

Research on the Educational Practice Course of Physical Education Major in Inner Mongolia Normal University

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Abstract: As an important practical part of normal education, educational practice is highly valued by most normal universities. This paper conducts research on the educational practice course of physical education major of Institute of Physical Education, Inner Mongolia Normal University. Its specific research content covers the scientific division of the educational practice course of this major and the characteristics of the on-campus and off-campus educational practice in different stages. It is helpful to make an objective evaluation and analysis of the educational practice to sort out and summarize this course of Institute of Physical Education, Inner Mongolia Normal University. Besides, it can also provide historical materials for other scholars who are engaged in the research of physical education practice.

1. Introduction

In December 2014, the Ministry of Education issued the "Notice of the Ministry of Education on the Pilot Work of Normal Professional Accreditation (JSH [2014] No. 98)". Besides, on October 26, 2017, the Ministry of Education issued the "Implementation Measures for Normal Professional Accreditation in General Colleges and Universities (Provisional)". This is to implement the spirit of the 19th National Congress, train high-quality teachers, promote the construction of educational quality assurance system and improve the training quality of professional teachers based on the requirements of the "13th Five-year Plan" for the development of national education. According to the Measure, the school that the major belongs to should follow the opinions and requirements of the Ministry of Education on strengthening the educational practice of normal college students, establish the educational practice files of normal graduates including internship plan, internship teaching plan, lecture evaluation record, internship summary and assessment. Through strict procedures, the educational and teaching practice ability of normal graduates shall be recognized as qualified in the interview. On March 25, 2017, the normal professional accreditation training meeting of Inner Mongolia Normal University was successfully held. The 18th item of the 6th in the first-class undergraduate education action plan (2019-2022) of Inner Mongolia Normal University is to optimize the practical teaching system. It also clearly requires strengthening practice and training, increasing the investment, classifying practice and training standards, and improving these standards and evaluation system. In 2018, Xi Jinping delivered an important speech at the National Education Conference. He pointed out that in order to improve the quality of education and run a satisfactory education for people, we must deepen the reform of the educational system and tighten the management of undergraduate education. Our school attaches great importance to the undergraduate practical teaching, and actively adopts the project work to further promote the undergraduate practical teaching system, which will absolutely play a positive role in promoting its undergraduate educational practice. The physical education major of our Physical Education Institute is not only an autonomous brand major, but also a national characteristic major. It is necessary to plan and start the normal professional accreditation in advance so as to play an exemplary role. This paper focuses on the research of the course of physical education major of the institute. The research covers the division of educational practice stages and the changes in different

stages of on-campus and off-campus educational practice, so as to find the differences and changes in different stages of educational practice and to make a reasonable summary and reference concerning educational practice.

2. Research Methods

2.1 Literature.

Through the branch of Physical Education Institute of Inner Mongolia Normal University Library, this paper consults the management documents of practice teaching. Moreover, through the Internet "China Academic Journals Full-text Database", "China Doctoral and Master's Theses Full-text Database", this paper retrieves the papers on education practice of physical education major. In addition, it further sorts and analyzes the collected research data.

2.2 Interview Survey.

It mainly adopts the method of interview and formulates the outline according to the purpose of this study. The interviewees are mainly selected from the instructors, the leaders (including the heads of departments) and some retired professional teachers of the Physical Education Institute, with a total of 25; Meanwhile, the key education practice experts are interviewed in depth.

3. Research Results and Analysis

3.1 The Division of Educational Practice Stages of Physical Education Major.

This study divides the educational practice course of physical education major into two major stages. These two stages are respectively the elite educational practice stage before enrollment expansion (from 1952 to 1999), and the mass educational practice stage after enrollment expansion (from 2000 to now).

In the stage of elite educational practice, Inner Mongolia Normal University was founded in 1952 to set up the sports science, established physical education department in 1954 and began to recruit undergraduates majoring in physical education. In 1960, it merged with the Inner Mongolia Sports Commission to establish the Inner Mongolia Sports Institute, which was then canceled in 1962 and returned to Inner Mongolia Normal University. Since the college entrance examination was resumed in 1977, it has started to implement Mongolian-Chinese bilingual teaching and has specially set up Mongolian language teaching class. In 1982, it was renamed "the Department of Physical Education of Inner Mongolia Normal University". In April 1997, the Department of Physical Education and the Department of Public Sports were merged and renamed as the Institute of Physical Education of Inner Mongolia Normal University. The number of students in the stage of elite education has increased from single digit to about 50. Besides, the number of educational practice bases has increased from 1 to about 4, the number of educational practice weeks is basically around 4 weeks, and the mode is mainly concentrated practice.

In the stage of mass educational practice, the Institute develops rapidly. In 2000, it added sports training major, and in 2004, it added social sports guidance and management major. In 2007, physical education major was rated as an autonomous brand major, and as a national characteristic major in 2009, and even as a national first-class major in 2019. The number of majors and students is increasing year by year, and the demand for educational practice bases is increasing obviously. The education practice bases are distributed in Huhhot, Baotou, Chifeng, Ordos, Ulanqab, Erlianhot, Xilingol League and other areas, extending from inside to the outside of Hohhot city. The practice mode changes to "centralized + decentralized" one. The number of educational practice weeks of the training program for students of 2004 is 8 weeks, and that of 2014 is increased to 12 weeks, which officially transits to the full-semester educational practice stage. From 2010 to 2014, some students majoring in physical education participated in the "National Training Plan", and the form of educational practice was completed by post practice.

Table 1. List of Distribution of Educational Practice for Physical Education Majors of 2016

Majors	Educational Practice School (or affiliated with the Education Bureau)	Number
Physical education (Han)	High School Affiliated to Inner Mongolia Normal University	10
Physical education (Mongolian)	High School Affiliated to Inner Mongolia Normal University	9
Physical education (Han)	Hohhot Railway No.1 High School	11
Physical education (Han)	Hohhot No.27 Middle School	5
Physical education (Han)	The Affiliated Middle School of Inner Mongolia Agricultural University	5
Physical education (Han)	Hohhot Business and Tourism Vocational College	10
Physical education (Han)	Tocketo County Education Bureau	10
Physical education (Mongolian)	Erenhot Mongolian Middle School	8
Physical education (Han)	Hohhot No.34 Middle school	8
Physical education (Han)	Hohhot Nanmenwai Primary School	13
Physical education (Han)	Chilechuan Greenland Primary School	1
Physical education (Han)	Juhua Primary School	1
Physical education (Han)	Hohhot Qixiu Middle School	1
Physical education (Han)	Ordos Hangjinqi Education Bureau	24
Physical education (Mongolian)	Ordos Hangjinqi Education Bureau	10
Physical education (Han)	Innovation and Entrepreneurship Base of Physical Education Institute	1

3.2 The school education practice of physical education major.

The On-campus Educational Practice of Physical Education Major. In the on-campus practice stage of elite education, there are only two lectures before the reform and opening up. However, after the reform and opening up, it gradually transited to about 5 days, and the on-campus practice time was mainly arranged in the first week of the 7th semester. The on-campus practice is divided into 2-4 classes, which are completed by some instructors. Each instructor guides 3-5 people. The content of the practice focuses on the teaching means and methods of physical education, the skill level of physical education teachers, and the broadcast gymnastics, etc. The teaching items mainly include track and field, gymnastics, ball games, etc. On-campus educational practice is mainly based on instructors' comments in the simulation teaching, and students practice in small groups.

In the mass educational practice, the on-campus practice has increased from one week to two weeks. Besides, the time arrangement has also changed from one semester to two semesters (one week at the end of the 6th semester and one week at the beginning of the 7th semester according to the actual situation), which basically ensures the completion of the practice at the beginning of September. Due to the increase of enrollment, the on-campus practice is gradually divided into 5 big classes (3 Han classes in physical education and 2 Mongolian classes in physical education). Each big class is supervised by a full-time instructor, so that they can supervise about 25 students. The on-campus practice includes the basic teaching terms of physical education teachers, the arrangement of formation, the explanation and exercise of movements, the writing of the teaching plan of physical education, two sets of broadcast gymnastics, micro-simulation teaching, and the safety knowledge of physical education. Each student is required to simulate teaching for 2-3 rounds and prepare teaching plans for track and field, ball, etc. After the simulation lecture, the teachers' comments are combined with the students' self-assessment, and excellent online physical education teaching videos are observed for summary and sharing.

In a word, in the course of the educational practice transformation from elite to mass, the content of on-campus educational practice combined with the needs of primary and secondary school sports is changing. It changes with the change of teaching content and guiding ideology of physical

education and health curriculum in primary and secondary schools. For example, dangerous movements in gymnastics are no longer the focus of instruction. At this stage, every intern must conduct micro-teaching in football. Because of changes in the way of enrollment, students do not have special items. The college entrance examination only takes four items in the track and field including 100 meters, long jump, shot put, 800 meters. This has led to students' special skills not being outstanding, and the level of skills other than track and field is generally not high in educational practice. Meanwhile, the quality requirements of teachers' morality for interns in educational practice units are gradually increasing.

3.3 The Guidance and Management of Off-campus Educational Practice of Physical Education Major.

For the off-campus educational practice of physical education major, during the elite educational practice, the instructors assigned should be stationed in the practice school with students. The internship schools outside Hohhot provide accommodation, while the schools in Hohhot cannot provide accommodation according to the actual situation of these schools. The instructors assigned by the college work with the physical education instructors from the primary and secondary schools. In every practice class, instructors should be present, and the instruction is "double tutor". Before the formal teaching, interns should observe and prepare lessons, improve their teaching plans continuously, and conduct formal practice teaching after one week's preparation. In the course of the internship teaching, both instructors (double tutors) and the students without teaching tasks should participate in the internship and exchange, and make timely evaluation and summary after the teaching. Through such a mode, students' teaching experience is accumulated quickly, and their teaching ability is generally improved rapidly.

In the stage of mass educational practice, with the increase of majors and enrollment, the number of instructors of off-campus educational practice is seriously not enough. Teachers who serve as instructors have undergraduate teaching tasks in different grades, and it is more difficult to spare time to instruct educational practice. Thus, each educational practice base can only be in the charge of a college instructor, and can only go to the internship school for on-site guidance and communication 1-2 times a week while without teaching tasks. The increase of the number of students leads directly to the increase of the number of educational practice bases. The educational practice bases of Physical Education Institute are distributed in various league cities in Inner Mongolia, which also adds the difficulty for the guidance of college instructors, and more guidance and management work are given to the middle school instructors in the internship schools. Because of the rapid development of modern educational technology, more attention is paid to the requirements and management of educational practice files, which puts vitality into the reference and evaluation of educational practice.

3.4 Open Class and Listening and Watching Class Work of Educational Practice of Physical Education Major.

For the off-campus educational practice in physical education major, during the elite educational practice, there is no public class. The "double tutors" of each intern follow and instruct the class at any time, and they are very familiar with the internship situation of interns, which can be said to be the "in person" educational instruction. Moreover, it can also be said that every physical education class of every intern is an "open class", and every class is taught according to the requirements and procedures of the open class. Students' ability of physical education has been improved rapidly. The educational practice managers of the institute communicate with instructors in time, so as to understand the problems related to the practice and timely implement the specific requirements of the educational practice.

In the mass educational practice, 2-3 interns are selected from each physical education practice base for open class teaching. In the open class teaching, teachers of the physical education teaching and research department of the educational practice school, the interns assigned by the educational practice school, and the observation and instruction group of the physical education institute (5 teachers of the institute) shall participate. They observe the whole process, comment and instruct

one by one, communicate with the educational practice school, and timely summarize and deal with the problems in practice. To make its teachers fully understand the current situation of physical education in primary and secondary schools and to reflect on and promote the practical teaching, the institute has gradually formed a new arrangement mode, in which the teaching and research department flexibly arranges teachers to instruct the open classes according to their teaching time. For the practice schools outside Hohhot, the institute only organizes educational practice managers and relevant teachers to offer condolences and investigations. It is about 3 days with about 6 teachers. During this period, the leaders of the Education Bureau can accompany, and discuss and investigate with the teachers and interns of the physical educational group of each specific practice school. Thus, it can be said that the supervision and management of college instructors are seriously insufficient.

Conclusion

The "13th Five-Year Plan" for the development of the national education undertakings regards the overall improvement of the quality of education as the main part of education reform and development. Education practice is an important part of higher education teaching plan, a comprehensive practice course of ideological education, academic knowledge and educational theory for normal university students, a necessary link of pre-education for teachers, and also a great measure to cultivate professional talents with innovative spirit and practical ability. The accreditation of normal major in Inner Mongolia Autonomous Region has been started, so it is very important to improve the educational practice ability of normal students.

In short, educational practice is one of the important ways to improve the quality and skills of normal students. Students majoring in physical education can further train their abilities of combining theory with practice, analyzing and solving problems through educational practice. In this way, students can fully understand the reality of middle school physical education, obtain the preliminary knowledge and ability of physical education teachers, shorten the period of adaptation to teaching, and lay a good foundation for the future career. Meanwhile, this can also understand and learn the experience of middle school physical education reform, check the quality of education and teaching of the students trained by this major, and then promote the teaching reform of physical education institute and the research of education science. To adapt to the full-semester physical education practice in the new era, combined with the course of its practice, this paper makes a deep study of the specific situation in the course of educational practice of physical education major, and divides the stages of this course. Thus, it realizes the scientific evaluation and research on the course of educational practice.

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