Research and Analysis on China's Colleges and Universities Sports Teaching Mode

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ABSTRACT: With access to a large number of literature data, applying the viewpoints of system theory, and research on the ordinary university sports teaching, the paper holds the view that the overall guiding teaching mode should be strengthened. Teaching system should be based on the analysis of different levels between sports teaching mode and strengthen the teaching mode of lateral integrity mode of study. Optimization of physical education teaching mode should fuse the existing research results of sports teaching mode and related theory. Advocating of the study of physical education teaching mode rather than sports teaching pattern.

KEYWORDS: Physical education teaching; Teaching idea; Teaching mode; Regular institutions of higher learning; Health education.

1. INTRODUCTION

The early 50 s, our country ordinary university's teaching mode under the influence of the Soviet Union. Sports teaching mode is not exceptional also, especially in the sports teaching in physical education is given priority to, is mostly about skills education has always been the focus of the schools of thought contend. Since the 80 s, the sports teaching model research become a hot problem in the study on sports workers. Success in happy sports, sports, education, under the guidance of lifetime sports, such as teaching ideas, the "joyful sports teaching", "the discovery type teaching", such as teaching mode, the mode to promote the reform of physical education, enrich the sports teaching system. But there are some patterns to a certain extent applicable limitations, lack of overall system construction. Can deepen the understanding of physical education teaching mode, to better implement the physical education guiding ideology of "health first" and implement "national ordinary higher school physical education curriculum teaching guidelines, to provide theoretical support.

2. THE ANALYSIS OF THE DEFINITION OF SPORTS TEACHING MODE

Since the 80 s, the sports teaching mode is one of the hot topics in the study of physical education teaching. In the efforts of numerous scientific research workers, sports related people already realize the teaching mode is the expression form of the teaching idea, teaching theory, teaching idea to teaching practice of the intermediary and Bridges.

Appeared on this basis, based on the found of the law of knowledge type model, the heuristic teaching mode and so on, based on the application mode of the law of skills, self-learning mode, such as teaching mode, based on the training mode of the law of load, the activity type teaching mode and so on, based on the situation of the law of emotion happy teaching mode, teaching mode, based on the small group of the law of interaction patterns, such as the teaching mode.

In the definition of teaching model, different scholars have different opinions from different angles. Some scholars think that the teaching mode is to point to in certain education ideology, teaching theory and learning theory guidance, with the support of a certain teaching environment and resources, the elements of teaching and learning activities between teachers and students, teaching materials, media) stable relationship structure and activity process. Some scholars from the perspective of system theory, and said the program, principle, composition, methods, structure and other point of view, think teaching mode is a teaching thought, teaching idea, teaching subject, teaching object, teaching goal, teaching method and so on basic elements of relatively independent teaching operating system. But some scholars believe that teaching thought, teaching idea, teaching subject, teaching object, teaching target, teaching methods such as basic elements is not
belong to the same level. More recognition teaching mode is to point to in certain sports under the guidance of the theoretical system, to complete the specific task of teaching for the purpose of a kind of teaching design or a combination of the teaching methods.

3. CURRENT SITUATION AND TREND OF SPORTS TEACHING PATTERN CLASSIFICATION

Sports teaching mode comes from the basic theory of sports teaching and practice of teaching model in general. At the same time, the development of the sports teaching has its special physical teaching mode, learning skills. Based on teaching theory, teaching thought, teaching regularity and teaching principles, teaching patterns also have different levels of classification. At present, more recognition for sports teaching pattern classification, based on sports teaching goal to teach sports knowledge, technology, skills as the goal of physical education teaching mode, its including procedures, system learning teaching mode; Another based on physical fitness as the goal of teaching mode, including discovery learning, such as exercise prescription teaching model. Also the scholar thinks should include autonomous learning, small group learning teaching mode which cultivate the students' interest in sports attitude and emotional development as the goal of teaching mode. Some more research classification. Despite the physical education teaching mode has its own characteristics, but the general teaching mode fundamentally will inevitably suffer the guidance and restriction. Therefore, to understand the draw lessons from the general teaching mode.

From our country sports teaching a single training model neglected the student personality development to “sheep” sports teaching can be seen. Teaching mode is administrative at the same time the total model there are children. Subschema, refers to according to a certain course, a teaching unit or a lesson teaching content design is consistent with the general pattern of teaching mode.

Sports teaching pattern in spite of its own characteristics, but is still fundamentally education mode sub-patterns. Comply with the total model as the basic pattern to an overview of the level of physical education teaching mode, is particularly important.

Students of teachers "double main teaching model" is both play teachers' leading role and fully reflect the students' main body role, namely the "teacher center" and “student center” society absorbs the strengths of the two modes, avoid their negative factors; Teachers play a leading role, in a central position, students in passing - accepting study state, but more often, is under the teachers to help students' initiative thinking and exploration. Although the teaching mode is kay's theory, based on difference in bloom "centered on the target". But in the sports teaching mode design, its thought at present the situation of our country condition should cause the attention of sports workers. Moreover, quite a part of the sports teaching model research more focus on belonging to the curriculum teaching management mode. Type such as "three" sports teaching model, "the club" sports teaching model and "hierarchical" sports teaching model and "credit system" teaching mode, etc.

From the class, the teaching system of structural analysis and the research results of scholars in our country, the teaching system is divided into three teaching subject, teaching environment, teaching process level. In this sense, "three" sports teaching model sports teaching mode can be set up reluctantly in being part of the teaching content, mode and organization mode of teaching, but also different from the general course and narrow part teaching organization pattern of small group teaching pattern, such as for sports teaching covers a lot of content, and curriculum pattern than the scope of the small group learning teaching mode etc. Therefore, in the strict sense, the curriculum teaching pattern of teaching management mode is relatively low.

4. PRESENT RESEARCH SITUATION AND THE TREND OF PE TEACHING PRACTICE

Sports teaching pattern in under the control of the sports teaching ideas under the influence of education ideology, still need to consider so the rule of the law of the human body movement and other factors, sports course covers colorful architectural projects at the same time the relatively unique sports curriculum pattern, pattern is more complicated than other subjects. As a result, the application practices of sports teaching model research is a hot but difficult to break through on the whole.

Try to successful teaching mode structure factors is the theme of the education thought, and so on. But from the current situation of sports teaching mode of practice research, some research results have been basically mature, lack of is under the guidance of system theory viewpoint, deepen understanding a variety of physical education teaching mode, to enhance the study model horizontal linkages. The good news is that some studies have pay attention to the direction of research and achieved some results.

As "the central committee of the communist party of China, the state council on deepening education reform and comprehensively promote quality education decision" clearly put forward of health education in thought, how to build on the basis of the comprehensive education, quality-oriented education is suitable for sports teaching of "health first" guiding
ideology of physical education teaching mode, is the need to strengthen the research of physical education. From health physical, psychological, social, and moral view of four dimensions’ analysis, in the sports education on the basis of the physical health and cause, creative for other 3 d health education of physical education teaching mode is suitable for PE teaching mode. From the research status, exercise prescription teaching model based on exercise prescription teaching as the main means to complete the main tasks of sports work, and to exercise prescription teaching as the main way to solve many problems related to physical health development. Exercise prescription teaching refers to the teacher according to student's physical quality and health classes make teaching content and method of highly specific, is a teacher according to their aptitude and students self-study, since the practice, self-control, self-evaluation of the harmonic combination of a way of teaching. Through the students' main body effect into full play, arouse the subjective initiative of students, so as to realize transition from exam-oriented education to quality education, promote the all-round development of students. Exercise prescription teaching model naturally promote and implement related health education ideas, so as to better implement the physical education guiding ideology of "health first" and the new "national ordinary higher school physical education curriculum teaching guidelines". Of course, in the face of a complex system of physical education teaching, different type of lesson, and incarnate the multi-objective, multi-functional sports features, with one or several teaching modes, only is unable to complete the implementation of quality education and health education. For exercise prescription teaching pattern to strengthen the implementation of application in colleges and universities and contact with other mode research, including the combination of state sport general administration, the ministry of education promulgated new research of "student physical health standard".

5. APPLICATION PRACTICES OF SPORTS TEACHING MODE

Based on the related sports teaching mode of study, its naming, classification, also more chaos, therefore is bound to affect the application of sports teaching mode and practice effect. Look from the current dynamic, application characteristics of physical education teaching mode pays attention to the analysis of teaching object and teaching material, pay attention to factors such as teaching type and structure has become a consensus. This request before the practice in physical education teaching mode, to the sports teaching mode of the existing research results and related theory of fusion, integration, and construction and the sports teaching of "health first" guiding ideology and the quality of sports teaching view of the best choice of the teaching mode. To realize single sports teaching mode can stop in one way or the other a side, also can't fully satisfy the requirement of the quality of teaching as a whole. In the optimization of physical education teaching mode, can combine both the original model, and advocacy to create scientific theory as the guide, and contrast, through the experiment to prove its rationality, innovative and operability.

6. CONCLUSION

1. Based on different elements of teaching, teaching mode has a different definition and classification. Sports related workers should be strengthened in the teaching mode under the guidance of total system level analysis according to different teaching sports teaching mode and strengthen the teaching mode of lateral integrity mode of study.

2. The sports teaching pattern to strengthen the patterns such as "exercise prescription teaching model" is consistent with the idea of "double main teaching model" model research. Application practice of physical education teaching mode of sports teaching mode of the existing research results and related theory to fusion, integration. At the same time, advocates the study of physical education teaching mode, but it is not sports teaching pattern.

REFERENCES