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Examination of Uniball Sports Entering the Physical Education Teaching Materials of Higher Vocational Colleges in the View of Curriculum Theory

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Abstract: *Uniball is a new sport that integrates traditional Chinese sports culture and modern sports. Uniball, as an emerging sports, should belong to the problem of textbook compilation, that is, the research content of curriculum theory. The significance of studying Uniball from the perspective of curriculum theory is that: the teaching value and sports spirit of Uniball are the decisive forces for its entry into higher vocational physical education textbooks; the entry of Uniball into higher vocational sports textbooks is due to the teaching reform; The entry of physical education textbooks in higher vocational colleges is the result of a variety of factors; curriculum organization has a restrictive effect on the entry of sports teaching materials in higher vocational colleges.*

Keywords: *uniball running; higher vocational education; integration of sports and education; curriculum theory*

Uniball is an emerging sport that combines traditional Chinese sports culture with modern sports. Most higher vocational colleges in our country pay attention to the physical health of students and the development of school sports programs, but most of the higher vocational colleges also focus on traditional sports programs and rarely carry out emerging sports. Uniball, as an emerging sports, should belong to the problem of textbook compilation, that is, the research content of curriculum theory. Therefore, it is particularly necessary to do some research about Uniball from the perspective of curriculum theory.

Introduction: what is “uniball”

Uniball was born in 2008. It is a collective ball game that competes against the net. Two men and two women play on each side of the game, using pass, pad, buckle, block, serve, block, top, kick, flip, Hook, wipe, hang and other whole body techniques to compete (Pi et al., 2020). This sport is based on the ancient Cuju sport, combined with many Produced by a ball game. It is similar to the game of Cuju across the net in the Tang Dynasty. It contains a strong Chinese culture and integrates the rules of modern Western competitive sports. A “collective ball game” project of “mixed men and women, confrontation across the net, combined use of hands and feet, three-dimensional offense and defense, suitable for all ages”. From the perspective of sports

culture, Uniball is a ball of “moderation” and “balance”, a sport for cultivating the literacy of “moderation and balance”, a pursuit of “harmony with the body, with people, and with nature”, A sports event that finally achieves the realm of “harmony and joy”.

The teaching value and sports spirit of uniball is the decisive force for its entry into higher vocational sports teaching materials

There is not much space in the sports teaching materials, and even rarely appears in the teaching materials, but the sports of the ball is still the most important teaching item in recent years. This is closely related to the teaching value of Uniball and the sports charm of the project.

The teaching value of ball sports

Before entering the textbook, Uniball was an interest-based sport; since entering the content of the textbook, Uniball has gradually formed a three-dimensional curriculum goal of health, moral education and cultural heritage, and moral education has become an important mission of school sports. Uniball has an irreplaceable educational significance for other sports.

Firstly, Distinctive project characteristics of the Uniball.Uniball is a “three good” project: studious, fun, and good-looking. The ball can land once, making it very easy to get started and easy to learn; using both hands and feet, the whole body exercise, not only exercises instant decision-making ability, but also cultivates the quality of will, which is very fun; there are various ball techniques and tactics, and at the same time, defending and saving the ball The thrilling aesthetics, the offensive aesthetics of the romantic eye, the coordinated aesthetics of mutual cooperation, and the suspense aesthetics of fierce confrontation are all fully displayed and beautiful. In addition, against the net, without physical contact, and the ball is still a safe sport. All in all, and the ball is a particularly high-quality sports. I believe that those who have been exposed to and ball sports will have an insight into its most fundamental “project characteristics”. Through Uniball, college students can learn about Chinese Hehe culture, know Uniball, walk into Uniball, and become independent and confident people.

Secondly,The unique rules of the game.Playing with the ball requires the use of both hands and feet. The success rate of using the upper body is high, but there are only two chances. At the moment of hitting the ball, the athlete needs to decide whether to use the upper body or the non-upper body. “Leaving teammates a chance” requires a decisive decision to develop the athlete’s ability to analyze, judge and make decisions. In a match with the ball, the on-the-fly offense and the romantic eye offense constitute a three-dimensional combination. The tactics are colorful. Whether it is offense or defense, you need to choose wisely and judge in time. In the last game, each team consisted of 4 people, two men and two women. On the field, it is necessary to give full play to the speed and strength of men and the delicacy and rigor of women, to form complementation and interaction between different genders, so that the relationship processing on the field is richer and closer to social reality, which is very helpful for cultivating and improving people’s Emotional intelligence. Men and women are indispensable, and cooperation can only be successful. Uniball is a collective ball game that emphasizes collaboration.

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Thirdly,The traditional sports culture and patriotism contained in the ball game.Uniball inherits the traditional cultural concept of nature and harmony with "harmony" as the core, and its competitive confrontation method, point management system, and competition grading system also incorporate Western modern elements. The combination of tradition and innovation enables Eastern and Western cultures to be fully integrated through Uniball. As a carrier and medium for disseminating culture, the cultural concept of Uniball can not only replace the cognition of traditional Chinese sports culture, but also cultivate the patriotism of college students.

The unique sports charm of uniball

The imbalance in the development of emerging sports has led to the failure of the uniqueness of many sports. Uniball is an excellent simulation platform, which can practice, experience, accumulate and improve the mental, physical, conscious, spiritual and other abilities necessary for competition in modern society, and accelerate the process of socialization. In the specified venue, the projects that have fast transition between attack and defense, and require high physical fitness and technical and tactical literacy are mainly manifested in five aspects: one is the need to correctly understand the victory and defeat, the belief and spirit of continuous pursuit and never giving up, the second is the need for Projects that face competition, tenacious struggle, and battle of wits and courage; thirdly, projects that require the cooperation and solidarity of men and women; fourthly, projects that focus on etiquette and righteousness; Natural item. Centered on students' feelings, it not only reflects the Chinese cultural heritage, but also shows the contemporary Chinese style.

The entry of uniball into the physical education textbooks of higher vocational colleges is due to the teaching reform

The basis for the selection of course materials is nothing more than the course content itself, society, students, etc. The course content itself, social development and the characteristics of students' physical and mental development are affected by the times. For example, the learning thinking of college students in the new century is very different from the thinking of students in the 1980s and 1990s. Therefore, teaching reform will inevitably lead to changes in school curriculum content. Teaching reform is the objective basis and important basis for the selection of course content.

Whether it is the project characteristics of the ball game or the sports charm of the ball game itself, it is a very valuable teaching resource in physical education. The curriculum concept in a harmonious society environment cannot be the same as the curriculum concept in an environment full of struggles, and the training requirements for people are also different. For example: how to make students actively participate in the competition, extend the teaching in the course to the extracurricular, realize the integration inside and outside the classroom to motivate students to face difficulties and dare to challenge, this is the core problem of the function of the ball.

In the interview, we also recorded the attitude of students towards participating in the competition: "We are very interested in the competition in the school, but we are afraid that we will fail in the competition outside

the school, which would be a bit of a shame...", "fear", "failure" Words like "losing face" actually reflect students' lack of self-confidence from the side. Such lack of self-confidence is based on their cognition of sports competitions that there are only winners and losers, and they fail to comprehend the true meaning of sports competitions. The teaching effect is a teaching feedback that tests whether the teacher has explained the knowledge points clearly and whether the students can grasp it. The age group of college students is an important stage in the formation of world outlook, outlook on life and values. How to guide students? How to get feedback? Through an in-depth investigation of the actual physical education of the students taught, to understand what requirements each school should have for cultivating students, and then combined with the more interesting and novel teaching content, to explore the effective way of college students' physical education teaching effect, for the new It provides a theoretical basis for the society's demand for comprehensive talents under the current situation. Students' requirements should be understood on the basis of active and serious lesson preparation.

With the progress of the times and the development of science and technology, many excellent sports resource platforms at home and abroad have provided us with a variety of choices, seeking innovation in form, exploring more interesting sports games, or interesting teaching languages, for us Physical education classes are also very important. From the interviews, I saw the enthusiasm of girls in sports, gradually from passive to active contact and practice with the ball, and even other sports; the boys quickly learned the techniques and rules of the ball through the transfer of knowledge and skills , I have to say, this is the charm of sports and the attraction of sports events. This phenomenon also allows students to cooperate, enhance self-confidence, cultivate team spirit, establish team awareness, and the idea of winning glory for the team and not holding back the team will emerge as the times require. These are also in line with our original intention of introducing this sport into teaching materials and classrooms. In addition to strengthening the body, we should improve the subjective initiative of students to participate in the exercise, so that more students can join the exercise.

In the final analysis, teaching reform is an inevitable factor for the change of curriculum content. Uniball is the product of teaching reform, and the changes of Uniball in the physical education textbooks of higher vocational colleges are also due to the times.

The entry of uniball into physical education textbooks in higher vocational colleges is the result of many factors

The selection of textbook writers and ball sports should reflect the national ideology

"Education or curriculum is seen as a basic means of maintaining existing social privileges, interests and knowledge, even at the expense of less powerful groups in order to maintain their own privileges." （M.W.,2020）. In the course selection process, the ruling class controls the choice of course knowledge through the power in its own hands. In the actual course content selection process, the textbook writer, as the national spokesperson, selects and organizes all the knowledge that enters the textbook according to the interests of the country, and makes the knowledge that conforms to the national ideology presented to the students in the form of texts. student. When they screen the content of textbooks, it is actually a process of infiltrating the textbooks with the ideology of the state, and then achieve a certain social control.

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Teachers should be able to guide students to understand the meaning of ball sports in teaching

For example, a chapter in the Book of Rites is called The Doctrine of the Mean. It means that we have reached the realm of neutrality, where heaven and earth exist, each in its own place; all things are there, developing and growing. This is a world of harmonious coexistence, very orderly, the most beautiful, highest and best realm. But, what is “in”? What is “and”? That is to say, “The joy, anger, sadness, and joy are not released, which is called the middle; when they are all middle, it is called harmony; the middle is the great foundation of the world; the harmony is the way of the world.” “Zhong” is the root. , It is oneself, it is everyone, and everyone has joys, sorrows, sorrows, and joys. The state in which“joys, sorrows, and joys”are not emitted is“middle”. However, life is alive, the world is changing, and it is impossible to stick to the state of “middle” all the time. Then, “the hair is all in the middle section, which is called harmony”. That is to say, emotions can occur, but they can’t occur as much as they want, without limits and bottom lines. Only with moderation, control, and balance can we make the world “orderly” and harmoniously coexist. Therefore, the external form of “harmony” is “harmony, peace”, etc., and its inner root of the original meaning is “moderation and balance”. Only when the individual is restrained can the group have order and the world can have harmony.

The characteristics and receptive ability of students' physical and mental development affect the selection of textbooks and the sportsmanship of ball sports

Students’ feelings towards Chinese traditional culture directly affect the selection of Uniball by textbook editors. Students are very sensitive to the curriculum and teaching materials, and the curriculum is in line with their physical and mental development and meets their needs, and the students welcome it; on the contrary, the students are depressed and disgusted with the curriculum. The content of textbook selection is closely related to the characteristics of students’ physical and mental development. Because the object of education is students who are in constant development, all activities related to education must take the students’ physical and mental development law and cognitive status into the first consideration. Only in this way can we improve the efficiency of teaching and the enthusiasm of students to learn. In addition, the logical order of the content of the textbook depends on the cognitive laws of the students. On the basis of following the laws of physical and mental development of the human body, we should use physical exercises to achieve the purpose of enhancing physical fitness and improving the level of sports skills, and at the same time, we must establish a lifelong awareness of sports.

Confucius said: “The way of a gentleman, the brave are not afraid.” First of all, driven by ideals and beliefs, it embodies a fearless spirit of “not yielding despite many setbacks, and not giving up despite all difficulties”. This kind of spirit has an innate element, but it is more dependent on the continuous understanding of the day after tomorrow, and is cultivated and shaped through the tempering of practice, so as to melt into the blood of human beings and form an instinct of human beings. On the basis of being fearless, we must be able to mobilize all our strengths to fight and win, so that we can fight and fight and move forward bravely.

The research results of the teaching reform of sports teaching materials in higher vo-

cational colleges

In terms of the entry and exit of the sports teaching materials, the researcher of sports teaching materials is a factor that cannot be ignored. Because they are people who specialize in sports textbooks and courses. In this regard, some researchers believe that to deepen the integration of sports and education with Chinese characteristics, promote the coordinated development of youth cultural learning and physical exercise, promote the healthy growth of youth, temper their will, and improve their personality, and cultivate socialist builders who develop morally, intellectually, physically, aesthetically, and labor in an all-round way. and successor. The concept of the integration of sports and education is a comprehensive deployment and top-level design for my country's education and sports work in the new era. Its essence is to integrate the training of competitive talents (sports) into the national education system (teaching). College students' study of Uniball can lay the foundation for their lifelong learning. (Wang, 2020)Therefore, the views and research results of sports researchers are very important to The influence of the compilation of higher vocational physical education textbooks is obvious.

In a word, the entry and exit of sports teaching materials in higher vocational colleges is the result of teaching reform. The content of the textbook is not the result of random selection, but the result of intentional selection. This kind of conscious choice, firstly, determines that the content of the sports teaching materials in higher vocational colleges is valuable knowledge, and affirms the sports of Uniball; secondly, it conforms to the development of the times; thirdly, it is the result of the influence of various factors.

Curriculum organization has a restrictive effect on the entry of uniball sports into physical education textbooks in higher vocational colleges

From the perspective of curriculum theory and the effective teaching strategies of ball sports, we will have a new understanding. From the perspective of curriculum theory, the development of teaching activities is the implementation of the curriculum. From the perspective of system theory, it is necessary to pursue efficiency and implement optimal design, that is, teachers and students are required to comply with objective laws as much as possible, and to obtain as much teaching gains as possible with as little time, energy and material investment as possible.

In 1949, Taylor put forward the problem of "how to choose a learning experience that helps to achieve educational goals" in his book "Basic Principles of Curriculum and Teaching", and the choice of curriculum content has become an important issue of "Taylor Principle". The content enters the curriculum, enters the teaching material, and becomes the content of school education. Taylor proposes five general principles for selecting learning experiences, two types of organization (vertical organization and horizontal organization) for organizing learning experiences, and three criteria for effectively organizing learning experiences (continuous, sequential, and integrated). In this process, he emphasized the leading role of curriculum objectives, emphasized the certainty, rigor and unity of curriculum content, and excluded ambiguous and uncertain knowledge from the curriculum content.

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The content of teaching reform changes in the textbooks is universal and general, and the adjustment of individual sports is not unexpected. We should not focus on the number of traditional sports teaching materials for Uniball, and there is no need to put all kinds of "emerging sports" in the sports teaching materials of higher vocational colleges in the middle and rear parts of the teaching materials. The appearance of Uniball in the textbook is a corresponding adjustment made in response to the development of the times, the new curriculum reform, and the new concept of textbook compilation. It is the result of the textbook editor's purposeful choice. . The lack of research and development of "Harmony Ball" is mostly a misunderstanding caused by insufficient grasp of emerging sports, lack of understanding of changes in curriculum reform, knowledge of curriculum content selection and organization. The focus of our attention should be on the changes of curriculum reform, the selection of curriculum content and the theoretical knowledge of organization. Think about this point clearly, and then open the horizon of choice. From ancient times to the present, it is not limited to a certain sports event, but those that record the outstanding achievements of human civilization, promote human progress, and help improve students' physical fitness. The independent characteristics and the beauty of sports All sports should be included in the selection.

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