



Research Article

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**Research on university athletics public course teaching reform orientation and countermeasure based on social adaptation idea**

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**ABSTRACT**

*In traditional human thoughts, athletics is the basis of sports; it possesses efficiency of comprehensive developing human strength, speed, endurance, sensitivity, flexibility and other body qualities, and plays a role in propelling sports skill forming and successful techniques applying so as to prevent sports injury. However, university current public athletics course setting mode and teaching mode make it not consistent with modern lifelong physical education idea. In order to achieve ideal university athletics course reform, this paper utilizes questionnaire survey method to make investigation on students in college and graduates, then carries out research on database that formed by research results so as to find out causes that get athletics course into trouble and provide directions reference for teaching reform. Research results put forward the introduction of athletics body-built outward development and athletics training reform ideas, methods and principals, summarizes current university public athletics course teaching drawbacks and negative effects caused by events contents, and presents teaching reform methods, makes contribution to comprehensive development of our country physical education reform.*

**Key words:** Lifelong physical education, body-built outward development, Excel statistical analysis, athletics teaching reform

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**INTRODUCTION**

With the process of talent cultivation mode converting from “exam-oriented education” towards “quality-oriented education”, education department and students themselves have continuously strengthen consciousness of “Health comes first” and “lifelong physical education”, traditional fitness sports events athletics are confronting many areas that not consistent with era, therefore university physical education optional course teaching method is a major measure to physical education reform, similarly athletics with its own special sports features is also confront to reform.

For researches on athletics course teaching reform, lots of people have made efforts by which the course teaching reform are propelled that makes contributions to our country physical education reform. Among them, Yuan Jian-Hong In order to enrich athletics teaching under new historical prospects, puts forward reform thoughts of changing teaching concept, strengthening teaching materials body-building, improving teaching method and perfecting evaluation system[1]; Xiao Rong-Hua(2010)Implements analysis of athletics -oriented athletics teaching current situations in physical education major of our country physical education college, comes up with some ideas on athletics teaching which have important significance of cultivating a new generation teacher [2]; Lu Wei-Fen(2011)Analyzes university physical education major athletic course teaching reform, and carries out deepen exploration of university physical education major athletics course teaching, teaching mode and training targets, and summarizes experiences as well as results[3].

This research based on previous efforts, analyzes university public athletics course questionnaire results, hope to get the course current situation causes through data indicates in questionnaire results, explore pathway of course reform

to make contributions to propel our country physical education reform.

## EXPERIMENTAL SECTION

### RESEARCH OBJECTS AND METHODS

Research objects: Take one municipality university students as research objects, research on university athletics public courses current situations' drawbacks, put forward that bring heart health training events from outward development into university athletics public course [4].

Research methods: Document literature, investigation method and mathematical statistics method, from which document literature uses pedagogy ,management and curriculum books as well as CNKI,CQVIP and Wan-fang database periodical documents as materials and theoretical basis, investigation method is by questionnaire validity and reliability testing, mathematical statistics is mainly using Excel spreadsheet and SPSS statistics software.

Questionnaire setting: In order to ensure effectiveness of compiled questionnaire, adopt experts judge method to test questionnaire in research process, grades divide into unreasonable , basically reasonable and reasonable such three grades, and the questionnaire gets evaluation results from physical education theory experts and athletics curriculum specialists as Table 1 shows.

**Table 1: Questionnaire reasonability experts' evaluation results table**

Experts Types	Total numbers of experts	Numbers of experts with different extents evaluation results		
		Reasonable	Basically reasonable	Unreasonable
Physical education theory experts	4	2	2	0
Athletics curriculum specialists	5	2	3	0

Reliability test method and result: In order to keep stable investigation result reliability coefficient, utilize retest method, the intervals between the first and second questionnaire releasing is 20 days, objects and contents in questionnaire responses not change , through twice questionnaire investigation results can determine reliability coefficient  $R_s = 0.875$ , significance  $P$  value is less than 0.01; By reliability coefficient and significance result can know questionnaire reliability conforms to requests of investigation, questionnaire compiling has strong reliability.

### CURRENT SITUATION OF PUBLIC ATHLETICS COURSES AND EXTEND PROGRAM COURSE DEVELOPMENT ANALYSIS

#### Analysis of students' evaluation results on public athletics courses

Questionnaire sets 6 options on students evaluation of public athletics course, option one is dull, boring, uninterested; option two is body building value can be replaced by other events; option three is pattern of teaching is single without creativeness; option four is test and evaluation method is unreasonable; option five is court infrastructure is poor and short of apparatus; option six is useless in future [5].

**Table 2: Investigation results table of students evaluation on public athletic courses**

Option types	Option selective numbers of people	Percentage
Option one	188	38.76 %
Option two	24	4.950 %
Option three	36	7.420 %
Option four	32	6.600 %
Option five	20	4.130 %
Option six	185	38.14 %
Total numbers of people	485	100 %

From Table 2 data can get students each evaluation proportion distribution conditions as Figure 1 shows; from Figure 1 column diagram's distribution condition can know that 38.76% students think that athletics course is dull, boring and uninterested, 38.14% students think that athletics is useless for their future body building, the other options proportion that students chosen are all quite small around 6.0%. It can be concluded that students subjective consciousness of public athletic course is option one and option six, proportion of the two options and that of other options reflect that athletics gets marginalization due to its discipline limits.

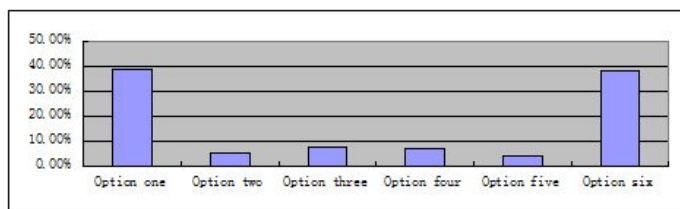


Figure 1: Students evaluation result column diagram on public athletics course

**Investigation result analysis of university students' cognition on field event and track event**

Important degree cognition investigation table that regards field event as university students' body building ways in school ,it divides the important degrees into 4 grades which are respectively grade one( important), grade two(normal), grade three( not important)and grade four ( unknown), its conditions as Table 3 shows.

Table 3: University students' cognition degree table on field event body building way

Importance cognition degree	Proportions of students in different degrees
Grade one	18%
Grade two	22%
Grade three	55%
Grade four	5%

For important degree cognition investigation table that regards track event as university students' body building ways, it similarly divides into four grades as Table 3 shows, makes their statistics result with Excel into pie chart as Figure 2 shows.

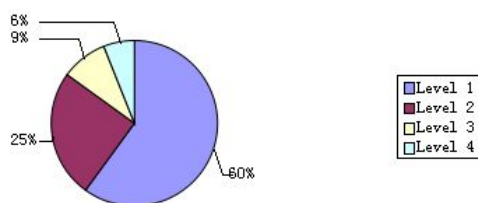


Figure 2: University students 4 kinds' cognition proportions that takes track event as body building way

From data in Figure 2 can know that with track event as university students' body building way and thought it to be important numbers of people is 60% of totals, only 9% students don't think it important. It can reflects that track event plays an important role in body building attributes, while table 2 data indicates that takes field event as body building way and thought it important numbers of people only covers 18%, and 55% students don't think it important; From statistics results in Table 3 and Figure 2, it is indicated that the importance cognition of regarding field event as body building way in the eyes of most of university students is less than that of track event, which reflects in one aspect that convenience situations of school court affects impression of students.

Table 4: University graduates body building way investigation statistical results table

No.	Item	Man student number	Man student %	Woman student number	Woman student%	Total%	Rank
1	Jogging	65	13.40 %	121	25.95 %	39.25 %	4
2	Athletics	2	0.41 %	0	0 %	0.41 %	11
3	Football	52	10.73 %	12	2.47 %	13.2 %	8
4	Basketball	210	43.29 %	8	1.65 %	44.94 %	2
5	Volleyball	31	6.39 %	11	2.27 %	8.66 %	9
6	Martial arts	21	4.33 %	15	3.09 %	7.42 %	10
7	Badminton	111	22.89 %	91	18.76 %	41.65 %	3
8	Aerobics	15	3.10 %	157	32.37 %	35.47 %	5
9	Ping-pong	203	41.86 %	152	31.34 %	73.2 %	1
10	Swimming	51	10.52 %	25	5.15 %	15.67 %	6
11	Tennis	39	8.04 %	32	6.61 %	14.65 %	7

**Investigation result analysis of university graduates body building ways**

In order to research athletics role in lifelong sports events, carries on investigation of 11 kinds of body building items on university graduates body building ways, and makes classified study on different genders students, items that selected are jogging, athletics, football, basketball, volleyball, martial arts, badminton, aerobics, ping-pong, swimming and tennis, analyzes 485 pieces of retrieving questionnaire data through questionnaire surveying, the

quantitative data conditions that got is as Table 4 shows.

From data in Table 4 can know that jogging, football, basketball and badminton are first choice of university lifelong sports, while athletics ranks at the bottom of multiple selection items, it reflects that athletics selection course living status in university.

### Each university outward development course setting current situation analysis

In order to enrich public athletics course, eliminate the course forms singularity and lack of interests, drive university students learning so that achieve converting athletic course sports event into students lifelong body building events, it specially sets athletic courses outward development and correlation events, from which correlation events setting has 3 types, which are respectively orientation movements, field survival and climbing events. Investigate on 16 universities in one municipality since 2005, its result presents as the mark form in Table 5.

**Table 5: Outward development course setting and correlation events setting 16 universities investigation result**

University No.	outward development course setting conditions	Correlation course setting conditions		
		Orientation movement	Field Survival	Climbing movements
1	√	√	√	×
2	√	√	×	×
3	×	×	×	√
4	×	×	×	×
5	×	√	×	×
6	×	×	×	×
7	×	×	×	×
8	×	√	×	×
9	√	√	√	√
10	×	×	×	×
11	√	√	√	√
12	×	×	√	×
13	×	×	×	×
14	×	√	×	×
15	×	√	×	×
16	√	√	×	×
Total	5	9	4	3

*Note: "√" shows the course has been set , "×" shows the course hasn't been set , date in total column are numbers of "√".*

From Table 5 investigation result can know that one area university outward development course setting proportion is 29%, no setting proportion is 71%, therefore the area university outward development teaching setting is quite poor, and the course itself is needed to be improved.

### Investigation result analysis of university students' cognition attitudes towards outward development

In the paper, it puts forward that bring outward development into public athletics course. In order to have an anticipative estimation on the effects after such item introduction, it specially makes questionnaire survey to students' attitudes about outward development, divides attitudes into positive attitude, neural attitude and negative attitude, sets 20 questions, the investigation result is as Table 6 shows.

From data in Table 6 can know 83.5% university students are willing to attend school organized outward development, 88.6% students think outward development holding in university is conform to their own requests, 94.9% students think that outward development is very helpful for their future learning and life, therefore outward development entering into university physical education course is contemporary university students inner heart sincerely calls.

## ATHLETICS PUBLIC COURSE CURRENT SITUATION CAUSES ANALYSIS AND REFORM IDEAS

### Influence analysis of lifelong physical education on athletics course

Athletics events mainly including field event and track event, for field event, it has high jump, shot put and long jump; while for track event, it has sprint, middle-distance race and relay race so on [6]. Since times are different, traditional athletic events already cannot be adapted to the development of times, which cannot meet the demand of students' lifelong physical education demands. The symbol that shows the well-received extent of lifelong physical education events can be found from the proportion that sports exercise events cover that students engage in after graduating. This paper carries on questionnaire survey on 485 students respectively in the aspects of field event and track event; their statistics result is as Table 7 shows.

**Table 6: Investigation result of university students attitudes towards outward development each question**

Question setting	Positive attitude		Neural attitude		Negative Attitude	
	Numbers of people	proportion	Numbers of people	proportion	Numbers of people	proportion
learning outward development	45	55.4 %	29	36.7 %	5	3.8 %
interested in outward development	59	74.8 %	16	20.3 %	3	3.8 %
willing to understand field survival knowledge	71	94.9 %	3	3.8 %	1	1.3 %
think present university students should cultivate emergency capacity	76	94.9 %	4	5.1 %	0	0.0 %
think outward development has high safety	32	41.8 %	38	48.1 %	8	10.1 %
think outward development is psychological challenge	56	69.2 %	6	7.6 %	18	22.8 %
willing to attend school set outward development course	67	83.5 %	13	16.5 %	0	0.0 %
think university students need to improve psychological quality	64	79.7 %	16	20.3 %	0	0.0 %
think outward development is helpful for future learning and life	74	94.9 %	3	3.8 %	1	1.3 %
Would like to try after understanding high altitude events	63	75.9 %	15	19.0 %	4	5.1 %
think it is necessary to hold outward development in university	71	88.6 %	6	7.6 %	3	3.8 %
think outward development can access to university	62	84.8 %	10	12.7 %	2	2.5 %
think university student need to take outward development	70	88.6 %	7	8.9 %	2	2.5 %
Hope the hold party of outward development is university	45	57.0 %	33	41.7 %	1	1.3 %
prefer to current university sports course	25	31.6 %	46	58.3 %	8	10.1 %
prefer to current physical education curriculum events	16	20.3 %	48	60.7 %	15	19.0 %
prefer to "teachers pass down and students receive" learning way	7	8.9 %	49	62.0 %	23	29.1 %
Hope students itself leading physical education course	66	79.7 %	10	7.6 %	3	12.7 %
traditional physical course has great effects on individual psychology	19	24.1 %	52	65.8 %	8	10.1 %
outward development has great effects on future	46	58.2 %	33	41.8 %	0	0.0 %

**Table 7: Investigation result statistics of students' lifelong sports exercise events – field event and track event**

Investigation Options	Field event investigation result		Track event investigation event	
	Number of people	Proportion	Number of people	Proportion
1. will take it as body building way	3	0.62 %	258	53.20 %
2. occasionally take it as body building way	25	5.15 %	72	14.85 %
3. will not take it as body building way	455	93.81 %	150	30.93 %
4. don't such body building way	2	0.41 %	5	1.03 %

From data in Table 7, it is known that university students take field event as body building way after graduation only cover 0.62%, and only 5.15% students occasionally take it as body building way, but 93.18% students will not take it as body building way, which reflects that field event due to its own and environmental restrains cannot become lifelong sports event. University students after graduation that take track event as body building way only cover 53.20% of totals, and 14.85% students occasionally take it as body building way that is to say track event regarded as university students lifelong sports event is accepted by exerciser.

#### **Influence analysis of teacher to course**

Athletics attributes can be divided into essential attribute and nonessential attribute. Researchers usually recognize and seize objective law with things attributes, and should seize comprehensive energy of each attribute of things. The original intention of athletics emergence and development is human pursuit of survival, health and the realm of perfect combination between body and spirit. For a long time, athletics researchers mostly from biological "physical property" perspective partial highlight athletics attributes, while it is little that researchers comprehensive get acknowledge of athletics from human development perspective. In view of this, it largely limited athletics development space in the field of body building, which is also athletics educators mixed up sports competitiveness with fitness nature, athletics accordingly produce competitive attribute and fitness attribute, difference between the two as Table 8 shows.

**Table 8: Athletics fitness and competitive attributes comparison conditions**

Attribute No.	Fitness attribute	Attribute No.	Competitive attribute
1	For the masses, with the purpose of taking exercise, improving health and strengthening physical quality	1	For the athletes, with the purpose of improving sports performance and winning in competitions
2	Master basic techniques , pursuit of the optimized result of body building	2	Pursuit of optimized techniques and sports performance
3	have special body building theory, principal and method	3	have special training theory, principal and method
4	According to age, gender and health conditions ,define different content ,forms method	4	have special competition event ,form and method
5	no strict requests with sports court and equipment specification	5	have strict requests with sports court ,equipment specification

In public athletics course, teachers usually mix up its fitness attribute concept with that of competitive attribute, which leads to athletics impressed students as faster, higher and farther Olympic Games competitive spirits. It should be clearly understand that Olympic Games spirit is a stage that challenges human extremes, which will cause injury to great extent. However, university sports teachers excessively pursuit of athletics competitive functions and ignore its body building attribute, therefore reform direction should develop towards fading competitive attribute and deepening fitness attribute.

### **Athletics public course teaching reform new idea**

Athletics public course teaching way reform directions can be started with athletics training and athletics body building outward development such two aspects. Set athletics physical skill training department and athletics body building outward development department in university, two departments are for different learning objects, with different learning purposes, teaching methods and modes. Take outdoors exercise, field survival; outward development and so on newly developed sports as one part of athletics course. In order to make athletics teaching contents enriched and interested and let traditional athletics teaching content no more major exercise course, bring into athletics quality body building, outdoors exercise, field survival and outward development newly development sports as well as athletics event teaching to compose of new athletics teaching content system. In the following, it states the setting modes of athletics physical skill training department and athletics outward development department such two departments, so as to provide reform ideas for athletics public course teaching.

Athletics physical skill training department:

- Athletics physical skill training department training targets problems not only concerning athletics physical skill training department training direction ,but also it has direct connection with cultivation quality of students in training. Through analysis can know that university physical skill training department training targets is enable students not only master one athletics event basic knowledge and sports skills, but also should get further understanding of humanistic value behind athletics and let them build confidence, self-esteem, self-improvement spirits, help students spirits quality growing ,maturing and perfecting.
- Athletics physical skill training department training events are depend on university students interests and their sports gift, selection of training events contents should be consistent with students' requests. Every university can organize some suitable events with a certain advantage to drive whole school integral training efficiency according to school actual conditions and features;
- Athletics physical skill training department majors in athletics training; it is strict with athletics coaches in special quality. Same as coaches cannot replace sports teachers, and it needs different specialty cultivation pathway. Due to our country university amateur sports training affiliates to sports and education system management "two-way" system, coaches and sports teachers' mutual replacement is quite universal. On the condition that most of school cannot set special coaches, the advantages of employing of part-time coaches are that it will neither influence on training level nor physical education quality.

**Athletics outward development department:** Construction of athletics outward development department can meet university students themselves demands, is helpful for changing traditional education thoughts and ways, is helpful for increasing students social adaptation ability and propel to students physical and psychological health and comprehensive development. Bring into experiential learning way, differences between experiential learning and traditional learning ways are as Table 9 shows.

**Table 9: Two learning ways distinguish conditions table**

Traditional learning way	Experiential learning way	Traditional learning way	Experiential learning way
1. past knowledge	1. it's feelings	6. single, stimulate	6. peak experience
2. Memory	2. comprehension and cognition	7. center on teachers	7. center on students
3. independent learning	3. team learning	8. standardized learning	8. individualized learning
4. focus on knowledge and skills	4. focus on ideas and attitudes	9. Theorization	9. realization
5. no contact	5. direct contact	10. emphasize learning	10. emphasize learning from practice

Ideas introduction, such as : cooperation education idea, intercourse teaching thoughts, overall education idea, experiential “exploration learning” idea and new ideas conform to contemporary sports course health

Athletics outward development department’s introduction of heart health events , heart health events including communicative event, self challenge event, team cooperative event and team trust event, their introduction principals are : possesses targeted ,comprehensiveness, adaptation, professional complementarities and integrated.

Make reasonable control of teachers basic qualities, it require that teachers can timely teach in front of students with different roles, these roles including: coach, lecturer, instructor, referee, participant and heart guider, so as to make correct judgment of students psychology reflection from their words and deeds as well as movements and guide and correct them by applying reasonable ways or roles.

### CONCLUSION

This paper utilized literature review and mathematical statistics method researching on questionnaire investigation result of students in university and graduates, so as to provide data basis and theoretical basis for university athletics public course. In this paper, firstly analyzed university public athletics course current situations, then analyzed caused for current situation, finally put forward the introduction of athletics outward development and athletic training reform ideas to improve athletics public course current situations, which provided directional references for our country athletics reform.

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