

Investigation and analysis of the effect of public physical education teaching practice on students of physical education major in Universities

¹Yu Xiang, ²Zhao Xiang, ³Zhan Benle, ⁴Yang Wen

College of physical education, Chengdu University

No. 2025, chengluo Avenue, Chengdu, Sichuan, China 610106

Abstract: In view of the current situation of college students majoring in Physical Education in Colleges and universities, in order to further understand the role of College Students' comprehensive quality and teaching practice ability, this paper carried out the research on the role of college students majoring in Physical Education in the teaching practice of Public Physical Education in Colleges and Universities, so as to provide some reference for the future related colleges and universities in the teaching practice of college students majoring in physical education. It can be used as a theoretical reference. In this paper, through literature survey, questionnaire survey, mathematical analysis of Chengdu University, Guizhou University, Yunnan University three colleges and universities sports students as the research object, through the public sports teaching practice research found that in the teaching practice, draw the following conclusions: first, the school of sports students practice management problems are mainly reflected in the students in the public sports practice in Colleges and universities. There are many internship courses and the teaching content is not suitable for the major, which leads to the low efficiency of students' internship. Secondly, there are uneven teaching ability and relatively lack of teaching ability in the public physical education class. Thirdly, under the current situation, the management mechanism of public physical education teaching internship needs to be constantly improved. According to the current three colleges and universities sports students in the public sports class practice teaching situation is summarized and analyzed. The conclusions are as follows: first, the current college students majoring in physical education should change their teaching ideas in the process of public physical education practice; second, the school should strengthen the management of public physical education teaching practice; third, the school should improve the methods of cultivating students' teaching ability.

Keywords: University; public physical education; physical education major.

I. INTRODUCTION

The teaching practice of public courses in Colleges and universities is a very important teaching plan when many colleges and universities carry out physical education teaching. It can not only apply theoretical knowledge to practical teaching, but also contribute to the realization of the school's training objectives. The teaching practice of Public Physical Education in Colleges and universities is also an examination of the current situation of talent cultivation in Colleges and universities. Through the analysis of the current situation of physical education students' participation in the teaching practice of public physical education, this paper analyzes the shortcomings existing in the teaching practice of Public Physical Education in colleges and universities, so that colleges and universities can take effective measures to improve the effectiveness of the teaching practice of public physical education according to the differences of physical education students. This research, taking the students of grade 2019 of physical education major in Chengdu University,

Guizhou University and Yunnan University as the investigation object, puts forward feasible suggestions by analyzing the current situation of public physical education teaching practice in three universities, so as to improve the teaching quality of teachers; public physical education teaching practice, and lay a solid foundation for the students of physical education major to have a higher competitive advantage in the future work.

II. RESEARCH METHODOLOGY

A. Research objects

The main research object of this paper is the effect of public physical education teaching practice on physical education students.

Research method

Literature method

Combined with the main purpose of this study, taking "educational practice", "physical education teaching" and "physical education practice" as the key words of the survey, we have consulted a large number of relevant literature in CNKI and Wanfang. Combined with the contents of sports, psychology, pedagogy and other disciplines, we have sorted out the relevant literature, so as to ensure that the survey is reasonable.

Questionnaire survey method

In order to fully understand the role of P.E. Students' participation in the teaching practice of public physical education, a questionnaire was sent to the 2019 P.E. Students of Chengdu University, Guizhou University and Yunnan University. Among the 300 questionnaires, 280 were effective, and the effective rate was 93%.

Mathematical statistics

The collected questionnaire data were analyzed by Excel software, and the data were made into charts to provide data support for the survey.

B. Research results and analysis

Current situation of teaching practice management of Public Physical Education in Colleges and Universities management objectives

Management goal is the expected goal of the whole management system, which needs to be completed in time. Management goal is the development purpose of the whole public course teaching practice management, and also the starting point and destination of practice management. Therefore, this paper summarizes the practice management objectives of three universities in Southwest China, as shown in Table I.

TABLE I: MANAGEMENT OBJECTIVES OF PUBLIC PHYSICAL EDUCATION TEACHING PRACTICE IN COLLEGES AND UNIVERSITIES IN SOUTHWEST CHINA

university	target
Chengdu University	The students have the ability of physical education teaching, training and competition in primary and secondary schools, and the professional talents of sports scientific research and sports management
Guizhou University	Internship students can engage in all kinds of physical education activities at all levels of schools, are compound talents
Yunnan University	Practice students have the ability of physical education teaching, extracurricular sports activities, guiding sports training, and can carry out ideological education for students. They are professional talents of physical education

In the survey of the three universities, we can see that in the three universities, the setting of students' internship management objectives is to improve the students' ability of physical education teaching, and to have compound talents in sports management. From this, we can see that the goal of public sports teaching internship management is to complete the plan of teaching internship, and finally realize the cultivation of physical education majors' Talent in the industry. Although there are some differences in the objectives of internship management among the three universities, the overall difference is not great.

Management system

Effective practice management system can ensure the quality of public physical education teaching practice for sports majors, and provide high-quality comprehensive talents for related majors according to the goal of cultivating sports talents in Colleges and universities. Therefore, this paper sorts out the organization and management system of public physical education teaching practice in Colleges and universities in Southwest China, as shown in Table II

TABLE II: ORGANIZATION AND MANAGEMENT SYSTEM OF PUBLIC PHYSICAL EDUCATION TEACHING PRACTICE IN COLLEGES AND UNIVERSITIES IN SOUTHWEST CHINA

university	system
Chengdu University	Safety management method of off campus teaching practice in Chengdu University
Guizhou University	Practice organization and management measures of Physical Education College of Guizhou University
Yunnan University	Regulations on the organization and implementation of internship in College of physical education and medical care of Yunnan University

Among the three universities, Chengdu University, Guizhou University and Yunnan University, Chengdu University focuses on the safety management method of off campus teaching practice, Guizhou University focuses on the practice organization and management method, while Yunnan University focuses on the practice organization and Implementation Regulations. Although the names are different, there are some similarities in the management contents, all of which are to enable students to have systems and plans. There are differences in advantages and disadvantages among the three, which can be referred to each other, so as to standardize the practice behavior of students and teachers.

Management methods and means

Management methods and means are the important conditions to achieve the purpose of management. Therefore, this paper investigates the teaching practice methods of public physical education for college students majoring in Physical Education in Southwest China, as shown in Table III.

TABLE III: TEACHING PRACTICE METHODS OF PUBLIC COURSES FOR COLLEGE STUDENTS MAJORING IN PHYSICAL EDUCATION IN SOUTHWEST CHINA

university	Practice mode
Chengdu University	Centralized practice
Guizhou University	Centralized practice
Yunnan University	Combining decentralized practice with centralized practice

As can be seen in Table III, Chengdu University and Guizhou University both use the centralized practice method to carry out public sports teaching practice, while Yunnan University uses the combination of decentralized practice and centralized practice. Centralized practice is more conducive to the improvement of the effect of public physical education teaching practice in Colleges and universities, while the combination of decentralized practice and centralized practice is student-centered, which can change the enthusiasm of students to participate in public physical education teaching practice. Both of them can reduce the cost of physical education students' practice in Southwest China to a certain extent.

TABLE IV: COMMUNICATION METHODS BETWEEN COLLEGE TEACHERS AND STUDENTS OF PHYSICAL EDUCATION MAJOR IN SOUTHWEST CHINA (N = 280)

Communication methods	Person time	percentage
Telephone	98	35%
WeChat	118	42%
qq	134	48%
Two methods	192	69%
More than two methods	168	60%

According to the survey of communication and communication methods between college teachers and students majoring in Physical Education in Southwest China, as shown in Table IV, 32% of them choose telephone, 42% choose wechat, 48% choose QQ, 69% choose two methods, and 60% choose two or more methods. It can be seen that the number of students majoring in Physical Education in public physical education is higher. In the process of learning practice, we will take two methods to communicate with teachers, and wechat and QQ are the most popular methods. But QQ and wechat have a certain delay in the message reply, which is not as convenient as telephone communication. Therefore, we should choose a reasonable way of communication, and implement a reasonable communication method according to the differences between students and teachers, so as to strengthen the management of physical education students in public physical education teaching practice.

Management content

The content of public physical education teaching practice reflects the relevant knowledge that sports majors need to learn in practice, as shown in Table V.

TABLE V: TEACHING PRACTICE CONTENTS OF PUBLIC PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN SOUTHWEST CHINA (N = 280)

Practice content	Number of people	percentage
Physical Education Technology Teaching	277	99%
Physical education theory knowledge teaching	129	46%
Sports competition organization	182	65%
Sports team training	56	20%
Organization of extracurricular sports activities	39	14%
The work of head teacher	34	12%
Administrative work	11	4%

The number of people who choose sports technology teaching is 99%; the number of people who choose sports theory teaching is 46%; the number of people who choose sports competition organization work is 65%; the number of people who choose sports team training is 20%; the number of people who choose extracurricular sports activities organization is 14%; the number of people who choose class teacher work is 12%; the number of people who choose administrative work is 4%. It can be seen that the most selected number is physical education technology teaching, which is also the main content of public course teaching practice. Students of physical education major in Chengdu University, Guizhou University and Yunnan University can complete the basic goal of public physical education teaching practice, but the number of students participating in other educational practice is not very large, and the participation needs to be increased.

TABLE VI: BASIC TIME REQUIRED FOR TEACHING PRACTICE OF PUBLIC PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN SOUTHWEST CHINA

Basic objectives of internship	Time required (weeks)
Basic understanding of physical education in primary and secondary schools	2-4
Master the basic methods of Physical Education Teaching	6-9
I can finish a good PE class	9-10
Master the organization method of extracurricular sports activities	8-10
Can be more comprehensive evaluation of their own practical teaching level	10-12
Have the ability to innovate in the actual teaching work	10-12

According to the survey on the basic time required for the teaching practice of Public Physical Education in Colleges and universities in Southwest China, as shown in Table VI, it takes 2-4 weeks to basically understand the physical education teaching in primary and secondary schools, 6-9 weeks to master the basic methods of physical education teaching, 9-10 weeks to complete a good physical education class, and 8-10 weeks to master the organization methods of extracurricular sports activities. Time, it takes 10-12 weeks to be able to comprehensively evaluate their own practical teaching level, and it takes 10-12 weeks to be able to innovate on the actual teaching work. Because of the lack of their own strength, it is difficult for some students to complete the internship within the required time. Therefore, the school should pay more attention to this part of students, improve the internship ability of this part of students, so that students can successfully complete the internship.

TABLE VII: TEACHING PRACTICE TIME OF PUBLIC PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN SOUTHWEST CHINA

university	time
Chengdu University	12week
Guizhou University	12week
Yunnan University	10week

According to the survey on the teaching practice time of Public Physical Education in Colleges and universities in Southwest China, as shown in Table 7, the teaching practice time of Public Physical Education in Chengdu University is 12 weeks, that of Guizhou University is 12 weeks, and that of Yunnan University is 10 weeks. It can be seen that Chengdu University, Guizhou University and Yunnan University all arrange the teaching practice time of Public Physical Education between 10 weeks and 12 weeks, which will not affect the students' learning of other courses, and can better formulate the teaching practice objectives of public physical education.

Management process

The teaching practice of public physical education is an important part of physical education teaching. It is a scientific and effective management process to reflect the teaching practice of public physical education students. In order to further understand the management process of public physical education teaching practice in Colleges and universities in Southwest China, this paper investigates the situation of public physical education teaching practice training in Colleges and universities in Southwest China, as shown in Table VIII.

TABLE VIII: TEACHING PRACTICE TRAINING OF PUBLIC PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN SOUTHWEST CHINA (N = 280)

Internship training	Number of people	percentage
Educational practice only	3	1%
Lesson preparation only	11	4%
Professional skills only	14	5%
Probation and trial lecture	45	16%
Probation and professional technology	64	23%
Trial lecture and professional technology	67	24%
Probation, trial lecture and professional technology	76	27%

In the teaching practice training of Public Physical Education in Colleges and universities in Southwest China, the number of students who only have education practice accounts for 1%; the number of students who only prepare lessons for trial teaching accounts for 4%; the number of students who only have professional skills accounts for 5%; the number of students who have probation and trial teaching accounts for 16%; the number of students who have probation and professional technology accounts for 23%; the number of students who have probation and professional technology accounts for 24%; the number of students who have probation, trial teaching and professional technology accounts for 27%. From this, we can see that the current content of public physical education teaching practice training in Colleges and universities in Southwest China is mainly internship and professional technology, trial lecture and professional technology, ignoring the importance of education practice, lesson

preparation and professional skills training, so we need to further realize the richness of training content.

TABLE IX: PROBLEMS ENCOUNTERED IN TEACHING PRACTICE OF PUBLIC PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN SOUTHWEST CHINA (N = 280)

Problems in practice	Number of people	percentage
More internship courses	132	47%
The classroom teaching content is not suitable for the special project	78	28%
Students don't cooperate	25	9%
Lack of communication with teachers and leaders of practice schools	25	9%
Lack of communication with practice instructors	11	4%
The living conditions of practice school are poor	45	16%
The sports atmosphere of practice school is poor	62	11%

Management monitoring and evaluation

In the teaching practice of public physical education, according to the established management monitoring and evaluation, the students of physical education major timely feedback with teachers and schools, and carry out the teaching practice of public physical education by requiring the students to comply with various rules and regulations. According to the survey on the performance evaluators of public physical education teaching practice in Universities in Southwest China, the results are shown in Table IX.

TABLE X: EVALUATORS OF PUBLIC PHYSICAL EDUCATION TEACHING PRACTICE IN SOUTHWEST CHINA

(N = 280)

Evaluator	Number of people	percentage
College practice instructor	94	34%
Practice instructor of practice school	92	32%
Multi party comprehensive evaluation	94	34%

The number of students who choose the internship instructors in Colleges and universities accounts for 34%; the number of internship instructors in internship schools accounts for 32%; and the number of students who are comprehensively evaluated by various parties accounts for 34%. Through the analysis of the above data, it is found that the performance evaluators of public physical education teaching practice in Colleges and universities in Southwest China are mainly composed of three parts. The gap between the three parts is not very big, but it can not objectively evaluate the performance of sports majors in public physical education teaching practice in colleges and universities in Southwest China.

TABLE XI: THE EVALUATION OF P.E. MAJORS IN SOUTHWEST CHINA ON THE MANAGEMENT OF PUBLIC PHYSICAL EDUCATION TEACHING PRACTICE (N = 280)

Satisfaction	Number of people	percentage
Very satisfied	16	6%
satisfied	140	50%
commonly	124	44%
Not very satisfied	0	0
dissatisfied	0	0

According to the survey on the evaluation of the teaching practice management of Public Physical Education in Colleges and universities in Southwest China, as shown in table XI, the number of students who choose to be very satisfied accounts for 6%; the number of people who choose to be satisfied accounts for 50%; the number of people who choose to be general accounts for 44%; there are no students who choose not too satisfied and dissatisfied. Generally speaking, most

of the students; Evaluation on the management of public physical education teaching practice is OK, but 44% of the students majoring in physical education think it is average, which indicates that the management of public physical education teaching practice in Colleges and universities in Southwest China still needs to be improved.

TABLE XII: THE EVALUATION OF P.E. MAJORS IN SOUTHWEST CHINA ON THE PRACTICE MANAGEMENT OF THE INSTRUCTORS OF PUBLIC PHYSICAL EDUCATION (N = 280)

Satisfaction	Number of people	percentage
Very satisfied	64	23%
satisfied	87	31%
commonly	126	45%
Not very satisfied	3	1%
dissatisfied	0	0

According to the survey on the evaluation of the practice management of the public physical education teachers by the college students majoring in Physical Education in Southwest China, as shown in Table 11, 23% of the students are very satisfied, 31% are satisfied, 45% are ordinary, 1% are not satisfied, and no students are dissatisfied. According to the above data, the evaluation of P.E. Majors in Colleges and universities in Southwest China for the teaching practice management of public physical education is not very high, and the current practice management needs to be flawed.

TABLE XIII: P.E. MAJORS' EVALUATION ON THE MANAGEMENT OF PUBLIC PHYSICAL EDUCATION TEACHING PRACTICE IN SOUTHWEST CHINA (N = 280)

Satisfaction	Number of people	percentage
Very satisfied	47	16%
satisfied	86	31%
commonly	134	48%
Not very satisfied	13	5%
dissatisfied	0	0

According to the survey on the management evaluation of public physical education teaching practice of college students majoring in Physical Education in Southwest China, as shown in Table XIII, the number of students who are very satisfied with the selection accounts for 16%; the number of students who are satisfied with the selection accounts for 31%; the number of students who are generally satisfied accounts for 48%; the number of students who are not very satisfied with the selection accounts for 5%; there are no students who are not satisfied with the selection. Through the analysis of the above data, it can be seen that the overall evaluation of physical education students on the teaching practice management of public physical education is relatively low. The school should analyze the existing problems, and then carry out targeted improvement and innovation.

C. The effect of public physical education teaching practice on students majoring in Physical Education

Impact on students'; recognition

To carry out the teaching practice of public physical education can effectively improve the understanding of physical education students on their own major. Colleges and universities can improve the understanding of physical education students on public physical education teaching by choosing targeted practice management methods, which has a very significant effect on the enthusiasm of physical education students to participate in public physical education teaching practice. Therefore, we should pay attention to the importance of public sports teaching practice in order to further improve the comprehensive strength of students.

The influence on students'; practical ability

The main purpose of the teaching practice of public physical education is to improve the practical ability of students majoring in physical education. In the process of practice, students majoring in physical education can improve their ability to deal with unexpected problems and take effective measures to solve them, and enrich their own strength according to the experience in the process of practice. Through participating in the public physical education teaching practice, students can improve their own practical teaching experience and better complete their future work.

Influence on teaching direction

The implementation of public physical education teaching practice not only plays an important role in the cultivation of comprehensive quality of students majoring in physical education, but also can effectively improve the quality of practical teaching in Colleges and universities, and promote teaching reform and progress. At the same time, under the influence of the effect of public physical education teaching practice, colleges and universities should determine their own teaching direction and improve their own development advantages.

The impact on students' Employment

The ability of practical teaching is a very important advantage for students majoring in physical education when they are employed after graduation. The implementation of public physical education teaching practice can effectively improve the ability of combining theory and practice of students majoring in physical education, so that students majoring in physical education can constantly improve their own advantages, so as to achieve high-quality employment. The promotion of students' employability can give full play to the significance of public sports teaching practice.

D. Problems in the teaching practice of Public Physical Education in Colleges and Universities

Old teaching idea

The traditional teaching concept is easy to affect the quality of public physical education teaching practice, and the main purpose of universities in Southwest China is to cultivate students' comprehensive ability. However, with the deepening of the public physical education teaching practice, the teaching ideas implemented by the instructors directly affect the effect of the public physical education teaching practice of the students majoring in physical education. According to the survey on the satisfaction of public physical education teaching concept in Colleges and universities in Southwest China, as shown in table 13, the satisfaction of students is only 29%, and the overall satisfaction is poor, indicating that the teaching concept used by colleges and universities in Southwest China is relatively backward, which is not conducive to the improvement of the practical ability of sports students.

TABLE XIV: THE SATISFACTION OF P.E. MAJORS IN SOUTHWEST CHINA TO THE TEACHING IDEA OF PUBLIC PHYSICAL EDUCATION (N = 280)

Satisfaction	Number of people	percentage
Very satisfied	31	11%
satisfied	50	18%
commonly	124	44%
Not very satisfied	56	20%
dissatisfied	19	7%

Insufficient management

The strength of practice management is an important factor affecting the quality of public physical education teaching practice. Effective practice management can improve the understanding of physical education students on public physical education teaching practice, and ensure the smooth development of the practice process. However, in the survey of students' satisfaction with the management of public sports teaching practice, as shown in table XIV, the number of students who choose to be satisfied is 22%, while the number of students who are not satisfied is as high as 78%. It can be seen that the current attitude of College Students in Southwest China towards practice management is not very important, which indicates that the current management of public sports teaching practice in Southwest China is insufficient, and there are many problems. It affects the teaching quality of college public physical education teaching practice.

TABLE XV: THE SATISFACTION OF P.E. MAJORS IN SOUTHWEST CHINA ON THE MANAGEMENT OF PUBLIC PHYSICAL EDUCATION TEACHING PRACTICE (N = 280)

Satisfaction	Number of people	percentage
Very satisfied	20	7%
satisfied	42	15%
commonly	192	69%
Not very satisfied	20	7%
dissatisfied	6	2%

Students are lack of teaching ability

Before the teaching practice of public physical education, students majoring in physical education need to master a certain degree of professional knowledge and skills, but in recent years, the gap between practice and theory of students majoring in physical education is growing, which leads to unsatisfactory teaching effect. Physical education majors can't grasp the key points in the teaching practice of public physical education, and they are deficient in organizing teaching, classroom control, teaching design and other abilities, as shown in table XV. According to the survey of students' self-evaluation of teaching ability, it can be seen that students' evaluation of their own ability is relatively low, and 39% of them think they have strong ability, although they have no ability. Poor students, but the number of students with average ability is in the majority. However, there are many problems in the teaching practice, such as the lack of teaching ability, which makes the students of P.E. have the psychology of self-confidence, conflict and timidity in the teaching practice.

TABLE XVI: SELF EVALUATION OF TEACHING ABILITY OF COLLEGE STUDENTS MAJORING IN PHYSICAL EDUCATION IN SOUTHWEST CHINA (N = 280)

Ability evaluation	Number of people	percentage
I'm very competent	21	8%
Strong ability	86	31%
Average ability	121	43%
Poor ability	52	18%
The ability is very poor	0	0

III. CONCLUSION AND SUGGESTION

A. Conclusion

Through the analysis of the role of public physical education teaching practice in Colleges and universities in Southwest China, it is found that it has a great impact on the overall physical education students. However, the teaching and management concept of public physical education teaching practice in Colleges and universities in Southwest China is relatively backward, which has a great impact on the quality of teaching practice.

The management mechanism of public physical education teaching practice in Colleges and universities in Southwest China needs to be constantly improved in order to ensure the improvement of sports students' practical ability;

The purpose of public physical education teaching practice is to cultivate the teaching ability of students majoring in physical education.

B. Proposal

Changing teaching ideas

In order to further improve the quality of public physical education teaching practice in Colleges and universities, and improve the role of public physical education teaching practice, teachers and school leaders must change the traditional teaching concept, and also develop a professional education and teaching system for public physical education teaching practice. Under the clear concept of modern physical education teaching, we should combine modern physical education teaching concept with teaching reform results to cultivate modern physical education. It is necessary to cultivate qualified sports talents.

Strengthen the management of public physical education teaching practice

We should further improve the management of public physical education teaching practice in Colleges and universities in Southwest China, formulate a perfect management system of public physical education teaching practice for students majoring in physical education, further combine and contact the cooperation between colleges and practice units, and formulate a perfect management manual and network management platform for Public Physical Education teaching practice. Let the sports professional students and public sports teaching practice between colleges and universities to form a good relationship, and establish and improve the sports professional students' practice evaluation system, the sports professional students' practice situation as the main content of the instructor performance appraisal, improve the teachers' attention to the sports professional students' public sports teaching practice, realize the value of the management team.

Training students' comprehensive ability in class

In the teaching practice of public physical education, we need to pay attention to and constantly strengthen the teaching ability of students majoring in physical education. We should change the previous teachers' problem-solving to students' problem-solving. Teachers should guide students to learn to analyze, think and solve problems independently, so that students can realize the key points of problems, and provide all students with an opportunity to explain the teaching content on the platform, so as to fully mobilize their physical education. To cultivate the enthusiasm of the students and the ability of theory and practice.

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