Analysis of Physical Education Teaching Mode in Colleges and Universities from the Perspective of Sunshine Sports and National Fitness

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Abstract

In this context, we believe that the sun sports research now focuses on the meaning and value of sports sunshine, sunshine sports meaning and identity, how to develop the Sunshine Sports and other issues. These studies contributed to the development of sports sunshine, but there is also a lack of rigorous logical theory discussed, and the lack of institutional mechanisms for research, such as lack of a single research methods. Strengthening sunshine sports promotion model, the development of long-term mechanism research, both theoretical study sports sunshine depth development needs, but also a necessary requirement for the development of Sunshine Sports. In order to effectively promote the college "sunshine sports" to carry out and improve the physical health of college students, the use of literature, interviews, statistics and other research methods, sports curriculum university under the "sunshine sports" perspectives issues the study. Sunshine Sports is a strong push forward by the Chinese government, the students’ physical health of government intervention measures. Activities three years, in all types of schools at all levels to actively carry out an hour a day exercise, teachers and students to participate in sports initiative, growing consciousness, awareness and physical exercise generally improved, exercise one hour a day has become common practice. But in some places still do not know the place, lack of investment, lack of teachers and other issues, in order to make sustainable development the sun sports, will take in institution building, reform the examination and evaluation mechanisms, strengthening supervision and so do efforts.

Keywords - Sun Sports; sustainable development; school sports; policy; fitness

1. INTRODUCTION

Adolescent health, physically fit, strong-willed, energetic, is a manifestation of national vitality, is a sign of social civilization and progress, is an important aspect of comprehensive national strength. Adolescence is a critical period of physical and mental health and physical and mental development. Adolescent physical health of not only related to personal health, but also affects the health of the entire nation.

However, due to the delayed impact of exam-oriented education and physical education, youth physical fitness of students’ unsatisfactory school physical education has become the bottleneck effect. The introduction of the party and the government continued to decline based on adolescent physical health status and the future development of China's historical juncture, the situation, to make a major decision, to some extent, have age, groundbreaking on the enhancement of young students physical fitness, promote the development of modern school sports and deepen the quality of education has had a significant and far-reaching significance.

However, the "sunshine sports" to carry out and we did not imagine so smoothly, especially in colleges and universities in particular, due to traditional cultural attitudes, social selection

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mechanism, sports and cultural foundation, body consciousness and college site facilities, sports curriculum and other subjective and objective factors and constraints seem difficult, difficult. Many colleges and universities have a "vigorous start, carry off, adhere less and less" embarrassing situation, undergraduates’ physical health decline has not been effectively curbed. How can colleges and universities effectively promote the "sunshine sports" to carry out and improve the physical health of college students is still a need for deep reflection of the academic problems.

With the deepening of the sun sports, the number of research papers on the Sunshine Sports showed a rapid growth trend. Chinese scholars to study Sunshine Sports has overall understanding and grasp of our country in recent years by scholars in the study published in the official publications of the relevant papers to collect, organize, and summarize induction, trying to study the status of the Sunshine Sports conducted a general analyzed in order to sort out a research context, thus promoting research sunshine Sports, which has a very important value. After the Beijing Olympics, China has accelerated the process of building a sports power, sports power grab from the first adolescent physical health, youth physical health is the fundamental level of the sports power, is the most important. We want to completely change the current situation of physical education must include school sports sun sports, including the theory of innovation and change, to seek a breakthrough in the original study, based on innovation, research school sports to develop in depth, so as to promote the development of school sports to a higher. We therefore sunshine sports research to sort out the future study, not only has a positive significance in promoting theoretical research school, as well as more long-term strategic significance for the construction of sports power.

Sunshine Sports theoretical research in full swing as the sun sports carried out just as a hot issue in recent years, theoretical research school sports and theorists from different angles, multiple levels of study of the sun sports, mainly in the following aspects.

In view of this, HowNet by China, Wanfang database, Chinese Academic Journal Full-text database of network resources, respectively, to the "sunshine sports" and "university physical education curriculum" as the keyword, retrieved during 2003-2013 is closely related to the present study. 1,513 documents, chosen in this study is closely related to and representative of the literature. 68 (papers 51, Bo, a master's degree thesis, 17) to focus on reading, this study provides valuable information and documentation theoretical basis. At the same time according to the research needs of the schools surveyed a total of 40 PE teachers had direct access or telephone access, provide a reference for further analysis and reflection problems countermeasures.

2. SPORTS CURRICULUM

"Sunshine Sports" and the University of Physical Education Curriculum consistent pursuit of "sunshine sports" in concept is the quality of education, under "health first" guiding ideology, based on the current school physical education and the existence of the drawbacks of the proposed. "Sunshine sports" to "Good compliance, physical fitness" as the overarching goal, requirements for 3 a time to improve the level of physical fitness of students, so that 85% of students to implement daily physical exercise 1 h, sports skills to master at least two daily exercise, form good exercise habits. The basic idea is to enhance the physical fitness of students, improve student health as a starting point, we stressed the need to comply fully students' physical and mental development of education and regular physical, mental and physical development of students' potential, enhance physical fitness of students, improve student health, and promote the harmonious development of students' physical and mental. Compared with the basic philosophy of the University of Physical Education in the New
Curriculum, adhere to the "health first" guiding ideology, to promote the healthy growth of students; to stimulate interest in sport, students awareness of lifelong physical exercise; the development of students as the center, pay attention to the student body status; attention to individual differences and different needs to ensure that every student benefit and other aspects remained the same.

"Sunshine sports" to carry out to promote the reform of college physical education curriculum "sunshine sports" to carry out the new era strengthen youth sports to enhance youth physical health strategic initiatives, schools at all levels to implement the party's education policy, earnestly implement the "health first" guiding ideology and the formation of "lifetime Sports" concrete manifestation of behavior. PE Curriculum with the "sunshine sports" the implementation inject new models to meet the different levels of students' physical and mental quality of life requirements more effectively promote the Health of University Students.

"Sunshine Sports" requires young students out of the classroom, to the playground, into nature, walking in the sun, and actively participate in physical activity, it is possible to expand the boundaries of space and time college sports curriculum.

A. The aim of the course design

University sports curriculum will help protect the "sunshine sports" to carry out the first, Teaching University of Physical Education carries achieve the "sunshine sports" goal important tasks: 1) to teach physical exercise and physical health basics, to promote its "sunshine sports" philosophy, objectives, content and requirements; 2) training exercises are technical skills, laying methods and means basis for participation in sunshine sports activities, engage in lifelong sports; 3) constraints of physical exercise behaviors of college students, to help implement the "exercise 1h per day" 4) appropriate evaluation Students Physique led to regular exercise habits; "sunshine sports" target requirements. Second, college sports curriculum and security services in the "sunshine sports" smooth development of: 1) a rich college sports human, material, financial and information resources to meet the curriculum needs of students to participate in physical exercise; 2) diversification of university PE curriculum can expand students' physical exercise choice, to mobilize the enthusiasm of students to participate in physical exercise, develop interest in lifelong physical exercise, habits and ability; 3) flexible curriculum structure of sports university can inspire students to participate in physical exercise initiative and initiative; 4) a clear and specific goal of college physical education curriculum to highlight the nature of the course, to enhance physical fitness of students, improve student health.

B. Main problem

Sunshine Sports is the face of the current school sports and the actual proposed strategic initiatives, sports development with the sun, the sun Theoretical Research on Sports also have been upgrading and deepening into. However, there is need compared with the actual sunshine sports development, the overall level of theoretical research a wide gap, primarily in the following problems.

From the above analysis theorists see sports sun sports conducted extensive research, there is emphasis on countermeasures Overall, that neglect basic research is more prevalent theoretical research lags very prominent, no real argument theoretical research, demonstration not the system, lack of logic and the theory of color. For example, the concept of the sun, apply the basic characteristics of Sports School Sports conceptual model, while the sun itself sports connotation, extension no systematic exposition. Sunshine Sports is a new form of school sports under the new situation, it must have meaning and characteristics of the school sports,
but also entirely confined to physical education, it should also have a strong age, forward-looking content and features. If the theory does not clarify the difference between sunlight and contact sports and school sports, school sports is bound to fall into the error instead of the Sunshine Sports in practice, so that the sun sports lose their value. Objectively speaking, the subject of theoretical research from practice, you need to practice the power of theoretical research, the main purpose of academic research is expected to provide the basis for solving practical problems, Value Theory in practice with a description, explanation, prediction and guiding function. Because of the current weak reasons of basic research, Sunshine Sports countermeasure research regions, although a lot, but "reference" and "Apply" phenomenon more serious, resulting in findings similar phenomenon is more common. Strategies has a strong realistic and practical value, since the structure and level of sun sports, content and form of diversification, such as a primary, secondary, university and other structure and the level of richer content and form, the way to carry out, practices are have significant differences, so as to show the Countermeasures operability, relevance, otherwise countermeasures will lose its original meaning.

"The endo research" mainly refers to research more attention sunshine sports development projects, the role, the significance of building and other projects within the system, in particular, how the regional research sunlight sports a lot; "light looks research" primarily refers to the study ignored the sunshine Sports and school relations, and school sports programs and extracurricular activities, the school curriculum system reform and external relevance of research. For this reason, previous studies only see the problems facing the sun sports practice, and lack of analysis of the underlying causes of these problems and social backgrounds, so there looking at the sun sport on various regional issues, looking the answer of the phenomenon. Such research will inevitably lead to more and more narrow field of view, the problem is more and more awareness is weak, and even research the relevance and effectiveness of the worse. Now sunshine sports development faces many problems, but the key issue is not leadership do not pay attention, is not lack of funds, but how sunlight sport on the entire education reform to be implemented, including how to combine with school exams, entrance examinations are vital global problems, if we do not seek a breakthrough research in these areas, difficult to get out of sunshine Sports system "breakthrough."

Sunshine Sports related issues discussed both practical very strong subjects, but also a very prominent theoretical problem. From the current point of view, the theory Construction of urgency, to extract from the sun sports practice are global, long-term and strategic point of view, construction of the theoretical system, for example, less sunshine sports promotion model, sunshine sports development long-term mechanism, etc. At the same time the time the sun should be established to promote the sport mode, the development of long-term mechanism theoretical system in practice, constantly improve, constantly revised, and finally making the establishment of sunshine sports development institutional norms, institutional model, so as to promote the development of sport a sunlight high-level, out of the woods current stagnation.

Sunshine Sports research is a new research topic, regardless of theory development, practice or objective requirements are supposed to have a lot of research, from many angles, a wide range of research is very urgent task. Some current research is interested in the pursuit of so-called "hot spots" utilitarian "Copy" or "transplant" in some areas of Sunshine Sports in the case studies, regional studies, once there, will immediately follow suit. As a result, the lack of depth of research, has not raised according to theoretical and practical perspectives and views, which can not make a point of having a forward-looking and innovative, but can not form a theoretical system.
C. The future direction of the sun sports

Sunshine Sports is not an expedient measure, but a long-term strategic initiative, school sports is an integral organic composition is an effective way to improve the level of adolescent physical health. Therefore, the sun sports research must focus on the future, we must focus on having a forward-looking issues. We believe that the current need to increase research efforts on the following issues.

In our previous studies, mostly "reference" theory achievement of school sports, the study focused on how to carry out the sun sports, how to play to improve the level of adolescent physical health, the current relatively sunny sports theory how the architecture, this is how the formation of the theoretical system, along with education and the changes in the external environment in the school, how it is an evolution and development and other issues less. As we all know, the State Council attached great importance to youth physical problem, the sun is a major strategic initiatives at the national sport in the new century, in order to strengthen the school sports to improve students' physical health condition all taken. Sunshine Sports is a goal very clear, very specific requirements, measures strong system engineering. Sunshine Sports to a comprehensive implementation of the "Student Physical Health Standard" as the basis, "Good compliance, physical fitness" as the goal, with a 3-year period. more than 85% of the schools to fully implement the "Student Physical Health Standard" 85% students can do more than one hour of exercise and "student Physical health standard" passing grade above every day, so we think the sun sport is an integral part of school sports, under the new situation school extracurricular sports activities in new forms. Sunshine Sports is a form of leisure sports on campus, it has a user-friendly, personalized, multi-dimensional characteristics of life. From temporary to sustainable non-consciousness "free conscious activity" into the sun sports development. Development of things has its historical continuity, and just ignores the existing research on the mechanism and Evolution sunshine sports analysis. New China since its establishment, especially since the reform and opening up education and school reform, school physical education has undergone profound changes, also said that the implementation of internal and external environment Sunshine Sports is undergoing tremendous changes, which is bound to generate development and implementation of Sunshine Sports direct effect, therefore, the study of the sun sports must be placed in the context of macro-thinking, combined with the implementation of certain "long-term education reform and development plan" to study the sun sports, the establishment of a law consistent with the development of education, a reflection of student physical characteristics of healthy development, forward-looking theoretical system, so that the sun sports development into the deep state.

Inform the Ministry of Education on how to carry out the Sunshine Sports to do a detailed deployment, but is bound to be a lot of new situations and new problems in the sun sports practice. Research from the literature to promote school sports sun Mode articles not found. We believe that the current constraints sunshine sports many factors to develop in depth. Among them, the research and promotion model schools lag is an important factor. Since the promotion of a single school model, the lack of progress sunshine sports dynamic and innovative; since the old school promotion model, the sun sports run effect is not significant. We believe that the sun has a variety of sports promotion model school, where the student body is one of the club's sports promotion model, how to play the main role of the student sports clubs in the sun is the most important sport in schools to promote the current theoretical research, should its prominence in theoretical construction to be studied.

In fact, in the national implementation of Sunshine Sports 3 years, all levels of sports schools sunshine emerged many good practices and mature experience, it is imperative to practice good and worthy experience refining rise to the height of the theory, and to elaborate a comprehensive system, which was constructed for the contemporary adolescent mental and
physical characteristics of the actual development of sunshine Sports school promotion model theory system for sports sunshine make its due contribution to the further development of depth.

Sunshine Sports as the State Council attached great importance to physical and adolescent health problems, major strategic initiatives in order to completely reverse the decline in the level of adolescent physical health status taken, it is not expedient but a new form of extra-curricular activities of students in the new century, it with long-term nature of the times characteristics. Therefore, the development of Sunshine Sports must secure long-term mechanism, otherwise unable to complete its historic mission Sunshine Sports. From documentary information found in a research paper Sunshine Sports long-term mechanism, but unfortunately the text of Sunlight Sports long-term mechanism to do neither systematically expounded theory, empirical analysis did not do, but the Ministry of Education and other ministries the notice did explain summarized. Leadership attention, funding, etc., are a powerful guarantee the sustainable development of Sunshine Sports. However, we believe that the school, the community, parents linkage mechanism is sunshine sports sustainable development, long-term mechanism for high efficiency operation. Sunshine Sports School is the organizer of the family is the sunshine sports supporter, social support who is Sunshine Sports. Only these three mutual, interactive, sports sunlight have high efficiency, have vitality. We highly comprehensive and systematic theoretical research and exposition sunshine sports development long-term mechanism, and through further empirical analysis of typical cases, and strive to build long-term mechanism sunshine sports development in line with the law of development of school sports, sports sunshine ensure sound and rapid development.

3. Value Conduct Sunshine Sports

After Sunlight Sports, strengthen the leadership and coordination of school sports work, the provinces (autonomous regions and municipalities) to establish a corresponding joint conference system, the formation of multi-sectoral cooperation, joint management and coordination to resolve important issues of school sports mechanism.

Principals generally as the sun sports to promote quality education and training work task overall development of students, and to carry out the Sunshine Sports Award as outstanding teachers, "Miyoshi" students' evaluation system, the implementation of a veto.

With the government departments and the community to increase student health concern, parents are increasingly concerned about the child's health care problems. Many parents changed in the past the only concept of cultural achievements evaluation theory, more emphasis on overall development of students; more and more parents to support students with practical action to join the exercise, they give their children to buy equipment with equipment, holiday and also in children with exercise, move, music up. A whole society to care, concern, care for the healthy growth of young students in the social atmosphere is gradually formed.

Sunshine Sports must carry a guaranteed time. After Sunlight Sports, schools at all levels in strict accordance with the Education Sector "elementary grades 1-3 must offer four weekly physical education, three to six years and junior high schools must offer three weekly physical education, two high school physical education," the Qi PE requirements at full open. Many schools time to be effective, will reduce each lesson five minutes for physical activity time; in some places for primary and secondary students writing homework make time limits in order to ensure that physical exercise, sleep and extra-curricular activities of students; many places claim to reduce a local weekly class, a corresponding increase in a class for students after class collective physical exercise. In order to ensure implementation of the sun sports, in most provinces, municipalities and autonomous regions regarded the students one hour a day of physical exercise included in the work schedule and the total hours table. In the absence of
physical education day, the schools are based on the actual situation of the school day, between half past 9 am to 10:30 pm or schedule time for each half-hour recess big time sports activities, to ensure that students one hour a day physical exercise.

A. Improve students' physical exercise consciousness and initiative

A variety of sports activities to attract more students to participate in physical exercise. Some schools in the past subject to site constraints, the project carried out in less than normal, it is difficult to mobilize the enthusiasm of the students. With sunshine sports in depth, teachers and students will find ways to work, such as the air-raid shelter transformed into the stadium, laying track on the roof, erecting basketball courts, volleyball courts, effectively solve the problem of insufficient space; small sports, many schools put rural children loved playing gyroscope, roll hoop introduction of campus, so that students in school sports can make sports into the student's life; some of the conditions put fashion school sports such as taekwondo, skating, extreme sports, rock climbing introduced to the students, to enable students to fully enjoy the fun of sport and glamor.

B. Content-rich school sports activities

In order to enrich the sun sports, Sunshine Sports make sustainable development, many schools have to work hard in school characteristics. The introduction of some hip-hop fashion, taekwondo and other projects; some schools to train students teamwork undertaken leggings running, rugby and other sports; some rural schools are adapted to local conditions to carry out a movement with strong local flavor, one school, one product has become all school pursuit.

In the sun sport, to carry out many projects have been deeply marked by the construction of the campus culture, as some martial arts schools in carrying out the project, will allow students to explore the nature of learning, it is necessary to understand the origins of the project also need to know the project the history and tradition, so that the students in learning the project is no longer simple to learn routines and technical essentials, but rather a comprehensive grasp of the purpose of school knowledge. Table tennis is our national sport, some schools in the conduct of table tennis will allow students to accomplishing each stage of development of table tennis in each class briefing and posted on the wall, so that every student learn. Competition is not necessarily in the table tennis, continuous smash many times, 50 m Torr ball run, run fast, taking a rally up to the number who have school Guinness Book of Records. Sunshine Sports to become the school's pursuit, it becomes part of the campus culture.

C. Sun Sport for the health of students

Practice has proved that the development sunlight sports to improve students 'physical fitness, reduce the burden of student learning, to effectively enhance the students' sports consciousness. Principals reflect, at school assemblies fainted fewer students, fewer sick student, suffering from the winter influenza students decreased significantly.

D. Current problems

Sunlight Sports in the past three years, some of the education sector and the person in charge of the school, not really recognize the work of students Ti Weiyi comprehensive, healthy and harmonious development of the important role in the work of school education, no sport, health and art education placed in proper position. From the inspection situation, management functions and some counties (cities) Ti Weiyi Education is not in place, neither the establishment of specialized agencies, there is no full-time staff in charge of management
of the school to arrange Ti Weiyi work. There are still many places heavy test subjects, light non-examination subjects; weight sport Arts aces, light all students; heavy sports competitions and theatrical performances, light classroom instruction and daily activities; weight increased, the popularity of light and other phenomena. Some local schools, sports, art courses rate can not be guaranteed, especially in sports, art classes graduating class was diverted phenomenon is more common.

Some small schools, especially rural schools, schools in remote areas and urban school children of migrant workers, lack of sports venues, non-standard equipment, a shortage of sports equipment, no art classrooms, lack of extracurricular activities. Even some relatively good condition of the schools, there are also facilities expired, aging equipment, equipment loss and other issues.

Twice inspection found that rural primary and secondary schools around the PE teachers' general lack of sanitation, the proportion of part-time PE teachers is too large, some provinces up to 70%. Most of the schools are not equipped with health care workers or teachers. It is understood that China's sports teacher has about 500,000 primary and secondary schools, whether primary or secondary school PE teachers are difficult to meet educational requirements, particularly open four physical education in elementary grades 1-2, primary school PE teachers too small to catch, you even Beijing, a city like Shanghai can not do enough to open to open Qi PE.

**E. Sustainable development**

To achieve sustainable development of Sunshine Sports, with modern talent is essential to establish evaluation mechanisms. China is facing a new historical future task is to achieve a Major Human Resources Country from Human Resources. This historic change requires that we must first change the concept of education, establish a "health first" ideological schooling and make it truly into every student, every family, every school ideas, the culture of generations physical and mental health of adolescents. Secondly, we should strengthen the school sports as a strategic breakthrough of quality education and since school physical education to strengthen the overall quality of promoting the role, especially in favor of the gradual transformation of the whole concept of social talent, Education. Therefore, be sure to strengthen the School of Physical Education as a strategic breakthrough and the starting point for further correct school of thought school, changing the existing student assessment system and education evaluation system, establish the scientific concept of quality of education, that is student-centered promote the overall development of students on quality.

**4. Conclusion**

Sunlight Sports in three years, both in changing ideas, establish a "health first" guiding ideology, strengthen youth sports to enhance youth physical, promote sun sports flourished, full implementation of quality education, adhere to the people-oriented education scientific concept of development have made great progress, it has been unanimously praised the opinion and experts and scholars at home and abroad. But to achieve sustainable development sunlight sports, but also a comprehensive understanding of the important role of sport for physical fitness and cultivate sentiments, carrying forward the national spirit, enlightened wisdom, and fully understand the school sports to fully implement the Party's education policy, enhance teenagers overall quality and display of national spirit significance.

**References**


