

Research on Comprehensive Evaluation Index System of Physical Education Work in Colleges and Universities

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Abstract : This article takes the general university physical education work as an example, analyzes its evaluation index system construction principles and theoretical framework, and puts forward the method of constructing the physical education work evaluation index system for reference.

Keywords : Ordinary Colleges and Universities; Physical Education Work; Evaluation Index

The comprehensive evaluation of physical education refers to the use of effective methods to obtain teaching information based on the laws of physical education and the completion of the teaching objectives. After the integration of this information, the physical education activities are evaluated. However, in the comprehensive evaluation of physical education work, the construction of the evaluation index system is an indispensable content. Determining a scientific and reasonable index system is conducive to improving teaching methods and methods, and enhancing the effect of students' physical learning.

1. The construction principles and theoretical framework of the comprehensive evaluation index system for physical education work in ordinary colleges and universities

1.1 Construction principles

First, the principle of comprehensiveness. When constructing an evaluation index system for sports work in ordinary colleges and universities, it is necessary to start with the actual situation of sports work in colleges and universities, and cover all aspects of sports work. The set index system should reflect the organization and management level of sports work to achieve the goals of sports work. Show the overall situation of college sports work from multiple levels.

Second, the principle of simplicity and ease of operation. The construction of the evaluation index system for college physical education should not only be limited to the theoretical level, but also be put into practice. Therefore, the selection and setting of evaluation indexes should follow the principle of ease of operation. The first is to be typical in the selection and setting of evaluation indicators. The indicators should not be too many or too complicated. It is necessary to ensure that the entire evaluation activity is easy to operate and has strong practicability. The second is to have clear levels. Not too much when dividing the hierarchy.

If it is too detailed, it will make the evaluation work cumbersome and even impossible to implement smoothly. The third is that the evaluation indicators should be measured in an effective way. Qualitative indicators can be indirectly reflected by related indicators, and indicators that cannot be measured have no practical effect.

Third, the dynamic and scientific principles. The evaluation index should not only reflect the status of school sports work, but also highlight the school's future development dynamics. Physical education work in colleges and universities is not immutable, it will change with the changes of the second work of teaching. Therefore, the establishment of evaluation indicators should also follow the principle of dynamics. In addition, there must be a scientific theoretical basis for the selection of indicators, which must

be adapted to my country's national conditions. The expression of the indicator should be clear and clear, so as not to misunderstand the evaluator. In the application of evaluation methods, it is necessary to be scientific to ensure the accuracy of evaluation results.

1. 2 Theoretical framework

The physical education work of ordinary colleges and universities covers a wide range. From the point of view of its meaning and structure, it involves sports organization, management, teaching, physical exercise, facilities, equipment, and funding. Combining the characteristics of physical education work in ordinary colleges and universities, under the conditions of theoretical exploration and related research results, after expert interviews, project discussions, etc., a theoretical framework composed of multiple systems such as an organized management system and an effect evaluation system has been established. In the theoretical framework, various systems influence and interact with each other. Organizational management is the prerequisite; Conditional guarantee is the resource guarantee for the development of sports work; The implementation of sports is the main content of the development of sports work, and the teaching goals are achieved through multiple links such as physical education and organizational activities.

2. Construction of a comprehensive evaluation index system for physical education work in ordinary colleges and universities

2. 1 Screening indicators

Combining the basic theoretical framework, the indicator evaluation system is displayed in the form of expert questionnaires, and teachers with many years of experience in college physical education are selected for the first expert survey. The questionnaire is open-ended and integrated with individual consultations to fully grasp expert opinions and opinions. Combining expert opinions, merge and delete related indicators. The evaluation index system after the first questionnaire was changed to make a new questionnaire again, and the indicators were divided according to their importance, given 1-5 different scores, the second round of questionnaire survey was carried out. For this round of questionnaire survey data, the valuable evaluation indicators are screened through statistics and sorting. For example, teacher construction, teaching facilities, organization and management, etc.

2. 2 The weight of the indicator

The weight of the evaluation index of ordinary college physical education work is a very important content, which will have a certain degree of influence on the evaluation result. There is no quantitative analysis as a reference basis, and there is a certain deviation from the actual situation. Accuracy cannot be guaranteed. This topic mainly uses the analytic hierarchy process, which embodies the more difficult decision-making problems in a regular hierarchical structure. After people's comparative analysis, the importance of each decision under various criteria is calculated to select the best decision-making plan. The advantage of Analytic Hierarchy Process lies in the fusion of qualitative and quantitative, and it has many characteristics such as strong logic and strong practicability. In the evaluation index system of college sports work, the application of analytic hierarchy process to determine the index weights can make the evaluation results more accurate.

2. 3 Evaluation criteria for sports work

First, the effect of student sports. In the entire physical education work, the effect of students' physical education accounts for a large proportion, which also shows that for physical education work, the monitoring of students and the formation of good physical learning habits are very important. In the index system, the weight coefficient of physical fitness should be large, which also shows that expert evaluation effectively implements the concept of "health first".

Second, the effect of teacher sports. In the physical education work evaluation index system, the effect of teacher sports is also a very important content, which reflects the efforts made by college sports workers in physical education. In this indicator, the prevalence rate accounts for a large proportion, which also shows that the health of the physical education teacher is the key to the efficient development of physical education.

Third, teaching conditions and applications. Sports venues, facilities and equipment are the material premises of physical education, and their quantity, performance, and renewal rate are all reference indicators to measure the effectiveness of sports work. A long time ago, the Ministry of Education issued the Olympic Games on the configuration of sports venues, equipment and equipment, and systematically explained all aspects of high-efficiency venues and facilities of various scales, and the quantity of equipment, and required colleges and universities to strictly follow relevant regulations. implement. In addition, sports books, materials, and information resources are an inaccessible part of physical education. They are the only channels for students to learn about sports.

Fourth, physical education courses and teaching. In physical education work, physical education courses and teaching are

important content, and contain more indicators. For example, teaching accuracy, student attendance records, scientific and systematic teaching copywriting, the opening of theoretical courses, and the opening of practical courses, etc.

Fifth, extracurricular sports. Extracurricular sports is a part of college sports and one of the key contents to strengthen the construction of sports culture. Including sunshine sports activities, sports club activities, sports team exercises, competitions and other indicators. Among them, Sunshine Sports is an effective measure to fully implement college sports work and improve students' physical quality. Integrate sunshine sports activities into college physical education teaching plans, establish corresponding systems, and attract students' attention through scientific organization and diversified content, so that students can go to the playground and participate in sports activities. Compared with other stages of physical education, college sports extracurricular activities are more independent. Therefore, the activities of student sports clubs are also a very important indicator. In addition, sports team exercises and competitions are important indicators for testing the development of physical education in colleges and universities.

Sixth, security. There are many risks faced by college sports, and some students may suffer accidental injuries in sports activities. Safety issues have become a very important reference index for colleges and universities to carry out sports work. How to correctly face and solve the problem of sports safety is the focus of college sports work.

3. Conclusion

All in all, the construction of a comprehensive evaluation index system is an indispensable content in the physical education work of ordinary colleges and universities. Colleges and universities should combine their physical conditions, grasp the principles of constructing a comprehensive evaluation index system, build a good theoretical framework, select screening indicators, determine the weight of the indicators, and set the evaluation standards for sports work to ensure the integrity of the comprehensive evaluation index system for sports work. Integrity and accuracy can better guide the physical education teaching in colleges and universities.

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