

## Exploring the Reform and Countermeasures of College Football Teaching in the New Situation

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### Abstract

**In the new social situation, the concept of national fitness penetrates deeply into national heart, the development of football also emerges a new turning point and possibility, but observing the reform of college football teaching at this present stage, it seems to have encountered a great deal of obstacles. The lack of teaching resources, the decline of the quality of teaching, makes students lose interest in football. Only changing the current dilemma of this kind of reform can truly achieve the positive education value of football teaching to students. This paper focuses on the current problems of football teaching, and then puts forward the corresponding countermeasures.**

### Keywords

**New Situation, College Football Teaching, Reform, Countermeasures.**

### 1. Introduction

At present, China's national physical quality is generally in the sub-health state. In recent years, the results of college students' physical fitness survey showed that the majority of students are unqualified with their physical quality, which let us reflect on the teaching effect of college physical education. Football, as a beneficial sport, is essential subject of major college physical education, but surprisingly, many college football fields are moved for other uses, footballs in equipment rooms are covered with dust, football teaching has entered the era of decline. In the new situation, how to reform the football teaching, has become a problem which is worthy of concerning.

### 2. The Necessity of Football Teaching in Colleges in the New Situation

Football as a passionate sport item, not only brings the training to promote students' physical fitness, but also can have a positive impact on the psychological quality of students. Football mainly relies on leg running to control it, and to complete the delivery and shooting action between teammates. In this process, the athlete's leg strength training effect is very significant, And in football training, some professional pointing, dribbling, passing, shooting and other actions all make athletes' Physical coordination have good exercises and promotion, such as similar to the emergency stop, run and jump and so on, all can well exercise athlete's strength control and responsiveness<sup>[1]</sup>. At the same time, football is a subject that demands people to cooperate well; it needs each team member and teammates' tacit cooperation to get competitive victory. Therefore, in communication and cooperation with the teammates and the whole team's strategy formulation, not only can it cultivate their own sense of teamwork and the concept of the overall situation, but also cultivate personal strategic thinking in the process of making strategic plan, which is quite valuable for students' overall upgrade of psychological quality. Compared to other sports, football needs to consume more energy and energy, which makes many students discouraged, gradually forming a sense of fatigue, And thus cause the neglect of movement, leading to a decline in physical fitness. The reform of football teaching in colleges is conducive to the improvement of physical and psychological quality of students, from this respect, football reform is imperative.

### 3. College football teaching existing problems in the new situation

If we want to make football teaching carry out effective reform and development, we must first sum up the practical problems and shortcomings existing in the football teaching in the new situation. Specifically, it includes the following three aspects: First, the lack of teaching resources. The teaching resources here mainly include hardware facilities and curriculum resources. As mentioned above, many college football field is nominal, and not really as a football field in use, some college football fields also disrepair, there are really potential safety hazard which make students have to dispel the idea even if students want to play football. The imperfect of hardware facilities greatly reduces the enthusiasm of students for football. In addition, many colleges have no professional system football teaching curriculum plan, there is a considerable degree of arbitrariness and intermittency in the teaching of football, and there is no complete teaching course, which makes football teaching specious, is actually unbeneficial to student's football skills improving. Second, the level of teachers is different. Although many colleges set up a football course, but it did not equipped with professional football teachers, resulting in teaching effect is unsatisfactory. Football involves a lot of professional skills and strategic knowledge. If there are no professional teachers to guide, then there will be a lot of non-standard teaching content and teaching links about football teaching. But now many schools due to the lack of teachers, the arrangement of the football teachers did not reach the professional level and students was taught by some other sports teachers, and even choose non-sport major teachers sometimes. The uneven level of teachers will inevitably lead to the decline of the level of football teaching. Thirdly, students are lack of enthusiasm. "Straight-A student" consciousness is becoming more and more popular; many students want to use the result of this examination to prove their ability. Because both teachers and parents love to use test scores to evaluate students, the students are detained in the classroom and books, gradually lost their enthusiasm for sport. Due to the influence of the traditional teaching concept, some schools pay less attention to the physical education course, and even sometimes when the situation is serious, the other course will in place of physical education class. Even if the PE class opened a football project, it is common phenomenon that only the minority of students applied the class<sup>[2]</sup>. So many schools gradually abandoned the setting of football teaching courses. The decline of the enthusiasm of the students directly hinders the footsteps of football teaching reform, the teacher can not teach student, the school can do nothing.

### 4. The Countermeasures of educational reform in college football in the new situation

#### 4.1 Improving the resources and environment of football teaching

In the new situation, the primary measure on the reform of college football teaching is to improve resources and environment of the football teaching, including the improvement and sufficient use of football field and the adjustment and updating of football teaching courses. Colleges and universities should invest more funds into the construction of football field to change the situation that the football field can not work properly due to disrepair. And Colleges should focus on the maintenance of facility which may cause potential harm to student, avoiding the students have sports injuries and physical harm caused by the faultiness of football field. In addition, our college football teaching system is too rigid and do not attach importance to the cultivation of students' personality in the teaching process<sup>[3]</sup>. Therefore, we should focus on the reform of the non-standard football teaching courses; put the football course into component link of the daily teaching plan.

#### 4.2 Training professional football teachers

We should focus on cultivating a group of professional football teachers to ensure the professional level of football teaching. Meanwhile, we can hire educational talent from the appropriate professional graduates, can also choose excellent non-professional sports talents to cultivate and utilize. Be careful to avoid arbitrarily arrange other disciplines teachers to teach in turn. Because it is not only easy to decrease students' learning effect because of non-professional football teaching, also can not guarantee to avoid the sport injury caused by non-standard action. Furthermore, we can also

regularly invite professional football stars or football coach to make lectures and on-site guidance at school. It is beneficial to improve the level of specialization and standardization of football teaching.

#### **4.3 Pay attention to cultivate students' enthusiasm for football**

Colleges and universities should strengthen the cultivation of students' interest in football and the enthusiasm of joining football sport. Colleges can regularly carry out propaganda activities related with football, or let students learn the benefits of football by the form of class meetings, to arouse students' enthusiasm for football and then have idea to participate in football sport. In addition, students should develop the awareness of participating in football training consciously under the guidance of teachers, so that their own health level can be continuously improved, and always maintain the thought that health comes first<sup>[4]</sup>.

### **5. Conclusion**

In the background of examination-oriented education, colleges and universities emphasize that score is the primary goal for students in order to pursue high achievement and high employment rate. Although colleges have been advocated increasing exercise and shouting slogans of physical fitness, in the actual implementation, it is also neglected not only in football teaching, but also other sports. Football is good for the body and mind, but the stagnant situation of football teaching reform makes the football away from the students farther and farther. In the new situation, it is very meaningful to improve the overall physical quality of college students by reflecting and summing up the problems existing in the reform of football teaching in time, putting forward and implementing the rectification measures.

### **References**

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