the construction of stadiums and gymnasiums in universities across the country can be roughly divided into three types. The first type is the construction of sports venues and gymnasiums; the second type is the construction of sports venues in the public colleges and universities; the third type is the construction of the sports venues of private colleges and higher vocational colleges. Generally speaking, sports facilities in sports departments are relatively sound. The stadiums and Gymnasiums in general colleges and universities can basically meet the needs of physical education, but there are also some deficiencies in the sports facilities of comprehensive colleges and universities. The sports facilities of private colleges and higher vocational colleges are relatively not optimistic. The current situation of the sports facilities and facilities in some colleges and universities can not meet the students' demand for sports. Aiming at the problems of sports facilities, it has always been an obstacle to enhance the enthusiasm of PE teachers and enhance students' interest in sports.

Therefore, universities should increase investment and actively improve the physical education facilities in universities.

Universities should purchase relevant sports facilities according to students' interests and teachers' teaching needs. Meanwhile, universities should build sports related venues, such as soccer field, basketball court and natatorium. In addition, universities should regularly repair sports facilities, so as to ensure the safety of physical education. On the other hand, universities should make the best use of the existing resources, excavate the advantages of the school itself, develop the sports projects with local and school characteristics, and do not have to pursue the modern facilities and equipment with high input, so as to alleviate the problem of the shortage of facilities. For instance, universities can also give full play to the advantages of close contact with the community, raise funds in many ways, and gradually established the stadiums and gymnasiums jointly managed by universities and communities.

#### **4.4 Boost capability and reserve excellent teaching staff**

Universities should set up more physical education courses and introduce relevant curriculum teachers. In addition, universities should actively enhance the professional knowledge of PE teachers, organize teachers to participate in training regularly, so as to improve the teaching level of teachers. First of all, through training and further education, universities can improve the academic level and teaching level of physical education teachers, laying the foundation for the interaction between theory and practice of physical education in universities. Secondly, the incentive mechanism for the management of PE teachers is introduced to fully mobilize the enthusiasm of university teachers in teaching and research. Teaching ability is the prerequisite for improving teaching quality and the essential quality for university physical education teachers to complete their teaching tasks. Therefore, PE teachers should not only grasp the basic theory of modern sports education, but also understand some knowledge of management and psychology, and gradually become the explorer of physical education reform in universities. Thirdly, PE teachers should change traditional sports programs and expand the new content resources of physical education curriculum, such as leisure sports, folk sports, etc.

#### **4.5 Improve the teaching evaluation of physical education**

The evaluation of physical education is the direct embodiment of teaching effect. Establishing a scientific and reasonable teaching evaluation system is a fair treatment for teachers and students. Firstly, universities should establish and perfect the scientific evaluation standards conforming to the contemporary educational concept, dilute the selection function of teaching evaluation, and highlight the incentive function of teaching evaluation. The focus of physical education reform in universities should be transferred to the general colleges and universities. From the teaching reform, the teaching theory in accordance with the actual development of physical education in universities should be summed up to form a college physical education system with Chinese characteristics. Secondly, physical education curriculum is not only the corresponding credits, it should be embodied in the examination content from the physical education curriculum, but not by the teachers with a single assessment content to assess the students' achievements and sports quality. The reform of teaching evaluation system should be based on the principle of fairness, rationality and people-oriented. Every teaching content should be formulated with strict stage learning objectives. The test of stage learning objective is completed by specific sports games. It is reasonable to make multiple stages of learning objectives assessment in one semester. Such assessment method can relatively grasp the learning situation of students at a relatively detailed level, which is conducive to achieving the goal of physical education in universities.

### **5. CONCLUSION**

Suffice it to say, the PE teaching in the new period should aim at cultivating the students' sports behavior, cultural accomplishment and comprehensive ability, and deepen the reform of the curriculum system, the teaching material structure, the teaching content, the method and means, the task requirements and the evaluation system. Only by doing so can we ensure the better development of physical education in universities.

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