

Theoretical Research on the Construction of “Six-dimensional” Curriculum System for Physical Education Specialty under the Background of Teacher Certification

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Abstract: *The major of physical education bears the responsibility and mission of the training of physical education teachers. The perfect curriculum system is the key element of the training of professional teachers in all kinds of physical education colleges at all levels, which directly affects the training direction, training specifications and training quality of physical education teachers. According to the graduation requirements of teacher professional certification for personnel training, this study puts forward the training ideas of physical education professionals from six dimensions, such as “ideological morality, basic quality, disciplinary quality, professional knowledge, professional skills, and innovation ability”, as well as the theoretical conception of curriculum system construction, in order to provide theoretical reference for the reform of physical education curriculum system.*

Keywords: Professional certification, Physical education major, Curriculum system.

1. Introduction

In January 2018, the CPC Central Committee and the State Council issued the opinions on comprehensively deepening the reform of the construction of the teaching force in the new era, “To improve the quality of primary and secondary school teachers in an all-round way, and to build a high-quality and professional teaching force” [1] has been clearly put forward. This is not only a demand for the current Continuing education of primary and secondary school teachers, it is also a request for the training of talents in normal universities. The construction and implementation of the curriculum system bears the heavy responsibility of personnel training and is an important guarantee for realizing the training goal, directly affect the training direction, training specifications and training quality of teachers. Therefore, under the background of normal school accreditation, the research on the curriculum system of physical education specialty has been paid more and more attention. With the formation of the open pattern of teacher education in our country, the reserve of teacher resources in our country is getting larger and larger, and the system of teacher education is becoming more flexible, but it also raises a series of questions. For example, there are some differences between the current situation and the training objectives of normal universities, and the training of physical education professionals is out of touch with the social needs [2][3], “The quality of education is uneven, the development of teacher-training disciplines is marginalized and the evaluation of teacher education process is absent” [4], “And it does not meet the needs of basic education” [5] and other phenomena. To solve the problem of disjointed talent cultivation, we should start with the curriculum.

Since 2014, the Ministry of Education has gradually issued relevant documents on the development of teacher education professional certification, which has become an important guide for the construction of teacher education professional in our country’s colleges and universities. In June 2018, the Center for Higher Education and teaching assessment of the

Ministry of Education issued the “Guide to the certification of normal majors in ordinary colleges and universities (for trial implementation)”, which provides an important guide for the certification of normal majors. “Guide” from the “Practice of ethics, learning to teach, learning to educate and learn to develop” four dimensions of the establishment of a clear graduation requirements, corresponding to teacher ethics, education, Discipline Literacy, teaching ability, class guidance, comprehensive education, learning to reflect and communication and cooperation of the eight secondary indicators, it is the core of the whole attestation to reflect the quality requirement of “Output” of professional personnel training by the state, and has the function of connecting the preceding and the following. Therefore, according to the content of graduation requirements, this research puts forward six dimensions of cooperative talents cultivation and curriculum support system, which are ideological and moral, basic literacy, discipline literacy, professional knowledge, professional skills and innovative ability, in order to provide a theoretical reference for the reform of the curriculum system of physical education.

2. Physical Education Moral Quality Curriculum

The course of moral quality is the general requirement to train students to abide by moral norms and codes of conduct in their future work as teachers, to guide and guide normal students to learn to teach, to educate and to develop the first quality of the society. Teacher Education professional certification is the focus and booster of the reform of professional teacher training, and it is an important measure to realize the training of professional, high-quality and innovative teachers. In the graduation requirements of “One practice, three societies” put forward in the guide, specific requirements are put forward for the moral quality of the teaching staff, this paper puts forward the specific requirements of training specifications from the angles of setting up morality, teachers’ ethics and teaching according to law. This requires that in the process of

cultivating talents in physical education, we should accurately grasp the characteristics of socialism with Chinese characteristics in the new era, carry out the party's educational policy, practice the socialist core values and take morality and cultivating people as our own responsibility, focusing on "Professional understanding and standardization", this paper systematically constructs a system of professional cognition and standardization in four fields: proper treatment of occupation, treatment of students, treatment of work and self-cultivation. Teacher's ethics and educational feelings need not only the ideological and political curriculum, but also the integration of ideological and political content in professional courses and practical courses. Ideological and political literacy courses mainly include ideological and political courses and courses ideological and political aspects of the two. The course of ideological and political education is an independent course, but the course of ideological and political education is different, "it is the teachers' consciousness of integrating ideological and political ideas into physical education classroom teaching" [6], which requires physical education teachers to be good at excavating, integrating and applying ideological and political resources from the inside of physical education curriculum, it can combine the ideological and political materials such as sports heroes' deeds, athletes' cases and the ideological and political elements such as tenacious struggle, courage and perseverance, and the will to strive for progress, and reasonably transform them into curriculum teaching resources.

The physical education curriculum has more abundant moral education elements and moral education value than any other subject curriculum, which needs the middle and primary school physical education teachers to excavate the ideological and political education characteristics and the ideological and political resources in the physical education curriculum deeply in the teaching process, and it will be transformed into the physical education content of classroom teaching, the formation of physical education curriculum "Moral practice" sense of responsibility, improve the effectiveness of ideological and political construction of physical education curriculum [7]. In the course of ideological and political construction, teachers need to expand the external ideological and political resources, which are closely related to the physical education course and accord with the characteristics of physical education course and teaching needs. At the same time, we should strengthen the innovation and design ability of the ideological and political resources of the curriculum, to excavate the ideological and political elements, to excavate and refine the ideological value and spiritual connotation contained in the system of professional knowledge, to scientifically and rationally expand the breadth, depth and extension of professional courses, from the perspective of the major, industry, domestic, international, culture and history involved in the curriculum, we should expand the knowledge of the curriculum, enrich the humanity of the curriculum, and enhance the leading, contemporary and open nature of the curriculum, turn it into teaching resources, and use it in the course of teaching, in order to "Achieve the unity of talent and education" [8].

In the course system construction, we should design the course ideological content of each course, fully realize that the course ideological and political is a kind of teaching idea and a kind

of thinking mode; In order to carry out effective teaching, we should formulate the syllabus and evaluation system of ideological and political education. In the teaching of ideological and political education of physical education major courses, we should integrate the education of teacher's ethics and socialist core values, and the forms of integration should be diversified. In the teaching of sports skill course, we should integrate the struggle spirit of the older generation athletes and the belief of winning glory for the country. In the teaching of theory course, we should dig deeply the typical characters and events to promote the formation of students' educational feelings and socialist core values. The effective integration of ideological and political elements into all kinds of courses of physical education specialty is the inevitable requirement of cultivating excellent middle school physical education teachers with noble teachers' morality and deep feelings.

As the key task of the reform of physical education in colleges and universities, the ideological and political construction of physical education curriculum has multiple values to enhance the effectiveness of physical education curriculum. In the process of its promotion, with the help of the teaching wisdom of physical education teachers, the comprehensive application of curriculum ideological and political education methods such as "innovating physical education teaching methods, transforming the discourse expression of physical education classroom, and broadening the practical field of physical education classroom" [9] is conducive to improving the curriculum ideological and political construction ability of physical education teachers.

3. Social and Humanistic Literacy Courses

The course of social and humanistic accomplishment is the basic accomplishment of cultivating students as future physical education workers. Social humanistic accomplishment mainly describes the image of PE teachers from the humanistic characteristics of PE teachers, and the content covers a wide range, including humanistic accomplishment, sports science spirit, sports psychology accomplishment, sports aesthetic accomplishment, humanistic and historical knowledge and other elements, respectively expressing the corresponding connotation.

The curriculum of humanistic literacy mainly refers to the training of physical education teachers' knowledge level of literature, history and philosophy, mastering the essence of traditional Chinese literature, and absorbing valuable nutrition from literature. While strengthening the learning of physical education knowledge, PE teachers should strive to improve their learning and understanding ability of modern scientific and cultural knowledge, improve their creativity, especially the ability to carry out sports activities creatively and complete physical education teaching according to realistic conditions.

The course of psychological accomplishment is to train the future physical education workers to have a strong interest in physical education work, rich emotion and good will quality. For PE teachers, facing the severe pressure of survival and competition, the fierce competitive environment of the school, the unsatisfactory working environment and welfare benefits,

they must have a healthy and optimistic psychological quality. With these good psychological literacy, master the relevant psychological knowledge, you can establish a solid dedication, can stimulate students' interests, can love students, infect students, move emotions, understand the reason, can creatively carry out work.

The course of aesthetic accomplishment is a kind of ability to appreciate beauty, which shows with the accumulation and sublimation of knowledge, thought and morality in the long-term physical education work of future physical education workers. Aesthetic quality is a more comprehensive quality than cultural quality, moral quality and so on. It is also a sign of human civilization and progress. The cultivation of aesthetic accomplishment can be divided into two levels. First of all, Strengthen PE teachers' grasp of relevant aesthetic knowledge, carry out research on the essence, form and form of beauty, and encourage PE workers to master the characteristics of beauty in various sports and the relevant elements of PE aesthetic education, improve aesthetic quality and enhance the ability to appreciate beauty. Only in this way can students enhance their ability to feel, know and understand beauty, purify their minds with beautiful things, and create more beautiful things in the future. Secondly, the aesthetic quality of PE teachers should include the correct aesthetics of PE teachers. Because sports is a good way to know yourself and let others know yourself. Sports are characterized by fierce competition and confrontation, and success or failure will be determined immediately. In the fierce competition, the sports techniques, tactics, ideas and styles are very prominent, and the students' quality, skills, winning and losing views and inner world are exposed. Having a correct aesthetic view can guide students to distinguish between beauty and ugliness, good and bad, encourage advanced and spur backward. Spiritual literacy.

The curriculum of sports spirit literacy mainly refers to the cultivation of future PE teachers' value standards, mode of thinking and behavior in learning, understanding and applying scientific knowledge and skills, and requires PE teachers to have corresponding scientific knowledge, scientific thinking and good problem-solving ability [10]. The ultimate purpose of education is to improve people's spiritual realm. The cultivation of sports spirit also bears the heavy responsibility of cultivating people's noble world outlook and outlook on life. The lofty spiritual quality of PE teachers will create more excellent students.

4. Sports Discipline Literacy Course

The sports discipline literacy course mainly cultivates the professional cognition, professional identity, self-reflection and self-development ability of future sports workers. Sports discipline literacy should include three elements: the ability to actively participate in sports activities independently, the ability to form and transmit a healthy lifestyle, and the ability to integrate sports spirit into life, respectively dealing with the relationship between individuals and themselves, individuals and others, and individuals and society [11].

The cultivation of the ability to participate in sports independently can be divided into three levels: 1) Cultivate the interest in sports. Interest is a cognitive tendency, which can

be gradually developed into individual internal motivation. 2) Stimulate the internal drive to participate in sports. Motivation is a psychological process that enables an individual to achieve a goal. 3) Establish individual self-control ability. By controlling impulsive behavior and implementing behaviors that bring long-term benefits, self-control relies on the internalization of rules and the formation of internal motivation, and takes self-observation, self-judgment and self-reaction as the working mechanism. Therefore, the ability to participate in sports independently deals with the relationship between the individual and the self, and its goal is to lifelong sports.

The ability to form and transmit a healthy lifestyle includes four links: understanding health knowledge, forming health awareness, practicing healthy behaviors and developing healthy habits, involving caring for the body, nutritious diet, preventing diseases, correctly viewing special diseases, scientific time management, and life planning. The ability to maintain a healthy lifestyle will have a radiating effect, benefiting peers, families and even communities. Influencing others through a healthy lifestyle is a way for individuals to influence society, and it is also the appeal of individual responsibility in modern society. The purpose of physical education is to cultivate students' health consciousness, induce students' health behavior, independently carry out health planning, and finally activate people's body function through healthy lifestyle, stimulate people's "sports factor", resist the temptation of the virtual world, and avoid the alienation of life style.

The ability to integrate sportsmanship into life. Sports spirit is rich in connotation and far-reaching in influence. Its consciousness of rules, self-esteem and confidence, cooperation and persistence are the convergence point between the complex environment and sports discipline accomplishment in the 21st century. The ability to incorporate sportsmanship into one's life is the ability to incorporate these qualities into one's personal values and enhance one's socialization in real situations.

The starting point of PE discipline literacy training is the improvement of teachers' literacy, which should start with the improvement of professional environment. Changing the situation of high and low subject under the goal of exam-oriented education is the fundamental to improve the quality of PE discipline. If physical education teachers only have "standard" and "safety" in their eyes, then their hands and feet must be bound, and they can only teach explicit knowledge in textbooks, and have no motivation to create an educational environment to better convey tacit knowledge, which is vivid knowledge that is intrinsically related to personality and society, and is knowledge that points to core literacy. It is a long process to pay attention to the living state of PE teachers and improve their ideological boundaries. The training of PE teachers aiming at discipline literacy is the main way to improve PE teachers, improve their cognition of discipline value and change their understanding of discipline literacy in the curriculum.

5. Courses of Professional Theoretical Knowledge

In 2018, the Ministry of Education promulgated the “National Standards for the Teaching Quality of Undergraduate Majors in ordinary Colleges and Universities”, in which the physical education curriculum system stipulated clearly requires that the courses that must be opened are basically theoretical courses. In particular, 7 courses including Introduction to sports, sports anatomy, sports physiology, sports psychology, sports sociology, health education and sports scientific research methods are prescribed as degree courses for sports majors, and all of these courses are mainly taught in theory. It can be seen that educational administrative departments attach more and more importance to the learning and mastering of professional theoretical knowledge of PE education talents. From the functional point of view, the theoretical knowledge of sports mainly involves the historical development of sports events, measurement and evaluation, competition organization and judgment, health education, physiology, biochemistry and anatomy, etc. These contents are often not presented independently, but are presented in the cross-integration of multiple courses.

The health education courses of primary and secondary schools mainly include the law of human growth and development, the knowledge of adolescent development, the prevention and intervention of common diseases, the prevention and treatment of accidental injuries, the knowledge of different environments and health, and the knowledge of mental health, etc. There will also be cross-related knowledge in the courses of physiology and biochemistry, exercise prescription, physical health care and so on. With the rapid development of society, the health problems of children and adolescents present many new characteristics, and the sub-health conditions of primary school students gradually appear, such as the incidence of vision problems and obesity are becoming increasingly serious. Unhealthy health behaviors such as bad health habits, bad eating habits and electronic entertainment behaviors among primary school students have gradually become a huge hidden danger affecting the healthy growth of children, and the lack of targeted health education is one of the important factors affecting the formation of good health habits of primary school students. In this form, the state administrative department attaches more and more importance to children’s health education, and the teaching content, teaching methods and teaching methods of primary and secondary schools are gradually changing. The content of health education curriculum of physical education major should also adapt to the needs of primary and secondary schools and make corresponding changes.

In recent years, the physical quality of primary and secondary school students has shown a declining trend, and physical training for children has become an important part of health education curriculum. The purpose of health education curriculum is to improve the scientific level of primary and secondary school students’ sports and integrate the improvement of physical quality with healthy life. Improving students’ physical fitness has gradually become a hot issue in primary and secondary schools. The content of physical training in the new era includes the evaluation and intervention of physical fitness, the measurement and evaluation of body posture, the diagnosis and intervention of physical fitness, the formulation of physical exercise plan, rehabilitation physical training and so on. To enable students

to understand the importance of physical fitness to human movement and health, and to formulate the objectives, contents, methods and evaluation of physical training design, and to reasonably arrange the content and intensity of physical training according to the sensitive period of students’ physical development.

The course of competition organization and judge law is the basic content of the development of school sports in the future. In April 2020, the Commission for Deepening Overall Reform of the CPC Central Committee deliberated and adopted the Opinions on Deepening the Integration of Physical Education and Promoting the Healthy Development of Young People, which has promoted the change of school physical education teaching concepts. Sports competitions will become an important means to encourage young people to participate in sports activities, and encourage primary and secondary schools to carry out a variety of after-school training and competitions. Expand the coverage and participation of intra-school and inter-school sports competitions, and organize selective competitions such as winter summer camps. Sports competition can not only let students enjoy the joy of the success of the competition, as well as the struggle after the failure of the competition, but also play a positive role in the child’s personality integrity and will tempering. Sports competition will become the norm of physical education in primary and secondary schools, so it is inevitable to increase the hours of sports competition, sports training and other related courses. It is suggested that sports education majors should not only set up sports competition organization and referee law courses, but also organize sports competition activities as much as possible to give students more opportunities to practice sports competition.

6. Professional Sports Skills Courses

Sports skills course refers to the course aimed at teaching sports techniques, skills and basic knowledge of sports events through physical exercises [12]. Due to the particularity of physical education major, in the process of learning teaching design and organization, students should not only have the ability to design teaching content, but also have a strong ability to demonstrate sports skills, organize after-school amateur training, and organize participation in sports competitions. Therefore, the master and application of sports technology is a necessary professional skill for students majoring in physical education. From the perspective of the proportion of physical education courses in colleges and universities, the proportion of sports skills courses, theoretical courses and practical courses is constantly adjusted, and the proportion of sports skills shows a declining trend. The sports skills courses of physical education majors can not meet the requirements of class hours. In the interviews with teachers and students conducted by professional certification experts, many students and teachers believe that the current class hours of sports skills cannot meet the needs of students, especially the class hours of track and field and gymnastics are too few [13].

In the design of sports skills curriculum, the first thing is to pay attention to the development of basic sports skills courses such as track and field and gymnastics. Basic sports skills mainly include walking, running, jumping, throwing,

climbing, supporting, rotating, rolling, drilling and climbing, hanging, kicking, crossing and other content of track and field and gymnastics, the master of these basic skills mainly rely on track and field and gymnastics courses to achieve; Master these basic sports skills, all kinds of ball games, dancing, ice and snow sports skills can have better development. Therefore, the skills of track and field and gymnastics should be given priority to development, and the corresponding hours should be increased.

In addition, the school promotes local ethnic traditional sports according to local conditions. The General Office of the CPC Central Committee and The General Office of the State Council, "Opinions on Comprehensively Strengthening and Improving School Sports in the New Era", pointed out that schools should pay attention to the promotion of traditional Chinese sports. It is also crucial to carry out traditional Chinese sports such as martial arts, wrestling, chess, dragon boat, guiding health, dragon and lion dance according to local conditions, and integrate these sports into school physical education, amateur training and competition, and form a traditional Chinese sports competition system on this basis. Traditional Chinese sports are not only important in cultivating students' sports skills, but also have important significance in cultivating students' sense of Chinese national identity and cultural self-confidence.

7. Innovation and Entrepreneurship Education Courses

Innovation and entrepreneurship education is an urgent need for the implementation of the national innovation-driven development strategy, and it is also an important measure to promote the reform of higher education, improve the quality of talent training, and promote high-quality entrepreneurship and employment of graduates. It is a new educational concept with the basic value orientation of cultivating students' innovative spirit, entrepreneurial awareness and entrepreneurial ability [14].

The most important thing in innovation and entrepreneurship education is to realize the curricular practice. The practical links of students' entrance education, military training, internship, internship, labor education, social investigation, graduation education and employment guidance should be presented in the form of curriculums. Therefore, the practical links in the physical education talent training program should be treated as courses, formulate the corresponding course outline, arrange the corresponding teaching content according to the course objectives, and ensure the teaching hours. The professional practice of physical education majors is mainly educational practice, including internship, internship and study; The practice of innovation and entrepreneurship includes sports science and technology innovation, creative design, entrepreneurial plan, entrepreneurial training and so on.

Innovation and entrepreneurship education pays attention to the cultivation of students' practical operation ability, so that students have their own physical practice ability, but also have the ability to organize and guide students' practice. To cultivate students' practical ability, teachers must have physical practice ability themselves. Firstly, from the

viewpoint of scientific development, improve students' ability of arranging and designing physical education activities. To train students to comprehensively analyze the functions and values of various sports, arrange sports teaching and extracurricular sports activities scientifically and reasonably, and promote the implementation of new sports courses from the whole school work. Secondly, cultivate students' ability to select and integrate sports information and develop and utilize sports curriculum resources. In the information age, it is particularly important to cultivate students' ability to collect, screen and integrate information. In particular, students should be good at grasping relevant and valuable information in sports, screen out innovative information from a lot of information, and integrate it to strengthen the effectiveness of physical education. Thirdly, cultivate students' ability to skillfully use modern educational technology, and combine modern educational technology with physical education curriculum. I can use traditional audio-visual teaching equipment such as slide projector, tape recorder, video recorder, etc. At the same time, I also need to skillfully use various new equipment such as computers and projectors to improve the teaching quality. Finally, scientific research is one of the effective ways for PE teachers to improve their innovative ability. In the physical education curriculum system, it is necessary to guide students to participate in scientific research projects, form an academic atmosphere of respecting knowledge and innovating technology, establish a correct scientific research understanding and take the initiative to participate in scientific research activities.

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