

Research on the Innovation of Physical Education Teaching in Colleges and Universities Based on the Concept of OBE

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Abstract: With the development of society and the improvement of people's living standards, physical education teaching in colleges and universities is facing more and more challenges. Traditional teaching methods have long been unable to meet the needs of modern teaching. Therefore, it is imperative to introduce new teaching concepts and teaching methods. Based on the concept of Outcomes-Based Education (OBE), this paper conducts innovative research on physical education teaching in colleges and universities, aiming to improve students' learning outcomes and comprehensive quality, and lay a solid foundation for future study and work.

Keywords: OBE concept; College sports; Pedagogical innovation

1. Introduction

The General Office of the State Council issued the “Opinions on Comprehensively Strengthening and Improving Student Physical Education in the New Era”, which clearly pointed out that university physical education courses should correctly guide and educate students to actively exercise and enhance students’ physical fitness; Help students master sports skills and scientific exercise methods, and form lifelong sports thoughts; Cultivate students’ sound personality and tenacious will. College sports are an important part of higher education, which is of great significance for cultivating students’ comprehensive quality and promoting students’ all-round development. However, there are some problems in the current physical education teaching in colleges and universities, such as unclear teaching objectives, single teaching methods, and unscientific evaluation methods. These problems lead to poor learning outcomes for students and even make students bored with sports. Therefore, it is imperative to introduce new teaching concepts and teaching methods. Outcome Based Education (OBE) is a teaching concept that is student-oriented, inverse in teaching design, and continuously evaluated and improved in the construction of an emerging curriculum system, also known as ability-oriented education, goal-oriented education, and demand-oriented education. It emphasizes that education should be aimed at students’ learning outcomes and focus on cultivating students’ practical ability and comprehensive quality.^[1] The OBE concept has also been widely used in physical education. Based on the concept of OBE, this paper conducts innovative research on physical education teaching in colleges and universities, in order to further improve students’ academic performance and comprehensive literacy, and lay a solid foundation for future studies and work.

2. The essence of the implementation of the OBE concept of college physical education courses

2.1 Clarify learning outcomes

College sports enable students to master certain sports skills, including the rules, techniques, and tactics of various sports. Through learning, students will be able to understand and master the basic skills of various sports and improve their sports level. In turn, the physical fitness of students is improved, including cardiopulmonary function, muscle strength, flexibility, balance, etc. By participating in bountiful sports activities, students are able to exercise their bodies and enhance their physical fitness, so as to achieve the purpose of enhancing physical fitness and improving health. Cultivate students’ sportsmanship, including fighting spirit, team spirit, and sense of competition. There are many benefits if students participate in abundant sports activities. First of all, students can feel the joy

of success and the pain of failure. Besides, students learn to cooperate with other social norms, enhancing friendship and cooperation among classmates. Furthermore, students can also learn to follow the rules and respect their opponents. Last but not the least, students can learn to self-regulate and self-motivate, for the sake of developing themselves.

2.2 Design Reverse Course

The reverse design course of college sports needs to start from the learning objectives of students, analyze the learning needs of students, select appropriate teaching content and methods, establish a reasonable evaluation system, and adjust and optimize the curriculum in time to achieve students' learning outcomes and all-round development. At the same time, it is necessary to pay attention to communication and interaction with students, to give full play to the main role of students and the leading role of teachers, and to improve the teaching effect and student satisfaction^[2].

2.3 Focus on students

College sports focused on students mean that college sports courses should be student-centered, focusing on students' needs, characteristics and development, so as to for the purpose of promoting students' all-round development and physical and mental health. Having known about students' sports needs and hobbies, teachers design course content and methods based on students' requirements and characteristics, with a view to stimulating students' interest and enthusiasm in learning. Pay attention to student participation and interaction, encourage students to actively participate in classroom activities and sports competitions, and cultivate students' sports awareness and sports habits. Pay attention to the development of students' physical fitness, physical skills and physical and mental health, improve students' physical fitness and skill level through physical education teaching and training, and also pay attention to students' mental health and social skills. Cultivate students' innovation ability and sportsmanship, guide students to explore and learn independently through diversified teaching methods and means, and cultivate students' innovative thinking and practical ability. Provide personalized teaching, and develop different teaching programs and training plans according to the individual differences and needs of students to meet the individual needs and development goals of students. Establish a good teacher-student relationship, understand students' needs and problems through communication and interaction with students, and provide timely feedback and assistance to establish a good teacher-student relationship and teaching atmosphere.

2.4 Continuous improvement

Continuous improvement of college physical education refers to the continuous adjustment and optimization of course content, methods and resources in the implementation of college physical education courses according to students' learning conditions, evaluation feedback and changes in needs, so as to improve the quality and effect of teaching. Physical education teachers in colleges and universities should establish a sense of continuous improvement, recognize the importance of continuous improvement, and actively seek opportunities and programs for improvement to continuously improve the quality and effect of teaching. Regularly evaluate the teaching effect and students' learning outcomes, understand students' learning situation and problems through observation, testing and questionnaires, and find problems and make improvements in a timely manner. According to the changes in students' learning situation and needs, college physical education teachers can adjust the teaching content in time, update and optimize the course resources, so as to improve the quality and effect of teaching.

According to the changes in students' learning situation and needs, college physical education teachers can actively explore new teaching methods and means, and adopt teaching methods and means that are more suitable for students, so as to improve students' learning interest and effect. At the same time, strengthen communication and interaction with students, understand students' needs and problems, and provide timely feedback and help to establish a good teacher-student relationship and teaching atmosphere. Introduce new teaching technologies and tools, such as online courses, virtual reality technology, etc. to enrich teaching content and methods, improve teaching effectiveness and student satisfaction. Actively participate in the training of physical education teachers, improve teachers' professional quality and teaching ability, and provide strong support for continuous improvement.^[3]

2.5 Emphasis on personalized diversity

College sports need to focus on meeting the individual needs of students and promoting diversified development, design diversified sports programs and activities, and adopt flexible and diverse teaching methods and means to improve students' comprehensive quality and physical and mental health. At the same time, it is also necessary to pay attention to communication and interaction with students, give full play to the main role of students and the leading role of teachers, and actively introduce new teaching technologies and tools to provide comprehensive support for personalized and diversified development.

3. Innovation of physical education teaching in colleges and universities based on the

concept of OBE

3.1 Set clear teaching objectives

Under the OBE philosophy, instructional objectives should correspond to students' learning outcomes. Therefore, in the teaching of physical education in colleges and universities, clear teaching objectives should be set to ensure that students can master the necessary physical education skills and knowledge. For example, through physical education, students should be able to master the basic skills and methods of physical education, including motor skills, fitness methods, physical education theory knowledge, etc. In addition, students should also be able to develop good physical habits and a healthy lifestyle to adapt to future study and work needs.

3.2 Innovative teaching methods

Traditional physical education teaching methods tend to focus on students' physical training and ignore the development of skills. Under the OBE philosophy, teaching methods should focus on the holistic development of students, including both physical and technical aspects. Therefore, in the teaching of physical education in colleges and universities, we should innovate teaching methods and pay attention to the skill training of students. For example, scenario simulations can be used to allow students to operate and train in a simulated sports environment to improve their ability to respond to emergencies. In addition, teamwork can also be adopted to allow students to improve their teamwork skills by helping and learning from each other.^[4]

3.3 Improve the evaluation system

Under the OBE concept, the evaluation system should correspond to the teaching objectives. In the teaching of physical education in colleges and universities, the evaluation system should be improved to ensure that the evaluation results can truly reflect the learning outcomes of students. For example, a variety of assessment methods can be used, including theoretical exams, practical exercises, group discussions, etc. to get a comprehensive picture of students' learning.^[5] In addition, attention should also be paid to the usual performance and progress of students, so as to motivate students to continuously improve their overall quality.

3.4 Strengthen the construction of teaching staff

Under the OBE concept, the role of teachers is not only to impart knowledge, but also to focus on the all-round development of students. In the teaching of physical education in colleges and universities, the construction of teachers should be strengthened and the professional quality and teaching ability of teachers should be improved. For example, teachers can be organized to participate in relevant training and learning activities to improve their understanding and application of the OBE concept. In addition, experts and scholars with rich practical experience can also be invited to teach or guide practical courses to improve students' practical ability and comprehensive quality.

4. Conclusion

4.1 The implementation of the OBE concept of college physical education courses should be student-centered,^[6] paying attention to the individual needs and ability development of students and building a reasonable evaluation system through reverse design of courses and continuous improvement, so as to achieve students' learning results and all-round development.

4.2 Formulate clear teaching objectives, innovate teaching methods, and improve the evaluation system.

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