

# Research on the Reform Path of College Physical Education Teaching under the Background of Sports-Education Integration

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**Abstract:** With the deepening and development of higher education reform in China, the integration of sports and education has become an important direction of the current physical education reform. Carrying out the integration of sports and education in college physical education teaching will effectively guarantee the reform and development of physical education, promote the construction of an education service system of discipline integration, improve collaborative education in colleges and universities under the background of sports-education integration, laying a good foundation for colleges to better improve the teaching quality of physical education curriculum and carry out the integration of sports and education. In addition, it can promote the healthy growth of students. In this regard, this paper first expounds on the significance of the reform of college physical education under the background of the integration of sports and education and then puts forward the effective reform path, in order to provide some references for the relevant education researchers.

**Keywords:** Sports-education integration; College physical education; Teaching reform; Paths

**Online publication:** December 31, 2024

## 1. Introduction

The integration of sports and education refers to the close combination of sports and education, and the coordinated development of sports and education through optimizing the allocation of resources and innovating the system and mechanism. At the level of colleges and universities, the reform of physical education should not only emphasize the enhancement of students' physical fitness but also focus on the cultivation of sports spirit and the inheritance of sports culture<sup>[1,2]</sup>. Therefore, the reform of physical education in colleges and universities should start from aspects such as teaching content, teaching method, and evaluation system, so as to integrate physical education with higher vocational education. By building a new model of physical education, we can improve the physical health level of contemporary college students and the comprehensive quality of physical education, delivering high-quality talents to society.

## **2. Significance of college physical education reform under the background of sports-education integration**

### **2.1. Promoting students' healthy development**

The integration of sports and education means that students have enough physical exercise on the basis of mastering sports knowledge, and improve their cardiopulmonary function, muscle strength, body sensitivity, and motor coordination through regular participation in various sports. Therefore, under the background of the integration of sports and education, teachers will implement physical education teaching according to the real needs of students, and carry out various forms of sports and comprehensive training, so as to fully meet their individual sports needs. At the same time, teachers can also provide students with more professional training and guidance to ensure that they carry out sports in a scientific way, reduce the probability of sports injuries, improve students' enthusiasm for sports learning, encourage them to actively participate in physical exercise and form good exercise habits, so as to ensure their physical and mental health development <sup>[3]</sup>.

### **2.2. Cultivating students' positive qualities**

Teachers carry out physical education teaching based on the integration of sports and teaching. Students can learn how to face challenges without giving up easily and cope with pressure calmly by practicing sports skills. In team sports, students learn how to listen to others' opinions, communicate with others actively, and improve their cooperation and decision-making skills. Through sports competition training, students can learn to control their emotions, respect opponents, abide by the rules of sports competition, and establish the concept of fair competition. Therefore, with the implementation of the integration of sports and education, physical education is no longer simply explaining sports skills to students, but gradually focusing on honing students' will, improving students' personalities, leading them to establish correct values, and then cultivating students into high-quality talents that society needs <sup>[4]</sup>.

### **2.3. Exploring students' competitive potential**

Integration of sports and education advocates that students give consideration to competition and study, actively integrate physical training and cultural education, and actively build a physical education teaching model of "dignity, diligence, and frequent competition," so that college sports can play its basic role in training professional athletes and inject inexhaustible motivation for the development of sports in our country. Therefore, from the perspective of the integration of sports and education, college sports should shoulder the responsibility of cultivating professional talents. Through selecting diversified sports events, formulating personalized training plans, professional guidance and counseling, and adopting systematic training mode, college sports should promote the organic integration of sports competition and conventional education, so as to tap students' sports potential to the maximum extent and enable them to achieve self-breakthrough and all-round development in sports <sup>[5]</sup>.

## **3. Reform paths of college physical education under the background of the integration of sports and education**

### **3.1. Designing life-oriented content to activate students' interest in sports**

From the perspective of integration of sports and education, in order to activate students' interest in physical exercise and encourage them to take the initiative to carry out physical exercise, teachers should reasonably

design physical education teaching content according to students' interests and hobbies, and integrate life elements into it. In this way, physical training is not only a part of the curriculum but also an important part of students' daily lives, encouraging them to take the initiative to carry out physical exercises in their daily lives. For example, in the teaching of running, teachers should closely focus on students' interests and daily exercise habits, hold a "campus running challenge" activity, and encourage students to continue running training on campus or in the surrounding environment. First of all, teachers should set staged running mileage goals, such as primary, intermediate, and senior, and their completion time, based on students' sports level and physical fitness. Students can choose suitable running events according to their actual conditions to gradually improve their running skills<sup>[6]</sup>. Then, students can use the tracking function in the sports app or smart watch to record their running speed, running route, running time, calorie consumption, etc., so as to have a more intuitive understanding of their running situation. At the same time, they can also share the running results with classmates, friends, and family members, so as to promote running with strong interaction and entertainment. Finally, teachers can design new running routes according to the school or the surrounding environment, and encourage students to explore different areas around the campus, such as nearby parks, tourist attractions, etc., so that their running sports are full of life. This not only increases the interest and diversity of running, but also allows students to better integrate into physical education, and actively explore the campus environment and the surrounding environment, so as to improve the quality of physical education in colleges and universities<sup>[7]</sup>.

### **3.2. Introducing modern educational technology to enrich physical education teaching methods**

With the proposal and implementation of the integration of sports and education, teachers still use the traditional teaching mode, which will inevitably widen the gap with modern education, making it difficult to meet students' learning expectations. This requires teachers to continue to explore new ways of physical education, take the initiative to use modern educational technology, and promote physical education to keep up with the pace of development of the times<sup>[8]</sup>. First, the use of information technology, digital, and other technologies to assist physical education is important, for example, teachers use augmented reality and virtual reality technologies to create immersive virtual teaching situations and directly display sports skills, so that students can experience different sports virtually. To enhance students' interest and interaction in sports knowledge and skills, we can also use artificial intelligence systems and big data technology to analyze sports data, provide students with intelligent and personalized sports training programs and suggestions, and give timely feedback on sports information, effectively improving students' comprehensive control of sports skills. On the other hand, carrying out sports project-based learning and team cooperation projects can also effectively promote physical education reform, so that students can make progress in project cooperation and learning. For example, organizing sports competitions can not only motivate students to strengthen physical exercise and continuously improve their sports skills, but also cultivate students' communication, teamwork, and management and organization skills in the process of competitions, so as to promote the improvement of students' comprehensive abilities. This can effectively promote the initiative and enthusiasm of students in learning sports skills, cultivating students with excellent social skills and leadership skills<sup>[9]</sup>.

### **3.3. Innovating practical teaching methods to enhance students' learning experience**

In traditional physical education teaching, there are many problems such as students' single learning experience and unclear learning goals. Therefore, in order to give full play to the innovation and flexibility of college sports

under the background of the integration of sports and education, teachers need to start from practice, introduce various new teaching tools, reform and optimize the practice teaching process, which is the key to improve students' practical experience. For example, in college physical education, basketball and football are students' favorite sports. When carrying out the practical teaching of football and basketball, teachers should not only teach students the key points of movement and technical points through the traditional teaching mode, but also change the traditional physical education course into a ball game in the practical course or carry out sports competitive games with basketball and football as the carrier. In this way, students can further enhance their sense of participation in sports, and master and flexibly use basketball, football, and other technical movements. It is worth noting that for those sports that are prone to fouls and even cause sports injuries, teachers need to guide students purposefully in the practice teaching process and create a good practice teaching environment to encourage students to intuitively feel the essentials and skills of different sports, which can improve their sports level to the greatest extent. Students can also get a fresher and more practical experience in the process of learning physical education courses, so as to promote the overall improvement of physical education quality<sup>[10]</sup>.

### **3.4. Improving the teaching evaluation system and accurately evaluating the learning performance**

Under the integration of sports and teaching, a perfect teaching evaluation system is a powerful guarantee to ensure the all-round development of students. Therefore, teachers should build a comprehensive evaluation system with subject scores, sports performance, and team cooperation ability as the main content. Among them, the establishment of a comprehensive evaluation system is the most important, including subject scores, sports performance, and team cooperation<sup>[11]</sup>. The evaluation of academic performance ensures that students master the necessary basic knowledge of sports. The evaluation of sports performance and team cooperation ability can better reflect students' physical fitness and team cooperation skills<sup>[12]</sup>. In addition, teachers adopt diversified evaluation methods, which is also one of the effective ways to improve the physical education evaluation system. On the basis of the original evaluation methods, practical evaluation methods such as project display and practical operation should be introduced. The evaluation method of project display can not only test their sports skills but also show their teamwork and leadership. The practical assessment method can help students to better apply their knowledge and skills. In the teaching evaluation system, strengthening the evaluation of students' individual development is critical, attaching importance to the exploration and cultivation of students' special abilities. Students' excellent results in subjects and sports can be recorded by means of personality development files, which is conducive to improving students' interest in subjects and cultivate their individualized development path<sup>[13]</sup>.

### **3.5. Focusing on the construction of teachers and improving their comprehensive quality**

Under the background of the new era of the integration of sports and education, improving the comprehensive quality of physical education teachers is the core driving force to promote the high-quality development of physical education. The professional quality, innovation ability, and ethics of teachers are directly related to the cultivation of students' interest in sports, the mastery of skills, and the improvement of comprehensive quality<sup>[14]</sup>. First, teachers' professional knowledge and skills training should be strengthened. Teachers should continue to deepen their own professional knowledge learning, keep up with the development of sports science frontier dynamics, and understand the latest theories and methods of physical education. By participating in professional training, academic seminars, and other activities, teachers should improve their mastery of sports skills, sports physiology, sports psychology, and other professional knowledge, so as to ensure that students can



be given scientific and professional guidance in teaching. At the same time, teachers should also master modern educational technology means, such as information technology, big data analysis, etc., in order to better apply in physical education teaching and improve teaching effect. Secondly, teachers' innovation ability should be improved. Faced with the new requirements of the integration of sports and teaching, teachers should actively innovate and explore the teaching mode that suits the characteristics of students and the needs of the times. For example, new teaching models such as project-based learning and flipped classrooms should be adopted to stimulate students' interest and initiative in learning. In addition, combined with information means, such as the use of augmented reality and virtual reality technologies to create virtual teaching situations can increase the interest and interaction of physical education. In addition, teachers should also develop personalized teaching plans according to students' individual differences to meet their learning needs. Finally, the construction of teachers' ethics should be strengthened. Teachers' morality and style are important embodiments of teachers' comprehensive quality. Physical education teachers should pay attention to their own moral cultivation and set a good example for students. In the teaching process, teachers should respect every student, pay attention to their growth and progress, and guide them with love and patience. In addition, teachers should also actively communicate with other teachers to jointly create a positive educational atmosphere and contribute to the all-round development of students <sup>[15]</sup>.

#### **4. Conclusion**

All in all, under the background of the integration of sports and education, the reform of physical education in colleges and universities is a systematic project, which needs comprehensive measures from many aspects. In this regard, colleges and universities can implement the following educational countermeasures: design life content to activate students' interest in exercise; introduce modern education technology to enrich the way of physical education teaching; innovate practical teaching methods to enhance students' learning experience; improve the teaching evaluation system to accurately evaluate learning performance; focus on the construction of teaching staff and improve the comprehensive quality of teachers to effectively improve the quality and effect of physical education in colleges and universities, inject inexhaustible impetus to promote the all-round development of students, and lay a solid foundation for the long-term development of physical education in China. Therefore, the reform of physical education in colleges and universities needs to be constantly explored and practiced in order to adapt to the ever-changing social needs and the development trend of education.

#### **Funding**

Philosophy and Social Sciences in universities of Jiangsu Province in 2023 "Research on the Recruitment Policy of Physical Education Teachers in Jiangsu Province Based on the Demands of Basic Education" (2023SJYB2009); Reform Project of University-Level Education and Teaching in Yancheng Normal University in 2023 "Research on the Reform Path of Physical Education Professional Talent Training Mode under the Background of Normal Professional Certification"

#### **Disclosure statement**

The author declares no conflict of interest.

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