

Research on the Coordinated Development of Sports and Education in Universities

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Abstract

This study deeply analyzes some issues that have emerged in the process of universities physical education reform. The results reveal that in the development of the integration of sports and education in universities, there are problems such as lagging concepts, low adaptability of teachers and irrationality of curriculum settings. The following measures are proposed to address these problems: clarifying goals, changing educational concepts, forming lifelong sports concepts, cultivating innovative awareness, and adjusting curriculum settings.

Keywords

Integration of Sports and Education; College Physical Education; Balanced Development.

1. Introduction

The promulgation and implementation of the "Opinions on Deepening the Integration of Sports and Education and Promoting the Healthy Development of Adolescents" [1] further clarified the importance of the coordinated development of youth academic learning and physical exercise from the national policy level. This document returns sports to the essence of education. From the narrow sense of the combination of sports and education, it only extends from the level of athletes' knowledge learning and sports training to the broad level of the integration and progress of the physical health and cultural qualities of the entire youth group. Actively promoting the balanced development of education can ensure the sustainable development of education and achieve educational equity [2]. The integration of sports and education is consistent with the balanced development of physical education in colleges and universities. At present, under the background of the separation of sports and education and the imbalance of education, physical education is a part of college education, and its conceptual reform is an important pillar of college education reform. Previous studies mostly focus on exploring the relationship between the market economy and the reform of physical education in colleges and universities, as well as the new propositions of ideological and political education and the reform of college physical education at this stage. Therefore, based on the previous studies, this article will explain the problems during the reform and put forward reasonable suggestions

2. The Predicament of the Integration of Sports and Education and the Coordinated Development of College Physical Education

2.1. Insufficient Cognition of Physical Education Reform

The narrow view of physical education has led to a long-term separation of physical education and education, thinking that physical education is just a appendage and burden of education. Physical education is the best education. Physical education has multiple educational functions. Physical education and education should be a mutually integrated and mutually reinforcing

relationship [3]. This is the basic epistemological basis for the reform of college physical education.

Judging from the teaching practice in recent years, the traditional teaching model only pays attention to academic education, only to increase the influence of the school and expand the number of students. The current physical education teaching model is single, and the students' autonomy is not strong, just physical classroom teaching and simple assessment. After a simple assessment, physical education teaching is also over. This teaching mode can't even achieve the goal of physical fitness and comprehensive ability improvement of students, because the amount and intensity of exercise are too small. Under the new model, there are still some school leaders talking about the reform of physical education teaching without making any practical changes. They are just formal reforms. They only rectified the playground and made formal reforms. They did not try a new teaching model. There are also some colleges and universities that have tried new teaching models, but due to rigid thinking, the reforms have only remained on the surface and have not been developed in depth, so that modern teaching models cannot be widely promoted.

2.2. Teachers Having Rigid Thinking and Low Adaptivity to Reforms

Existing physical education teachers are accustomed to sticking to the old rules, unwilling to change the teaching mode and concept, and do not actively improve their own teaching ability, which has led to the stagnation of college physical education reform. The reform of physical education requires a new teaching model, not only competitive teaching, but also a distinctive curriculum and a novel and strict evaluation model. Due to professional burnout and ability problems of physical education teachers in colleges and universities, the overall team quality cannot meet the requirements of modern education reform. What's more, some college teachers lack professional ethics, they only focus on the evaluation of professional titles, they don't care about the classroom effect, and the teaching of students is just left unchecked. The integration of sports and education must be implemented by a team of teachers with strong professional qualities and high professional ethics.

2.3. The Unreasonable Curriculum Settings and Outdated Curriculum Content

The contradiction between the students' urgent need for sports skills and the lack of current teaching content is the main contradiction in the reform of physical education in colleges and universities. Many university leaders often do not pay much attention to physical education, the curriculum setting is unreasonable, the curriculum content is lacking, and the problems of single curriculum evaluation are quite prominent. At present, most colleges and universities only offer physical education courses in the lower grades. Some colleges and universities still adopt traditional teaching methods, focusing only on superficial figures and not improving the quality of classroom teaching. Regarding the teaching content of the curriculum, the college physical education curriculum overlaps with the middle school physical education teaching, and lacks new focus, so that the students have learned the same for several years, and their level has stagnated. Failure to satisfy the students' pursuit of sports is also not conducive to the shaping of good will and qualities of students, not conducive to the formation and establishment of lifelong sports concepts, and is not conducive to stimulating students' enthusiasm.

3. Strategies for the Reform of Physical Education in Universities

3.1. Clarify the Development Goals of Physical Education in Universities

As a carrier and form of education, physical education includes basic functions such as strengthening physical fitness, pleasant body and mind, tempering will, and social interaction. This requires colleges and universities to not only complete the teaching goals in physical education, but also pay attention to improving the mental health of students and enhancing the

ability of students to adapt to the society. Physical education can exercise students' ability and perseverance through competitions, and can also cultivate students' spirit of unity and cooperation through teamwork project competitions.

3.2. Form the Concept of Lifelong Sports

Physical education has always been affected by exam-oriented education, and has always existed for exams and competition. And physical activity can help people exercise themselves and improve their physical fitness, and its help to people is inexhaustible for people to endure all their lives. Lifelong sports requires people to continuously exercise themselves, learn and accept sports in the course of their lives. Nowadays, the new physical education concept tells us that we should not only pay attention to traditional teaching, but also cultivate students' interest and let students develop the habit of lifelong exercise. Physical education can not only through classroom teaching, but also through extracurricular activities and sports competitions to establish the concept of lifelong sports for students.

3.3. Cultivate Innovative Sports Awareness

Innovation is to tap people's potential, fully develop people's creativity and imagination, so as to solve complex problems that cannot be solved at present, and promote people's all-round development [4]. As the main battlefield for cultivating students' innovative consciousness and ability, colleges and universities should innovate models in each course, open up students' thinking, and create a good innovation environment for them. Sports and exercise help students maintain a clear mind, a healthy body, and a good psychological quality. These are the foundations for people to display their subjective initiative and highlight their own potential. Through physical activities, students can not only gain sports experience, but also exercise their own endurance ability, and develop a tolerant and humble personality, help students shape good behaviors, make them stronger, and be able to continuously challenge themselves and improve Self, self-improvement. In this process, it also contains the cultivation of innovative consciousness and innovative ability.

3.4. Change the Concept of Physical Education

The concept of physical education should also adhere to the people-oriented concept. All exercises must focus on improving the physical fitness of students, cultivating tenacious will and noble moral standards. In today's college physical education, traditional concepts still exist, teachers are over-dominant and students passively participate, making the results unsatisfactory. If the goal of traditional physical education in colleges and universities is only to exercise, strengthen physical fitness, and promote the physical and mental health of students, it is obviously not enough. Physical education reform must break out of this framework, diversify the functions of physical education, and integrate physical education and education organically. . Physical education should give full consideration to the personality of students, and help them cultivate their sentiments and release their bodies and minds in sports [5]. The physical education reform itself is to bring students into the main body of teaching and improve their sense of autonomy [6].

3.5. Optimizing the Education Model and Curriculum

With the deepening of education reform, traditional educational concepts are gradually abandoned by the society, and new concepts are being established. We should not only teach students knowledge and functions, but also help them establish the concept of health first and lifelong sports, improve their physical fitness and stimulate their sports awareness by training their survivability and activity ability. During physical exercise, scientific and reasonable arrangements should be made according to the different conditions of different students, and a physical health evaluation mechanism should be established to ensure that the students'

physical fitness meets the standards. Physical assessment should weight the process over the result, focus on fitness and active participation, and change the way of thinking that used to exercise only for exams.

4. Conclusion

The balanced development of the integration of sports and education is in line with the current national conditions of education in our country and is an inevitable requirement of education reform. Physical education in colleges and universities shoulders the important task of delivering high-quality talents to the society. The background of the separation of physical education and education in my country and the imbalance of college education have brought difficulties to the development of physical education. In the context of Healthy China 2030, bringing sports and education into the path of balanced and integrated development is an effective measure for the reform of higher physical education.

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