

Study on the curriculum system of college system--Taking physical education as an example

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Abstract: The college system, an innovative model that inherits the essence of traditional culture and integrates modern educational ideas, is gradually receiving extensive attention and active practice in the world. This study makes an in-depth analysis of the core concept, historical origin and global uniqueness of the college system, and compares the differences and similarities of the college system in undergraduate education and vocational education in detail. Taking physical education as an example, this paper discusses in detail the status quo, challenges, coping strategies and innovative attempts of physical education under the college curriculum system. Based on the research, physical education under the college curriculum system can not only effectively cope with the current challenges, but also stimulate the potential of students, promote their all-round development, and cultivate talents with healthy bodies, innovative thinking and social responsibility for the future society. The purpose of this study is to lay a theoretical foundation for the optimization and popularization of the college system of education, and provide practical guidance.

Key words: college system; curriculum system; physical education; higher education

1 Introduction

With the in-depth reform of the education system, academy production is becoming the core concern and practical focus of the education circle as a form of education that promotes personalized teaching, enhances teacher-student communication and promotes all-round development. The academy system not only inherits the excellent heritage of ancient Chinese academies, but also integrates the cutting-edge ideas of modern education to build a unique educational system. Starting from the concept of the college system and its historical roots, the study combined with the global perspective to make a comparative analysis, and deeply explore the unique characteristics of the college system of undergraduate and vocational education [1]. Based on physical education within the college system framework, the study aims to provide valuable insights and suggestions for the development of this field. Through this research, we hope to contribute wisdom to the improvement and optimization of the college education system, and promote its healthy development and innovation in the world.

2 Overview and international comparison of college system

2.1 The definition and historical background of the academy

The academy system originated in ancient China, and its core is to conduct education through academic discussion, teaching and interaction between teachers and students. In the long history of China, academies are not only the halls for scholars to explore academic knowledge, but also important bases for them to pursue academic freedom and spiritual independence [2]. Entering the modern society, the idea of academy system is being re-examined and explored, and it has become the key direction of many colleges and universities to promote the strategy of educational innovation. The college system emphasizes personalized education, general education and community development to enhance students' comprehensive quality and innovative spirit.

2.2 Analysis on the characteristics of academy system in different countries

2.2.1 Chinese academy system

The Chinese academy system of education, while inheriting the excellent educational tradition in ancient times, has skillfully integrated the modern educational thought. In the contemporary higher education system, the college system is mostly displayed in the form of residential colleges, aiming to provide superior learning and living space and comprehensively promote the improvement of students' comprehensive quality. The Chinese academy system emphasizes the combination of tutorial system, general education and community culture, aiming to stimulate students' learning enthusiasm, enhance their humanistic connotation, and promote the development of teamwork skills. Under the "college system education model of Beijing Foreign Studies University", students not only enjoy the right to freely choose supervisors, but also can deeply participate in various academic forums, seminars and community practices, which can not only broaden their academic vision, but also improve their comprehensive ability [3].

2.2.2 European and American college system

The college education system in Europe and America focuses on academic independence and the all-round development of individual potential. Residential colleges are common in the UK's top universities, such as Oxford and Cambridge. The College not only provides residential services, but also shoulders multiple core functions of teaching, research and student guidance [4]. With a collegiate education model, students can interact with professors and experts in interdisciplinary fields, thereby broadening their academic horizons. In addition, academic seminars and social activities organized within the college have a significant role in enhancing students' teamwork and leadership skills. In some higher education institutions in the United States, the college system has been implemented, such as honors colleges and residential colleges, to create a more flexible and personalized learning environment for students.

3 Analysis of college system teaching in undergraduate and vocational colleges

3.1 Characteristics of undergraduate college system

The college teaching mode emphasizes the integration of general education and professional education. In the field of general education, the college system has effectively expanded the scope of students' knowledge and perspectives through the establishment of multidisciplinary courses and the holding of various academic forums and seminars. These courses and activities are designed to provide students with an in-depth understanding of the latest developments and key issues in various disciplines in order to foster their critical thinking and innovative skills. In the field of professional education, the college system emphasizes and strives to enhance students' professional skills and practical operation ability. Through tutorial system, project system and college system, we aim to create personalized learning paths and rich practice platforms for students. Under the careful guidance of the tutor, students are able to deeply explore and focus on the research areas

they are passionate about, actively participate in various research projects and practical activities, and significantly enhance their professional skills and practical ability.

3.2 Exploration of college system teaching in higher vocational colleges

The college system of higher vocational education focuses on the comprehensive training of students' professional skills and humanistic qualities to achieve the deep integration of the two. In the field of vocational skills training, higher vocational colleges adopt the mode of in-depth cooperation between schools and enterprises, as well as the integration of work and learning, and build a practical learning platform for students to face the actual needs of the industry. This type of platform is designed to help students gain an insight into the latest trends and technology of the industry, improve practical professional skills and accumulate valuable practical experience. In terms of the improvement of humanistic literacy, higher vocational colleges aim to comprehensively cultivate students' comprehensive ability and social responsibility by setting courses related to humanities and social sciences and holding diversified cultural activities. These educational programs are designed to help students gain an insight into cutting-edge issues in society, so as to enhance their cultural awareness, and promote their moral development.

4 Analysis of physical education under the college curriculum system

4.1 The challenge and countermeasure of college system physical education

Physical education is encountering multiple problems in the college system of curriculum. On the one hand, the traditional sports curriculum usually focuses on competitive skills and physical exercise, but often ignores the importance of stimulating students' interest in sports and forming good exercise habits. This in turn reduces the enthusiasm and autonomy of students to participate in sports activities, which is not conducive to developing a habit of continuous exercise for them. On the other hand, college education focuses on personalized growth, and how to meet the diversified sports needs of each student has become an urgent issue to be solved. Different students have different physical conditions, personal interests and sports skills, which makes it difficult to achieve personalized attention to each student and students' adaptation to the physical education curriculum in traditional physical education courses, thus affecting the teaching effect and participation.

In order to deal with these problems, the following strategies are proposed: First, optimize the physical education curriculum planning, expand the types and quantities of physical education elective courses, in order to meet the diversified interests and needs of students. For example, the school can offer a wide variety of physical education options, including yoga, dance and swimming, to meet the individual interests and needs of students. Secondly, strengthen the construction of PE teachers to enhance their professional skills and teaching efficiency. Excellent PE teachers need to have deep PE professional knowledge and superb teaching skills, and can tailor teaching plans according to individual differences of students. At the same time, PE teachers should focus on stimulating students' interest in sports activities, cultivating their good sports habits, and actively guiding students to establish the concept of continuous physical exercise. Moreover, we will actively promote sports clubs and associations to create a rich platform for students to exercise and communicate. By carefully planning and organizing a variety of sports activities and competitive events, we aim to greatly stimulate students' participation and teamwork spirit, while promoting their physical and mental health, and contributing to their overall growth and development.

4.2 Practice and innovation of physical education in college system

Under the college education system, the practice and innovation of physical education can explore the following diversified paths:

The first is to embed physical education in the curriculum system of general education, including the provision of

sports humanities, sports science and other related courses, aimed at improving students' physical culture literacy. These courses are designed to help students deeply understand the historical context, cultural connotation and scientific principles behind sports, while stimulating their sports aesthetic taste and developing critical thinking ability. The second is to make use of the unique construction advantages of the college system community, plan and hold various sports competitions and activities, in order to effectively enhance students' teamwork spirit and collective honor consciousness. Through the organization of class league, inter-school friendly competition and various sports activities, students can significantly stimulate the enthusiasm and competitive spirit of participation, promoting the improvement of team cooperation ability and the cultivation of collective honor. In addition, we can make full use of the college housing mode to plan sports friendly competitions and interactive exchange meetings among hostels to promote friendship and teamwork among students. The third is to integrate the essence of the tutor system of the college system, and customize exclusive sports guidance and academic guidance for each student. According to each student's physical condition, personal interest and sports tolerance, the instructor can customize the exclusive exercise program and goal, and effectively guide them to carry out scientific and reasonable sports activities. In addition, tutors can also pay close attention to the mental health of students, provide timely psychological counseling and encouragement, and help them maintain an optimistic and enterprising spirit and sound psychological state.

5 Conclusion

The academy system, with its unique teaching concept and management mode, not only played an important role in ancient education, but also provided a novel perspective and development direction for modern education reform. It emphasizes the interaction between teachers and students, the individualized learning path, and the close combination of practice and theory, which are highly consistent with the goal of modern education to pursue individuality, practicality and innovation ability. By learning from the best of the academy system, the modern education system is expected to achieve a more flexible and diversified teaching method, and promote the all-round and personalized growth of students. Through the global comparison and analysis, we can clearly understand the unique and significant advantages of the academy system of education in various countries. In the teaching mode of college system of undergraduate and higher vocational colleges, we can learn its essence, and carry out innovation and attempt according to the local actual situation. In the field of physical education, the college system model significantly provides a more flexible and personalized learning platform. In order to deepen the development and innovation of college physical education, we should pay more attention to the construction and optimization of teachers, and vigorously promote sports clubs and associations. Through these strategies, not only can the quality and effectiveness of physical education be improved, but students' interest and potential can also be stimulated, creating a positive campus sports culture atmosphere. The professional development of teachers is the cornerstone, which is directly related to the richness of teaching content and the innovation of teaching methods. Therefore, regular professional training and the introduction of advanced teaching concepts and methods at home and abroad are essential to improve the overall quality of teachers. In addition, the promotion of sports clubs and associations can provide students with a variety of participation platforms, so that they can learn the spirit of teamwork, self-challenge and continuous progress in practice, so as to promote all-round personal development. By building an open, inclusive and interactive learning environment, college physical education will be more likely to cultivate talents with strong physique, perseverance and all-round literacy.

In the future, with the continuous innovation of the education system and the wide spread of the idea of college education, I firmly believe that the college system will show its unique value and influence in many fields. At the same time, we should continue to reflect and summarize the historical experience and current challenges of college system

education, so as to provide valuable inspiration and guidance for promoting its long-term progress and optimization.

Conflicts of interest

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

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