

# Research on Development Trend of College Sports Teaching under Sunlight Sports Background

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**Abstract:** *The sunlight sports school-based implementation of external professional evaluation, the administrative department of education's school district organization of professional evaluation, is according to the characteristics of school, student development, resource conditions, etc., following the specification development, healthy development, scientific implementation of the principle of quality analysis to the sunlight sports school, help to analyze the process of school. This evaluation is essentially a sunlight analysis school sports whether design and implementation of the scientific, reasonable and effective process. Of sunshine sports school-based implementation of external professional evaluation content includes the sunlight sports school-based development and implementation of the entire process, which focuses on the accuracy of the sunshine sports school policy implementation, the standardization of the implementation process, the effect of the effectiveness of three latitudes, etc.*

**Keywords:** College Sports, Sunlight Sports, Basic Background, Development Trend, Review and Research.

## 1. Introduction

Sports teaching is a basic content of education, is an important form of physical education, physical education teachers and students of teaching way of communication is the basic activity to sports teaching. Education in colleges and universities is a high level of education and teaching in colleges and universities sports exchanges in both the theory study and there are many problems in the practical level, so it is necessary for causes of problems and the measures to solve the problem are studied [1-4].

In foreign countries, the sports industry in colleges and universities has been relatively mature, many world famous university attaches great importance to "strong sports school" strategy, through the window, make the school in the country and enjoys a high reputation in the world. They pay attention to the use of sports resources and development, pay attention to develop sports market, guide sports consumption, mining college sports their commercial value and economic function, make full use of the college sports resources and the development of sports market to create economic benefits. Domestic colleges and universities, however, very few will be on the agenda of the development of sports industry of colleges and universities, colleges and universities in survey found that only a college puts forward to the development of sports industry as one of the important tasks for the development of the next five years. In the later sections, we will discuss the issues in detail [5-6].

## 2. Background Survey

Higher school sports teaching is an important link in training high quality talents are indispensable. In today's rapid development of science and technology, the mission of the university sports teaching can not only make students master the simple sports skills, more important is to teach students knowledge, teach them how to learn the sports knowledge, techniques and skills, improve the understanding of sports ability, personality development, to lay a good foundation for

the lifelong sports. The primary challenges for the modern colleges could be summarized as the follows. (1) The stand or fall of sports theory content, directly affect the students' learning and motivation, also affect the sports knowledge to master. Often put some individual sports and sports theory technical main point, not system of sports knowledge, sports competition rules to judge method, sports news, the fun do not constitute the content of the knowledge system of sports science. (2) Traditional colleges and universities sports to master "Sanki" and enhance physical fitness as the main target, too much emphasis on technical specifications and athletic ability, make the school sports become the epitome of a certain competitive sports training project. Moreover, the function of school sports repeatedly reflected in small, medium and the university. The traditional sports teaching idea also directly affect the sports teachers in the education of our country, has been emphasized practical education, light and heavy professional technical theory of culture, and thus training PE teachers, there is a "nature" theory of cultural defects, "Beowulf" type of physical education teachers in our country sports teachers there is quite a large proportion. (3) Sports theory teaching method the continuation of the previous books type teaching has obviously can't adapt to the requirement of modern sports teaching in colleges and universities, college students and the content of the boring books are not interested in teaching, is conditional on the use of available slideshows, pictures, etc. Also, not to mention TV video and multimedia computer these college students are more interested in the use of modern teaching methods. There are both because of hardware and software, many schools on special classrooms and facilities, equipment capacity and textbooks and teachers to use and develop the serious lag, directly affect the reform of sports theory teaching method [7-8].

Modern sports science involved in various fields of natural science and social science, and nowadays the society, scientific development with each passing day, there is a need for physical education teachers of theoretical knowledge and practical level to meet the needs of the contemporary sports teaching task. Modern knowledge update cycle is shorten, a

lot of new knowledge constantly emerging, requires teachers to be good at learning, study hard, to catch the latest news, the expanded aspect of knowledge, improve the level of theory, in order to replace old behind the contents of the new knowledge.

### 3. The Proposed Methodology

#### 3.1 Sunlight Sports Background

To carry out the sunlight sports and there is no contradiction between ordinary school sports teaching, the exercise goal is the same, between the two is to improve student's physical quality. But sunshine sports goal more complex, and that relatively than the school sports also strict. Realization ways of sunshine sports and school sports is the same as is to go through the school physical education, after-school sports activities such as exercise [9-10].

The sunlight sports is to pursue the purpose of physical and mental health, through the sunlight sports, promote the schools of various levels form the rich campus sports participation and mass sports exercise atmosphere, atmosphere and cultivate healthy, scientific and civilized way of life to adapt themselves to the construction of a harmonious society. Its meaning is to attract the masses of young students to the playground, into the nature, walk in the sun, actively participate in physical exercise, cultivate interest and habit of physical exercise as effectively improve the students' physique and health level.



Figure 1: The Demonstration of the Sunlight Sports

As shown in the figure one, we demonstrate the sample. The sunlight sports in colleges, though with college sports compulsory and elective teaching project has a certain difference, but in the sunlight sports activities, as long as students actively engaged in sports, the teacher in the classroom teaching skills is always students used up in the form of internalization and innovation, to improve the students' sports skills. Although in the sports classroom teaching, the teacher has carried out systematic, scientific and specific teaching activities, but as a result of class time is shorter, and college students' sports ability and the training time constraints, lead to some sports skills they do not grasp

skilled, even accurately. Through the use of the sunlight sports training, they will actively improve the relevant skills.

With the further development of sunshine sports movement, the number of research papers about the sunlight sports has been rapid growth trend. To Chinese scholars research on sunshine sports have the overall understanding and grasp, we through to the domestic scholars in recent years in research journals published related papers collection, sorting, induction and summary, current research situation of sunshine sports an approximate analysis, in order to sort out a thread of the research, thus promote the sunlight sports research work, it is of great value. After the Beijing Olympic Games, to accelerate the process of the construction of the sports power in our country, sports power must first grab from teenagers physical health, physical health level of teenagers is the basic of the sports power, is a top priority. We want to change the present status of the school sports must be including the sunlight sports, school sports theory innovation and change, on the basis of studying the original breakthrough, innovation, make the further development of school sports study, so as to promote the development of school physical education to a higher.

According to the foregoing, normal working days to give priority to with professional study, carry out the sunlight sports in spare time. With the instant the physical condition of the conflict, and respect the student's dynamic physical changes, it is important to ensure that students in the case of physical condition for participated in the activities, avoid because the body does not adapt to the damage situation. As a student in sick or have other uncomfortable situation, the school to give them the special attention. The conflict and personal interest in sports project that as far as possible let students choose their own interest and favorite project, since is to carry out the sunlight sports activities, let students to participate in the happy atmosphere. Sunshine sports in order to realize school diversity, from the sunlight sports in exploring the path of the richness of practice [11].

Students should pay attention to the sustainable development of school sports and individual sports demand, pay attention to the sunlight sports and physical education curriculum, the combination of in-class and after-class, combining students' physical exercise habit, and promote the healthy development of students, cultivate the students' ability of social adaptation.

#### 3.2 Sport Education Reform

Colleges and universities sports curriculum goal is the starting point of the curriculum design and curriculum implementation which is by the education administrative department according to the general requirements of college sports goals determine, guidance at all levels, all kinds of courses establishment criteria, regional colleges and universities, and at all levels, all kinds of colleges and universities sports teaching the guidance of important criterion of its goals and objectives should not only reflect the need of social development and to meet the requirement of the individual development, but also conform to the characteristics of PE course.

From the trend of college physical education curriculum development, must take long-term objective and recent course objectives organically, recent must become the stage of long-term goals and objectives. Such long-term goals and short-term goals to unified interaction, in the same direction, the modernization of course objectives can be tested in the teaching practice of the new century and development. College students are the products of our final delivery to the society, also is the key to implement the strategy of talents in the new century in China. Therefore, at the same time of enhancing students' physique and pay attention to the development of college students' psychological quality, to achieve complete and comprehensive physical and mental development of college students in the new century, has become our country university sports curriculum goal must be committed to research and solve the problem of the main points of the as soon as possible.

That is to say, the university sports curriculum goal must fully realize the perfection of promoting college students' physical and mental characteristics and comprehensive development of function. Therefore, we should pay special attention to the listed aspects. (1) One is opening his full course, and to ensure that students have enough activity. Students have more than one hour every day, sports time, to meet the needs of the students' physical and mental development. Sports activities can let student comfortable living bones and muscles, edify sentiment, character, good body and mind, the second is to improve funds investment, perfecting the construction of sports facilities. In addition to satisfy the requirement of the general sports facilities, conditional colleges and universities, should be characteristic of the construction of sports venues, in order to meet the needs of the professional education and major events. (2) Set different levels of the teaching goal. According to the students' individual differences, set different teaching goal. For good sports foundation, has the specialty of the students, the teacher should put forward higher requirements of the goal, to carry out the development and the training of the high sex. Medium level for medium level students, setting goals and sports training and tasks of moderate difficulty, as long as the students finish class main goal. Basis for poor students, to stimulate interest in sports, enhance physical education learning confidence as the goal, as long as its basic task, to encourage their progress. (3) The basic purpose of sports is to enhance the quality of national health of body and mind, and therefore, it is a base on the whole nation, the education of the whole country. Sets up the lifelong sports concept as modern sports advocating lifelong sports, college sports should be the students' health of body and mind development and the cultivation of lifelong sports habits as the core goal, all teaching measures around the target service.

#### 4. Conclusion

The reform of college sports teaching trend is unstoppable. Colleges and universities should attach great importance to physical education teaching work, to ensure that the fund investment in place, strive to improve sports and operating conditions. As a physical education teacher, should work assiduously sports teaching reform, constantly absorbing the

new idea, sets up the new concept of sports, out of the sports teaching, adopting new teaching methods, according to their aptitude, to enhance teaching pertinence, working for the reform of physical education in colleges and universities to make new contributions. Objective in the final analysis is the talent quality standard. Question is what kind of the talent cultivation orientation and for its services. After China's accession to the competitive international environment, and the construction of socialism with Chinese characteristics of talent needs, institutions of higher learning must establish a new comprehensive talent quality, insist on the all-round development of morality, intelligence and physique of the talent training standards.

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