

An analysis of the innovative reform of the evaluation system for physical education teaching in undergraduate colleges and universities

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Abstract: The innovative reform of the undergraduate physical education teaching evaluation system aims to enhance the quality and effectiveness of physical education instruction, as well as to promote holistic student development. This text initially delves into the definition of evaluation systems and the significance of a physical education teaching evaluation system, emphasizing the essential role of evaluation in improving instructional quality. Subsequently, the problems and challenges currently faced by undergraduate institutions' physical education teaching evaluation system are analyzed. Then, a path and strategies for innovative reform are proposed. Among them, redefining evaluation indicators and standards, incorporating new evaluation techniques and tools, as well as establishing internal and external mechanisms to support evaluation reform all serve as pivotal innovative measures. Finally, the main points of this text are summarized with an emphasis on the importance of innovative reform in further advancing the development of the undergraduate physical education teaching evaluation system.

Key words: undergraduate colleges; physical education; evaluation system; innovative reforms

1 Introduction

This article aims to explore the innovative reform of the evaluation system for physical education teaching in undergraduate institutions, with the goal of improving the quality and effectiveness of physical education teaching and promoting students' comprehensive development. In the context of the fiercely competitive higher education landscape, the evaluation of physical education teaching plays a significant role as an integral part of education, with great importance in enhancing the educational level of institutions and cultivating students' overall qualities. However, the current issues and shortcomings in the evaluation of physical education teaching in undergraduate institutions still need to be further explored. This article will analyze the relevant theories, current status, and paths and strategies of innovative reform in the teaching evaluation system, in order to provide valuable insights and references for the innovative reform of the evaluation system for physical education teaching in undergraduate institutions.

2 Relevant theories of physical education teaching evaluation system in undergraduate colleges and universities

2.1 The definition of teaching evaluation system

The system of teaching evaluation refers to an organized framework and methodology for systematically and comprehensively evaluating student learning outcomes, teacher teaching quality and teaching environment during the teaching process. It is an important means of educational reforms and quality assurance aimed at fully understanding student learning and teaching effectiveness through scientific evaluation methods and tools, and providing objective reference basis for teachers and students. The system of teaching evaluation not only focuses on students' knowledge level and skill proficiency, but also emphasizes the development of their innovation ability, practical ability, and comprehensive quality. At the same time, the system of teaching evaluation also includes the teaching methods and teaching effectiveness of teachers, as well as the influence of the teaching environment on students. Through a scientific and complete system of teaching evaluation, the quality of physical education teaching in undergraduate colleges and universities can be further improved, and students' overall development can be promoted [1].

2.2 The importance of physical education teaching evaluation system

The evaluation system for physical education is a crucial component within the field of education. Its goal is to comprehensively and scientifically assess the learning outcomes of students, the teaching quality of educators, and the impact of the learning environment in physical education. Universities should place great importance on the implementation of the evaluation process in physical education, aiming to establish a robust system that allows for effective monitoring and evaluation of the teaching process and outcomes. This endeavor carries significant meaning. On one hand, the evaluation system for physical education can assist educators in better understanding students' learning situations and their level of mastery. It enables timely identification of issues, allowing for adjustments in teaching strategies, optimization of teaching quality, and enhancement of educational effectiveness. On the other hand, the evaluation system for physical education also encourages students to actively engage in sports activities, cultivating their self-management and self-assessment abilities, thus promoting their overall physical and comprehensive capabilities. In summary, the establishment of a comprehensive evaluation system for physical education is a crucial endeavor in improving the teaching quality and facilitating the holistic development of students in universities [2].

3 The existing condition of physical education teaching evaluation system in undergraduate colleges and universities

Currently, there are some issues and challenges in the evaluation system for physical education teaching in undergraduate institutions. On the one hand, the design of the evaluation system is unreasonable, with evaluation indicators that are not scientific, comprehensive, and objective enough, often based on quantitative data, and neglecting many important qualitative factors. On the other hand, the evaluators are not independent and professional enough during the evaluation process, often performed by teachers, which may lead to subjectivity and unfairness. At the same time, the application of evaluation results is insufficient, as evaluation data often fail to be timely feedback to students and teachers, affecting the utility of the evaluation. In addition, due to the complicated and time-consuming nature of the evaluation process, it may occupy too much teaching time and resources, and even affect students' learning and research. Therefore, it is necessary to innovate and reform the evaluation system, improve the scientificity, objectivity, and comprehensiveness of the evaluation indicators, pay attention to the independence and professionalism of the evaluators, and promote the application and feedback of evaluation results, so as to meet the development needs of higher education in the new era [3].

4 Paths and strategies for the innovation of physical teaching evaluation system in undergraduate colleges and universities

4.1 Reconstruction of evaluation indicators and standards

The redefinition of evaluation indicators and standards is one of the crucial steps in developing an innovative sports teaching evaluation system. To establish a more scientific, comprehensive, and reasonable evaluation system, it is essential to re-examine whether the indicators and standards of the past meet the needs of modern higher education. Firstly, we need to fully consider the practical learning needs of students in terms of evaluation indicators, adopting evaluation criteria that are closely aligned with students' needs, and expanding the scope of evaluation from traditional sports skills assessment to an assessment that encompasses physical fitness, overall competence, and practical abilities. Secondly, when it comes to evaluation standards, it is necessary to emphasize the characteristics of sports, focus on scientific and objective evaluation methods and standards, and avoid subjective and biased evaluations. Finally, while constructing evaluation indicators and standards, it is vital to incorporate information technology and utilize tools like big data analysis and artificial intelligence, which allow real-time tracking and evaluation of sports teaching and student learning outcomes and provide powerful support for enhancing teaching quality. Additionally, it is important to draw upon the suggestions of students, teachers, and relevant experts, establish an evaluation expert team for design and assessment to promote the authenticity and scientificity of evaluation standards, and further drive innovation and effectiveness in undergraduate sports teaching evaluation at universities [4].

4.2 Introduction of new evaluation techniques and tools

Introducing novel evaluation techniques and tools is another crucial strategy in innovating the undergraduate sports teaching assessment system. With the rapid development of technology, we can leverage modern technological means to enhance the evaluation system, thus improving efficiency and accuracy. Firstly, virtual reality (VR) and augmented reality (AR) technologies can be employed to simulate practical training in sports teaching, enabling students to experience and operate realistic scenarios within virtual environments. Through these technologies, students' movements and performances can be accurately recorded and analyzed, providing more objective data for assessment. Secondly, smart wearable devices and sensor technologies can be utilized to monitor students' real-time movement data during physical activities, such as heart rate, step count, and body posture, allowing for a more comprehensive evaluation of their performance and progress. Additionally, integrating mobile applications and online platforms can facilitate self-assessment and interactive communication among students, encouraging their active participation in the evaluation process while providing personalized learning recommendations and feedback. By introducing new assessment techniques and tools, we can not only improve the objectivity and accuracy of assessments, but also promote greater participation and interaction, thereby inspiring students' learning motivation and improving teaching effectiveness. Nevertheless, it is important to strike a balance when incorporating new technologies and tools, ensuring their feasibility and reliability, and avoiding over-reliance on technology that may overshadow the essential aspects of human care and the essence of teaching in the evaluation process [5].

5 Conclusion

The innovative reform of the evaluation system for undergraduate physical education in colleges and universities is a task of significant importance. Through the reconfiguration of evaluation indicators and standards, the introduction of new evaluation techniques and tools, as well as the establishment of internal and external mechanisms to support the reform, we can propel the development of the physical education evaluation system towards a more scientific, comprehensive, objective, and efficient direction.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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