

CULTIVATION OF UNDERGRADUATE PHYSICAL EDUCATION TALENTS UNDER THE “INTEREST CLASS-MORNING EXERCISE-CLASS TUTOR” TRINITY EDUCATION MODEL: THE CASE OF CHENGDU UNIVERSITY

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Abstract: With the development of social economy, the society's ability requirements and quality standards for sports students are getting higher and higher, and "one specialty and multiple abilities" has become the most important part of the training mode. However, the current training mode has deficiencies in the mastery of advanced technology and ideological and political education. To solve this problem, Physical Education College of Chengdu University has implemented the trinity education model of "Interest Class-Morning Exercise-Class Tutor". This model combines skills teaching with students' academic planning, value orientation and three views, and realizes curriculum ideology and politics. The research results show that this model can stimulate students' learning initiative and enthusiasm, break the passive and single mode of traditional education, play a positive role in guiding students' career planning, and is of great significance for strengthening the construction of undergraduate physical education and innovating the training mode of talents.

Keywords: Talent training; Interest class; Morning exercises; Class tutor; Trinity education model

1 INTRODUCTION

As the society demands more and more diversified abilities of students majoring in physical education, Physical Education College of Chengdu University has actively explored and implemented the trinity education model of "Interest Class-Morning Exercise-Class Tutor". This model aims to break the limitations of the traditional education model, and realize the comprehensive improvement of students' skills and qualities through the organic combination of interest guidance, daily exercise and professional guidance. The purpose of this study is to analyze the implementation effect of this model and provide reference for further optimizing the training of undergraduate physical education talents.

2 IN-DEPTH ANALYSIS OF THE TRINITY EDUCATION MODEL OF "INTEREST CLASS-MORNING EXERCISE-CLASS TUTOR"

2.1 Core Concept and Composition of the Model

The trinity education model of "Interest Class-Morning Exercise-Class Tutor" is a comprehensive education system innovatively proposed by Physical Education College of Chengdu University in order to cope with the challenges of sports talent training in the new era. The core of this model is to build an all-round and multi-level talent cultivation ecology through the deep integration of interest stimulation, daily exercise and professional guidance, aiming at cultivating sports talents with solid professional skills, good comprehensive quality and a high sense of social responsibility[1].

2.2 Interest Class: a Platform for Personalized Skill Enhancement

Interest classes are an important part of the model, and their design is based on a deep understanding of students' individual needs[2]. According to the latest trends in the sports industry, students' interests and future career plans, the school has carefully set up badminton, tennis, aerobics, sports dance, Taekwondo, martial arts, free combat, outdoor, jump rope, Frisbee, Chinese archery and happy physical fitness. These interest classes not only enrich students' after-school life, but more importantly, they provide a platform for students to deeply explore their potential and improve their professional skills. Through the professional training twice a week, under the guidance of the class instructor, students not only master the difficult new technical movements, but also realize self-transcendence driven by interest.

2.3 Morning Exercise: the Cultivation of Daily Exercise Habits

As a regular part of daily physical exercise, morning exercise has been given a new connotation. In the mode of "Interest Class-Morning Exercise-Class Tutor", morning exercise is no longer just a simple collective running or gymnastics, but closely combined with the content of interest classes, becoming an important way to consolidate the skills learned in interest classes and cultivate good exercise habits. The class tutor is responsible for supervising the implementation of morning exercises, ensuring that every student can actively participate in them, and flexibly arranging the morning exercises content according to the interest class project, so that students can consolidate and improve their skills in a relaxed and happy atmosphere.

2.4 Class Tutor: the Key Role of All-Round Education

The class tutor is the soul of this model. They are not only the teacher of professional skills, but also the all-round guide of students' thought guidance, academic planning, life care and psychological guidance[3]. Through the organization and management of morning exercises and interest classes, the class mentor has a deep understanding of each student's interests, strengths and development potential, and provides students with personalized growth path planning. At the same time, the class teacher also undertakes the heavy responsibility of ideological and political education, guiding students to establish a correct world outlook, outlook on life and values through words and deeds, and cultivating students' sense of social responsibility and mission[4].

2.5 Operation Mechanism and Effect of the Model

Through the professional training of interest classes, the daily exercise of morning exercises and the all-round guidance of class instructors, this model has formed a virtuous cycle of mutual promotion and common development. On the one hand, under the encouragement of interest classes, students actively participate in morning exercises and form good exercise habits; On the other hand, the careful guidance of the class instructors not only improves the students' professional skills, but also gives the students great help and support in ideology and study. The implementation of this model has not only significantly improved the level of students' professional skills, but also achieved remarkable results in terms of comprehensive quality and social adaptability, laying a solid foundation for cultivating sports talents with "one specialty and multiple abilities"[5].

3 FEEDBACK AND ANALYSIS OF THE EFFECT OF THE TRINITY EDUCATION MODEL OF "INTEREST CLASS-MORNING EXERCISE-CLASS TUTOR"

3.1 Participation of Each Project

According to Table 1, it can be concluded that the total number of participants last semester was 224 (sample collection), and the interest class offered a total of 12 projects, including ball games, gymnastics and various emerging projects, which met the requirements of undergraduate training objectives of the College of Physical Education of Chengdu University. In general, the number of participants of each event is relatively average, among which the number of participants of badminton, tennis, free combat and Frisbee is more than that of other events, while the number of participants of sports dance, outdoor and fun fitness is less than that of other events.

Table 1 Questionnaire Survey on the Trinity Education Mode of "Interest Class-Morning Exercise-Class Tutor" in the Training of Physical Education Undergraduates of Chengdu University (previous)

Project	Number of participants	Percentage
Badminton	20	8.9%
Tennis	23	10.3%
Aerobics	17	7.6%
Dancesport	13	5.8%
Taekwondo	18	8.0%
Martial Arts	19	8.5%
Free Combat	25	11.2%
Outdoors	16	7.1%
Jumping Rope	19	8.5%
Frisbee	20	8.9%
Chinese Archery	18	8.0%
Happy body fitness	16	7.1%

According to the data in Table 2, 136 valid samples were recovered in the next semester, and 9 items were offered in the next semester, 3 less than that in the last semester, namely, aerobics, sports dance and happy physical fitness. Martial arts were also replaced by table tennis. The first item was deleted for the college in response to the changing situation and reasonable optimization of resource allocation. The other is that the pre-selection of aerobics, sports dance and happy physical fitness in this semester is too small, which may cause the cancellation. From the overall questionnaire of the next semester, there is a slight imbalance in each event, among which badminton and Taekwondo have the largest number of participants, tennis and skipping are normal, and the number of sanda and the newly opened table tennis is slightly insufficient.

Table 2 The Basic Situation of the Number of Participants of Each Project in the Trinity Education Model of "Interest Class-Morning Exercise-Class Tutor" in the Training of Physical Education Undergraduates of Chengdu University (next)

Projects	Number of participants	Percentage
Badminton	24	17.6%
Tennis	18	13.2%
Bodybuilding	16	11.8%
Taekwondo	24	17.6%
Free boxing	8	5.9%
Table tennis	8	5.9%
Jumping rope	15	11.0%
Frisbee	12	8.8%
China Shooting Arts	11	8.1%

3.2 Feedback and Analysis of the Effect of Education Model

3.2.1 The promotion of sports interest and affection

From Figure 1 to Figure 2, it can be concluded that no matter in the first semester or the second semester, the students' love degree of the selected interest class is not as high as their love degree of the selected interest class after learning it. Moreover, the proportion of students who dislike the selected interest class is greatly reduced after learning it, and the overall love degree is improved. It shows that students have a better understanding of the project after one semester of study, and feel the charm of the project from the persistence of one semester, so that it can achieve the purpose of the interest class, learn what they love and love what they learn.

Figure 1 Statistics of Middle School Students' Love Degree of the Selected Program before Learning during the Trinity Education Model of "Interest Class-Morning Exercise-Class Tutor" in the Training of Physical Education Undergraduates of Chengdu University (next issue)

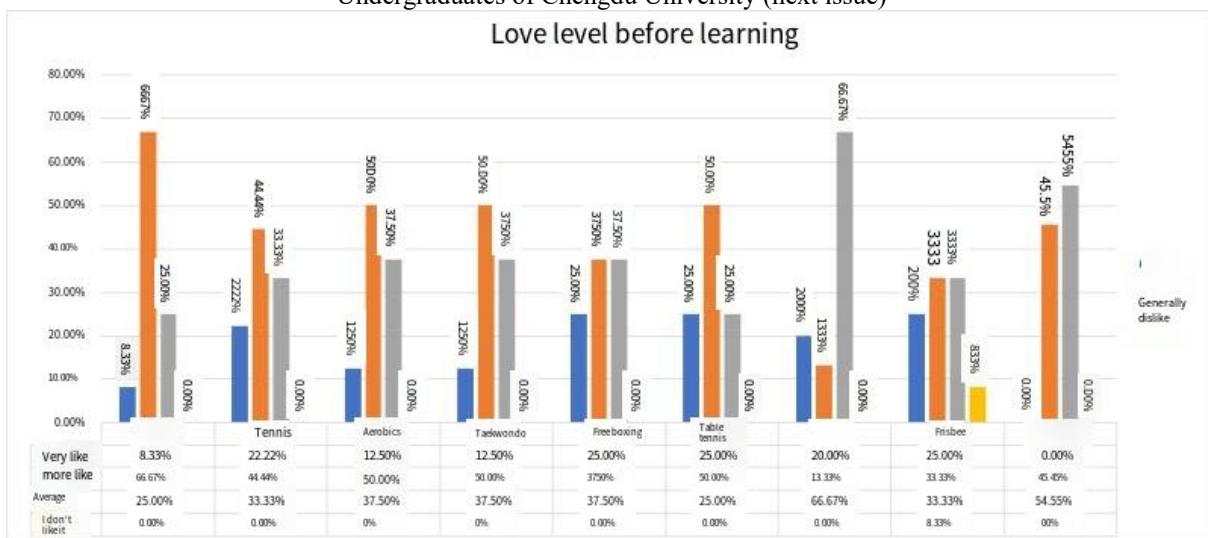
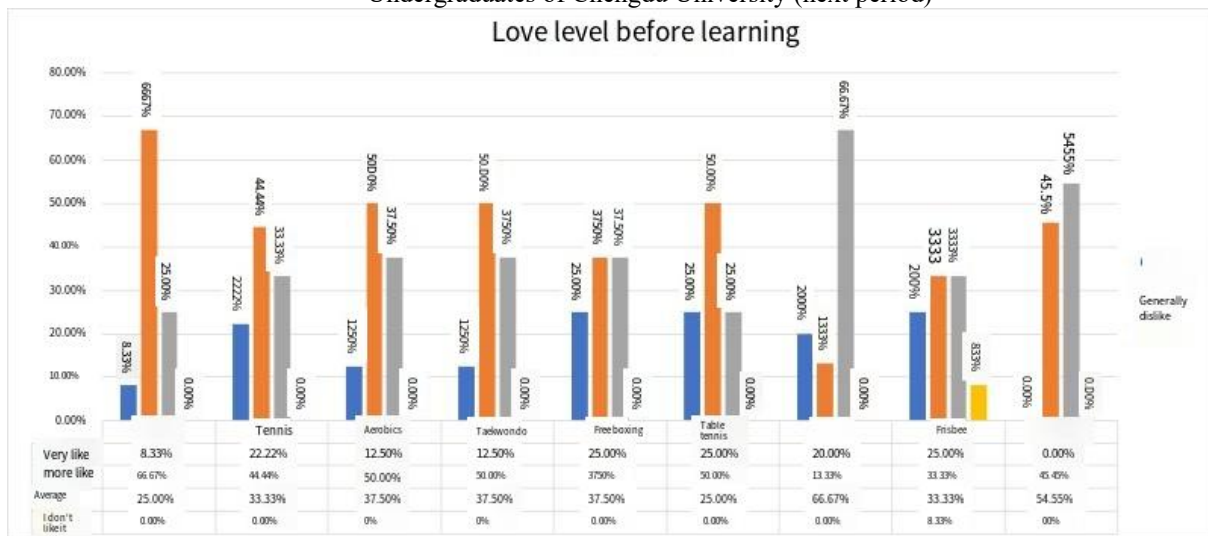


Figure 2 Statistics of Middle School Students' Love Degree before Learning the Selected Project in the Process of Carrying out the "Interest Class-Morning Exercise-Class Tutor" Trinity Mode in the Training of Physical Education Undergraduates of Chengdu University (next period)



3.2.2 The connection and consolidation of morning exercises and interest classes

According to the survey results in Table 3, most of the students believe that the skills they have learned in interest classes have been effectively consolidated through morning exercises. However, there are also some students who think that the reason for the lack of consolidation is that the content of morning exercises is inconsistent with what they have learned in the interest class. In addition, with the increase of academic difficulty and the shortage of time, some students need to use the morning exercise time to practice basic skills, resulting in the content of morning exercise and the content of interest class is not closely connected.

Table 3 In the Process of Carrying out the Trinity Education Model of "Interest Class-Morning Exercise-Class Tutor" in the Training of Physical Education Undergraduates of Chengdu University, Whether the Middle School Students Think that the Learning Content of the Morning Exercise Class has been Effectively Consolidated

Whether the learning content of the interest class has been effectively consolidated	Number of participants (previous/next)	Proportion (previous/next period)
is	121 68	54% 50%
Not	29 40	12.9% 29.4%
A bit	74 28	33.1% 20.6%

3.2.3 The influence of interest classes on students' future development

Table 4 shows that most students believe that what they learn in interest classes will be helpful to their future employment. At the same time, the instructors of interest classes also play a good leading role in other aspects besides the teaching of professional skills. This includes moral education, help to set learning goals, professional development, college development, postgraduate entrance examination and learning confusion guidance. This shows that the trinity education model of "interest class-morning exercise-class tutor" not only helps to improve students' professional skill level, but also has a positive impact on students' future development.

Table 4 Survey Feedback on the Guidance of Interest Class Instructors in the Trinity Education Model of "Interest Class-Morning Exercise-Class Tutor" in the Training of Physical Education Undergraduates of Chengdu University in addition to Professional Skills Teaching

In addition to professional skills, other aspects of guidance	Number of people (previous/next)	Proportion (previous/next period)
Lide education	143 103	63.8% 75.7%
Help set learning goals	120 88	53.6% 64.7%
Professional Development	177 94	79.0% 69.1%

College Development	56	37	25.0%	27.2%
Take a postgraduate exam	19	21	8.5%	15.4%
Learning Confusion Leading	66	65	29.5%	47.8%
Other (Remarks)	7	5	3.1%	3.7%

4 ADVANTAGES AND DISADVANTAGES OF THE “INTEREST CLASS-MORNING EXERCISE-CLASS TUTOR” TRINITY PARENTING MODEL

4.1 The Advantages of the “Interest Class-Morning Exercise-Class Tutor” Trinity Education Model

(1) In this mode of education, breaking the unitary and passive nature of the traditional sports teaching mode, so that students can give full play to their own initiative, highlighting the personalised cultivation of students, take the initiative to choose their own favourite projects as their own direction of development, and to learn their own needs of professional skills.

(2) The training of the interest classes in this model of nurturing mainly makes use of the students' spare time and is flexibly arranged by the class instructors, which is more flexible compared to the previous traditional courses that set fixed class times.

(3) The nurturing model fully brings the role of the class tutor into full play, in the interest class, the class tutor can give full play to his or her own strengths, a more complete grasp of the structure of the teaching materials and teaching characteristics, so as to continue to improve the class tutor's own teaching skills, thereby constantly improving the teaching effect.

(4) The nurturing model combines morning exercises, interest classes and class instructors, making it a trinity of links. Ji Liu in the study ‘China's basic education physical education curriculum reform on the reform of the professional curriculum of physical education in colleges and universities’, proposed that: basic education physical education curriculum in the curriculum concept, curriculum content, teaching methods, teaching evaluation, teacher behaviour, etc. have undergone great changes, and these changes on the construction and development of the professional curriculum of physical education in colleges and universities has put forward new requirements and challenges[6]. Each part of the Chengdu University undergraduate training programme and requirements as the fundamental guiding principle, but each part of the curriculum and the actual situation of the students to make the corresponding adjustments, morning exercises to practice the interest class after-school homework or the content of the basic skills, and then learn the new content in the interest class training, the class instructor on the movement technology of the key points of the targeted guidance, the class instructor to set up the interest class after-school training, so that the interest class The techniques learnt in the interest class are constantly repeated and consolidated, and the whole training programme and the progress of practice are under the control of the class tutor, so the class tutor is more aware of the students' mastery of the contents learnt, and is able to get twice the result with half the effort.

(5) The model of human education will be the ideological and political education throughout, Zheng Junling pointed out that the characteristics of the professional teachers in the subject determines the penetration of moral education in their teaching, which is conducive to the internalisation of the professional moral education into the ideological and moral qualities of the students. Therefore, professional teachers carry out ideological and political education in teaching, and their teaching effect is bound to be more significant[7].

4.2 Disadvantages of the “Interest Class-Morning Exercise-Class Tutor” Trinity Parenting Model

(1) The training time arrangement is unreasonable. The opening of the interest class takes up a lot of time after school, especially some projects interest class training time arrangement is not reasonable set in the professional arts class is more concentrated, students body consumption is too large, affecting the teaching effect of the arts after.

(2) the lack of school venues and equipment facilities. In the survey we found that there are many students believe that the interest class activity venues and teaching equipment is not enough, and the lack of school financial support, such as badminton interest class training will sometimes be affected by the school large-scale activities, will take up the gymnasium professional venues, resulting in students are unable to carry out training, thus affecting the overall progress, and fewer venues, it seems that the activities of the venue is very limited, and some of the sports teaching equipment in disrepair, can not meet the teaching requirements.

(3) The College and individual classes in the latter part of the year will be affected by the impact of large-scale activities on the gymnasium.

(4) The problem of lax management of the College and individual class tutors exists in the later stages of the programme. The increase in the proportion of instructors who do not teach on time and in good faith shows that there were some problems in the management of the college during this period, and the class instructors did not strictly require themselves, and the college did not introduce specific measures to effectively supervise the class instructors, so that the students could not learn too much in some interest classes.

5 CONCLUSIONS

(1) In the three links of the education model, the core link is the interest class, the interest class to learn difficult new knowledge, consolidating and reviewing the morning exercise, the class tutor plays a leading role in the whole process, and ideological and political education.

(2) The number of participants in the whole academic year is relatively average, among which the traditional small ball and emerging sports are the most popular, such as badminton and Frisbee. The programs are adjusted according to the needs of students in the next semester, and more than half of the students have adjusted the programs. The biggest reason for the adjustment is out of interest and future employment consideration; And the questionnaire also reflects that many students have a better understanding and love of the selected project after learning the interest class than before learning; During the implementation of this model, the students also believe that morning exercise can effectively consolidate the knowledge and skills they have learned, which is beneficial to their study and future employment. At the same time, students also have a high evaluation of the class instructors, they think that most of the class instructors are serious and responsible, and students with excellent skills can benefit a lot in the interest classes.

(3) This education mode can stimulate students' initiative and enthusiasm in learning, break the passive and single nature of traditional education mode, and learn more knowledge and skills; In ideological and political aspects, it can play a positive guiding role in students' career planning; In life, it can enhance the friendship between classmates, broaden their social scope, physical and mental pleasure. For the class teacher, the class teacher in the interest class can give full play to their strengths, the structure of the teaching materials and teaching characteristics can have a more unique understanding, so as to constantly improve their teaching skills. However, there are still some problems that need to be solved in the implementation of this model, such as occupying students' spare time, making the training time of interest classes contradict their own arrangements, lax management in the later period of the school, and the lack of necessary teaching facilities and equipment. This model has both advantages and disadvantages, but in general, the advantages outweigh the disadvantages, and it also plays an important role in the reform of the education mode of colleges and universities.

CONFLICT OF INTEREST

The authors have no relevant financial or non-financial interests to disclose.

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