

Received: November 3, 2017

Revision received: June 12, 2018

Accepted: June 18, 2018

Copyright © 2018 ESTP

www.estp.com.tr

DOI 10.12738/estp.2018.6.262 • December 2018 • 18(6) • 3522-3528

Research Article

Teaching Model Innovation of Leisure Sports Major Based on Diversified Teaching

Ming Xie¹

*Hunan International Economics
University Sport Institute*

Abstract

At present, during the process of leisure sports (LS) talents training in China, the training model cannot meet the actual market demand, which restricts the development of LS industry. In view of this situation, this paper, based on the current development of LS talent training in China, analyses the necessity and urgency of introducing diversified teaching model in the process of LS teaching. Then, through the field research on several selected physical education colleges, it further analyses the current needs and problems existing in the training process of LS talents. Finally, the innovative design path of college LS professional teaching model based on the diversified teaching method was constructed. The results show that the introduction of a diversified teaching model has a positive effect on promoting the construction of a comprehensive training system for LS in China and accelerating the healthy development of the LS industry.

Keywords

Diversified Teaching • Leisure Sports (LS) • Talent Training • Field Research

¹Correspondence to: Ming Xie, Hunan International Economics University Sport Institute, Changsha 410205, China. Email: xmmttn@126.com

With the continuous development of social economy and technology, the traditional lifestyle has undergone a series of changes with the constantly diversified life needs. As an important embodiment of social development, leisure has become a vital part and inner demand of people's daily life, as well as an important representative of people's lifestyle in the new era (Andrade Bichescu, 2014).

The rising concept of leisure has greatly affected the development of all walks of life. In the sports world, the introduction of the leisure concept has promoted the emergence of leisure sports. Compared with the professionalism and high barriers to entry of traditional sports, LS are accepted and favoured by the public because of their simplicity and leisureness (Zheng, 2018). However, while the LS are constantly developing, the current LS management system and service quality cannot meet its demands, resulting in the current situation of the serious imbalance between supply and demand in the development of the LS market. This has a negative impact on further improving and promoting the development of the LS industry (Pan *et al.*, 2018).

Therefore, it has been the common concern of the current LS industry and the education sector to cultivate LS professional talents with richer and more comprehensive professional literacy and more suitable for the development of the times, while satisfying the growing demand of the public for LS (Yang, 2017). To this end, this paper, based on the current development of LS talent training in China, analyses the necessity and urgency of introducing diversified teaching model in the process of LS teaching. Then, through the field research on several selected physical education colleges, it further analyses the current needs and problems existing in the training process of LS talents. Finally, the innovative design path of college LS professional teaching model based on the diversified teaching method was constructed.

The necessity of training the leisure sports talents

Leisure sports talents have strong professionalism and irreplaceability

In the training process of leisure sports talents, although it has certain similarities and intersections with other sports talents in terms of the training model and method, the cultivation of LS talents has certain irreplaceability. Specifically, LS contain a variety of content in management, economics, health care, and sports, but the professional talents associated with them often don't have the comprehensive professional knowledge required for the development of LS talents. For example, compared with LS talents, the talents majoring in management or economics are often unable to use their management experience in the related planning and management of leisure activities due to the lack of sports-related professional knowledge (Georgian *et al.*, 2016). For pure sports professional talents, their professional reserves are often aimed at the development and training of sports skills. However, the lack of corresponding economic management and market operation quality often makes them no way to deal with LS activities. Due to the lack of comprehensive profession, the current majors related to LS is often limited by their respective professional field. Thus, no other majors can replace the LS, which makes the LS talents irreplaceable.

The training of leisure sports talents has important strategic significance

As an important part of leisure activities, leisure sports are a beneficial combination of sports and leisure, making the people to exercise and improve their physical fitness, while enjoying the ease and pleasure at leisure time. Therefore, from this aspect, it has a positive effect on the dissemination of sports culture, the attraction of the public to participate in sports activities, and the improvement of their comprehensive quality by the LS talent training. Especially with the introduction of a series of national development strategies such as China's "cultural powers" and "sports powers", the training of talents for LS has been enhanced at this stage, which has important strategic significance to realizing the China's transformation from an athletics-dominated major sports country to all people-participated sports power.

Enhancing the training of leisure sports talents has important practical significance

At present, with the continuous development of China's economic strength and the people's living standards, consumer spending on health has become an important part of people's daily expenditure and consumer consensus, which also provides positive consumption basis for the rapid development of the leisure sports industry (Ágnes Szabó, 2013). Therefore, in this context, the cultivation of LS professional talents is not only in line with the development of the sports industry and mass consumption demand, but also meets the people's diversified leisure and entertainment needs. In addition, through the continuous development of the LS industry and the promotion of leisure activities, it will also have a positive effect on improving people's quality of life, achieving effective improvement of domestic consumption demand and employment of relevant personnel.

Analysis for the application of diversified teaching methods in leisure sports major

The current situation of the leisure sports teaching in China

In view of the current situation in the leisure sports teaching of China, the field research was conducted on the development of LS in four colleges so as to further understand the curriculum setup and content in the training process of LS talents in China. This can provide a teaching foundation for the innovative training model construction of LS talents.

Table 1

Setting up the Course System of Leisure Sports Major in Colleges and Universities

	Compulsory courses (Class hours)				Elective courses (Class hours)				Total hours
	core curriculum	Proportion	Specialized course	Proportion	Mandatory	Proportion	Optional	Proportion	
A	572	23.8%	1230	51.2%	420	17.5%	180	7.5%	2402
B	612	25.0%	864	35.3%	828	33.8%	144	5.9%	2448
C	576	21.6%	1386	52.7%	486	18.5%	180	6.8%	2628
D	696	25.8%	892	33.0%	920	34.0%	192	7.2%	2700

It can be seen from Table 1 that for in the professional curriculum design of LS, generally the professional reinforcement of LS majors and the cultivation of independent learning ability are important performance characteristics of colleges and universities in the development of LS professional courses. Specifically, in the selected colleges, the combination of compulsory courses and elective courses has become the main mode of curriculum setting. Meanwhile, the pattern combination of dominated professional education and supplementary general education also reflects the talent training mechanism of “emphasizing ability training and innovation ability” in the curriculum setting for the college samples.

Table 2
Content Setting of Leisure Sports Specialty Courses

	Management category		Sports Technology		Leisure basic theory		Sports special	
	Course number	Class hours	Course number	Class hours	Course number	Class hours	Course number	Class hours
A	11	342	17	704	1	54	4	384
B	5	252	30	1280	7	352	8	288
C	14	396	26	1170	7	360	4	288
D	18	160	21	568	19	892	8	398

From Table 2, it can be seen that in the development of specialized courses, business management courses and sports technology courses are important performances of colleges and universities in the provision of LS courses at the present stage, while the basic courses and professional physical education courses play a supplementary role, which also provides a basis for the cultivation of compound LS talents.

However, it should be noted that in the specific proportion of courses, the proportion of leisure basic courses and special technical courses is relatively small, which makes a clearer professional distinction between the LS professional talents and traditional sports talents. It is also necessary to further introduce and add the leisure course content, so as to meet the huge market demand for the promotion of LS under the rapid development of the leisure industry at this stage.

The current application of diversified teaching mode in leisure sports major

The diversified teaching model means to make full use of modern teaching instruments and equipment such as projectors and video recorders etc. in the teaching process, and combined with a variety of teaching methods to build a more diversified information receiving system for students, thereby improving the practical teaching effects in classroom and also students’ understanding of professional knowledge.

In addition to the research on the development of leisure sports, the application of the diversified teaching model is also the focus of this research. According to the survey of 160 college students in 4 colleges and universities, it’s found that the introduction of diversified teaching model has a positive effect on promoting the construction of China’s LS compound talent training system and accelerating the healthy development of LS industry. To be specific, among the students under the diversified teaching model, the students who have a positive attitude toward the influence of the diversified teaching model on the professional curriculum account for the vast majority. The specific survey results are shown in Table 3. Meanwhile, the students surveyed also suggested that the teachers’ application proficiency of the diversified teaching model should be further

strengthened. This also shows that the students take a positive attitude towards the overall demand for the diversified teaching model.

Table 3
The Role of Diversified Teaching Model in the Development of Leisure Sports Courses

Sample school	Sample school	Survey results (unit: person)		
	Number of students (unit: person)	Play a positive role	without effect	Indifferent
A	40	28	8	4
B	40	25	5	10
C	40	30	6	4
D	40	32	2	6

Innovation of teaching models in leisure sports major

Constructing a composite leisure sports professional curriculum system

Through the experience of colleges and universities in the development of leisure sports courses, the teaching model of LS based on the diversified teaching method needs to establish a multi-disciplinary modular curriculum setting mode integrating leisure, sports, economy and management, in order to achieve the systematization and integrity of the LS discipline.

For the specific curriculum implementation, the LS specialized courses are divided into compulsory courses and elective courses, meeting the different needs of students in the multi-disciplinary teaching model (Huang *et al.*, 2014). Besides, it should be a combination of general education and professional education, so as to build a subject-teaching model with wider coverage and greater autonomy. In terms of course content setting, it is necessary to provide more innovative and practical course teaching content for fully meeting the needs of LS talents at the current stage, and instil this demand into daily course teaching. Thus, it can ensure the LS majors to develop more comprehensively, while mastering relevant theoretical knowledge and professional skills, and thus have a stronger social adaptability and organizational implementation ability (Fernandes *et al.*, 2008).

In addition, teachers in the LS major are required to continuously introduce the latest knowledge and content that is more in line with the needs of social development into daily teaching activities, thus making the LS curriculum more flexible and open.

Constructing a practical teaching system for leisure sports major with innovation ability training as the core

Compared with other sports majors, the LS has stronger marketability and innovation, making it necessary to introduce richer contents of practical teaching in the process of talent training. That is to say, in the process of cultivating LS talents, not only should the importance be attached to the education of theoretical knowledge, but also to the cultivation of practical professional skills. Thus, it can gradually change the traditional teaching model of “emphasizing theory and technology over practice and management”, gradually form a practical teaching system combining classroom training with market demand, and continuously strengthen the experimental practice in the process of LS teaching and the cultivation of students’ innovative ability (Guo *et*

al., 2017). On this basis, it's possible to realize the training system re-structuring of the innovative teaching ability in practical teaching of LS, and thus enable the LS students to become the professional, practical and innovative talents.

For this, it needs to be implemented from the following aspects: First, the traditional concept of talent training should be changed from the teacher level by introducing the diversified teaching equipment and concepts to achieve continuous improvement and optimization of the practical teaching system. Secondly, the students' main position in the teaching process should be strengthened, to change the teacher-led practice teaching model in the traditional teaching model, and their subjective initiative in the teaching process should be also further intensified to promote the interaction and communication between teachers and students, and enhance the teaching effect and their ability of professional understanding. Thirdly, aiming at the practical teaching system, the independent curriculum should be carried out and set up, to beneficially guide and promote the students' innovative consciousness and practical ability through the diversified teaching methods (Gál, 2010). Besides, it's necessary to constantly promote students' curiosity and interest in the professional learning process, and develop the learning habits with questions into the classroom, which can enhance students' experience and sense of accomplishment in the learning process.

Conclusion

With the continuous development of China's economy and society, the demand for LS talents in China has been increasing. Since LS develops only for a short time, the LS discipline in China is still at the stage of exploration. Therefore, in the professional training process of LS talents, it is necessary to continuously construct a diversified professional curriculum system oriented to social needs, and always grasp the needs of the society for LS talents, thus establishing a more diverse talent training mechanism. This shall meet the social needs for LS professional talents, and promote the continuous development and popularization of LS in China.

References

- Bichescu, A. (2014). Leisure time sport activities of the students at Resita University. *Procedia - Social and Behavioral Sciences*, 117, 735-740E. <http://dx.doi.org/10.1016/j.sbspro.2014.02.291>
- Gál, A. (2010). Elite sport and leisure sport in Hungary: The double trouble. *Physical Culture and Sport. Studies and Research*, 49(1), 72-77. <http://dx.doi.org/10.2478/v10141-010-0018-9>
- Georgian, B., Lorand, B. (2016). The influence of leisure sports activities on social health in adults. *Springer Plus*, 5(1), 1-7. <http://dx.doi.org/10.1186/s40064-016-3296-9>
- Guo, J.Q., Li, R. (2017). The development of leisure sports in ancient China and its contemporary sports culture value. *Advances in Physical Education*, 7(4), 377-382. <http://dx.doi.org/10.4236/ape.2017.74031>
- Huang, J. R. (2014). Primary exploration on the development of public leisure sport with Chinese characteristics. *Canadian Social Science*, 10(6), 83-87. <http://dx.doi.org/10.3968/5187>

- Fernandes, R. A., Júnior, I. F. F., Cardoso, J. R., Ronque, E. R. V., Loch, M. R., & de Oliveira, A. R. (2008). Association between regular participation in sports and leisure time behaviors in Brazilian adolescents: A cross-sectional study. *BMC Public Health*, 8(1), 329. <http://dx.doi.org/10.1186/1471-2458-8-329>
- Pan, S. L., Wu, H. C., Morrison, A. M., Huang, M. T., & Huang, W. S. (2018). The relationships among leisure involvement, organizational commitment and well-being: Viewpoints from sport fans in Asia. *Sustainability*, 10(3), 740. <http://dx.doi.org/10.3390/su10030740>
- Szabó, Á. (2013). What values do leisure sports create and what is their relationship to competitiveness. physical culture and sport. *Studies and Research*, 60 (1), 40-51. <http://dx.doi.org/10.2478/pccsr-2013-0026>
- Yang, W. (2017). Leisure sports in China lead to healthy with health qigong. *Canadian Social Science*, 13(10), 40-43. <http://dx.doi.org/10.3968/9901>
- Zheng, Y. (2018). Research on the competitiveness of China's leisure sports industry based on statistical method. *Journal of Intelligent & Fuzzy Systems*, 35 (3), 2855-2860. <http://dx.doi.org/10.3233/JIFS-169639>