

Research on Sports and Health Curriculum in Gymnastics Teaching

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Abstract

Gymnastics is one of the important contents of the middle school sports teaching. It is to promote the quality of basic education. We should give full play to its function of gymnastics teaching, must improve students' level of health, establishment of Gymnastics in middle school physical education and health education in an important position. In this paper, using the method of literature, questionnaire, interview, logic analysis method, the secondary school physical education teachers, students as the object of the research, the "sports and health curriculum" teaching contents of gymnastics development present situation investigation and analysis. The results showed that gymnastics teachers less, unbalanced ratio of male and female teachers. And the students in gymnastics project contact less, the majority of students are not interested in gymnastics and misunderstood. Queue formation exercises, gymnastics Professor Rate is 100%, the actual course of gymnastics content low rate.

Keywords: School physical education; Gymnastics teaching; Quality education.

1. Introduction

Along with the modern the comprehensive reform of basic education development and the deepening of reform of basic education, sports has entered a new stage. In 2002 the Ministry of education to develop the "sports and health curriculum standards"(hereinafter referred to as the "new curriculum") in an experiment is carried out. "New curriculum standard " emphasized that respect the teachers and the students selectivity the teaching content, the diversity teaching evaluation of, Making the curriculum arrangement is conducive to arouse students' interest in sports, cultivating students' physical exercise habits, brave and tenacious spirit and firm and indomitable willpower, prompting students in physical, psychological and social adaptation ability healthy, harmonious development. It established "promote health, improve the level of mental health, increase the ability of social adaptation, access to sports and health knowledge and skills "course objectives. To further strengthen the "adhere to the ' health first ' guiding ideology, to promote the healthy growth of students. To stimulate interest in sports, cultivating students' lifelong physical education consciousness; on the development of students as the center, takes student's main body status; to pay attention to the individual differences and different needs, to ensure that every student is benefited" curriculum concept[1-5].

Domestic and foreign research on gymnastics teaching content, teachers, field equipment are studied, the school "sports and health curriculum"(Gymnastics) selection of teaching materials, teachers' cognition on Gymnastics basic situation and suitable for middle school students' physical and mental development of gymnastics teaching content related research does not see more [6].

Through consulting relevant documents understands the gymnastics teaching materials usage and each

school gymnastics teaching content practical situation. In 51 randomly selected high school as the research object, with the "new curriculum" as the breakthrough point, teachers and students from two angle set out, to develop a questionnaire survey, based on the teaching contents of gymnastics the implementation status of the investigation, Baconian gymnastics teaching content the problem that exists in executive process, analysis of the causes of the problem, draws the conclusion and puts forward the corresponding suggestions [2-3].

The innovation of this study is added for middle school gymnastics teaching content, analyzing restrict school gymnastics teaching cause teachers of physical education gymnastics teaching ability, proposed the educational legislation, the Provincial Department of Education Department, the Provincial Sports Bureau, province Gymnastics Association to strengthen the legislative work, increase propagandist strength, cause height to take seriously. The results of this study will not only cause the attention of schools, but also had certain influence on the society, and improve the students' initiative and drive the parents to urge their children to participate in physical exercises [4].

2. "Sports and health" course of gymnastics teaching present situation analysis

2.1. "Sports and health " course teaching content of gymnastics

The "new curriculum standard" in level four is completed one or two sets of skills project action or gymnastics action, level five is the content more expertly performed one or two sets of skills or equipment gymnastics movement project movement [7].

From the teachers in the implementation of new curriculum standards on Gymnastics content teaching situation survey showed that queue formation and gymnastics content is every school choice to be the first to bear the brunt, the rate was 100%. Some city each year to queue formation and self-composing calisthenics competition; a few schools to teach light gymnastics, use rate is 38%. And queue formation exercises, gymnastics project in four, gymnastics teaching situation is not ideal, and the "new curriculum" is far from the demands. Especially the horizontal bar, parallel bars, support jump three items of the professor is very poor, respectively 12%, 5%, 6%, most schools do not teach these projects. Most schools have chosen skills forward, backward, kneeling jump, shoulder and elbow handstand, only a few school to turn into a pedal support, a few schools have used single parallel bars do auxiliary training equipment, such as horizontal bar exercises pull-up and other. Overall, the current high school gymnastics teaching content basically not in accordance with the "new curriculum middle school "to request the content development [8].

Table 1. Teachers of physical education on motor skill domain gymnastics teaching content selection (skills)

skill	content	Walking Handstand	Inverted before and after	Roll up	Jump the shoulder and elbow	Sideward roll	fork	Swallow balance	Complete set
	Percent	84%	90%	87%	91%	76%	78%	96%	63%

As can be seen from Table 1, front and rear roll, shoulder and elbow handstand, jump and Yan balance selection rate reached 90%, 91%, 87% and 96%. Most of the teachers on the teaching skill of supportive attitude, think skill of risk small, conducive to student development coordination and flexibility, improve

students' mutual help between the consciousness, and the equipment requirements are relatively low, have stronger maneuverability.

Table 2. Teachers of physical education on motor skill domain gymnastics teaching content selection (vaulting)

Support	contents	goats straddle bends	the leg side vault jump	cross box leg curl vault
Jumping	Percentage	72%	69%	49%

As shown in Table 2, understands in investigation, vaulting content although some thrilling, but 72% of the teachers use goat straddle, and to bend the leg side vault and horizontal box bends the leg over the selection of relatively poor, its reason is some teachers to bend the leg side vault and horizontal box leg vault technical mastery is not too good, especially for the transverse box leg curl vault, only 49% teachers for teaching.

Table 3. Teachers of physical education on motor skill domain gymnastics teaching content selection (parallel bars)

The parallel	contents	jump into Straddle seat	forward Single lifting side sit	once leg turn into	Body 180° rotation	support and pendulum	before after the arms	complete Action
	Percentage	45%	42%	32%	28%	23%		

As shown in Table 3 in the parallel bars, content selection, some teachers support in gymnastics teaching process should choose a certain parallel bars movements, but in reality the gymnastics teaching in the parallel selection of the situation is not ideal, especially complete sets of action selection, accounting for only 23%, is not optimistic.

Table 4. Teachers of physical education on motor skill domain gymnastics teaching content selection (bar)

single Bar	contents	jump into Support	Under age	pike and behind	before A single turnover single leg	leg on swing	forward riding	More into the	suppo rt set
	Percentag	36%	45%	42%	46%	32%	28%	21%	

As you can see from Table 4, the teacher for the horizontal bar action choice is not balanced, most teachers have to stay in a single action Professor, there are few set action of professor. Because many school bar equipment condition is poorer, caused many teachers dare not to bar movement teaching, but most teachers still hope that in the conditions permit to carry out a number of horizontal bar on the content of teaching, not only the horizontal bar as a chin-up tool.

As shown in Table 5, the light gymnastics teaching content selection, supportive teachers accounted for 73%. That light gymnastics can students develop physical coordination, to the light equipment control ability, but because the light gymnastics teaching for teachers' requirements are relatively high, but in high school can be competent the light equipment teaching the teachers are limited in number, so the professor is not ideal.

Table 5. Teachers of physical education on motor skill domain gymnastics teaching content selection (light instrument Gymnastics)

Light equipment	content	utilization (dumbbells, gymnastics club, a small solid ball, etc.) arrangement of youthful light gymnastics, with music movement
	Percentage	73%

2.2. "Sports and health " course of gymnastics teaching organization form

Shows that based on the investigation of teaching organization form: selected according to the administrative class organization form up to 89%. The advantage to keep step with the implementation of the teaching plan, facilitate attendance and management, to facilitate the school all courses arrangement. However, the existing problem is a class, at least 40 people, more than 60 people, serious effect of gymnastics teaching, together with the student's individual differences, to really carry out and fulfill, teach students in accordance with their aptitude difference principle, is really a difficult thing.

2.3. "Curriculum of physical education and health" gymnastics teaching materials selection analysis

In the Middle school "sports and health curriculum" gymnastics teaching materials selection findings: selection of Beijing people's education press 43%, selection of Shanghai East China Normal University press 12%, selected area of the city Department of education to prepare for 40%, use other press accounts for 5%. In interviews with teachers to understand that, in the process of teaching, selection of teaching materials which rarely gymnastics content, some content or delete it, such as gymnastics teaching. The city also use of teaching materials, the teaching content is more difficult than to the requirements of the teaching materials of curriculum reform, is not conducive to gymnastics teaching.

3. The impact factor analysis of Gymnastics Teaching

3.1. Safety factor

The current middle school gymnastics teaching content development is relatively single, largely by the safety factors. Investigation shows that horizontal bar, parallel bars, vault: equipment such as athletics hidden safety problems of teachers for the total number of investigations 69%. Through the analysis of questionnaires, is one of the reasons, and the middle school sports equipment facilities have very big concern; then such projects to practice higher risk factor; and now the children are mostly only-child, to the safety of their children to avoid unnecessary trouble, take " be worldly-wise and play safe, what is there against it? " attitude; fourth, the psychological factors of college students, because students in gymnastics less contact, never used gymnastics equipment exercise equipment, that lack a sense of security, that equipment action are dangerous action, resulting in equipment project fear [7], influence teachers' teaching and self learning, so the gymnastics teaching in middle school cannot be in accordance with the " new curriculum in middle school " teaching content teaching.

3.2. Gymnastics Sports equipment and facilities

As shown in Fig.1, 34% schools have indoor practice Museum, but only the dance room, not for gymnastics teaching, 45% of the school 's outdoor venues, because the devices are scattered around the playground, which makes teaching organizational difficulties, can not guarantee the completion of teaching

task.

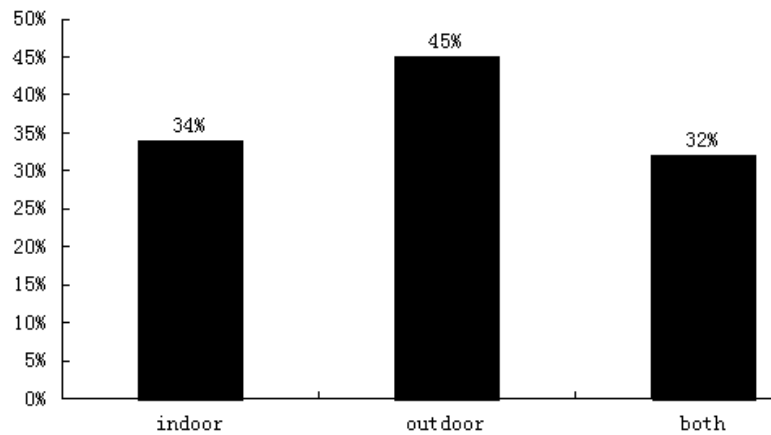


Fig. 1. venues survey.

3.3. Teachers of physical education gymnastics teaching level

From the Table 6 we can see that, from the "new curriculum standard" understanding degree, can adapt to the "new curriculum" requirements, can be competent for the "new curriculum" gymnastics teaching content, teaching contents of gymnastics the understanding degree, whether in accordance with the teaching requirements of the gymnastics teaching, teaching content with the proposed new curriculum concepts requirement change and so on several aspects of physical education teachers were investigated (the answer completely can for example), the percentage is respectively 18%, 10%, 16%, 20%, 5%, 13%, visible, " new curriculum standard " in gymnastics content fulfill be imperative.

Table.6. physical education teachers teaching level gymnastics questionnaire (n=101)

Option completely	Comple tely can	percent age %	compari son can	percent age %	basic can	percent age%	Can not	percent age%
On the "sports and health curriculum standards "understanding degree	18	18%	25	25%	46	46%	12	12%
Can adapt to the curriculum of physical education and health requirement	10	10%	18	18%	52	51%	21	21%
Can be competent for the curriculum of PE and health teaching gymnastics content	16	16%	27	27%	38	38%	20	20%
On the teaching contents of gymnastics the approval degree	20	20%	34	34%	41	41%	6	6%
Whether in accordance with the teaching requirements teaching gymnastics content	5	5%	27	27%	54	53%	15	15%
Teaching philosophy is with the proposed new curriculum requirements change	13	13%	29	29%	34	34%	25	25%

3.4. Gymnastics and entrance exam of the relationship

In gymnastics and entrance exam of the relationship that, 100% of the teachers have chosen it doesn't matter which one answer. Now the senior high school entrance examination of sports college entrance examination more attention, but the test item no gymnastics content. Blindly pursue proportion school but not much time to do the things and the entrance examination, the student basically just learning to the examination contents, physical education teachers for gymnastics teaching has not caused enough attention.

3.5. The leaders pay more attention

Investigation discovery, leader takes seriously very much less, only accounts for the investigation of the school 4%; compared to 12% schools, in these schools, whether it is gymnastics or basic gymnastics developed better; holding general attitudes of 72%, do not pay much attention to the school also has 12%. In these schools, teaching schedule gymnastics teaching content, teachers practical class can not cope with the check, casually points arranged on the content, check is stopped, coupled with the leadership is not required to gymnastics content, leading to emphasis that the student's safety.

4. Conclusions and suggestions

4.1. Conclusions

(1) Gymnastics teachers less, unbalanced ratio of male and female teachers; teacher of gymnastics teaching goal of a more profound understanding, but to gymnastics teaching content not understand thoroughly, on the implementation of " new curriculum standard " and the teaching effect, requirements for teachers and students to learn gymnastics attitude change did not experience; and the method of teaching organization of old, there is no way of implementing the requirements of the new curriculum standards for teaching contents of gymnastics, but cannot promote the new curriculum.

(2) Students' physical quality, less contact of gymnastics, and the majority of students are not interested in gymnastics. The administrative class number, the school gymnastics equipment limited, making a small number of love gymnastics students cannot fully display their own interests.

(3) The main content of Gymnastics Teaching in middle school, the queue formation exercises, gymnastics professor at a rate of 100%; partial light Gymnastics (such as skipping) professor at a rate of 38%; and the skills taught at a rate of 26%, three apparatus gymnastics horizontal bar, parallel bars, 12% (Professor rate 5%, vaulting Professor rate 6%) implementation is very poor, many schools and even cancelled the project. School gymnastics teaching content appeared only with class-break setting-up exercise form, or in a cohort of formation, gymnastics forms in physical education classes to prepare activities. Most teachers focus on skill roll teaching, school even the arrangement of horizontal bar and parallel bars teaching, teachers only regard it as a quality practice means, the horizontal bar only pull-ups and double arms flexion and extension strength exercises. Most schools to implement the administrative class teaching as the main form class, very few schools to implement the interest hobby and the men and women placement organization form. Textbook selection range is narrow, and the unreasonable distribution of time proportion.

(4) According to the results of the investigation, the main factors influencing gymnastics teaching as follows: safety factor, facilities, teachers' teaching level factors of gymnastics, gymnastics and difference of entrance examination, leading to seriously enough, no specific gymnastics teaching assessment standard and no specific teaching hours.

4.2. Suggestions

(1) Education departments respond to gymnastics teaching content development to take positive and effective measures

The sports department should strengthen the popularization of gymnastics good school propaganda. It can also set up gymnastics teaching advanced demonstration school, the school offers material incentives and appropriate policy to tilt, and guide, encourage and mobilize social forces to gymnastics teaching, training and competition to provide sponsorship. Select part of gymnastics content as the senior high school entrance examination, entrance examination content, to stimulate the school gymnastics teaching. While advocating self-made simple school gymnastics equipment, and to suit one's measures to local conditions, gradually improving gymnastics teaching facilities, meet the demands of teaching. The relevant functional departments to increase supervision of Gymnastics Teaching in middle school, check and supervision, in order to promote students' healthy development is the priority among priorities to avoid the gymnastics teaching, "said is important, done minor, difficulties do not do it " status.

(2) Strengthen quality education, improving gymnastics teaching reform

For the protection of gymnastics teaching, should from the following three aspects:

- Increase the school sports funds, improving gymnastics teaching venues, equipment facilities.
- Strengthen gymnastics teacher's construction, improving PE Teachers' working conditions.
- Establish a scientific evaluation system of gymnastics teaching, promoting with the evaluation to the teaching of Gymnastics Teaching in middle schools develop.

(3) Physical Education Institutes of higher learning to strengthen the Sports Education Specialized Gymnastics students' Cultivation of teaching ability Gymnastics teaching in Physical Education Institutes of higher learning should be combined with the current basic education reforms.

(4) Strengthen local textbook development of Gymnastics

At present, the school gymnastics teaching present situation, also do not accord with our country middle school gymnastics teaching objective condition and the specific circumstances of the students and the "new curriculum standard" in gymnastics teaching requirements, therefore developed for middle school students' physical and mental characteristics of the teaching content, to stimulate students interest in learning and after-school exercise, ensure the teaching content of execution, improving gymnastics teaching quality, accelerate the pace of reform in gymnastics teaching itself is to change the present gymnastics teaching status in middle schools a pressing matter of the moment.

(5) Choice for middle school gymnastics teaching

According to the survey results, listed middle school gymnastics teaching as follow:

- Skills: walking upside down, tumble, shoulder and elbow handstand, side rolls, a fork, Yan balance, jump, combined action sets.
- Supporting jump: goat straddle, side vault, bends the leg cross box.
- The horizontal bar: jump into support, single leg to turn into support, single leg forward swing into the riding support, back, before and after the turn pike, can be connected sets of actions.
- Parallel bars: (pedal) bar end jump component legs, along a side sit, single leg lifting turn 180 °components supporting legs, back up, combined action sets.
- Using light equipment (dumbbells, gymnastics club, a small solid ball, etc.) arrangement of youthful light gymnastics, with music movement.

The above difficulty is moderate, strong interest, suitable for middle age stage development. In the actual teaching process, can reduce the equipment standard (such as reducing the height of single parallel

bars), reduce the difficulty of movement, allow students to experience difficulty action and mental and physical pleasure, stimulate their learning interest in gymnastics, so as to acquire knowledge.

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