

Study on the Reform of Public Physical Education in Private Universities of Arts

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Abstract: In recent years, the private universities have developed rapidly, the enrollment scale has continued to expand, and the benefits have continued to increase. As an important part of higher education in China, the proportion of college students in private universities in the total number of college students in our country is increasing, and private universities undoubtedly provide more opportunities for young people to enter colleges and universities. Therefore, the status of teaching reform has gradually increased in the status of private universities. In order to improve the quality of teaching, private universities have paid more and more attention to the investment in teaching reform, and have continuously explored and practiced excellent teaching methods. The universities of arts are a distinctive branch of colleges and universities. With the development of the times, new art majors have emerged endlessly. Therefore, based on the same number of original professional enrollments, the total enrollment of art colleges is continuously increasing. Most students in universities of arts are reluctant to actively participate in public physical education. At the same time, the content of the original physical education curriculum is currently old and cannot meet the real needs of college students. This article mainly explores and studies the reform of public physical education in private universities of arts.

Public physical education in colleges may be the last systematic physical skills learning accepted by most students in the school. It has a huge impact on the physical and mental development of college students, especially on physical health. It also concerns whether college students can successfully complete college studies on time. Therefore, public physical education in colleges should be paid more attention. Since the implementation of the Decision of the CPC Central Committee and the State Council on Deepening Educational Reform and Comprehensively Promoting Quality-oriented Education, China has set off a wave of improvement in education quality and education reform, and schools in various places have proposed their own reform plans. Public schools are invested by the government in teaching and economy with relatively high financial support and research at the forefront. In contrast, private universities are clearly neglected. There is personal investment, but they can receive limited investment. The concept and management of private universities are also limited by channels, and students have their own characteristics. This is why private universities should reform public physical education in accordance with the characteristics of schools.

Therefore, public physical education in universities needs to be reformed. It should change the way of traditional physical education, remove the restrictions of the rules, and carry out physical activities by using more diverse natural and social conditions, breaking the tradition and gaining new innovative experience of private physical education courses.

1. Characteristics of Private Universities

1.1 Distribution Characteristics of National Universities of Arts

Universities of arts aim to cultivate talents who have both arts related professional knowledge and general cultural knowledge and can engage in education and practice of various art related disciplines. At present, China has 91 universities of arts (excluding 15 independent undergraduate universities of arts), including 43 undergraduates and 48 junior colleges. At the same time, in various normal universities and comprehensive universities, there are many professional or independent departments such as music, painting, dance and performance.

1.2 Particularity of Private Universities

Private universities refer to non-state-owned financial resources, schools or other educational institutions organized by law by individuals other than social organizations or state institutions. In terms of structure, private universities are divided into junior college and undergraduate. According to the survey, private universities have the following characteristics. First of all, the main task of private universities is to cultivate application-oriented talents. Compared with other ordinary colleges and universities, the specialty setting has more novel, which is particularly prominent in universities of arts, and students spend more time on all kinds of practice. Secondly, private universities also have their own advantages and disadvantages. The diplomas of the better private universities have higher value. In addition, the teaching quality of some private universities is quite high, so the value of their diplomas is even higher than that of some public schools, which is normal in foreign countries. In contrast, the teaching quality of private universities in China still has a lot of room to improve.

2. The Current Status of Public Physical Education in Private Universities

Each university follows the "Three Autonomy" model stipulated in the Guidelines for Teaching of Physical Education and Health Courses for General Colleges and Universities issued by the Ministry of Education in 2002, and is also innovating and developing sports programs with its own characteristics to increase the scope of physical education to meet students' needs for physical education and enhance students' physical fitness.

2.1 The Lack of Necessary Supervision and Guarantee Measures for Physical Education in Private Universities

As mentioned above, private universities refer to non-state-owned financial resources, schools or other educational institutions organized by law by individuals other than social organizations or state institutions, which means that most private universities are funded by groups or individuals and run a special school under the guidance of a group leader or individual. Compared with public universities, the state has paid less attention to private universities, and financial support is not enough. The problem of "marginalization" of physical education is often overlooked, which is a serious problem. It can be seen that there is a lack of necessary standardized supervision and guarantee in private universities.

2.2 The Rigid Physical Education Teaching Model in Private Universities and the Weak Implementation Link

Private universities generally have three to four years of schooling. In three-year universities, physical education is only available to freshman. Other four-year private universities set up physical education classes for freshman and sophomore. Private universities generally have lower requirements for physical education assessment of students. In addition, the physical education courses in private universities are extensive and of low importance, and the scoring system for physical education courses is not standardized.

2.3 The Low Enthusiasm for Private College Students to Participate In Extracurricular Sports Activities

In recent years, the scale of private universities continues to expand and the number of enrollment continues to increase, but the construction of sports facilities such as sports fields and equipment owned by private universities has not made significant growth, which leads to the steady decline in the quality of public physical education in private universities. As a result, the number of students participating in the use of fitness resources is also decreasing. In addition, the aging and long-term non-use of fitness equipment cannot meet the sports needs of students, which leads to the reduction of physical activities in and out of class. Moreover, due to the lack of funds, venues and equipment, many private universities have not held sports competitions for many years, resulting in the lack of extracurricular physical activities. Finally, it seriously affects the enthusiasm of students

to participate in physical exercises.

3. Problems in the Teaching of Public Physical Education in Private Universities

3.1 The Low Enthusiasm of Students for Course Selection Makes It Difficult To Raise Their Interest

At present, private universities are actively responding to the call of the Ministry of Education, and taking the needs of students as the ultimate curriculum goal. In order to achieve a new physical education teaching mode, classroom teaching is not taken as the object, but to provide students with physical education courses through the physical education elective mode of cross grade, cross discipline, and cross class to enhance students' interest in physical education and sports, which is a public elective course for students. Due to objective factors, students' interests are mainly focused on some popular sports, such as badminton, basketball, aerobics, and tennis, which is also one of the reasons for the serious imbalance between the courses. In view of this imbalance, schools should strictly limit the curriculum capacity of each physical education subject. If there are too many students who choose a physical education course, they can only choose other courses. The original intention is that all students can choose physical education courses according to their hobbies, but due to the limitations of the actual situation, only some students can choose sports they like, while the other students can only choose sports they don't like.

3.2 The Number of Hardware Facilities Is Insufficient and In Disrepair

Private universities are limited by resources such as funds and teachers. Generally, the venues and facilities are incomplete, and it is difficult to adapt to the new teaching mode. In recent years, the number of students in private universities has increased year by year, but it is difficult for the hardware facilities of schools to keep pace with the enrollment rate of students in the same period. The relationship between hardware facilities and students is seriously imbalanced, and the number of sports facilities and teaching aids is much lower than the expected needs of students. In addition, due to the limitations and effects of objective conditions, some sports facilities have become older and even unusable, or there are certain security risks.

4. The Reform and Innovation of Public Physical Education in Private Universities

4.1 To Enrich the Content of Public Physical Education Courses

At present, the content of physical education courses in private universities is relatively simple. Most colleges only offer traditional courses that are familiar to students since middle school, such as track and field, basketball, martial arts, and table tennis. Therefore, students are less interested in physical education. At the same time, many private universities have begun to reform the physical education curriculum, hire physical education teachers with different specialties, and build sports facilities that meet the needs of students. The content of the course has also been changed from fixed basketball, aerobics, football, and martial arts to the students' favorite self-selection mode, and the most popular sports such as Sanda, Taekwondo and quality development have been added. According to the survey, elective courses may stimulate students' interest in learning and encourage them to be more active in the classroom. Students feel a lot of gain after class, and the reform of the public physical education curriculum has been fruitful.

4.2 To Pay Attention to the Process Assessment of Public Physical Education

The traditional curriculum assessment for physical education usually focuses on the examination results, which is not good for the education of students' sports skills. The purpose of physical education is not to let students get high marks, but to hope that students can develop good sports habits under the influence of physical education, learn scientific training and use it in life. Therefore, the private universities can change the traditional assessment method based on the test results, and focus on the process assessment. The proportion of process assessment is changed to

60%, and the proportion of final assessment is 40%. Among them, the process assessment also involves other assessment contents, that is, assessment for the usual performance, endurance (800 meters or 1000 meters), strength (push-ups or pull ups), core strength (plate support) and special skills (course teaching content). In order to encourage students to train actively, the course scores set are not too difficult to achieve. For example, boys only need to do 10 pull ups and girls only need to do 26 sit ups to get a passing score. Teachers should not only teach specific contents, but also pay attention to the physical quality assessment of students once a semester in each class.

5. Conclusion

With the development and progress of the times, the social demand for talents has developed from a single skill to a compound talent with good psychological quality. Public physical education can play an active role in improving students' ability and position in universities. First of all, keeping healthy is the basic function of sports, so that students have enough energy to study. Secondly, the entertainment function of this sport can reduce the pressure of students and maintain a happy mood. However, the current development of physical education curriculum is not optimistic. For institutional reasons, the current situation of physical education curriculum in private universities is still limited to a single teaching. Therefore, it is the main task of the school to consider how to reform and innovate the physical education mode of private universities to improve the teaching quality. It can not only expand the enrollment scale, but also improve the teaching quality of physical education courses, and create a good campus sports atmosphere for students to promote the development of physical and mental health.

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