

# Thoughts on the Teaching Status and Development Strategy of Sports Training Course

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**Abstract:** In this study, an in-depth discussion was conducted on the current teaching situation of physical training courses in higher education, and a series of problems, such as the irrationality of curriculum design, the lack of site construction, the low overall quality of teachers' team, the relative lag of teaching means and the singleness of teaching evaluation methods, were found. To solve the problems above, by combining the development trend of higher education in China and the characteristics of physical education, a series of development strategies and suggestions were proposed, including improving the curriculum, strengthening the construction of venues, improving the level of teachers, enriching teaching methods, and establishing a scientific evaluation system, aiming to improve the quality of physical training courses in higher education in an all-round way.

**Keywords:** Sports Training; Teaching Situation; Development Strategy

## 1. Introduction

The sports training course in higher education institutions is a key link, which cultivates students' physical quality and exercise their sports skills and whose teaching quality directly affects students'. Under the background of deepening physical education reform, the innovation and improvement of the sports training course and constantly improve students' mastery of physical exercise knowledge and skills through scientific and effective sports competition activities. Nevertheless, the current higher education physical training curriculum still faces many challenges, which require us to conduct in-depth research and develop appropriate

development strategies to promote the continuous progress of the course.

## 2. Current Situation of Sports Training Course Teaching in Colleges and Universities

### 2.1 Unreasonable Curriculum Setting

At the current stage, the design of the physical education course in higher education is not entirely appropriate. Although many new projects have been added, these courses still cannot meet the basic needs of college students, and students have relatively low interest in sports activities, and there are obvious differences in the choice of sports events. The sports training courses offered by higher education institutions cannot meet college students' basic needs. Currently, there are a lot of problems in college physical education, such as single teaching content, insufficient class hours, lack of teachers, as well as backward sports facilities. Therefore, it is necessary to reform the current teaching content and methods to make college physical education more suitable for the characteristics and needs of contemporary college students. The survey reveals that sports items such as ball and roller skating have a relatively high demand for venues and equipment facilities. However, there are few swimming pools and small ball sports venues in higher education institutions, and there is only one comprehensive gymnasium in most colleges and universities. Besides, the ball movement is obviously affected by weather conditions.

### 2.2 Insufficient Construction of Venues

The implementation of the enrollment expansion policy of higher education institutions, coupled with the lack of sports facilities, has produced a significant

negative impact on the teaching quality of college sports training courses. In this case, colleges and universities must strengthen the construction of campus sports facilities and equipment, especially to strengthen the construction of wind and rain playgrounds. The survey data reveal that many higher education institutions have not set up wind and rain playgrounds at present, so when it rains, it is almost impossible to conduct outdoor courses and weather condition significantly influences the quality of teaching. It is necessary to consider the problems of indoor and outdoor environments, because only in this way can sports training be carried out more successfully. Many physical education teachers also point out that the quality of venues and equipment directly affects the level of physical education in higher education institutions. If there is no sufficient construction of venues, the sports training and teaching effect of colleges and universities will not be effectively improved.

### **2.3 Low Overall Level of Teaching Staff**

The overall quality of physical education teachers in higher education institutions is relatively low, and there are teachers with bachelor's degrees and master's degree, with a clear imbalance between the two. There is an unreasonable professional structure of some college teachers and a single knowledge structure in some colleges and universities. After an on-the-spot investigation, we found that many physical education teachers in higher education institutions have deficiencies in comprehensive quality and professional skills, for example, their knowledge is updated slowly, and many young teachers quickly put into work after graduation and lack practical experience, which undoubtedly negatively affects their teaching effect. Some college teachers still lack in-depth and systematic research and learning of educational theory, and they have single teaching methods, weak awareness of students' participation and unobvious characteristics of physical education. Moreover, teachers' teaching content is too old, and their way of thinking is relatively backward. More importantly, for sports fields such as table tennis,

badminton, taekwondo and swimming, there is a lack of teachers, and some of them are even part-time, which undoubtedly weakens the overall education quality.

### **2.4 Lagging Teaching Methods**

The limitations of teaching methods may be manifested in the failure to make full use of modern science and technology and educational concepts to meet students' diverse learning needs. Currently, many teachers impart knowledge to students in an instilling way in the classroom teaching process, which cannot mobilize students' enthusiasm and initiative to explore and solve problems independently. It has become inevitable to use information technology to teach, but traditional education methods have made it difficult to meet this development trend. When carrying out sports projects in colleges and universities, they have a certain uniqueness due to their own characteristics. If the teaching methods used are not advanced enough, students may lack rich experience and their interest in the learning process cannot be stimulated. In the current higher education physical education training system, teachers often prefer to use teaching methods of explanation, guidance or demonstration, which is not only inconsistent with the direction of physical education reform but also not conducive to stimulating students' interest in sports and improving their sports skills.

### **2.5 Single Teaching Evaluation Method**

Teaching evaluation plays a crucial role in the physical education system. Through the evaluation of students' academic performance, we can grasp their learning situation in real time and help them speed up their learning. Teaching evaluation not only provides real feedback data for teaching activities but also helps teachers improve their teaching level. Therefore, physical education teaching evaluation is an important link to improving the overall quality of education in colleges and universities. However, due to the limitations of the exam-oriented education model, many higher education institutions in China have relatively little investment in physical education teaching evaluation, and their

evaluation mainly focuses on the skills and methods of sports while ignoring other aspects of physical education curriculum, which can easily lead students to regard the examination as the main learning goal, thus limiting the effective expansion of their knowledge field.

### **3. Development Strategies and Suggestions of Sports Training Course in Colleges and Universities**

#### **3.1 Improve the Curriculum**

When designing college sports training courses, students' real needs should be well met and the development trend of modern society should be adapted to. With the deepening of the concept of quality education in China's higher education, people pay more and more attention to the development of college students' physical and mental health, which requires college physical education teachers to actively change traditional educational ideas. Meanwhile, we should establish a multi-dimensional and diversified curriculum system, covering a variety of different levels of sports skills and diverse sports activities. When carrying out physical education in colleges and universities, the individual differences of students should be fully respected and appropriate teaching content should be chosen according to their interest characteristics to make it more targeted and practical. The goal of physical education should be appropriately adjusted, and more attention should be paid to cultivating professionals with innovative thinking. Besides, we need to attach great importance to the design of interdisciplinary courses and strive to closely integrate sports with health, psychology and other related disciplines to more effectively improve students' overall quality. What's more, teachers should be good at integrating textbooks from many aspects to make them more attractive to meet the higher requirements of modern social development for talents.

#### **3.2 Strengthen the Construction of Venues**

High-quality sports facilities are an essential prerequisite for carrying out sports training. Higher education institutions have the responsibility to strengthen the construction

of sports facilities to improve the quality and effectiveness of their equipment. Sports venues should have good ventilation and heat dissipation performance and thermal insulation performance. Therefore, colleges and universities should also take into account the need for physical education and athlete training to ensure that the functions of sports venues can be fully realized. When building sports facilities, they must deeply consider the specific needs of various sports to ensure that these venues can meet a variety of training standards. Moreover, it is also necessary to consider the actual situation of physical education, and optimize and adjust the site structure and layout to ensure the rationality and practicability of sports facilities. They also need to pay attention to the sustainable development of sports venues and adopt the design philosophy of environmental protection and energy conservation to ensure safe and comfortable physical exercise places can be created for students.

#### **3.3 Strengthen the Construction of Teaching Staff Level**

Teachers play an indispensable role in the physical education training course, and their professional skills and teaching methods will directly affect students' learning effect. With the advancement of education reform, the construction of university teachers has been paid more and more attention to. To better improve the professional ability of the teacher team, higher education institutions should establish a sound training system and provide regular professional training and academic exchange opportunities for faculty. At the same time, a comprehensive evaluation mechanism should be established to deeply evaluate teachers to ensure their enthusiasm for work. Moreover, communication between schools should also be strengthened to improve teachers' overall teaching skills. To better promote the professional growth of teachers, we have hired industry experts with rich practical experience and organized a team of experts inside and outside the school, which can enable college teachers to obtain more knowledge and skills in their work. We also have the opportunity to cooperate with relevant enterprises and organizations to

introduce advanced training concepts and means to enhance teachers' capabilities in practical operation.

### 3.4 Enrich Teaching Methods

To arouse students' enthusiasm for sports training courses, it is particularly critical to adopt diversified and rich teaching methods. Physical education classrooms should make full use of various modern media technologies and a variety of ways to show students the teaching content so that they can master knowledge and skills in happiness. Traditional classroom teaching can integrate modern scientific and technological tools, such as virtual reality and online learning, to enhance the interactivity and interest in the teaching process. We attach great importance to practical teaching methods and organize students to participate in various sports competitions, training camps, and field trips to ensure that they can apply the theoretical knowledge they have learned to real practice. By carrying out teaching activities in the three aspects: pre-class preparation, teacher guidance and evaluation in the classroom, and summary and reflection after class, the diversified development of the physical education curriculum has been realized. Therefore, adopting a variety of teaching strategies can better meet students' personalized learning needs and stimulate their enthusiasm for learning.

### 3.5 Construction of Scientific Evaluation System

A scientific and appropriate evaluation mechanism is the key to guaranteeing the healthy development of sports training courses. The comprehensive and objective assessment and evaluation of physical courses in physical education teaching is one of the important ways to promote its scientific development. In the assessment, we should comprehensively examine students' performance in many fields such as knowledge depth, skill proficiency, and physical health. In the specific application process, we should adhere to the principles of objectivity and fairness, scientificity and operability, and adjust and improve it in combination with the actual situation of sports training. To ensure the

comprehensiveness and objectivity of the evaluation, we can consider using various evaluation methods such as regular examinations, practical assessments, and classroom performance. We can also adopt mechanisms such as peer review and student review to enhance the fairness and transparency of the evaluation process. By establishing a reasonable and effective evaluation system, teachers can be promoted to continuously improve their teaching methods and means, thus improving teaching quality. Constructing a scientific evaluation system can help us understand students' learning progress more deeply and provide a reference for the optimization of teaching methods.

### 4. Conclusion

Although there are some teaching problems in the sports training courses of higher education institutions, the quality of the courses can be comprehensively improved and effectively serve students' physical and mental health and overall growth by optimizing the curriculum structure, strengthening the venues and facilities, improving the quality of the teachers' team, diversifying the teaching methods, and building a scientific evaluation system. In future development, we should intensify reforms and constantly explore new methods to meet the development requirements of the era. These efforts not only affect the quality of university education but also play a positive role in cultivating students' comprehensive capabilities.

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