

# Research on Introducing Sports Education Mode into Campus Football Teaching

Gong Cheng

College of Physical Education, Northwest Normal University, Lanzhou 730070, Gansu, China.

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**Abstract:** Sports education mode and campus football teaching have some similarities in teaching characteristics, which are aimed at stimulating students' interest in football and improving students' football technical level and actual combat ability in the process of sports participation. Compared with the foreign physical education mode, the current domestic traditional physical education teaching methods still have shortcomings, which need to constantly learn from the teaching experience of developed countries, so as to cultivate more campus football talents.

**Keywords:** Campus Football Teaching; Sports Education Mode; Exploration

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Sports education model originated in western countries, is a strong representative of the sports teaching model, covering the personal sense of honor and social responsibility, physical education and training, tactical competition courses, expanding teaching mode, dynamic sports courses, etc., these aspects are closely related to our country's campus football development plan. Compared with western developed countries, sports education mode has achieved good results in foreign physical education, but it started late in our country, and there is still a significant gap compared with foreign countries.

## 1. Sports education mode

The process of sports education mode is the process of imparting knowledge under the guidance of teachers. Students master sports skills, get sports theoretical knowledge and practical experience through real competition. This process is sports education mode. The learning mode of sports education mode is the way of teachers' direct guidance, cooperative learning between students and organizing team cooperation. The whole teaching process is dominated by competition. Sports education mode requires students to constantly participate in various forms of competition activities, constantly change various ways in teaching, and change the form of competition, rules, difficulty and so on, so that students can get different degrees of practice from the competition, and this mode also allows students to play the role of teachers or referees, so that students bear the responsibility of each role. Sports education mode to a large extent to the students in sports for all-round teaching<sup>[1]</sup>.

## 2. Analysis of the process of sports education model

### 2.1 Division of learning content

In the teaching of sports education mode, the class hours within each semester are divided into corresponding sports seasons, and then the sports season is divided into four stages, namely, the practice stage, the pre-season stage, the formal

competition stage and the playoffs stage, and the class hours of each sports season are kept at more than 20. In the learning process of these divided stages, the learning content mainly includes the training stage, in order to learn the relevant theoretical knowledge and tactics in sports; the pre-season competition time to learn the sports technology, as well as the team cooperation ability and coordination ability in practice, including the relevant rules of sports, the referee method and the awareness of fair competition; the various experiences brought by the formal competition process and the use of team technology and tactics, and accumulation of competition experience; relevant finals and celebrations will be held in the playoffs <sup>[2]</sup>.

## **2.2 Management stage**

Sports education mode emphasizes that students can form a learning team freely and form a fixed group in the process of sports. Within the group, team members implement self-management and self-management. Each student has tasks to complete and experiences different roles in the process. When pre-season and formal competitions are held, students should understand the roles of everyone in the competition field and their corresponding tasks and responsibilities. For example: as for the duty of the team leader, the team leader is the leader in the game, who should show good and fair competition behavior in the process of the game, always stand with the team members in the process of the game, and encourage them at the right time to represent the position of the team in various ceremonies to work with the coach to solve the problems. The coach's responsibility is to lead the training of students as a leader, complete the training and sports practice according to the relevant requirements, and provide corresponding help for the team members in need, so as to ensure that all the team members participate fairly in the competition, actively encourage the team members in the process of training to create a good team atmosphere.

## **2.3 Teacher role and the final**

The main body of sports education mode must be students, and the responsibility of physical education teachers is to teach students sports skills, rules and etiquette. In the process of self-management, teachers can participate in students' rule making and competition rules, and help students complete fair competition. In this process, teachers must play a good guiding role. In the process of the whole season, the corresponding holding of various competitions will help students get good exercise in the competition and improve their ability, so that students can improve their sports ability, competition consciousness and competition initiative in the process. Sports education mode starts with the beginning of the game and ends with the end of the game. At the end of the season, there will be finals to decide the final champion <sup>[3]</sup>.

# **3. Process analysis of introducing sports education mode into football teaching**

The traditional technology-based football teaching is not only a single form, but also students have not achieved good results after learning. Through practical research, it is found that many students like football matches but are not willing to participate in football teaching and training. The phenomenon of students' low participation enthusiasm, lack of team consciousness, weak competitive spirit, serious lack of enterprising spirit, and generally low sports cultural quality will greatly affect the effect of football teaching. Through the analysis of sports education mode, it coincides with the problems in the process of football teaching. Therefore, the application of sports education mode in football teaching can help students learn relevant football skills and related rules and etiquette, improve competitive skills, and really improve the level of football teaching.

## **3.1 Division of sports season**

In front of us, the core of sports education mode is competition, so football teaching fusion sports education mode is also based on competition, so as to achieve the process of sports theory teaching, training and growth in the game. In the beginning season of each year, a football season is determined, which can be divided into practice stage, pre-season stage, formal stage and playoff stage. At the end of the semester or the last stage of the season, finals and corresponding celebration activities will be held <sup>[4]</sup>.

## **3.2 Building a team to practice**

In the practice stage, teachers let students group according to the corresponding principles, such as the proportion of men

and women and the principle of heterogeneous grouping, so that students can complete the grouping in diversity and skill differences. When forming a group, they should consider the different ability needs of each student, such as some students have the ability of leadership and practice, some students have the ability of communication, etc. The two kinds of differences form a collective of mutual help. After the formation of a team, a fixed team should participate in all the competition activities of the whole season. After the formation of the team, we should formulate relevant team rules, according to the principle of fairness and justice, and the team members should respect each other, and everyone has the same rights and obligations. It is suggested that each team should be composed of 5 to 7 people, which is convenient for each team member to have the opportunity to participate in the competition and have more time to study, and this number will not make it difficult for teachers to teach, which is convenient for teachers to observe the progress of students, give timely guidance and correct various behaviors, so as to truly achieve the student-centered teaching guidance method.

### **3.3 Carefully organizing all kinds of competitions and using incentive theory**

The teaching content of teachers should determine the learning content and teaching method according to the age stage and skill basis of students, and complete the course schedule in strict accordance with the specified time. The principle of sports education mode is that students get equal time to participate, and play different roles in the whole season, while ensuring the smooth and fair competition. In the pre-season and formal competition stage, students should take on different roles and pay attention to team learning and performance. In the process of teaching, teachers carry out simulation training according to the on-site facilities and site conditions. During the competition, the coaches, referees, recorders and scorers are all assumed by the students. In the competition, enlarge the incentive function of performance record and evaluation, realize the use of incentive theory, at the same time, in the process of teaching, we should learn to formulate corresponding training according to the actual situation of students, and better achieve the sports teaching mode.

## **4. Conclusion**

With the improvement of China's comprehensive national strength and the increasing number of sports participants, many sports have been standing in the world sports forest, but there are still relatively weak sports. Many schools in martial arts, aerobics, basketball and other aspects have introduced the sports education mode, and achieved good teaching effect, at present, China's physical education in the continuous development will face more opportunities and challenges, campus football teaching mode is still in the exploration stage, so in the development of sports teaching mode in-depth exploration is a very important measure.

## **References**

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