The Discussion on the Content of the Teaching and Learning Evaluation Standard in the Physical Education—Take the Example of Taijiquan Teaching in Tian Jin University Renai College

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Abstract. It is of great significance to arrange the teaching content reasonably. Select the appropriate teaching methods and make the students' evaluation standard scientifically. However, many teachers have some aimlessness in the selection of teaching contents. The use of teaching methods and the development of students' evaluation. Based on the serious study of “Guidelines for the Teaching of Physical Education in Ordinary Universities in China”, combining with the characteristics of the students' psychological characteristics and teaching mode, and special sports characteristics and then selecting teaching contents, teaching methods and students learning evaluation standard’s establishment. And then discuss about it. The aim is to provide reference for more physical education teachers and improve the physical education effect.

1. Introduction
In physical education. It is important to arrange reasonable teaching contents, teaching methods and develop perfect students' evaluation standards for physical education. Under the guidance of formulation, we have finished the current country ordinary university teaching plan, teaching content and evaluation standard of students' learning which based on “The National Ordinary Higher School Physical Education Curriculum Teaching Instruction. According to the outline, "universities can make a syllabus for the outline and the actual situation of the school. And select the content of the teaching." In the actual teaching process, the different physical education teachers in colleges and universities suffers from physical education ability, teaching attitude and the different variety of reasons. It has certain aimlessness in the evaluation standards. Such as sports special ability in teaching content, teaching method based on the use and the students' learning which directly affect the teaching effect.

Through years of teaching experience in Taichi, the author has studied the curriculum teaching guidelines for the general higher education in China. The teaching contents, teaching methods and the evaluation criteria of students are selected in combination with the students' psychological characteristics, teaching modes and special sports characteristics. This paper discusses the ideas of selecting teaching content, teaching methods and developing students' evaluation criteria. In order to provide reference for more physical education teachers and improve the physical education effect.
2. Guidelines for determining course content in the outline

The outline is the instructional document of PE teachers for physical education. Every PE teacher can receive a good teaching effect only if he carefully chooses the teaching content on the basis of reasonable study of the outline. In the link of the arrangement of teaching content, four "combination" were mentioned in the outline, namely: combining the keeping fit with culture, combining the selectivity and efficiency, combining scientific and acceptability, and combination of nationality and cosmopolitan. Every PE teacher should think carefully about how to integrate these four "unions" into the teaching content.

2.1. Adhere to "healthy first" guiding ideology, and pay attention to the cultural content of sports project

In physical education, the guiding ideology of "healthy first" is the basic starting point for determining the course content. Teachers should give priority to improving students' health. Therefore, in the content arrangement of physical education, no matter what teaching methods and measures are adopted, the fundamental purpose of improving students' health should be built around.

"Sports culture" is an important part of physical education curriculum, and the lack of cultural connotation of physical education curriculum is a deficiency in the cultivation of contemporary college students. In the course of teaching, the arrangement of the project and the selection of teaching contents must integrate the connotation of culture into physical education.

2.2. Arrange the teaching content according to the students’ characteristics, and pay attention to the actual effect of healthy development

The main body of physical education is students, the teaching content should be arranged according to the students' physiological characteristics and psychology. It is effective to improve students' healthy development level through physical education.

2.3. Adhere to "people-oriented", and follow the students’ physical and mental development rule

Students are the "main body" of physical education. In teaching, teachers must adhere to the "ontological" status of students and follow the rules of physical and mental development of students. Through teaching, the combination of personality development and social development lay a good foundation for their healthy development.

2.4. Standing on the height of carrying forward the traditional culture

Education is of great practical significance in today's traditional culture. Physical education teachers should fit education into the traditional culture in the arrangement of teaching content. In the process of physical education, the traditional culture and modern physical education are combined to enhance the influence of traditional culture on students.

2.5. Integrate “Students' Physical Fitness Standards” into teaching in class

The “Students' Physical Fitness Standards” can objectively evaluate students' physical health status. Therefore, a proper proportion of physical fitness exercises should be arranged in physical education. Therefore, appropriate proportion of physical training should be arranged in PE teaching. In class teaching, assess the physical condition of the students with the “Students' Physical Fitness Standards” in order to achieve the goal of all-round development of physical quality.

3. Guiding principles for determining students' learning evaluation standards in the outline

The evaluation of students' learning in the outline is divided into three dimensions. The first dimension is to evaluate students' physical ability, motor skills, cognition, learning attitude and behavior, communication and cooperation spirit, the learning effect and learning process of affective expression. The second dimension is the way of evaluation, which can be carried out by students' self-assessment, mutual evaluation and teacher evaluation. The third dimension emphasizes that the evaluation should
be reduced and selected, the function of encouragement and development should be strengthened, and the progress of the students should be included in the evaluation content. In view of these three dimensions, the general analysis is as follows:

3.1. **Physical and athletic skills are important elements of evaluation**
Evaluating the physical and sports skills of the students is the core element that is different from other courses. Therefore, it is necessary to grasp the key points in the evaluation. In particular, the evaluation of the basic sports skills that reflect the physical health of the students and their daily life is in an important position. For example, in terms of health: evaluation content evaluation reflects the students' basic physical condition of the cardiovascular function assessment, physical strength and speed quality. The basic sports skills that reflect students' aspects of daily life such as long distant running, and the sensitive reaction of the body coordination activities such as Dodge, jump and so on.

3.2. **Evaluation criteria should cover the emotional factors in learning**
Emotional factors, such as cognition, learning attitude and behavior, communication and cooperation spirit and emotional expression, have an important influence on the growth of students in physical education. Through the study of physical education, the rich emotion can be sublimated. And scientific evaluation is conducive to strengthening and maintaining the positive emotions of the students, thus promoting the growth of the students. In addition, the evaluation of students' knowledge, emotion and meaning also plays an important role in the teaching effect.

3.3. **Evaluation should have the function of motivation and development**
The evaluation of students' learning in physical education have an incentive function. We can inspire and maintain students' intrinsic motivation by evaluation, and improve their enthusiasm and creativity in sports learning, so as to achieve a good educational purpose. The appropriate evaluation results can give students a sense of psychological satisfaction, which will encourage them to keep forging ahead and promote their development.

4. Analysis on the characteristics of students and teaching models of Tianjin University Renai College
In the teaching of physical education in Colleges and universities, the characteristics of teaching and the mode of physical education are the important factors that affect the content of teaching. Therefore, it is necessary to think carefully when arranging the content of teaching.

4.1. **Students’ characteristics**
Tianjin University Renai College is an independent college. The characteristics of students in physical education are as follows: learning initiative and independent thinking ability are poor, teaching process needs to be encouraged, interpersonal skills are strong, time concept is poor, and sports ability is uneven.

4.2. **Teaching model**
The physical education of Tianjin University Renai College adopts the teaching mode of sports option. The elective course of physical education in Colleges and universities usually arrange to be chose one course of physical education every semester. It takes 18 weeks for each semester, once a week, with a time of 90 minutes each time.

To sum up the typical characteristics of the teaching of Taijiquan movement is complex and difficult for students who has no basic of movement. [3] (The use of teaching methods needs to be carefully studied in order to achieve good teaching effect. Limited to the length of text, this article omits the content of teaching methods). According to the two factors of students' characteristics and teaching mode, the teaching contents, forms and evaluation standards of Renai College of Tianjin University are formulated. (See Table 1)
Table 1. Teaching content, form and evaluation from Renai College of Tianjin University

| Content of courses                      | Teaching form                                      | Evaluation (percentage) | Analysis                                                                 |
|----------------------------------------|---------------------------------------------------|-------------------------|--------------------------------------------------------------------------|
| The basic action teaching of Taijiquan  | Teachers' lectures accounted for 80%, and group self-study accounted for 20% | 40% (24% for teachers, 16% for self-study) | For the sake of the effectiveness of action can be slightly cut; to cultivate students' ability of collaborative learning; focus on cultivating self-study and cooperative spirit in the evaluation. |
| Physical quality exercise -- basic physical quality | practice on the class | 30% | On the basis of the standard of students' physical fitness and health, the timeliness of physical exercise is highlighted |
| Sports Culture -- the theory of Taijiquan and the basic theory of sports (including sports injury and first aid, sports competition) | Teachers' title and direction: the combination of students' group self-study and independent self-study | 20% | Carry forward the traditional culture; cultivate the students' ability of sports appreciation; cultivate the students' ability to learn themselves. |
| Psychology including cognition, learning attitude and behavior, communication and cooperation spirit, emotional expression and so on. | Teacher's classroom explanation and the combination of students' self-study | 5% | The teachers assess the students' psychological ability through observation and analyze them. |
| Other (time concept, etc.)              | Class roll call                                   | 5%                      | Cultivating students' concept of time                                    |

Description: Self-study using A: Group self-study and B: independent study of the combination of the way.

5. Summary
Reasonable teaching content and perfect student learning evaluation standard play an important role in improving teaching quality, consummating teaching process, improving teaching methods, improving students' learning effect, stimulating interest in sports and establishing lifelong sports concept. Physical education contents and formulating students' learning evaluation criteria must be arranged under the guidance of teaching guidelines for physical education curriculum in national universities. Secondly, students are the main body of physical education. When arranging physical education teaching contents and formulating students' learning evaluation criteria, we must take the psychological characteristics and physiological characteristics of students and formulate them in the condition of careful analysis into account. In addition, the teaching mode of college sports, different special characteristics such as the formulation of the teaching content and evaluation standards have an important impact, we must consider these factors and make comprehensive evaluation, in order to achieve good results so we can lay a good foundation for the development of students.

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