



A Study on the Construction of Five-In-One Teaching Model for Sports Clubs in Hubei Enshi College

Ding Yiyi^{1,2}

¹Hubei Enshi College, Enshi, China

²Philippine Christian University Center for International Education, Manila, 1004, Philippines

Email: 657098414@qq.com

Abstract: In the 20 years since Shenzhen University took the lead in implementing the teaching reform of the university public sports club system in 1994, well-known and local universities throughout China have implemented this teaching mode of public sports extracurricular club systems one after another. This paper uses research methods such as the literature method, expert interview method, and mathematical and statistical method to investigate the current situation of sports clubs in Hubei Enshi College and analyze the teaching mode of sports clubs in Hubei Enshi College. Based on this analysis, it was concluded that the sports club of Enshi College in Hubei should adopt a five-in-one teaching mode of "ladder teaching, online learning and practice, multiple assessments, public competitions, and brand sports" It is suggested that in local ethnic colleges and universities, the university sports club should first establish a unique teaching content and teaching mode of the sports club system. Additionally, the club should form an independent teaching assessment system, and the management system of the university sports club should be continuously optimized, thus promoting the continuous improvement of the comprehensive education system of Hubei Enshi College. This research has practical guidance to promote the benign development of university sports clubs in Hubei Enshi College and to enhance the campus cultural atmosphere of comprehensive sports for university students.

Keywords: university sports, club, five-in-one, teaching model

Introduction

The college sports club is a sports management model created by American college students in the early 19th century with the idea of promoting sports through competition. The physical education club teaching mode integrates physical education, extracurricular sports, sports training, and group competition in the form of a club organization. It operates under the principles of quality education and health education with student participation and school support^[1]. Sports clubs offer participants full freedom and selectivity, breaking the restrictions of grade, time, and games, and helping to increase student participation and initiative in sports. Additionally, sports clubs are fun and team-oriented, with classes that are enjoyable and competitive. This approach not only helps achieve teaching objectives but also maximizes the integrated process of "learning-practice-examination-competition-promotion." The teaching model created by Hubei Enshi College features a curriculum design that is high-quality, hot in teaching process, intense in extracurricular practice, dimensional in assessment, fair in sports competition, and deep in teaching and learning. This model can create an ideal campus sports culture and enhance the school's reputation in sports education

I. Literature Review

Zhang Jianyu argues that university physical education is responsible for the development of students' core competencies and physical literacy. It should focus on cultivating students' comprehensive application skills, help them to establish a sense of fitness and a lifelong sports mentality, and gain some physical knowledge and skills for the professional players^[2]. Zhang Feng emphasizes that university sports clubs can achieve the "health first" concept after the integrated development of university campus sports. In the study on the construction of university sports club teaching mode^[3]. Yang Hao studies how the construction of sports club teaching model become the focus of the current reform of physical education teaching among universities. In practice, colleges should improve staff team, establishing scientific evaluation mechanisms, and expand funding sources. With the popularity of the sports club teaching model, it will have more opportunities in the future^[4]. Song Eun Kim studies the access of club members in the running mechanism. In the article, *The Effects of the Ethical Concepts of Sports Club of the University of Education on Ego Resilience and School Life Adaptation*, Lee Won Mi argued that university sports clubs have an positive effect on students' ego resilience and their ability to adapt to school life^[5].

Fanwei Meng believes that the university sports club is different from traditional sports clubs in that it uses a divide-into-classes teaching mode based on boys' and girls' interests. This overcomes some of the inequalities and problems

[Received 10 Mar 2023; Accepted 15 Mar 2023; Published (online) 31 Mar 2023]



Attribution 4.0 International (CC BY 4.0)

present in college and university sports clubs that offer a free press for students. Moreover, the exchange of exercise programs between classes is a major highlight that makes university sports teaching more comprehensive^[6].

Șerban Ovidiu Gheorghe believes that the implementation of projects within the experimental research at Arad University Sport Club (CSU Arad) to promote high-performance management confirms the hypothesis that the application of modern leadership concepts based on objectives in a strategy-based management system leads to improved managerial and organizational performance^[7].

Shi Bo-qiang believes that the University Sports Club not only helps students improve their physical fitness and motor skills but also plays an important role in their personality development and character formation.

There is a large amount of research literature on university sports clubs in China and abroad, which is of great importance for the researchers to review the related studies^[8].

II. Research method:

This study adopts literature review, interview, mathematical statistics to analyze the topic.

This paper reviewed the relevant domestic and international literature by conducting a keyword search of university sports clubs. Interviews were also conducted with the Dean of the School of Physical Education and the club leaders of the Hubei Enshi College to sort out the ideas of the study. By conducting a questionnaire survey on participants of each club in Hubei Enshi College, the data were analysed to frame the theory and data for the thesis.

III. Research Results and Analysis

The study of the five-in-one teaching mode of university sports clubs can be divided into five aspects, namely, ladder teaching, online learning and practice, multiple assessment, public competition and brand sport.

3.1 ladder teaching

3.1.1 Freedom for students to choose

The first, second, third and fourth semesters of Hubei Enshi College are compulsory for campus physical education courses. The selection policy for Hubei Enshi College's public physical education courses are introduced to students during student orientation. Students who are unable to participate in sports due to illness or disability do not need to select courses online and must complete the Hubei Enshi College Sports Club Non-Membership Application Form within the first academic week. Students need to attach a medical certificate from the school hospital and submit it to the School of Physical Education and Sports for approval before they are allowed to participate in sports rehabilitation training.

The Hubei Enshi College Sports Club Management center has four departments: Physical Fitness, General Sports, Ball Games and Folk sports, with a total of 24 special courses. The Physical Fitness department includes three courses in athletics, physical fitness and rehabilitation and health care; the General Sports department includes eight courses in Latin dance, modern dance, aerobics, cheerleading, yoga, bridge, shooting and Frisbee; the Ball Games department includes seven courses in basketball, volleyball, football, table tennis, badminton, tennis and rugby; the Folk Sports department includes six courses in cricket, dry boat, high-foot race, swing dance, pearl ball and martial arts. The structure and content can be seen in Figure1.



Figure1, structure and content of The Hubei Enshi College Sports Club Management center

Students have the freedom to choose the courses they like. The first semester is taught on a walk-in basis, with one course chosen from each of the four departments. It is not necessary to choose a teacher for all courses in the first semester; the club is centrally allocated. The club teaches in the same group will arrange teaching. The content of the course is based on the training objectives of the course (including the syllabus, lesson plans, games arrangements, teaching platform provision) and the technical demonstration as well as classroom presentation. Each course requires a total of 6 hours. Students are required to finish a 24-credit -hour courses.

Teachers are not required to mark individual courses. Students' PE grades for the first term will be obtained via the World of Sport Campus App, an exercise software for university students across the country. Students can start exercising at any time after registering in the first semester by using their student ID. Students are not limited by time or space. With real-time data collection, intelligent analysis of exercise consumption and scientific use of fragmented time, students can develop the habit of exercising anywhere and anytime. The biggest advantage of this software is that students have to do it in person. The administration platform of the Academic Services Office scores the students based on the number of kilometers they have run and the number of calories they have burned. Students who fail to meet the standard will fail the semester and will not be able to make up or retake exams and will face the consequences of graduation failure. Students who pass the test will be given a Hubei Enshi College Sports Club membership number and will be able to attend subsequent club courses.

Students will determine their college sports club courses after the first semester of the walk-in sports program. They will be taught on a membership basis in the second, third and fourth semesters. Students are free to choose the sports club they wish to join and they also have the freedom to choose their favorite instructor according to their hobbies and strengths by logging into the course selection system. It should be noted that once the instructor has been chosen, the club course and the instructor cannot be changed during the club course. The Hubei Enshi College Sports Club Management Centre, on the other hand, establishes club cred hours on a per secondary college basis.

In the second semester, the curriculum is based on specific basic skills and physical training. The Club Management center sets the curriculum for each course and all students are junior members. At the end of the final assessment, membership levels are graded according to the score, with 85 points and above being promoted directly to Senior Membership, 70-84 (including 70 points) being promoted to Intermediate Membership and below 70 points continuing to be Junior Membership.

During the third and fourth semesters, each Secondary School will determine the Club's class schedule. Classes will be graded according to the second semester grades for Junior, Intermediate and Senior Clubs. In principle, there will be no graded classes in the fourth term. If there are students with particularly outstanding achievements, they may be placed in a higher class with the recommendation of their subject teacher.

3.1.2 teaching content.

The Hubei Enshi College Sports Club operates on a walk-in basis and has a three-tier membership system, including junior, intermediate and senior membership, which is divided according to athletic ability and performance. The membership system encourages self-improvement and improvement of the students.

In terms of teaching content, the teaching content for junior members is based on teaching physical fitness and basic techniques; for intermediate members, the teaching content is based on teaching basic techniques and tactics and teaching competitions; and for senior members, the teaching content is based on sports team training and amateur competitions. By classifying and promoting students at different levels, many achievement can be made including increasing students interest in physical exercise; creating a "advanced", "innovative" and "challenging" physical education course; meeting the needs of different levels of the students^[9].

3.2 Online learning and practice

PE is not only about the teacher's teaching, but also about the student's learning. Reception, understanding, mastery and application of a technical movement is the complete process of student learning. In daily teaching, however, most teachers and students focus on the first two aspects and ignore the rest. It is because much time is needed for mastery and application of a teaching movement. Most students are not active to do all the four aspects and the club system helps to achieve the purposes.

The school has used the information technology to expand the learning and practice platform of the Hubei Enshi College Sports Club by building an online course. Teachers are constantly enriching the teaching resources on the learning and training platform, especially by stepping up the construction of a library of scientific health knowledge, interesting exercise methods and classic fitness cases. Students are able to learn online and also have a daily practice task. Teachers and students can promote the integration of the learning and training platform with sports clubs to achieve full coverage of the online and offline hybrid teaching.

3.3 Multiple assessment

3.3.1 Contents and methods

The assessment system of university sports club at Hubei Enshi College reflects the characteristics of diversification, namely the Sports World Campus Run, students' attendance, classroom performance, online learning and practice and project skills assessment. The club course assessment changes from a single assessment method to a diversified assessment method. As a result, a change from knowledge assessment to skill assessment and from outcome assessment to process assessment is achieved.

The specific assessment for the club course is as follows. Semester assessment includes five aspects: World of Sport Campus Run (20%), student attendance (10%), classroom performance (20%), online learning and practice (20%) and project skills assessment (30%). The project skills assessment for each club course takes the form of a competition in which the instructor evaluates the member's performance (attitude, use of skills, etc.) during the competition for that project.

If the total number of unexcused absences exceeds one-third or more of the scheduled hours for the club course, students will receive a grade of 0 for the semester of the University PE course and will be required to retake the University PE course. Students who run less than 40 times in total, i.e. twice a week, will be failed. It is important to note that the final grade of the University PE course is given by the internet platform in one go.

3.3.2 Retake examinations and principles

Students' first semester PE grades are all generated by the Sports World Campus App as a result of the walk-in teaching model. If a student fails a grade, he or she will be directly affected by graduation, not to mention subsequent club membership. This policy allows students to take into account the national concept of "health first" and the school's concept of "lifelong sport".

Students who fail a PE course in the second, third or fourth semester due to a failure in the Sports World Campus Run must make up the number of times missed within the first two weeks after the start of the second semester; students who fail a PE course due to project grades may apply for a retake. Students who pass the retake will receive the appropriate credit; those who fail the retake must take the retake.

Students who fail a PE course due to poor attendance cannot apply to retake the course. Students may only apply to retake a course within the same club. Students who retake the course will be expected to rejoin the sporting activities of the club and complete membership registration at the beginning of the term. Students who pass the test will be awarded the credit. The flexible membership structure of the public sports club system in the classroom allows students to retake classes conflicting to other courses. The previous system made it difficult for students to retake the exam, which is contrary to the concept of "health first and sport for life".

3.4 public competition

The University Sports Club Management center (USCMC) differs from the previous campus sports events organized by sports clubs in that the USCMC sets up a program of events every semester with the aim of "learning, practicing and competing". USCMC guides students to make good use of their spare time for physical exercise and promotes leagues at class, college, university, city, provincial and national levels, so that the center can achieve a campus competition system with full participation. USCMC improves the overall quality and ability of students, forming a sports work situation of "weekly activities, monthly competitions and annual certificates"^[10] USCMC should increase the publicity and recognition of extracurricular competitions, while establishing mobile awards or annual awards such as "Campus Best Sports Unit", "Campus Top Ten Sports Stars" and "Campus Sports Top 100 List". The aim is to create an exemplary driving effect^[11].

3.5 brand sport

After integrating the four systems of "learning-practicing-examining-competing", the university sports club should create a campus sports culture unique to the university and create the brand effect of "Hubei Enshi College Cloud Sports". The campus sports club guides teachers and students to use online media platforms such as WeChat platform, Tiktok and Today's News to broadcast the news and tell the story of sports at Enshi College. The campus sports clubs can promote sports science in a comprehensive, multi-angle and broad integration. The clubs also help to create a strong atmosphere for teaching and competition, knowledge transfer and cultural construction, and enhance the influence of campus sports culture.

IV. Conclusions and Recommendations

Based on a study of the teaching mode of the university sports club in Enshi College in Hubei Province, this paper proposes a five-in-one teaching mode of "ladder teaching, online learning and practice, multiple assessments, public competitions, and brand sports". Accordingly, it is recommended that local ethnic colleges and universities should focus on developing a unique teaching content and teaching mode that reflects the characteristics of the sports club system. Additionally, the university sports club should establish an independent teaching assessment system, and the management system should be continuously optimized. While this study focuses on the construction of the teaching

mode of university sports clubs in Enshi College, Hubei Province, it has limitations. However, the proposed suggestions can be applied to the construction of sports clubs in private colleges and universities with local characteristics.

4.1 The content and teaching mode of Hubei Enshi College sports club system

Based on the characteristics of the ethnic region, Hubei Enshi College introduced sports club programs that are both ethnic and fashionable. The college developed a membership system according to the program, i.e. junior, intermediate, senior and competition membership. Under the tiered membership module, students can obtain credits in various ways. The Hubei Enshi College University Sports Club promotes the active improvement of teachers' skills and the innovation of teaching methods, which helps to develop a group of high-level and sustainable sports talents. In turn, the college is to be promoted with first level PE education.

4.2 An independent teaching and evaluation system

Hubei Enshi College focuses on the physical education reform concept of teaching, practicing and competing, and continues to improve the teaching model of "health knowledge + basic sports skills + special sports skills" in the sports club system.

The club promotes the teaching and assessment system, and assesses students' performance in terms of learning attitude, classroom performance, sports skills, participation in events and physical fitness tests.

4.3 The management system of Hubei Enshi College Sports Club

The good operation of Hubei Enshi College's integrated sports clubs, both inside and outside the classroom, requires the integration of the Academic Affairs Office, the Academic Worker's Office, the Physical Education Teaching Working Group, and the management system of each secondary school. The internal organizational structure, working mechanism and management system of the club should be constantly optimized and improved in practice^[12].

Acknowledgment: JYWY202213, Study on the Teaching Model of Sports Club System in Hubei Enshi College.

Reference

- [1] Zhou Y. H., Feng C.. Practical exploration of teaching mode of university sports club system [J]. Contemporary Sports Technology , 2020(10): 117-118+121.
- [2] Zhang JY. Research on the integrated club-based teaching mode inside and outside of the university's merit-promotion class under the credit system [J]. Journal of Guangzhou Institute of Physical Education, 2018,38(1):121-124.
- [3] Zhang Feng... Research on the reform of public physical education teaching in Nanjing Normal University under the concept of "health first"[D]. Nanjing Normal University, 2019.
- [4] Yang Hao, Ma Gang. Research on the construction and development of the teaching model of university sports clubs [J]. Journal of Zhaotong College, 2021, 10: 66-68
- [5] LEE WON MI; KWON GOO MYEUNG.[J]학습자중심교과교육연구 Volume 18, Issue 8. 2018. PP 321-343
- [6] Fanwei Meng.(2017).The construction of applied undergraduate colleges and universities sports club teaching model research..(eds.)Proceedings of 2017 International Conference on Sports,Arts,Education and Management Engineering(SAEME 2017)(pp.274-277).Atlantis Press.
- [7] Şerban Ovidiu Gheorghe & Mihăilescu Nicolae.(2015).The Experimental Research Regarding the Promotion of High Performance Management within Arad University Sport Club. Procedia - Social and Behavioral Sciences(C). doi:10.1016/j.sbspro.2015.02.274.
- [8] Shi Bo-qiang & Wei He-qiang.(2012).Research on Constructing the Scientific Universities Sports Club Pattern..(eds.)Proceedings of 2012 2nd International Conference on Social Sciences and Society(ICSSS 2012) Volume 7(pp.243-246)..
- [9] Yang W D, He Z, Zhu D Q. Construction of an integrated club-based curriculum model for university sports [J]. Journal of Hubei College of Arts and Sciences, 2020(6): 85-88
- [10] Huang Yinhua, Cheng Feng. Research on the influence of university sports club system model teaching on the construction of campus sports culture--a case study of the reform of university sports club teaching in Qinzhou College[J]. Contemporary Sports Science and Technology, 2017,7(1): 129-130,132.
- [11] Liu Liang , Li Jian . Research on the physical education teaching mode of "club class system" based on the physical fitness improvement of college students [J]. Science and Education Wenhui , 2020(33): 127-128.