

Exploring the development path of connotation based teaching in physical education in universities

Li Zhijun

Guangxi College for Preschool Education, Nanning, Guangxi, 530022, China

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Abstract: The author explores the path of connotative development in physical education teaching in universities. By analyzing endogenous logic and external factors, this paper discusses the importance of the development of higher physical education institutions in the new era. In response to the current challenges, including functional positioning, educational characteristics, service capabilities, and comprehensive benefits, the author proposes corresponding countermeasures and measures. Among them, measures such as improving the governance system, optimizing the structure of disciplines and majors, and empowering the "trinity" model are considered key to promoting the connotative development of physical education teaching in universities. These measures will help improve the quality of physical education and teaching in universities, meet the demand of society for professional talents, and promote the healthy development of higher education institutions in the new era.

The 19th National Congress of the Communist Party of China underscores the commencement of a new era in socialism with Chinese characteristics. Central to this vision is the imperative of establishing a robust educational system, deemed pivotal for the nation's rejuvenation. In light of this, there's an urgent call to expedite the modernization of education and ensure its alignment with the aspirations of the populace. Special attention is directed towards advancing the development of top-tier universities and disciplines, aiming for a qualitative enhancement of higher education. This not only establishes new development directions in national development, international competition, modernization construction, and people-centered strategic dimensions, but also provides new historical coordinates for the development of higher education. In this context, accelerating the development of the connotation of higher sports institutions has become one of the important measures to build a strong sports country and achieve an education country, and it is also a new era requirement to practice the "people-centered" purpose of higher education. Intrinsic development is not only the eternal theme of higher education development, but also a major issue facing higher education today. Although there is still room for improvement in extensional development, the main task has shifted towards achieving connotative development. Therefore, it is necessary to clarify the goal positioning of the development of the connotation of higher sports institutions and explore the practical path to achieve this goal, it is not only an inevitable move to meet the requirements of the new era for higher sports institutions, but also has profound significance and significant responsibility.

1. The Goal Positioning of the Connotation Development of Higher Physical Education Institutions in the New Era

Boosting the New Era: A New Positioning for Reform and Development. Higher physical education institutions have been "built" along with the establishment of the People's Republic of China, and "flourished" along with the pace of reform and opening up. In the process of building a socialist modernized strong country, they should be "stronger". The new era has put forward new propositions, and higher physical education institutions are also facing a historic turning point from scale expansion to connotation construction and quality improvement. Standing at a new starting point of development, higher physical education institutions should actively adapt to the requirements of hierarchical development and classified management of higher education, and adjust their educational positioning in a timely manner. From the principles of "Double First Class" construction and "Adhering to the principle of supporting excellence, supporting needs, supporting specialties, and supporting innovation", the country encourages universities to have a reasonable positioning, create distinctive and differentiated development. Beijing Sport University and Shanghai Sport University, two "Double First Class" universities, are positioned towards the goal of building world-class sports universities. Other central and local joint construction, as well as local higher sports institutions, should focus on creating "regional characteristics", "industry characteristics", and "application characteristics" to establish domestic first-class sports universities. The basic strategy is "selective excellence" and "landmark achievements", such as sports talent cultivation and scientific research^[1].

Serving the national strategy: a new goal of reform and development. The rise of "education powerhouse", "sports powerhouse", and "healthy China" has created opportunities for the development of higher sports institutions as national strategies, but also posed challenges. The Outline of the "Healthy China 2030" Plan clearly states that "co construction, sharing, and national health" is the strategic theme for building a healthy China, which fully reflects the firm determination to maintain people's health. Improving the physical fitness of the whole population, widely promoting national fitness activities, promoting sports activities for key groups, and actively developing the fitness and leisure sports industry have all put forward new requirements and goals for higher sports colleges to cultivate professional sports talents.

Enhancing Governance Systems: A Catalyst for Reform and Progress. The Fourth Plenary Session of the 19th Central Committee has underscored the imperative of "upholding and refining the socialist system with Chinese characteristics, advancing the modernization of the national governance system and capacity" as a pivotal strategic mission for the entire Party. This marks a paradigm shift from mere "national management" to comprehensive "national governance" in the new era, presenting a strategic roadmap for comprehensive reform and progress. This forward-looking approach provides strategic guidance for deepening reforms in sports, fostering the modernization of sports governance systems and capacities, and outlining clear targets and action plans for the transformation of higher sports institutions. As integral components of the sports governance system, the modernization of higher sports institutions' governance systems and capacities holds profound significance. It not only shapes the development of top-tier sports professionals aligned with societal needs but also plays a crucial role in advancing the overall modernization of governance systems, both within the sports arena and across the nation. For higher sports institutions, embracing and refining the socialist system with Chinese characteristics serves as the blueprint, with a focus on enhancing governance frameworks and strengthening the scientific, democratic, and legal governance capacities. This approach ensures effective action and underscores the institution's commitment to contributing to the broader goals of national development and sports reform^[2].

2. The Challenges Faced by the Connotation based Development of Physical Education Teaching in Universities

2.1 Convergence of educational models and unclear functional positioning

The educational model is a concentrated external manifestation of the characteristics and style of education. In December 2000, the General Administration of Sport of China issued the "Outline of Sports Reform and Development from 2001 to 2010", which clearly stated "to build directly affiliated sports colleges and universities into bases that combine teaching, scientific research, and training". The basic connotation of "three combinations" is to reflect high-level and high-quality education, to become a think tank and intelligence tank in scientific research, and to become a demonstration park and incubator in training. Since 2001, except for Beijing Sport University, which continues to be directly managed by the General Administration of Sport, Shanghai Sport University and five other sports colleges have implemented a management system of central and local co construction, with local management as the main focus. The "three in one" development model is not limited to the original directly affiliated universities. Other local universities have more advantages in leveraging their knowledge intensive and talent intensive advantages, and attracting various resources to serve sports. As a characteristic university in the sports industry, while adhering to the "three in one" educational model, the combination of "education, training, and scientific research" in terms of "who is the main focus" or "advancing together", and the issues of "what characteristics" need to be developed are not clear enough. Although the total number of 15 sports colleges in the country is not yet large, they should also compete in a staggered manner and develop with distinctive features. They should be both top-notch and grounded. In other words, some universities can be positioned to serve the "national strategy", while others should be more positioned to serve local economic and social development. Only in this way can the diversity of sports talents meet the growing demand for sports diversity among the people ^[3-4].

2.2 National strategy urgently needed, service capacity needs to be strengthened

When aiming to create a robust education-focused nation, it's crucial to explore avenues to substantially boost the competitiveness of higher sports, facilitate the development of a contemporary education system catering to lifelong learning for everyone, and ultimately establish a novel framework for sports governance that involves the entire society. Higher sports institutions, due to their unique advantages in cultivating reserve talents in competitive sports and tackling Olympic technology, should have served the "Sports Power" and "Olympic Glory Plan". However, most sports institutions have a relatively low contribution rate to competitive sports and have not taken the initiative to take responsibility or take action. People's health is an important symbol of national prosperity and national prosperity. Health has become a consensus of the whole society, and higher sports institutions also face the historical responsibility of serving the health of the whole nation, such as improving the public service system for national fitness, strengthening the integration of sports and medicine, and non medical health interventions, maintaining the health of people with disabilities, promoting healthy aging, improving the health level of women and children, and actively developing the fitness and leisure sports industry. Faced with unprecedented challenges, higher physical education institutions should prioritize serving people's health, occupy the high ground of health promotion, and achieve the great goal of national health ^[5].

2.3 High degree of homogeneity, local characteristics need to be highlighted

At present, the educational goals of higher physical education institutions are mainly focused on

grand goals such as "world-class, world-renowned, domestically first-class, and domestically famous", but the reasons for "first-class" and "famous" are unknown. The phenomenon of homogenization is quite obvious in terms of talent cultivation goals, discipline construction, and professional settings. In terms of disciplinary construction, apart from sports, interdisciplinary fields mainly focus on economics, management, art, medicine, etc. The characteristics of the sports industry are not obvious, and the characteristics of interdisciplinary fields are not prominent compared to similar universities. Higher physical education institutions belong to professional colleges, with some institutions covering seven to eight or even more disciplines. There are problems with the quantity and quality of discipline construction, and the connotation construction of non physical education disciplines is extremely weak, making it difficult to deepen the connotation development. As a result, the interdisciplinary curriculum is simple, and the level of course quality is not high. In terms of professional settings, the "Catalogue of Undergraduate Majors in Ordinary Higher Education Institutions" includes seven majors in sports education, sports training, and social sports. However, some sports colleges and universities have gradually distanced themselves from the main battlefield of the sports industry and instead imitate general comprehensive universities and teacher training colleges, which can be said to have "planted other people's land and wasted their own field". For example, sports English graduates are more likely to choose to become English teachers, but recruiting units prefer English graduates from comprehensive universities, as the industry characteristics cannot be demonstrated and the situation is very awkward. In terms of talent cultivation goals, the professional, application-oriented, and compound talent cultivation goals in the training plan seem to reflect the combination of domestic and international needs, the combination of self-development and market needs, and the combination of professional and compound talents. However, in-depth analysis still shows gaps and delays ^[6-7].

3. The Implementation Path of Intensive Development in Physical Education Teaching in Universities

3.1 Improve the governance system and achieve modernization of university governance

To uphold and enhance the governance structure of higher physical education institutions, we must steadfastly adhere to the socialist system with Chinese characteristics, emphasizing the "principal responsibility system under the leadership of the Party committee." This embodies the distinctiveness of the university system and serves as the institutional foundation for advancing the modernization of university governance and deepening reforms in higher education. Modernizing the governance system of higher sports institutions necessitates prioritizing innovation in governance mechanisms, notably through enhancing and exemplifying university charters, thereby ensuring their effective implementation. Higher sports colleges should promote modernization of governance, establish modern university concepts, form internal governance structures, refine rules and regulations, balance academic and administrative power, and enable secondary colleges to have more autonomy, ultimately achieving modernization of university governance. In terms of governance philosophy, we adhere to a student-centered approach and establish a bottom-up listening and policy-making mechanism; In terms of governance structure, we insist on administrative institutions serving teaching practice and scientific research. The modernization of governance capacity in higher sports institutions requires schools to fully utilize new technologies such as cloud computing, big data, and artificial intelligence to enhance scientific governance, innovate joint meetings and listen to public opinion systems to promote democratic governance, strengthen policies, regulations, and democratic supervision to ensure rule of law governance ^[8].

3.2 Optimize the structure of disciplines and majors to meet the needs of professional talents

Building a world-class sports university cannot be achieved without the support of first-class sports disciplines. Reasonable discipline layout and prominent sports characteristics are the basic characteristics of the construction of first-class sports disciplines. The construction of disciplines in sports colleges needs to break down the barriers between traditional disciplines, with the advantageous and characteristic discipline "sports science" as the main body, supported by related disciplines such as economics, management, and medicine, integrate resources, promote the cross integration of basic and applied disciplines, and cultivate new growth points in cutting-edge and interdisciplinary fields. First class majors and courses are not only the foundation and support of first-class disciplines, but also an important guarantee for the cultivation of first-class talents and scientific research. The forefront of talent cultivation lies in the creation of classroom quality. The quality of courses often determines the quality of talent cultivation. The construction of the connotation of physical education courses is the determining factor in cultivating first-class physical education talents. Imagine how can we cultivate "gold medal" students without "golden courses". Therefore, changing the problem of weak content, low teaching level and quality in university curriculum teaching is the fundamental requirement for achieving connotative development in talent cultivation in universities. Therefore, higher physical education institutions should firmly grasp the core elements of talent cultivation, persistently promote the construction of "golden courses", take the strategic goal of "Double Ten Thousand Plan" for first-class majors as the guide, improve the curriculum system of first-class physical education majors, highlight the advantages of physical education disciplines, and ultimately achieve the goal of cultivating applied and innovative first-class physical education talents ^[9].

3.3 Empowering the "trinity" and improving the efficiency of resource allocation

Innovation is the lifeline and driving force for the development of higher education. The "trinity" school running model of sports colleges and universities is based on the main idea of "trinity, highlighting key points, creating characteristics, and common development", with teaching, training, and scientific research as the main connotation. This model was called the "Southern Sports Model" by Wu Shaozu, the former director of the General Administration of Sport of China. Teaching, training, and scientific research are inseparable components of the functions of higher physical education institutions. The "trinity" is the combination of teaching, technology, and academia, as well as the combination of moral education, professional training, and scientific research. The new era endows the sports industry with new missions and tasks. The 'trinity' model of higher sports institutions should be innovated and endowed with new energy. The aim is to cultivate outstanding sports talents with the principle of 'leveraging strengths and filling weaknesses'. This involves integrating teaching, training, and scientific research advantages. It means using the strengths of teaching results to supplement the shortcomings of competitive training, leveraging competitive performance to complement the shortcomings of technical teaching, and utilizing scientific research to supplement the deficiencies of frontline teaching and sports team technological breakthroughs. This approach demonstrates the outstanding advantages of higher sports colleges and universities compared to comprehensive and normal colleges. The goal is to achieve the 'studentization of athletes' and the 'professionalization of coaches', thereby cultivating outstanding sports professionals for society. Higher physical education institutions should continuously optimize the allocation of teaching, training, scientific research and other resources, especially highlight the service of competitive sports, national fitness, sports industry, sports culture and other fields, and continuously improve the comprehensive educational efficiency ^[10].

4. Conclusion

Advancing the nuanced development of physical education instruction in universities is an imperative response to the demands of the new era. Presently, enhancing the governance framework, optimizing disciplinary and major structures, and empowering the "trinity" model emerge as pivotal strategies for fostering this development. By implementing these measures, the caliber of physical education and teaching within universities can be elevated, leading to the cultivation of more high-caliber professionals and amplifying the role of higher physical education institutions in national strategies. Looking ahead, it's essential to delve deeper into reforms, bolster international exchanges and collaborations, continuously elevate the standard of physical education and teaching in universities, and make substantial contributions to the nation's objective of becoming a powerhouse in sports.

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