

Research on the Necessity of Introducing Rugby into College Physical Education and Corresponding Measures

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Abstract: In the college physical education reform process, many teachers have begun to readjust their teaching directions and ideas, enrich teaching contents and forms while guiding and encouraging students, in order to ensure students to learn more in a free and relaxed learning atmosphere and further improve their overall quality. Currently, some colleges and universities take rugby as the basis for their physical education teaching practices, and also integrate it into my country's physical education. In the process of guiding and encouraging students, it is essential to cultivate and improve students' physical qualities, and ensure that they can master the skills and core of rugby. Thus, they can better achieve the individual growth and development. Compared with other sports games, however, Rugby developed late in our country, making many teachers and students have a relatively simple understanding of it. Therefore, in the process of introducing this sport, we teachers should make full preparations to pay attention to different details and influencing factors, as well as actively cultivate students' awareness of active participation. Gradually, students can master the sports skills and styles suitable for themselves, and form a new understanding of rugby. From a macro perspective, this paper aims to understand the necessity of introducing rugby into college physical education and related measures through combining theoretical analysis and time research. It is expected to provide a certain reference for promoting the reform of college physical education and also improving the teaching quality.

1. Introduction

Based on the related practical investigation, it is not difficult to find that the rugby curriculum in our Chinese universities is still in the early exploration stage. At this stage, there is a certain gap between the teaching quality, efficiency and the previous teaching goals. Some teachers have a one-sided understanding of this sport. They often think that rugby can cause a lot of safe problems and students are very vulnerable to get injured, while some parents do not agree with the value and function of this sport. There is a certain degree of rationality in this concept, but most sports have the harms and potential safety hazards. Only by realizing effective adjustment and control, we can fully reflect the important value and role of sports. In this sense, based on cultivating students' comprehensive literacy and improving their physical levels, schools and teachers should understand the long-term value and significance of rugby from a macro perspective, make students develop the will in the process of active participation, and also able to cooperate and interact with others, and further establish a good sense of teamwork and team spirit. Therefore, the introduction of rugby is very necessary in the process of college physical education reform.

2. Necessity of Introducing Rugby into College Physical Education

According to the above analysis, it can be found that the integration between rugby and college physical education is of great significance in cultivating students' willpower and fully reflecting the guiding role. Colleges and teachers must think from the perspective of students, deeply understand and analyze the intrinsic value and training requirements, and further grasp the key points and

difficulties. In this process, we should encourage students to achieve the targeted breakthroughs, and fully reflect the development requirements of rugby sports. Then, students can learn self-education and self-growth in the process of participating in various rugby sports, and improve their personal physical qualities to achieve the overall development.

2.1 Good Body-building Value

It can be said that the application of this sport is of great significance in reflecting the guiding role of physical education and improving the physical qualities of students. From a micro point of view, rugby involves various sports games, including throwing, kicking, hitting and other skills, which are very important to improve the sensitivity of students' physical coordination response and cultivate their strength. Teachers should focus on the relevant requirements of the organic combination in rugby, guide students to improve their personal physical endurance, sensitivity and speed in the process of confrontation exercises, so as to ensure to actively adjust themselves and achieve flexibility of the central nervous system.

2.2 Realistic Social Value

For the individual social development of students, the cultivation of communication and cooperation skills is very crucial. Failing to achieve effective communication and interaction with others will affect the overall growth and development of students. Compared with other track and field sports and gymnastics, rugby is the obvious collective confrontational sport because it pays great attention to mutual confrontation and cooperation within the group. However, the improvement of collective strength is the most important. Only the cooperation within the group can win the final competition. Students need to communicate with others during the process of participating in the collective confrontation competition, learn to actively put forward opinions and ideas to undertake the corresponding grouping work, which is of great benefit to the improvement of their collective collaboration and communication skills. Therefore, in the process of college physical education, the effective integration of rugby can be very beneficial to enhance the spiritual realm of students and cultivate a good spirit of cooperation. In addition, those students can also improve their physical qualities and better cooperate with others with a strong will.

2.3 Objective Needs of Higher Education Development

Facing the ever-increasing trend of globalization, the external environment of our country's education and teaching is becoming more and more complex. Thus, to keep pace with the times and truly practice the teaching philosophy in accordance with students' aptitude, our country's higher education must focus on the development of the times and the effective integration of various modern teaching elements. As a typical Western form of sports, Rugby actually not only has a good mass foundation, but makes students own a certain curiosity and thirst for knowledge. In this regard, to better achieve the perfect connection between the talent training goals and the development needs of the times, teachers need to appropriately increase the corresponding sports games according to the reform and the talent training goals, so as to cultivate students' good international awareness and stably improve physical qualities. In addition, based on the current frequent exchanges and interactions between countries, an increasing number of Chinese students are beginning to participate in rugby, including many emerging rugby associations and professional organizations in China. Thus, those colleges and universities must seize this important opportunity. Relying on the current education and teaching environment and conditions, as well as based on the modern physical education, they should enrich the teaching contents and forms when guiding and encouraging students to make them gain more.

2.4 Meet the Demands of Students

Those college students, having the strong curiosity and desire for the unknown knowledge, are very active and energetic, and also willing to learn new things. Rugby is exactly a new type of sport. When introducing this sport into physical education activities in colleges and universities, it can better

meet the needs of students, allow them to participate in different fields and actively mobilize the individual enthusiasm. In addition, as a new type of sport, the application requirements of rugby are relatively complicated. Students can realize continuous exploration and independent thinking in the practicing process. They can master the skills and requirements of this sports, and then improve the individual's comprehensive physical quality. What's more, they can also develop good communication skills and behavior habits when interacting and communicating with teachers.

3. Measures to Introduce Rugby into College Physical Education

According to the above analysis, the integration between rugby and college physical education has extremely high social and educational value, which is of great significance for the differences of students and students' sports participation. Teachers need to understand the actual conditions for the development of higher education teaching, pay attention to the requirements of the introduction of this creative movement, and cultivate students' autonomous learning behaviors while adhering to creative teaching strategies, so as to ensure that students promote their own activities in the process of participating in English ball games.

3.1 Enhance Students' Interest in Learning

To fully reveal the important role and advantage of rugby sports, teachers first need to make good publicity to cultivate students' good interest in learning, as well as deepen their understanding and cognition, in order to achieve active participation and independent practice under the guidance of the individual learning motivation. The relevant practical survey reveals that though some schools open rugby teaching programs, some students are relatively passive, have a relatively simple understanding and cognition, and even fail to realize the connotation and core requirements of rugby. Therefore, based on the huge difference analysis between the British and American rugby, teachers need to explain the corresponding rules through various modern promotion and educational tools. Then, it can better stimulate students' learning motivation and ensure their learning interest, and further encourage them to participate in simple competitions. This kind of step-by-step teaching strategy can eliminate their sense of fear and make them gain more in the process of active participation, thus generating the corresponding learning interest and motivation.

3.2 Cultivate Students' Learning Motivation

Rugby lacks a solid foundation in my country being a Western sport, therefore, before introducing this sport into my country's physical education activities, teachers should focus on the effective innovation of teaching concepts, the stimulation of students' learning motivation, and explore learning activities to focus on their learning abilities and conditions. Then, it can help constantly improve the traditional teaching mode, especially the exploratory teaching mode based on special games can achieve more obvious results. Based on the realistic rugby education and teaching innovation, teachers can guide and encourage students to develop the special game activities through the situation and question-style teaching. In the process of careful guidance and flexible adjustment, students are allowed to actively participate in different situation perceptions, in order to fully reflect the fighting essentials of rugby, enhances their learning abilities, and make them gain more. Compared with other teaching modes, the inquiry-based teaching mode is more complicated. In order to avoid students' sense of fear and ensure their active participation, teachers should adhere to the dominant student and select the teaching mode suitable for their learning interests and physical qualities, so as to ensure they can get more positive emotional guidance and experience. Only in this way, we can comprehensively improve teaching quality and effect, continuously optimize education and teaching links, cultivate students' autonomous learning behavior habits, and further make them master the learning strategies.

3.3 Actively Implement the Principle of Flexibility

Compared with education, physical education is relatively more complicated due to the great

differences between the participation enthusiasm and physical quality of boys and girls. To achieve the corresponding breakthrough and improve students' comprehensive literacy, teachers must pay attention to the effective practice of the principle of flexibility, pay attention to the gender analysis and research, and fully understand their respective participation enthusiasm and body structure. Among them, the most important is the stimulation of female students' interest in learning. Teachers need to put more energy and time on the guidance of girls' interest, appropriately change the simple rules of rugby to fully stimulate their participation. The setting of the game rules should focus more on girls. Because it can stimulate students' interest in learning, make them realize the fun and essence of the sports participation, so as to achieve personalized growth and development in the independent participation schedule. At the same time, it can also cultivate students' behavioral habits of autonomous learning to ensure their corresponding growth, in order to make the effective reform of college physical education.

3.4 Actively Implement the Principle of Flexibility

In the era of information and technology, online education has become very popular. When integrating test-oriented rugby with college physical education, teachers should pay more attention to the online teaching activities, including online teaching courses. Teachers can give students more targeted guidance and help, provide more modern learning resources for students, and encourage them to have a deeper understanding of the rugby during the process of watching pictures, videos and audios. More importantly, this process can help students analyze the core requirements of rugby and learn self-education and self-direction under the guidance of teachers. In addition, teachers also need to pay attention to the effective integration of different game elements in the online teaching curriculum. And they should actively cultivate students' participation spirit in rugby, and enable them to master the corresponding learning tactics, which can reflect the consistency and hierarchy of the entire learning process, as well as guarantee the teaching effect and quality. Only in this way, we can we better realize the effective integration of rugby, and push forward the smooth development of physical education activities in colleges and universities. Then, every student can be aware of its characteristics and advantages during the process of learning the basic theoretical knowledge, thus generating more willingness and motivation for independent learning.

4. Conclusion.

In the process of introducing rugby into college physical education, teachers should fully pay attention to students' real ideas and the necessity of this sport. And its purpose is to cultivate students' good learning motivation based on enhancing their learning interest. What's more, teachers should also pay attention to the differentiated guidance for male and female students. They can rely on online teaching courses to attract students to mobilize the enthusiasm for participation, as well as ensure the optimal allocation and application of teaching resources. Only in this way, we can achieve the comprehensive improvement of education and teaching qualities and levels.

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