

Research on the Reform of Track and Field Items and Innovation of Teaching Mode of College Physical Education

Jianbo Wei, Haijuan Ren

Zhengzhou Sias University, Henan Zhengzhou 451150, China.

Email: vjianbo@163.com

Abstract: Physical education curriculum is an important part of quality education activities that can enhance students' physical and psychological health and promote students' comprehensive abilities, such as cooperation consciousness and innovation ability. Therefore, in the precision teaching reform in colleges and universities, it is necessary to propose an innovative path of university physical education teaching base on the teaching reform exploration of university physical education curriculum projects. This article uses the track and field sports in the university sports class as the main research object. Starting from the marginalization of sports track and field events in real life, it proposes the necessity and importance of the reform of track and field events, and finally explores the new teaching model of university physical education curriculum.

Keywords: College Physical Education Curriculum; Track and Field Events; Teaching Model; Innovative Approach

With the implementation of the reform of physical education in colleges and universities, students have been able to explore new forms of physical education curriculum projects and various methods of physical education. In this circumstance, more and more novel sports have entered the college physical education teaching activities, which led to the marginal development of traditional sports, for example, track and field events. In fact, the track and field sports are the foundation of various sports activities that play an important role in physical quality education. Therefore, the following research focuses on the reform and innovation of university sports track and field projects under the new situation, which has important significance in stimulating the vitality of the courses, attracting more students to form a correct attitude towards track and field sports, and building the exercise habit.

1. The teaching status of track and field events in college physical education

1.1 The marginalization of track and field Sports in college physical education

With the reform of college physical education activities, more and more sports projects have been entering the college physical education curriculum and changing students' attitudes about sports training. On the whole, the importance of university physical education in the education system has been improved. In order to improve the quality of physics teaching and realize the cultivation of talents with comprehensive capabilities, colleges and universities have provided sufficient infrastructure support for sports courses. For example, the current college sports teaching activities introduce a course selection mechanism that starts from the subjectivity of students to choose to participate in sports events that they are most interested in, pursue physical fitness and cultivate their spirit and literacy. For the track and field sports, the impacts and challenges are becoming more and more obvious. At the same time, because the track and field sports have gone through every learning stage for each student, these sports have been gradually

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marginalized as students have many other choices of sports during their college years.

1.2 The current teaching status of track and field sports in college physical education

First, the changes in lifestyles of students have resulted in a loss of fitness, which makes track and field events even hard to be launched. The exercise intensity of track and field sports is relatively high. The essence of track and field sports teaching is to follow a persistent way. However, for contemporary college students, the development of networked technology has changed their lifestyles and physical activities that the intensity of students' exercise has been greatly reduced, for example, girls tend to choose less intense sports like yoga. Therefore, students' physical foundation for track and field events is poor, and they have become kind of afraid of track and field events, which makes it difficult to effectively carry out track and field sports teaching in universities. Second, the teaching method of track and field events is simple, so that the enthusiasm of students is not high. Track and field events are mainly presented in two forms in physical education teaching activities: the first one is specialized track and field courses, which complete the theoretical knowledge and practical teaching of track and field; the second is warm-up exercises for other sports and the final assessment of physical education courses where teachers do not provide enough professional guidance for students. For example, in the actual teaching process, teachers often let students complete the 800-meter warm-up track and field exercise on their own without proper guidance on adjusting their breathing, nor coordinating hand and foot movements. Therefore, most students start the track and field warm-up exercise with the wrong posture which means that the sloppy teaching model in track and field sports lacks well-organized guidance for students. After years of track and field sports training, college students lack a correct understanding of track and field events and believe that track and field sports just sport with greater exercise intensity. Therefore, their initiative to start track and field events is not high.

2. The reform and innovations of track and field sports teaching models in universities

2.1 Optimize the mechanism of college physical education elective courses and establish the leading position of track and field sports

In view of the current marginalization of track and field events, students ignore the importance and necessity of track and field events in sports and require university physical education classes to establish the leading position of track and field events in physical education activities through the improvement of related management systems. For example, the university implements a teaching management model that combines compulsory physical education and optional courses. In the first year of college, the regular teaching of track and field projects is carried out to realize the theory and practice teaching of track and field projects to ensure that every college student can master the theory of track and field sports, integrate professional track and field knowledge into exercises, and eventually develop exercise habits. Later, in the subsequent elective courses, students can apply professional knowledge and good exercise habits to support the development of other types of sports.

2.2 Introduce a diversified teaching model to stimulate students' initiative and efficiency of exercising

According to the analysis of university track and field sports teaching, many students fail to pass the 800-meter and 1000-meter scores in the physical fitness assessment at the end of a semester, which needs a resit to pass the physical fitness tests. The analysis points out it is mainly caused by students' unclear understanding of track and field sports and the lagging track and field curriculum system, which requires reforms and innovations in university sports athletics. First, a good teaching philosophy should be established. The Track and field sport course should be guided mainly by interest and supplemented by grades. Only in this way can students really like to go on track and field sports, and apply knowledge of the track and field sports to achieve physical fitness after class. Therefore, it is necessary to systematically combine entertaining and competition track and field events in the teaching process. To achieve the optimization of teaching content, traditional basic skills training such as running, jumping, and throwing can be presented through games. For example, teachers can organize students to take part in kangaroo jumping game activities, so that students can master the professional skills of jumping during the game. Second, it is required to optimize the teaching model and methods. With the development of information technology, sports informatization teaching activities are also gradually emerging. At present, in the boring track and field project theoretical teaching, teachers should be able to establish a student-oriented teaching concept, using information technology methods to draw dynamic line chart for students of each track and field sports, so that

students can clearly understand their performance and progress of the related skills of track and field sports. Based on the physical education platform, the teacher can also develop personal training plans for each student according to their physical conditions, track and field sports records, to gradually complete the track and field exercise activities, and achieve the track and field project teaching goals. Third, it is required to be able to formulate a brand new track and field teaching evaluation system. The traditional method of track and field sports teaching assessment is mainly that students can complete a certain distance of track and field sports within a set time. This assessment method is obviously too simple and single. Under the pressure of track and field results, some students with poor physical fitness are more likely to be more and more afraid of track and field sports. The traditional assessment has caused students to lost interest and motivation. Even with those who pass the assessment with good physical fitness, these students will not actively choose track and field activities for their physical education course, which has led to the further marginalization of the development of track and field sports. Therefore, the design of a new track and field project evaluation system has become an urgent task. At present, it is possible to introduce an in-process assessment mechanism to carry out evaluation management of students' attitudes and performance in track and field teaching activities. This will promote the completion of each basic activity to realize the total amount of each track and field exercise, thereby encourage students to regard track and field sports as daily routine activities to stimulate their interest in track and field sports and develop exercising habits.

3. Conclusion

In summary, track and field is a basic sport, which has characteristics and advantages that other sports cannot match in terms of the nature of the exercise. However, in actual teaching activities, it faces a major development crisis. For example, athletics courses are not very attractive. In this regard, effective measures can be taken to realize the reform and innovation of track and field sports in colleges and universities. First of all, it is necessary to optimize the selection mechanism of college physical education courses and to ensure that track and field sports occupy a certain proportion in physical education. Secondly, it is important to realize the diversified development of track and field event teaching models and introduce positive and interesting teaching methods so that students can generate interest in track and field sports. It is again required to be able to reform the evaluation system of track and field events, introduce incentive functions, stimulate students' initiative in sports, and improve the teaching efficiency of track and field events.

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