

# An Improved Method for Model Construction of Sports Games on Teaching Quality in College Football Teaching

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## Abstract

Most of the current teaching only pay attention to the teaching of skills, but not enough attention to the students' learning process, and rarely consider the students' learning attitude. In this case, this paper makes an improved method for model construction of sports games on teaching quality in college football teaching. Sports game is a combination of sports and entertainment, which is based on a variety of game teaching methods, allowing students to study in a happy atmosphere, to achieve more satisfactory teaching effect. The choice of game activities should meet the requirements of teaching tasks. For college physical education teachers, the choice and creation of game activities must be based on teaching materials, in order to improve the quality of teaching as the ultimate goal.

**Key words:** Quality development, Optimization approach, Project Teaching, Motor skills

## 1. INTRODUCTION

At present, the sports teaching in Colleges and universities in China are only attach importance to sports and sports technical skills, whether it is the preparation of teaching materials or teaching form is unitary, the cultivation of students' interest, is very detrimental to improve our teaching efficiency; and now our teaching evaluation system of excessive emphasis on the results the students in the learning process is not enough attention, on students' learning attitude is seldom considered, these problems are restricting the realization of our sports teaching objectives and tasks, especially the implementation of the new syllabus, this issue will undoubtedly reveal more. From the current education situation, whether it is sports college sports education, or college public physical education, the sports itself and the fun is a key factor to improve the efficiency of college physical education. In this context, sports games will be shipped out. This paper refers to the sports games, not only refers to the universal children's sports game, a kind of special teaching methods but physical education, that is according to certain rules, kind of organized sports activities to achieve teaching purpose and carry out. Sports game is in motion and entertainment, with a variety of game teaching form as the main line the whole process of teaching, let students learn in a happy atmosphere, in order to achieve the new curriculum standards advocated "the joyful sports" concept. It emphasizes the students as the main body, in order to enhance students' physical quality, cultivate students' temperament, and cultivate students' thinking and innovation ability. In the process of teaching the implementation of sports games in sports, learning technology teaching rules is the purpose of teaching, the sports game is a form of expression, its biggest characteristic is to realize the teaching process of the game, complete the sports teaching in the game, so that students in physical education learning always maintain a happy experience. The game of sports plays an important role in improving the quality of physical education, and it is an important and effective teaching means in physical education and training. The idea of "Happy Sports" advocated by Fu Hexin's teaching theory. At present, many universities have broken the traditional sports teaching a single, boring, stiff situation, physical education began to carry out the game, to stimulate the enthusiasm of students, and has obvious teaching effect.

Along with the rapid development of science and technology and education, the reform of deepening, computer multimedia technology as a modern teaching and training method, has in the various disciplines in the actual teaching has been widely used, and it has played an important role, has made great achievements. Game teaching, training is the use of multi - body courseware, text - based, with the image, sound, animation and other means, to arouse students' interest in teaching and training methods(Jian-hua, 2012; Kim, 2014). Teaching and training courseware mode is applied to the teaching of football, which will challenge the traditional single soccer teaching and model, and is also the development trend of the future (Sigala, 2012; Krstev, 2014). College football as a discipline should also be aware of the impact of multimedia technology on teaching, the traditional classroom teaching methods must be reformed to adapt to the development of the times. But football teaching and other subjects, mostly in the outdoor, the application of multimedia technology have difficulty, leading to now sports technological lesson teaching still use traditional teaching methods, the penetration of modern teaching means is extremely slow, seriously hindered the process of the modernization of physical education teaching reform(Zhang, 2012). Therefore, our school football technique classes as the experimental subjects, a

change in the traditional mode of teaching, teaching by combining with the classroom video and multimedia courseware, modern technology penetration in instructional technology, through experimental evaluation to test its feasibility, in order for the body education technology course improved to provide a reference.

## 2. SPORTS PROJECT GAMES

### 2.1. Sports games

Sports games, sports games to be displayed in the teaching, the teaching process has some exercise value, also has a certain degree of entertainment, so as to better attract the attention of students, arouse the interest of students, make students actively participate in teaching activities, spontaneously to come. From the current situation of sports teaching in Colleges and universities, the realization of sports games, is a hot issue in sports teaching, but also a difficult problem. The following are the characteristics and functions of sports games to elaborate. Sports games, by presenting sports games as games, are different from other simple games. This way, like physical labor, has its own value for exercise itself. In practice, various forms and means will be used consciously, showing certain value of exercise, enhance physical fitness, so as to achieve the project required learning skills and so on teaching purpose through the game. In practice, there are some sports games with small load, such as throwing handkerchiefs, tug of war, etc., which are attributed to their purpose and task. But this kind of game needs to appear in the form of movement, it must consume a certain amount of exercise, have a specific value of physical exercise. Thus, sports games is an important part of sports technology teaching, is an indispensable important link. The purpose of introducing sports games in physical education is not only to stimulate students' interest, but also to let students better understand and master sports skills, and enhance the effect of sports technology learning.

In sports teaching, the introduction of sports games must be entertaining; if there is no entertainment, it can not be called the game, but can only be called physical exercise or physical exercise. Entertainment is also one of the essential features of sports games. This study through the sports game of the rapid development in all aspects of College Students' physiological and psychological stages of practice, analysis of sports games on promoting the students all-round and harmonious development is important, combined with the interaction of students physiology and psychology and social influence, provides some reference for the development of college students teaching mode so, sports games teaching application in PE class has more realistic significance.



Figure 1.Sports games

### 2.2.The game of physical education teaching process

For college physical education, to approach the game teaching has many positive effects, mainly for fitness function, has the unique help students form a strong team consciousness, increase students' social ability, develop students' sense of competition in four aspects. The game of sports is based on individual participation, and its content and form are pre designed. As a sports project, it also inevitably has the fitness function of other sports activities, and the comprehensive is very strong, it must have the general sports activities did not have the effect. In class, students take part in game sports and experience interesting games because of their own motives. Through the game, fully mobilize the enthusiasm and enthusiasm of students to participate in, maximize the subjective initiative, receive good exercise effect. First of all, the game of sports is under certain rules and regulations activities, through the rules of constraints, develop students abide by discipline, abide by the rules of good habits. Secondly, most of the project game is carried out in the collective, need students to help each other and cooperation can be completed; and the process of cooperation can promote students' spirit of assistance and solidarity consciousness. Thirdly, in the process of sports games, generally use the way of confrontation competition, students need to use a certain intelligence, courage and physical strength to complete. It can be seen that the project game is beneficial to cultivate students' tenacious struggle and enterprising quality. In

addition, students play a subtle role in the pleasant classroom environment, and highlight the effectiveness of sports games.

In the process of sports game competition, individuals fully display their physical strength, skills and wisdom, and game practice can give participants various experiences, such as novelty, adventure, intense, tension, etc.. Winning games can also enhance people's pride and self confidence, so that they can be satisfied and happy in physiology and psychology. Sports game is a collective activity, students in the game activities of mutual exchange, mutual understanding, mutual help, promote friendship, promote emotion; also can satisfy the people to expel loneliness, make people get rid of real life worries, enable students to further growth of social knowledge and experience in social interactions.



**Figure 2.** Football training

### 3. RESEARCH DESIGN

#### 3.1. Object of study

In this study, we choose the students from institute of physical education as the research object, we select 60 students in the traditional teaching group, another 60 members of game teaching groups of students, in order to obtain the college football game teaching material design questionnaire. In the game teaching group, 60 questionnaires were distributed, 60 questionnaires were recovered, the effective recovery rate was 100%.

In the experimental teaching content is the same, the traditional teaching group used traditional football teaching methods of teaching, game teaching group is used the traditional teaching and gaming combining teaching, and the teaching effect comparison of. In the experimental evaluation, in order to ensure the consistency of the experimental conditions, group of traditional teaching and game teaching group are taught by a teacher and to avoid the subjective evaluation factors, the teaching evaluation shall be by quantitative criteria, to objectively and truly reflect the teaching rules.

#### 3.2. Analysis and discussion

Game teaching of football has rich and colorful teaching environment, innovative and lively teaching methods, to a great extent, stimulate students' interest in learning football, and promote the exchange of students and teachers. From a certain extent, changed the traditional way of teaching, give students greater space for thinking; will simply memorize knowledge, knowledge representation of teaching mode conversion for the understanding of the teaching of thinking; the communication between teachers and students, so that teaching benefits teachers as well as students. In game teaching in football, "game teaching set projector, audio, video, video and other various teaching aids, to display the large amounts of information to students, for students created a lively teaching situation, stimulate the students' learning desire, to student's visual and auditory sensory and mental aspects of the role of incentives." Through the investigation of 60 students in the game teaching group, the students can see that the students are excited to learn the football game teaching.

The evaluation of football interest is as shown in table 1. As can be seen from table 1, students' evaluation of soccer game teaching is very high, and 90% of students think that game teaching can stimulate students' interest in learning. In such a learning environment, students can also according to their own learning basis,

interest in learning to choose what to learn, can choose their own level of practice, can truly reflect the cognitive subject role of the students, and can greatly stimulate students' football learning interest, reflecting the human-computer interaction and teacher-student interaction.

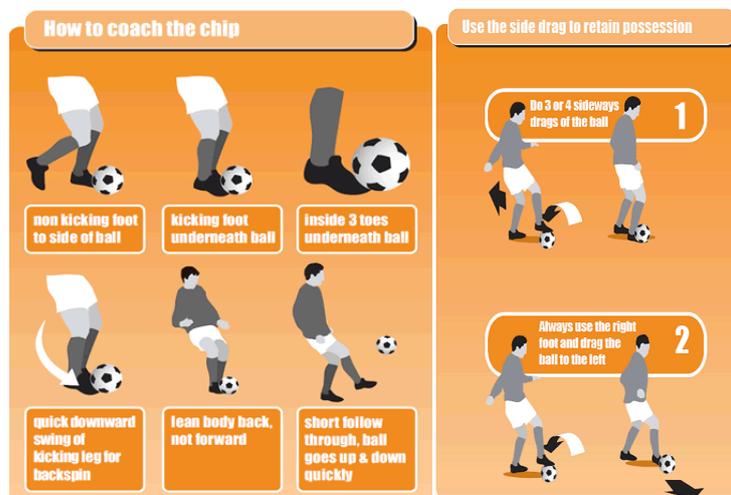
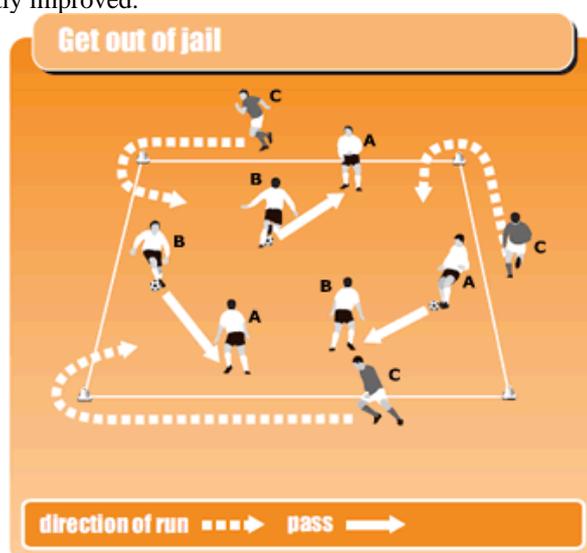


Figure 3. shooting technique for football

Table 1. game teaching to stimulate students' interest in football

Factor	very good	preferably	commonly	Poor	very Poor
number	47	7	4	2	0
Percentage	80%	10%	6.6%	3.3%	0%

In football teaching, teachers should teach students rich and broad football knowledge, relying on traditional teaching methods, slow speed, narrow range, limit the amount of information expansion. How to maximize the teaching of football knowledge in a limited period of time is a problem faced by today's football teaching. It is characterized by high speed, large amount of knowledge and information, but more and not chaos, wide and not extensive, giving students a wealth of knowledge, the latest knowledge is conducive to the desire to mobilize the desire of knowledge of students, and effectively improve the efficiency of teaching. By comparing the traditional teaching and game teaching group of 120 students in different teaching methods in the study of the different effects produced as shown in table 2. From Table 2, comprising average scores in group of traditional teaching and game teaching group in theory examination, and in assessment criteria consistent, game teaching group because in the teaching media, the theory and technology of football points were significantly higher than that of the traditional teaching group. These comparative data indicate that the football game teaching information content is big, fast, can in the football theory teaching and more intuitive faster transfer wealth of football knowledge, greatly improving the quality of teaching, and better is in the high efficiency teaching quality has been greatly improved.



**Figure 4.**soccer skill

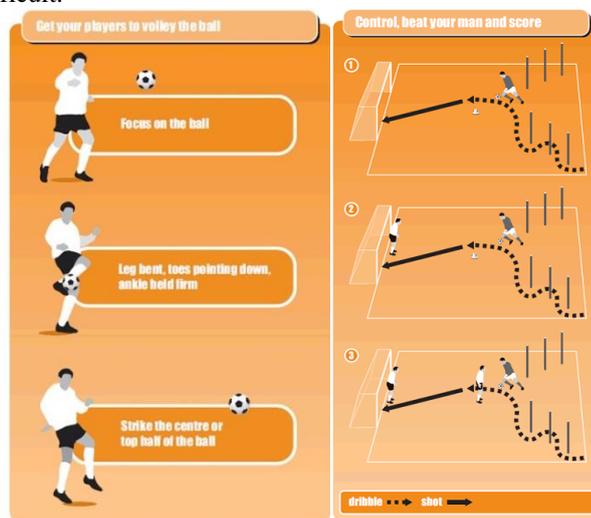
**Table 2.**Comparison of the two groups of students examination results

group	Technical points	Theoretical points	Average points
Game teaching	81	85	84
Traditional teaching	75	77	74

**3.3. Football teaching and technical action**

In the teaching of football, it is very important for students to master the technical movements, and clear action representation is an important foundation for the formation of technical action, which comes from the teaching process of the teacher's explanation, demonstration, demonstration and so on. In the traditional method of football teaching, some technical movements are difficult to describe clearly, to explain the difficulty of a large demonstration of the effect is not satisfactory; it is difficult to achieve good teaching results. Demonstration of the action and the application of multimedia technology in football teaching is easy to solve the difficult problems in the teaching process, the students are more likely to see the action points and essentials, practice is difficult to grasp the action changes the timing for completion by multimedia technology can be motion technology essentials, difficulties, key, vivid display, can also according to the teaching requirements of complete or decomposition technique, the complex technology with slow motion or frames show clearly the teaching key points, difficulties and details of the show in the students before the teacher calmly explain the action essentials, so that students in a relatively realistic visual scene in learning.

Give full play to the advantages of students cognitive system, the complete, clear, concrete representation of "storage" in the brain, it is conducive to the establishment of the correct motion image. For example, in the jump ball head of football teaching, jump ball head movements have a flight process, and teacher's demonstration only is complete coherence of action, is not likely to stay in the air so that the children see the movement of air, for beginners, such a demonstration in the brain can only leave fragmented vague impression, is not conducive to their learning. And the use of multimedia courseware, you can think fast and fast, want to slow down, students more clearly set up action appearances, quickly grasp the football technical action. See table 3. From table 3 we can see that the game teaching groups of students think football game teaching can greatly improve the action of football skills and technology moves through a multimedia presentation has become vivid, students can realize the action stereotypes with force, and can quickly grasp the technical movement in the heavy and difficult.



**Figure 5.**Football techniques

**Table 3.**Multimedia to improve the movement of football

Factor	very good	preferably	commonly	Poor	very Poor
number	41	8	9	2	0
Percentage	70%	10%	16%	3%	0%

At present, the management of football teaching in Colleges and universities is very large, including the management of teaching and research group, the system of teacher preparing lessons, the management of students' football performance, football team management, equipment management, and so on. In view of the above content of teaching management, teachers can use multimedia technology made a football teaching system, through the computer to teacher's teaching courseware, student achievement assessment, school football

tournament arrangement system arrangement and analysis, to achieve effective management of football teaching. For example, the student's football assessment scores, as long as the input results, and its corresponding score, total score, whether the standard, the average grade of all calculated out. Physical education teachers can accord the preservation of the teachers and students, teaching for the future are to improve, not only to avoid the waste of knowledge and experience, greatly reduce the burden of the work of physical education teachers, and the scientific and reasonable management of football teaching.

#### **4. COUNTERMEASURES OF SPORTS GAMES**

##### ***4.1. Ways to realize the game of college sports events***

Sports have a long history, even since the first ancient Olympic Games, now it has more than two thousand years of history. For more than two thousand years, the Olympic torch has always maintained a strong vitality and charisma, which is enough to explain the irreplaceable position of sports, especially sports events in people's minds. Sports fitness, competition, entertainment and humanity in one, fully reflects the participant's competition consciousness, cooperation consciousness, fighting spirit and anti frustration ability, which is the current we are advocating the spirit of the times, but also because of this reason, the universal love of sports by college students. From this point of view, we have every reason to introduce sports into classroom teaching. However, there has been controversy over competitive sports into the classroom for a long time. The focus is on how to introduce competitive sports. There is no doubt that copy rules and practices of sports competition, in full accordance with the training methods of professional athletes to the development of college physical education teaching is impossible. And we said above "the sports game" will have a natural advantage, it can effectively break the traditional sports teaching boring situation, stimulate students interest in learning physical education, cultivate students' lifelong sports consciousness, establish a healthy and happy life style, has injected new vigor to sports teaching in Colleges and Universities

Teaching goal is the direction and guarantee of our teaching. Only by ensuring the correctness and accuracy of teaching objectives, can we get the correct direction in the process of sports games. The sports training object is people sports skills in sports specialty, there are higher, the training goal is to develop a region or a country sports elite, so the training and competition are extremely stringent requirements. But the university sports teaching is not the same, the university sports teaching is facing college students, the aim is to enable students to receive proper education, form the basic technique and physical exercise habits; the facilities and equipment are equipped according to the needs of teaching, teaching and the rules of the game than the corresponding sports are much more relaxed. Based on the above reasons, we should carry out the scientific planning of teaching objectives according to the needs of teaching in the process of implementing "sports game"

##### ***4.2. Matters needing attention***

We carry out game teaching in physical education, and is not widely used in teaching and abuse of the game, but requires teachers to carefully study the teaching material as the foundation, according to the requirements of the project characteristics and teaching, respect students' individual differences, in the view of development, to carry out creative games teaching in the teaching of sports project. It is necessary to reasonably select or create the content of innovative games for teaching. The game is the principle of selection should be: 1, stimulate the enthusiasm of students to broaden their horizons; 2, the use of sports games to assist teaching can improve teaching efficiency, enrich students' learning content; 3, help students establish the correct action essentials, improve sports skills; 4, improve the students' ability to analyze and solve problems the. The purpose of the game of physical education teaching is to better achieve our teaching objectives and teaching tasks, so the choice of game activities should meet the requirements of teaching tasks. For College PE teachers, when choosing and composing game activities, we must take teaching materials as the basis and improve the teaching quality as the final destination. Of course, as a game, it is necessary to develop a series of rules, but in terms of game teaching, students should be allowed and encouraged to carry out creative activities within the scope of the rule permitted. In addition, teachers should also face the students according to the teaching, teaching content, teaching environment and teaching goal, the content of the game, forms and rules to be modified, in order to make the game more targeted and interesting, make students get more comprehensive training in the course of the game.

The game of sports activities with adequate recreational function, but at the same time, we should also pay attention to the ideological education function of the game itself, timely organization and discipline education, to ensure the games teaching smoothly. But in college physical education teaching, some teachers only pay attention to how to make the students have fun, and ignore the importance of physical classroom practices and organizational discipline, resulting in classroom teaching objectives, messy finish and other phenomena occur. After the game is divided into groups, teachers should make clear the discipline of the game activities, and ask the students to make clear the order and steps of the game activities. In game activities, teachers should constantly remind students to participate in the game activities should comply with the rules and the specified

method, especially throwing items such as higher risk activities should be paid more attention to, otherwise it is likely to lead to teaching activities due to disorder or injury accident in check.

## 5. CONCLUSIONS

The traditional sports teaching takes the movement skill training as the main line to carry on the teaching, its teaching form is slightly monotonous, in the teaching process has already displayed the unsatisfactory place. The game teaching activities as the main line, will make the students in the process of participation in teaching, to better understand the movement to bring their own health and happiness, so that students in a happy atmosphere more relaxed, more enjoyable to complete the desired teaching objectives, to achieve more satisfactory teaching effect. The realization of sports from traditional teaching mode to change the game mode will bring unexpected effect to the teaching of college physical education, according to the actual needs of teaching in the continuous innovation in the successful completion of this transformation and development.

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