

# Research on the Construction of Practical Course System of Physical Education Major

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## Abstract

The curriculum system of physical education professional practice course is an important link for physical education professionals to apply the theory they have learned and practice, and is the key to cultivate qualified talents. With the advancement of teachers' earnest work, the requirement of practice link is also more and more strict, and the problems of practice teaching link over the years are initially highlighted. In this paper, the author for many years in charge of the practice of class management, the problems in the process of practice in mastering accurately, and realistic to real earnest analysis of the problems existing in the practical course system, and corresponding solutions are given to solve the physical education curriculum system to carry out the problems existing in the professional practice lesson, contribute to training qualified physical education professionals.

**Keywords:** physical education major, Practice course system, build.

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## 1. PREFACE

The foundation of educating people lies in morality. We will fully implement the Party's educational policy, carry out the fundamental task of cultivating people through virtue, and train socialist builders and successors who are well-developed morally, intellectually, physically, aesthetically, and labor. We will continue to develop education with a people-centered approach, accelerate the construction of a high-quality education system, develop quality-oriented education, and promote equity in education." The sports education in the right of the people's satisfactory education link, in cultivating students' art of morality, intelligence and physique full scale development and the development of quality education from several aspects plays a huge role, sports can not only train students bear hardships and stand hard work, hardworking, fair competition of good moral character, also can train students' correct aesthetic, health exercise the student team consciousness raising cohesion, At the same time to promote physical and mental health development of students thinking sensitivity. Physical education is to cultivate professional have systematically master the basic theory of physical education, the basic knowledge and basic skills, grasps rule the school physical education work, has strong

practical ability, on the basis of the comprehensive development of expertise, can be engaged in sports teaching in secondary schools and so on, extracurricular sports activities, extracurricular sports training and competition, And can engage in school sports science research, school sports management, social sports guidance and other work of specialized personnel, physical education is an important part of the healthy, orderly and sustainable development. In the course system of sports education professional personnel training scheme in practice class is is one of the important composition of job of teaching of physical education major, is an important link in deepening the classroom teaching of physical education, is the sports education professional students learn professional knowledge, professional technology and the important way to professional skills, professional courses with practice, a key link in the process of application and practical, It is an important link in the role transformation of physical education workers. In addition, the Ministry of Education once put forward "practice education" in the Opinions on Strengthening Practical Education in Colleges and Universities issued in 2012, suggesting that the ultimate purpose of strengthening students' practical ability in Chinese colleges and universities is to test students' own ability,

but also to consolidate and innovate the knowledge learned and mastered in higher education.

## **2. There are Problems in Practical Courses of Physical Education Major**

### **2.1 Physical Education Professional Probation is not standard**

Through consulting materials, most colleges and universities have a 2-week centralized probation arrangement, but the specific practice process is relatively arbitrary, there are no unified regulations and requirements for probation and evaluation standards for the effect of probation. Some schools organize students majoring in physical education to enter middle schools and primary schools to observe physical education teaching. There are also school guidance teachers to guide the students to participate in college physical education teaching as probation. The result is to realize the novitiate process, complete the novitiate link, save a large number of so-called novitiate materials, in order to prepare for a variety of inspection, but the effect of novitiate is little or uneven. In addition, since 2020, when the COVID-19 pandemic hit, schools at all levels and all types of schools banned non-school personnel from entering and leaving at will, which made it more difficult to carry out the internship process, and the progress of the internship was hit hard. At the same time, with the arrival of teacher certification, the probation process is required to cover the teacher's ethics experience, class management and other contents. For physical education major, most of the training talents are primary and middle school physical education teachers. If the probation is carried out in primary and middle schools, facing the management system of the probation unit, it is often difficult to realize all the contents of the probation. In addition, although the internship link also has a scoring column, but the lack of specific scoring standards, at the same time the internship scoring did not enter the educational administration system, the score of whether to pass the year-end assessment of students without any impact, on students without binding, the second scoring project is basically useless, without any significance at all.

### **2.2 Physical Education Major Internship Arrangement is Uneven**

Education practice is an important comprehensive practice curriculum, teachers' professional is under the guidance of teachers, students will have obtained the subject professional knowledge, education science knowledge such as applied in education and teaching practice, in order to improve the education teaching ability, and cultivate professional emotion and vocational ideal education comprehensive practice activity [highlighting, Tang Peng, jia-hong wang, Study on influencing factors and countermeasures of graduation practice effect of physical education major, Physical Education and Science, January 2018, Vol.39, No.1 (Total No.231), 108-113.] . Through the investigation, it is found that

the internship arrangement of physical education major is uneven, mainly manifested in: Guidance task often become a mere formality, as the external teachers (teachers) in the intern institute in the school environment, schools do not match the importance of sports work, and guide teachers' sense of responsibility is uneven, lead to the guidance of teachers to students are easing inconsistent phenomenon, interns internship effect also is uneven. 2, practice monitoring become a mere formality, although with a series of practice monitoring system to ensure training effectiveness, because the student in the internship units the concrete issues tutor supervision by internship units, colleges and universities to guide teachers to make management of internship units strict requirements, leading to the sex of monitoring system in most cases falling is not strong, useless. 3. The implementation of internship assessment standards is inconsistent. At the end of each year's internship, there are assessment standards, but most of the students at the end of the internship participate in the assessment.

### **2.3 The Educational Study is a Mere Formality**

With normal certification work, the requirements in the study stage to carry out the ethics education studies, the education internship institute, class management studies several links, but in the process of practical work, found that students ethics education institute is the education base in the form of a working summary, the education internship institute can have a certain understanding, a phenomenon in the process of research education practice, Most of the students education institute or understand not deep in the stage of complete the task to deal with, problems are exist in class management institute is larger, a large part of students lack of the teacher in charge during the internship management practice link, due to the high school management system, some high school don't even allow interns to participate in class management, lead to lack of class management study link directly even. At the same time, because the study link involves a wide range of knowledge, the overall requirements for professional quality and quality of students are higher, and the operation process is more difficult. Therefore, in the actual process, the study tends to be formalized, and students and instructors have no way to start, so they finish the required content hurriedly, which leads to the lack of real implementation of education reflection and summary, resulting in the lack of continuous improvement purpose of this teaching link. Overall education study stage did not implement, useless, studies link although there are scale project, but the actual like trainee link, not to enter any student awards recommendation link, not into the educational administration system, not binding to the student, does not have any positive or negative impact, belong to the busywork link, the students also is basically coping strategy and a half to complete the study of the book to fill in, No scale grasp.

### 3. Construction of Practical Curriculum System of Physical Education Major

#### 3.1 Re-Establish the Practice Course System Mechanism

To form a team of teachers of practical curriculum system, carefully study and understand the spirit of relevant documents of teacher certification, accurately understand and grasp the goal and significance of each practical course, and correctly understand the logical connection between each practical course. Establish a scientific and feasible probation, practice, study work mechanism, responsibility to people, combined with professional courses to scientifically and reasonably arrange the specific time nodes of practical courses, clear practical courses to achieve goals.

#### 3.2 Implement the Tutorial System to Systematically Guide Students to Complete the Course System Guidance

From students enrolled to start tutorial system, and strive to mentor from beginning to end (trainee - practice - studies), let teachers guide students have penetrability, each link to the student learning situation is the real master, down- to-earth, from the perspective of the students individual differences, guide do vary from person to person, from set out actually, anywhere at any time to carry out the guidance, strive to guide has the actual effect, Improve students' learning and practice ability, and strive to cultivate qualified physical education talents.

#### 3.3 Policy Tendency to Increase Financial Support for Practice Instructors

Attach importance to the establishment of the practice system, increase the investment in the practical guidance teachers, mobilize the work enthusiasm of the teachers, and evaluate the practical guidance teachers, give certain rewards to the teachers who are serious and responsible, stimulate the teachers to carry out the guidance work conscientiously and responsibly. Teachers are encouraged to take students to basic education institutions to carry out practical curriculum system learning according to the actual situation.

#### 3.4 Develop a Scientific and Feasible Assessment System

For trainee, internships, study each link, combined with the normal certification requirement for each link, and to study school sports or relevant professional teaching materials, teaching theory

targeted formulate scientific and feasible with maneuverability, and can really improve students' practical ability appraisal system and system, make teachers have, according to the can depend on the guidance to let students have a track record in practice link, Let the practice curriculum system be carried out and implemented. The entrance sub-table of each link assessment score is included in the graduation conditions of students, which restricts students to seriously cope with and complete each practical link with quality and quantity, so that students can go deeper into the basic education, master the law of basic education, and improve students' practical ability. In a word, practice teaching is the combination of theory and practice of students majoring in physical education the key link, as the normal certification to further advance, requirements for students' practice ability will be more and more strict, only by constantly regulate the practice of students work, arouse the enthusiasm of teachers, and strict practice curriculum assessment link, Try EVERY means to force the students to complete the practical links seriously, orderly, standard, scientific, quality and quantity, improve the students' practical ability, and make contributions to the training of qualified physical education talents.

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