

# Analysis of the Ways of Integrating Sports Club Model into College Physical Education

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**Abstract:** It is a new sports teaching mode to integrate the sports club mode into the college sports teaching. Compared with the traditional sports teaching, this teaching mode is more interesting, and can highlight the main role of students in learning, is conducive to the cultivation of students' interest in sports, and really play a role in promoting physical education for students' physical literacy. In this regard, in the process of college physical education, we should actively explore and promote the sports club model, with the advantages of sports club model, improve the quality of college physical education teaching, meet the needs of students physical exercise, and promote the healthy growth of students. Based on this, this paper first expounds the teaching significance of the sports club model, then analyzes the current development status of the sports club model in the current physical education teaching in colleges and universities, and finally puts forward the specific ways to apply the sports club model to the physical education teaching in colleges and universities, with a view to providing reference for improving the effect of physical education teaching in colleges and universities.

**Keywords:** Sports club; Colleges and universities; Physical education teaching

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In China's higher education, physical education teaching content is one of its important components, the majority of physical education teachers in order to improve the physical quality of college students, has been committed to the traditional teaching mode of innovation and reform, in order to attract more students to participate in sports. At present, although the level of education in our country is constantly improving, the effect of physical exercise of college students in school is not ideal, resulting in poor physical quality of students. In this regard, some sports teachers put forward a new college sports teaching model, that is, the sports club model. The integration of sports club model in college physical education can effectively stimulate students' enthusiasm for sports, give full play to students' subjective initiative, and help students develop a good sense of physical exercise, and cultivate students' lifelong sports habits. Moreover, the sports club model can also excavate students' special talents in sports in the teaching process, so as to promote the improvement of students' overall quality. Therefore, in college physical education teaching, the majority of physical education teachers should actively promote the sports club model, so as to improve the effect of physical education teaching.

## 1. Teaching Significance of Sports Club Model

First of all, the use of sports club model to carry out physical education teaching work, is conducive to the cultivation of students' interest in physical exercise. In the traditional college sports teaching, students are often only in accordance with the training program arranged by teachers for sports, however, teachers in the development of these training programs, ignoring the differences between individual students, resulting in some students' own physical fitness and can not fully adapt to the training content, so that students have a boring mood of physical exercise. Using the sports club model, students can choose different sports according to their own interests and physical quality, and let students gain something in the process of physical exercise, so as to stimulate students' enthusiasm for sports and help students establish the concept of lifelong physical exercise<sup>[1]</sup>.

Secondly, the use of sports club model to carry out physical education work, is conducive to creating a good social atmosphere. Students in the sports club mode to carry out physical exercise, can be deeply aware of physical exercise for their own physical fitness to promote the role of improving students' physique, so that students from the ideological change.

Finally, the use of sports club model to carry out physical education teaching work, is conducive to improve the utilization of college sports facilities. In the traditional teaching of physical education, due to some of the inappropriate teaching methods in colleges and universities and the neglect of students for physical education teaching work, resulting in many sports facilities in colleges and universities are idle, resulting in a waste of resources. The use of sports club model to carry out physical education work, can stimulate students' enthusiasm for physical exercise, so that students spontaneously use a variety of sports facilities for exercise, greatly improving the utilization rate of these sports facilities.

## **2. Status of Sports Club Model Development in China**

With the development and application of sports club model, more and more colleges and universities began to recognize the role of sports club model in college physical education, and gradually began to apply the sports club model, but in the specific implementation process, there are still some problems, affecting the effect of physical education. The specific contents are as follows:

First, the professional ability of teachers needs to be improved. Influenced by the traditional education thought of our country, the students' interest in sports is insufficient, even if there is also limited to some traditional sports, so the teacher's professional ability is too single in teaching. However, under the sports club model, teachers need to give students a wide range of guidance when teaching. This kind of guidance is not the teaching of a certain sports project, but allows students to form a sense of physical exercise under the guidance of teachers. However, from the current professional ability of teachers, teachers need to improve their professional quality, which leads to the effect of counseling students is not ideal.

Second, infrastructure is inadequate and funding for education is limited. At present, in the teaching of colleges and universities, although began to pay attention to students' physical exercise, but many colleges and universities pay more attention to scientific research results, that as long as good scientific research results, in sports, as long as the completion of the task can be, so there are many colleges and universities sports infrastructure is not perfect, less investment in sports funds.

Third, the management system is not perfect and the management of sports clubs is chaotic. With the proposal of the concept of quality education in our country, more and more attention has been paid to the physical education teaching of students. However, due to the influence of the traditional teaching concept, the development of physical education teaching in colleges and universities is not smooth. In addition, the application and promotion time of the sports club model in our country is relatively short, and the model is still in the exploratory stage, lead to sports club management confusion, unable to play its role in education and teaching<sup>[2]</sup>.

## **3. Measures Applying Sports Club Model to College Physical Education**

### **3.1 Fundamentally change the concept of physical education**

Under the concept of quality education, when carrying out education and teaching work for students, in addition to the cultivation of students' intelligence, it is also necessary to strengthen the cultivation of students' physical quality. Therefore, colleges and universities must pay more attention to it in education and teaching, hire teachers with strong professional ability, and improve the overall quality and ability of teachers. At the same time, it is necessary to increase the investment in sports funds and do a good job in the construction of sports infrastructure, so as to better combine the sports club model with the physical education teaching in colleges and universities. In addition, colleges and universities also need to change the traditional concept of physical education teaching. In teaching, they should not only set up traditional sports such as football, basketball, table tennis and badminton, but also set up some new sports such as martial arts, rock climbing and skating according to students' interests and social development, so as to stimulate students' enthusiasm for sports with the help of diversified sports, and let students find their own potential in the process of sports, in order to promote the improvement of students' physical quality.

### **3.2 To improve the operation and management system of the club**

When applying the sports club model to college physical education, colleges and universities should clearly realize that their teaching goal is always to improve the quality of physical education and make students have a good physique. Therefore, when managing sports clubs, colleges and universities should choose teachers with excellent professional quality and strong communicative ability as the management personnel of the club, and appropriately choose some students with strong ability to manage the club layer by layer, in this way, we can work out the sports and activities that meet the needs of students. Moreover, in the management of sports clubs, it is necessary to clarify the management system and management content, and both students and teachers need to strictly follow, in order to improve the management effect of sports clubs.

### **3.3 To diversify teaching models**

In college physical education, the use of a single teaching model will affect students' interest in learning and reduce teaching

efficiency. Therefore, in the sports club into the college sports teaching work, we can adopt the “integration, hierarchical” teaching mode, so that the sports teaching work diversified development. Among them, “integration” means that when carrying out physical education teaching, it should be integrated with other teaching work to avoid students’ learning of knowledge of other subjects due to physical exercise. “Hierarchical” means that when carrying out physical education, teachers should carry out different levels of teaching work according to students’ different interests and physical qualities, so that teachers can better formulate teaching activities according to the actual situation of students, to meet the physical training needs of students<sup>[3]</sup>. Through the diversification of teaching mode, can make college physical education teaching more novel and entertaining, so as to effectively improve the students’ interest in physical exercise, cultivate students to develop lifelong exercise sports consciousness.

### **Summary:**

All in all, although the current sports club model in China’s college sports teaching is still not mature enough, there are many problems in the application process, but the application of this model also solves many of the shortcomings in sports teaching work. I believe that in the future, with the continuous efforts and improvement of college physical education teachers, will be able to truly play the role of sports clubs in college physical education teaching, and promote the improvement of students’ physical fitness.

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