

Research on the path of internationalization development of college sports

Liang Yin

Harbin University of Commerce, Harbin, Heilongjiang 150028

Abstract: With the acceleration of internationalization and globalization, the internationalization of colleges and universities has become the requirement of national opening to the outside world and the mission of The Times for the development of colleges and universities, which also provides a new direction for the modernization of college sports. In the new period, college sports should also take the international development road, optimize the education model, actively promote international exchanges and cooperation, and then lay a solid foundation for the implementation of the sports power construction strategy. This paper analyzes and discusses the effective path of the internationalization development of college sports, which is only for reference by relevant people.

Key words: college sports; Internationalization development; Effective path

At present, the internationalization of education has become the inevitable direction of the development of the majority of universities. In the Outline of the Education Plan, it is clearly emphasized that international cooperation in vocational education should be actively promoted, multi-field and multi-level exchanges should be promoted, and the level of higher education in China should be constantly improved. It can be seen that in recent years, the majority of colleges and universities have opened the road of international development and achieved good results. In this context, college sports, as an important starting point to improve the overall quality of the people and promote the implementation of the strategy of sports power, should also take a positive attitude on the stage of international development, through continuous innovation and optimization to obtain more innovative and high-quality development!

1. The connotation of the internationalization of college sports development

For the internationalization development of college sports, it mainly refers to the practice and implementation of the internationalization development of higher education in sports, which is in line with the current trend of higher education development. At the same time, it mainly takes colleges and universities as the theme, actively promotes sports cooperation and exchanges at home and abroad, and promotes the internationalization of educational resources, so as to better improve the level of physical education in colleges and universities. Generally speaking, the international development of sports is an effective way to improve the learning level of physical education, improve the competitiveness and influence of the university, which can better highlight the educational value of physical education, so that the university sports in the international stage of continuous optimization and innovation, and finally achieve the development goal of high quality and modernization.

2. The value implication of the internationalization development of college sports

(1) Promoting the construction of “sports power”

The strategy of “sports power” requires all localities to actively promote sports exchanges and cooperation, especially to pay attention to the cooperation with neighboring regions and countries in various aspects of sports, actively build diversified sports exchange platforms, build high-quality sports brands, and then promote the development of China’s sports industry and comprehensively enhance the influence of China’s sports. At the same time, the Party’s 20th National Congress also emphasized the strategic construction of “sports power” again, which also reflects our party’s emphasis on the development of sports. As an important part of the implementation of the strategy of “sports power”, college sports should also pay attention to the cooperation with surrounding areas and countries in the new period, which is also an effective way to promote the development of college sports and promote the implementation of the strategy of “sports power”. Therefore, from this point of view, the international development of college sports has a good promoting role for the construction of China’s “sports power” strategy.

(2) Promote the development of Chinese sports

In recent years, with the successful holding of the Olympic Games and the Winter Olympics, China’s sports industry has also achieved unprecedented development, and has been successfully integrated with the regular sports events in the world. In the process of undertaking various large-scale sports events, we not only pay attention to draw excellent experience and sports culture from abroad, promote the development of sports in China, but also pay more attention to show the sports culture of our country’s characteristics to the world, let our traditional sports and national sports culture shine on the international stage, show the charm and competitiveness of China’s sports culture. From an objective point of view, the international development of university sports can promote the high quality and modernization of China’s sports undertakings. It can provide an effective boost to the internationalization of our sports undertakings. Especially, it can train a large number of outstanding talents to lay the foundation for the high quality and modernization of China’s sports undertakings.

(3) Improve the quality of personnel training in colleges and universities

As an important part of higher education, physical education plays a good role in promoting morality and cultivating talents. According to the actual situation of education, the significance of physical education lies not only in strengthening students’ physique, but also in

cultivating students' sound personality. It can be said that physical education is a comprehensive course that integrates knowledge learning, skill training and quality training, and is an effective way to improve the quality of college personnel training. The development of sports internationalization can effectively promote the reform and optimization of physical education, especially the reform of physical education teaching system and personnel training system, which will certainly promote the improvement of talent training quality in colleges and universities. Therefore, it is of great practical significance to actively promote the internationalization of college sports. For colleges and universities, it is necessary to construct the international development path actively through effective methods and ways to promote the modernization reform and development of physical education.

3. The effective path of internationalization development of college sports

(1) Pay attention to the construction of facilities and lay the foundation of "internationalization"

In the process of internationalization development of college sports, the construction of good venues and facilities is the most basic condition. It can be seen that some colleges and universities are not in place in the construction of facilities, especially in the construction of sports venues, which directly affects the high efficiency, modernization and international development of their sports education. In this regard, colleges and universities should, on the basis of guiding students' sports learning and physical exercise, focus on the construction and improvement of facilities, change the existing problems of insufficient area, shortage of equipment, limited space and obsolete equipment in the past, and actively improve the construction of facilities from the perspective of students' sports interests and sports needs. Constantly improve the modernization level and utilization rate of sports facilities and venues to lay the foundation for the international development of college sports. To be specific, first of all, universities should increase capital investment, combine regional policy advantages to speed up the establishment of a number of modern venues, expand the space of sports venues, supplement sports equipment. Secondly, colleges and universities should carry out reasonable planning and scientific updating of sports venues. On the one hand, in the process of building the stadium, it should ensure that the stadium construction is coordinated with its own development plan. At the same time, it should set up related professional facilities from the perspective of teaching and learning and daily training of teachers and students and athletes, and constantly improve the enthusiasm of teachers and students to participate in sports training. On the other hand, we should do a good job in venue planning and construction from the perspective of modernization, such as ensuring that the venue can host some international sports events, etc., in order to create a good "sports hard culture" and better show the results of sports development of our colleges and universities to foreign countries. Moreover, colleges and universities should combine local characteristics to build some special sports venues, especially in combination with local national characteristics, traditional sports culture, etc., to design and build sports venues to further improve the enthusiasm of teachers and students to participate in sports training, highlighting the charm of our traditional culture and sports culture. Finally, based on the advantages of their own sports facilities and venues, they should actively undertake some events, especially for the international community, and use the opportunity of hosting events to improve their own management and management level, form a good sports culture atmosphere, and promote the international development of college sports.

(2) Optimize the curriculum and promote the process of "internationalization"

Curriculum teaching is the most important support for college sports. In the process of promoting "internationalization", colleges and universities should focus on the optimization of curriculum Settings, so as to provide effective impetus for the development of internationalization. First of all, the physical education curriculum of the university should do a good job in the transformation of internationalization, especially to ensure the implementation of the international curriculum objectives. The new curriculum standard of college physical education emphasizes that through reasonable physical education and scientific physical exercise, the main goal is to enhance physical fitness, improve health and improve physical literacy. The goal of international sports development is interlinked. Therefore, colleges and universities should further clarify the educational goal of quality and accomplishment, so that students can learn more and gain more in the physical education class. Secondly, from the perspective of "international" physical education content, we should expand the curriculum content of physical education. On the one hand, we should pay attention to the cultivation of students' "sportsmanship", clarify the teaching goals of peace, unity and progress, and introduce the corresponding values education content; On the other hand, we should pay attention to the comprehensive development of students' body and mind, to effectively penetrate mental health education into physical education to promote the comprehensive development of students' body and mind, on this basis, we should actively introduce some "national" physical education content, especially from the perspective of local traditional sports culture, introduce some special sports items. Continue to promote the "traditional sports into the campus" activities, the lion dance, dragon boat dance and a series of traditional sports with national characteristics into the classroom, constantly improve the richness and attractiveness of physical education, highlight the role of physical education in promoting the inheritance of traditional culture and traditional culture education. Moreover, we should focus on the concept of "people-oriented, health first", actively refer to the excellent points of foreign sports curriculum setting, major construction and curriculum construction to carry out effective optimization and reform, ensure the scientific content and setting of physical education in the course content, and effectively promote the process of sports internationalization.

(3) Strengthen international exchanges and enhance the level of internationalization

The internationalization of college sports cannot be separated from the "internationalization" of exchanges, therefore, the majority of colleges and universities must do a good job of communication and exchange with international colleges and universities, so that not only can strengthen their own understanding of the international advanced school sports construction, but also can better carry out the physical education reform and internationalization, modernization of the foundation. First of all, the majority of colleges and universities

should actively organize sports exchange activities between school teachers and students and foreign colleges and universities, visit each other's sports construction, sports curriculum and sports facilities construction, feel each other's sports culture atmosphere, learn advanced sports construction experience. Secondly, it is necessary to actively carry out the cooperation on the construction of physical education curriculum. For example, the physical education teachers of both sides can set up a "teaching and research team" to jointly study the curriculum setting and professional optimization problems in the process of the development of sports internationalization, so as to further improve the development vitality of physical education. Moreover, we should actively promote the cooperation with international colleges and universities in sports events, such as jointly holding college students' sports events, etc., using the events as the medium to promote exchanges between each other, enhance each other's internationalization development vitality, and enhance their own internationalization development level.

(4) Improve the construction of teachers and provide "internationalization" guarantee

The main plan of education is teacher-oriented. Improving the construction of teachers is a necessary measure to promote the internationalization of college sports. The majority of colleges and universities must do a good job in improving the construction of teachers in line with the goal of international development. First of all, we should do a good job in the introduction of teachers, that is, introduce some teachers with overseas study experience or overseas training experience, give full play to their advantages in international education exchange, in order to promote international sports exchange, and introduce excellent sports construction experience of international colleges and universities. Secondly, we should do a good job in the training of teachers. Colleges and universities can actively contact international colleges and universities or jointly with international sports institutions to carry out teacher training work together with them, and regularly carry out international education guidance for school teachers, cultivate the international vision of physical education teachers, strengthen the professional ability of physical education teachers in various aspects, and promote their professional growth and comprehensive ability training. In addition, colleges and universities can cooperate with foreign colleges and universities in the field of "teacher exchange", and assign teachers to each other's schools for part-time study, so as to better promote international exchanges, effectively improve teachers' international sports education and development ability, and provide international development guarantee.

In a word, in the new period, the international development of physical education has become an inevitable trend. It is necessary for the majority of colleges and universities to base on the new era background, focus on the construction of facilities, curriculum, international exchanges and teacher construction and other aspects of the work, continue to carry out reform and innovation, and finally achieve the goal of high-quality international development!

References:

- [1] Rongmei Cha. Research on the connotation and development strategy of College sports Internationalization in Yunnan Province [D]. Yunnan University,2021.[2] Wang Jing. International development of college Physical Education and Health curriculum [J]. Shaanxi Education (Higher Education),2019(12):26-27.
- [3] Luran Yang. On the Development Direction and Path of College sports culture Construction under the background of "Internationalization" [J]. Journal of Heihe University,2019,10(05):193-195.
- [4] Hongyan Zhu,Jun Yang. Analysis on Problems and Countermeasures of International Communication of Competitive Martial Arts [J]. Hubei Sports Science and Technology, 2019,39(11):969-971+985.
- [5] Haijun Zhu. Research on Problems and Countermeasures of internationalization of Higher Vocational Physical Education under the background of "One Belt and One Road" -- A case study of Changzhou Higher Vocational Colleges [J]. Sports Excellence,2020,39(10):28-29.