

# Reform and Optimization of Physical Education Teaching in Guangxi Private Universities During the 14th Five-year Plan

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**Abstract:** Physical education teaching in private colleges and universities is a key link in the cultivation of talents in colleges and universities. Through the methods of literature, expert interview and questionnaire survey, this paper makes a multi-dimensional analysis of the objectives and concepts, structure and content, teachers and teaching, curriculum and evaluation of physical education teaching in private colleges and universities in Guangxi during the 14 th Five-Year Plan period. From the perspective of educational governance, this paper puts forward the direction and suggestions of physical education teaching reform in private colleges and universities in Guangxi, including concept governance, content governance, environmental governance and development governance.

**Keywords:** Physical Education Teaching, Private Universities, Educational Governance Reform, Optimization

## 1. Introduction

The "14th Five-Year Plan" period is the first five years for China to build a modern socialist country and realize the great rejuvenation of the Chinese nation, five years for the reshaping of the world's political and economic pattern, five years for the transformation and development of the two centenary goals, and five years for the modernization of the country's governance level and comprehensive capabilities. During the "14th Five-Year Plan" period, the development of national sports has gradually entered a new era with the increase of social demand. As an important window for the export of higher sports talents, the improvement of the education level of private colleges and universities in Guangxi is of practical significance for enhancing the sports strength of ethnic areas, consolidating the awareness of sports and fitness of the Chinese national community, and enhancing the comprehensive strength of sports in western provinces.

## 2. Research Objects and Methods

### 2.1 Research Subjects

The survey object of this study is the physical education teaching situation of private colleges and universities in Guangxi, including physical education curriculum setting, course outline, teaching effect, teaching process, teaching feedback, infrastructure and other aspects. It involves teachers, students, graduates, and teaching administrators from 26 private universities.

## 1.2 Research Methods

A mixed-method study design was adopted to accomplish two study objectives. The first research objective is to collect the factors influencing the reform of physical education teaching in private colleges and universities in Guangxi. The questionnaire survey method was used to classify the population involved in 26 schools in 14 prefectures and cities, and 400 samples were distributed, and the validity was tested by the expert evaluation method.

The second research objective is to explore the optimization measures to improve physical education teaching in private colleges and universities in Guangxi. This part uses qualitative interviews to select experts and scholars in teaching management of private universities in Guangxi to analyze the current situation and dilemmas from the perspective of management.

The sampling method of quota sampling was used in this study. By classifying the attributes of the school-running level and the junior college, the number of questionnaires distributed by the colleges and universities of the junior college is set to be 200 according to the needs, and the qualitative interviews are 10 people in each of the two categories.

**Table 1.** Sample Survey Data Table

Research Category	Sample object	Number of valid samples (person)
ration	undergraduate	196
	Specialist	192
qualitative	Teachers and academics	10
	Managers	10

## 2.2 The Development of Physical Education Teaching in Private Colleges and Universities in Guangxi During the "14th Five-Year Plan" Period

The difference between private colleges and universities<sup>2</sup> and public colleges and universities lies in the different organizers and financial supply methods, private colleges and universities are colleges and universities that provide state-recognized higher education for the society by social enterprises and institutions, social organizations, other social organizations and citizens and other social forces, using non-state financial education funds and in accordance with the standards for the establishment of colleges and universities formulated by the state and local education administrative departments. <sup>3</sup>There are 82 ordinary colleges and universities in Guangxi Zhuang Autonomous Region, of which 26 are private universities, accounting for 31.7%, which is an important supplementary way for higher education in Guangxi. The characteristics of Guangxi's private colleges and universities are that they aim to cultivate professional, all-round and application-oriented talents. This group has the remarkable characteristics of particularity, professionalism and application, and the curriculum teaching requirements focus on highlighting the applicability of the social environment and the autonomy of learning ability.

**Table 2.** List of private universities in Guangxi (as of September 1, 2023)

serial number	Name of the school	The level of running the school
1	Nanning University	undergraduate
2	Beihai College of Art and Design	undergraduate
3	Liuzhou Institute of Technology	undergraduate
4	Acacia Lake College, Guangxi University for Nationalities	undergraduate
5	Guilin University	undergraduate
6	Teachers College of Nanning Normal University	undergraduate
7	Sainz New Medical College, Guangxi University of Traditional Chinese Medicine	undergraduate
8	Guilin Institute of Information Technology	undergraduate
9	Nanning Institute of Technology	undergraduate
10	Guangxi University of Foreign Chinese	undergraduate
11	Beihai College, Beihang University	undergraduate
12	Guangxi City Vocational University	undergraduate
13	Guilin Life and Health Vocational and Technical College	Specialist
14	Guilin Shanshui Vocational College	Specialist
15	Guangxi Vocational College of Performing Arts	Specialist
16	Guangxi Yinghua International Vocational College	Specialist
17	Guangxi Vocational College of Engineering	Specialist
18	Guangxi Polytechnic Vocational and Technical College	Specialist
19	Guangxi Vocational College of Economics	Specialist
20	Guangxi Vocational College of Science and Technology	Specialist
21	Guangxi Peixian International Vocational College	Specialist
22	Guangxi COSCO Vocational College	Specialist
23	Yuchai Vocational and Technical College	Specialist
24	Guangxi Blue Sky Aviation Vocational College	Specialist
25	Wuzhou Medical College	Specialist
26	Beihai Health Care Vocational College	Specialist

### 2.3 Guiding Ideology is the Guide

During the "14th Five-Year Plan" period, the CPC Central Committee with Comrade Xi Jinping at the core advocated that top-level design should be done well in the formulation of various plans, actively absorb the opinions of experts and grassroots<sup>4</sup>, conduct in-depth research on the front line of teaching, and brainstorm ideas. <sup>6</sup>Various guiding ideologies such as "health education first", "student-oriented", "lifelong sports awareness" and "sports interest" have been written into the teaching objectives of physical education during the 13th Five-Year Plan period. <sup>5</sup> During the 14th Five-Year Plan period, we should combine the new situation of sports development in private colleges and universities in the new era, conduct in-depth research on key areas and key links of development, and plan the effective connection between the development goals of physical education teaching in private colleges and universities and the sports undertakings of

colleges and universities. Physical education is a direct act to achieve the goal of school physical education, and it is also an important part of the school physical education curriculum system. Therefore, during the "14th Five-Year Plan" period, the development of physical education in private colleges and universities should be based on the spirit of the important instructions of the CPC Central Committee on planning, based on the new stage of development, implementing the guiding ideology, leading the new pattern of sports in private colleges and universities, and promoting the development of high-quality sports.

## **2.4 Practical Problem-Oriented**

General Secretary Xi Jinping pointed out at the symposium on education, culture, health and sports that the new situation of sports development should be problem oriented. 6It fully reflects that problem-oriented is the highland of physical education teaching optimization and reform in private colleges and universities, and according to the practical dilemma of physical education teaching, in-depth analysis, focusing on major difficulties, and strengthening the depth of reform are practical measures for the problem-oriented principle. Facing up to problems is the first step to solving problems, discovering problems is the starting point of practice, and researching and solving problems is the key to improving the quality of teaching.

## **2.5 Reform and Innovation as the Driving Force**

The "Basic Standards for Physical Education in Colleges and Universities" proposes that it is not only necessary to "further promote the reform of physical education curriculum, rationally arrange teaching content", "innovate education and teaching methods, and enhance the attractiveness, characteristics and timeliness of physical education teaching". 7 In order to make the reform and optimization of physical education teaching go smoothly, we must first recognize the necessity and importance of reform. Under the existing system in China, the physical education teaching of students in private colleges and universities is one of the weak links. Reform is not about "tearing down" reconstruction, but about combining "reconstruction" and innovation. Any kind of "push-down" type of change is not advisable, and it will cause students to become bored and tired of learning. The key to the high-quality development of physical education is to use reform methods to solve development problems and improve the quality of development. Deepening reform and achieving high-quality development have become the main theme of the current development of higher education. How to seize the strong impetus of reform, take advantage of the new development opportunity of the "14th Five-Year Plan", give full play to the power of sports in private colleges and universities, truly promote the physical and mental health and all-round development of students, and cultivate lifelong sports awareness is the main source of strength for the optimization of physical education teaching.

## **2.6 Evaluation Feedback as a Tool**

The evaluation is divided into two evaluation methods: process and outcome, which is a feedback tool to promote the quantitative display of teaching and learning results in the teaching process and improve the teaching effect. Teaching quality evaluation refers to the objective and comprehensive grasp of teachers' teaching quality and level through a series of scientific evaluation methods according to the set teaching objectives, so as to improve teaching work and improve teaching effectiveness in a timely manner. The evaluation of physical education teaching in private colleges and universities mainly includes the establishment of the evaluation index system and the determination of evaluation methods. During the 14th Five-Year Plan period, the reform and optimization of physical education teaching in private colleges and universities need to use evaluation and feedback as tools to promote the all-round reform of physical education teaching.

During the "14th Five-Year Plan" period, the physical education teaching of private colleges and universities in Guangxi should adhere to the guidance of the Central Committee of the Communist Party of China, the guidance of practical problems, the driving force of reform, and the evaluation and feedback as a tool to innovate teaching methods with more novel concepts, promote the modernization of the governance system and governance capacity, and create a new situation for the development of sports in private colleges and universities in Guangxi.

### **3. The Main Problems Existing in the Teaching of Physical Education in Private Colleges and Universities in Guangxi**

#### **3.1 Teaching Objectives and Concepts: Development Lag and Uncertainty**

From the perspective of the specifications and levels of talent training, Guangxi private colleges and universities are the mainstream position for cultivating advanced applied technical talents, which requires that the corresponding education and teaching activities must serve the whole process of talent training at the corresponding level, and the same is true for physical education. However, at present, the development of private university education in Guangxi is still in the rising stage, and most schools are gradually formed in the process of transformation and integration of junior colleges and technical schools, so many schools still have traces of education and teaching at the original level in terms of education and teaching goals and concepts. Physical education teaching activities are a type of teaching with strong practicality and many participations and interactions and have strict realistic requirements for teaching objectives and effects. At present, there is also the uncertainty and lag of grasping goals and concepts in physical education. There is no unified guiding document for physical education teaching in private colleges and universities in China, and private colleges and universities mostly carry out physical education teaching activities in accordance with the characteristics of provinces and cities or the actual situation of the school, which also leads to the blind following and referring to the content of other schools in the curriculum standards, syllabus, curriculum objectives and teaching concepts of some private colleges and universities in Guangxi, and to a certain extent ignoring the fundamental purpose of physical education teaching in the school and the profession to serve the school's talent training<sup>8</sup>. The uncertainty and development lag of the goals and concepts of physical education in private colleges and universities in Guangxi is one of the main problems existing in the physical education teaching of private colleges and universities in China.

#### **3.2 Structure and Content: Relatively Single and Fixed Program**

At present, in the process of teaching reform in Guangxi, the teaching of physical education courses in private colleges and universities is gradually approaching the physical education teaching mode of high-level universities, and the teaching of physical education course selection system is implemented. Physical education is carried out in the form of different sports such as basketball, football, martial arts, table tennis, sports dance, aerobics, yoga, air volleyball, and guided health exercises, which enriches the content and process of physical education in private colleges and universities to a certain extent. However, due to the shortcomings of private colleges and universities' infrastructure, venue facilities, and teaching soft power, the teaching effect is greatly reduced, and students are very rare to master 1-2 sports in the real sense. Through the distribution of the recovered effective questionnaires, it was found that the relevant indicators of sports running in private colleges and universities in Guangxi were statistically counted. (Table 3).

**Table 3:** Statistics of Physical Education Teaching in Colleges and Universities in Guangxi

Indicators	Private undergradua te	Private specialt y	Outline of the Teaching Guidelines for Physical Education Courses in Ordinary Colleges and Universities
Duration of Physical Education Courses per Student (Academic Year)	2-3	1-2.5	2
Student's Credits for Physical Education Courses (Points)	6-18	2-10	6
Total number of hours of physical education per student (class hours)	128-236	64-188	144
Percentage of Physical Education Theory Classes (Percentage)	10%— 30%	0%--10%	10%

The quantitative requirements for the combination of theory and practice of physical education courses in colleges and universities in the "National Guiding Outline for the Teaching of Physical Education Courses in Ordinary Colleges and Universities" require that ordinary college students have at least 144 hours of physical education courses and 4 hours of physical education theory courses per semester accounting for 10%. 10

According to the incomplete statistics in Table 3-2-1, from the perspective of the number of years of physical education courses, credits, total class hours and the proportion of theoretical courses per student, private colleges and universities show large differences in indicators at different levels, and some of them fail to meet the standards. In terms of the current teaching methods, private colleges and universities do not have a good hardware foundation and organizational form to effectively and conveniently complete routine sports tasks, such as the national college students' physical fitness test, campus sports meeting and other related activities. Usually, the regular teaching time is used to complete the corresponding tasks, resulting in a compact physical education teaching process, which cannot achieve the established teaching effect. In terms of course selection tendency, due to the influence of personal interests and hobbies, students usually choose the items they are familiar with or are relatively easy to pass the exam, which also leads to the fact that the cognition and learning of physical education are still at the basic level after the physical education courses of students in private colleges and universities and cannot meet the basic attributes of sports.

It profoundly shows that in the current physical education curriculum and standards of private colleges and universities in Guangxi, the teaching links, teaching methods, course selection tendencies and other links have fallen into a situation of solidification and single procedure, and the systematic implementation of the course content is weak and repetitive in order to effectively connect the teaching of physical education in different grades, which hinders the effective achievement of physical education teaching goals.

### 3.3 Teachers and Teaching: Relative Weakness and Overall Neglect

Teachers are the key to talent training. In the existing education and teaching system, physical education is only a compulsory public subject in Guangxi's private universities, and does not have an independent discipline status, and the curriculum resources and education and teaching conditions are not ideal. 11According to the sampling data, the characteristics of the title of physical education teachers in private colleges and universities in Guangxi are narrow at both ends and wide in the middle, and an important part of the teachers is the title of teaching assistant. Physical education is not only a practical course, but also needs teachers with high level, sufficient teaching experience and high sports and theoretical foundation as leaders to build physical education teaching courses.

The cultivation of high-quality teachers and the construction of promotion channels are important practical foundations that affect the development of physical education teaching and talent training in private universities. 12Through the analysis of teachers' academic qualifications, the main force of physical education courses in private colleges and universities in Guangxi is 61% of graduate students with master's degrees, followed by 28% of bachelor's degree students, and 11% of high-level doctoral students. Physical education is a discipline with strong theoretical and practical tests, and the cultivation of high-level talents tends to be elite, and the lack of top-level structure has a great challenge to the theoretical direction and practical status of the discipline.

There are two major drawbacks of teachers in Guangxi's private universities: frequent rotation of teachers' positions, low loyalty, and lack of teachers' scientific research. Mature sports and a strong sports atmosphere require a large number of excellent teachers to spend time to build, and the frequent transfer of post personnel is very affecting the construction of the basic sports environment of colleges and universities. With the continuous growth of the scale of technical personnel training in recent years, the number of students recruited by private colleges and universities in Guangxi has increased year by year, the teacher-student ratio has gradually increased, and the number of full-time physical education teachers has basically remained the same. Sports research is inseparable from the foundation of teaching, and teaching is fed back to the direction of scientific research. The main reasons for the lack of scientific research are the low professional titles and academic qualifications of teachers themselves, and the low degree of attention to scientific research. To a certain extent, the lack and insufficiency of teachers' scientific research level have constrained the development of physical education teaching in modern private universities.

### **3.4 Curriculum and Evaluation: The Form is Single and the Indicators are Unreasonable**

Teaching evaluation is an important aspect of the achievement of course teaching objectives and the consideration of talent training process, and reasonable and effective evaluation methods can promote the high-quality development of courses. From the perspective of the current evaluation system and methods of private universities in Guangxi, the evaluation methods are mainly based on outcome evaluation and quantitative evaluation, and the methods of process evaluation and qualitative evaluation are ignored. The evaluation content is mainly based on motor skills and physical function indicators, and some indicators lack theoretical knowledge, learning attitude, and motivation. The evaluation objects are often guided by teachers' teaching achievements, ignoring students' self-evaluation and course feedback evaluation.

Therefore, there is a lack of periodic evaluation of students' technical actions, sports attitudes, mental character, habit formation, and progress in the learning process of physical education courses. For a long time, students with poor physical education foundation gradually lose their interest and enthusiasm for sports participation, and it is difficult to form good sports behaviors and habits after the course. In addition, in the actual operation of sports evaluation in some private universities, there is a phenomenon of excessive concentration of teacher-level evaluation, and the main body of course evaluation is relatively single, ignoring the overall relationship between multiple subjects such as students themselves and classmates, showing certain representational characteristics.

## **4. Reform and Optimization Strategies of Physical Education Teaching in Private Colleges and Universities in Guangxi from the Perspective of Governance**

Governance is based on the theory of society-centered, removing or weakening government authority, oriented to polycentric social self-governance, and realizing the pluralistic co-governance of government and society and the pluralistic self-governance of society. 13From the perspective of governance, as a means or way of social governance, the governance content of sports can go beyond sports itself and be applied to the governance of many social public affairs and social issues. 14. Physical education in private colleges and universities is subordinate to the sports industry, which is a subsystem of the society, and has the role and value required for the operation of the society. The training goal

is to preset the design concept to meet the social development, the training method is the realistic feedback of social adaptation in the implementation process, and the training result is an effective test of the implementation method. Therefore, for the reform and optimization of physical education teaching in private colleges and universities in Guangxi, it is necessary to integrate it with multiple centers, methods and channels, and effectively seek a path in combination with the level of social governance.

#### **4.1 Concept Governance: Update the Teaching Concept and Clarify the Teaching Goal System**

The existing outdated and lagging development of physical education teaching in private colleges and universities in Guangxi highlights the urgency of teaching concepts to keep up with the trend of the times, especially to fully combine the fundamental task of higher education with the goal of talent training, serve the whole of talent training through physical education teaching, and lay the foundation for long-term career development. First of all, it is necessary to keep up with the trend of the times, change the concept of physical education and teaching, and strengthen the adaptability of teaching and the fundamental purpose of serving the cultivation of talents. That is, combined with the characteristics of undergraduate education, job requirements, and professional quality, the development of targeted and fruitful private colleges and universities physical education teaching concepts and concepts. Secondly, the development of physical education teaching objectives should be clarified. Combined with the national higher education reform and the requirements of higher talent training in the new era, the corresponding physical education teaching objectives should be improved in a targeted manner, so as to give full play to the role of physical education in private colleges and universities in Guangxi to promote students' future professional quality. Finally, it is necessary to abandon the narrow concept of physical education teaching in the traditional concept of physical education, which is mainly based on the teaching of sports technology, and turn to the new era of physical education teaching concept in Guangxi private colleges and universities with the goal of cultivating sports interest, cultivating sports habits as the standard, and promoting vocational ability.

#### **4.2 Content Governance: Optimize the Structural System and Enrich the Content of Educational Methods**

Content is an important part of curriculum teaching, and it is also an important carrier in the process of talent training. In view of the current problem that the physical education teaching content of private colleges and universities in Guangxi is relatively single and the teaching procedure is relatively fixed, the governance of teaching content should be strengthened. First of all, it is necessary to fully consider the phased characteristics and vocational characteristics of students, and further optimize and improve the corresponding course content system. That is, through the establishment and construction of corresponding physical education public basic courses, special characteristic elective courses, technical training courses and other corresponding quality development courses, to meet the needs of students in different grades and different needs of physical education. Second, strengthen the construction of school-based curriculum and characteristic courses. That is, to build a school-based physical education curriculum that meets the needs of social development, highlights the school's own characteristics, and is suitable for students' development in combination with the needs of local development, the school's own characteristics, and students' vocational characteristics. Finally, on the basis of enriching and improving the curriculum, teachers should make full use of modern teaching methods and methods, such as problem-oriented approach (PBL), inquiry-based learning, MOOC, multimedia technology, situational teaching and other methods and means to enhance the artistry and effectiveness of teaching.



### **4.3 Environmental Governance: Improve the Quality of Teachers and Improve the Construction of Scientific Research Platforms**

The construction of the teaching staff is an important part of the talent training, from the current situation of the construction of the teaching staff, the physical education teachers of Guangxi private colleges and universities are still at a low level. From the perspective of existing problems, the number of teachers is insufficient, the ratio of teachers and students is unbalanced, the teaching task of teachers is large, and the improvement of teachers' professional ability and professional ability development are not concerned and guaranteed. In view of the corresponding problems, the supply of teachers should be strengthened, that is, the introduction of young teachers and the appointment of professional teachers outside the school should be strengthened, and the personnel construction of the teaching staff should be strengthened. Strengthen the professional ability improvement and special technical training of physical education teachers, encourage aspiring young teachers to continue their studies and further studies, and enhance the core competitiveness of the teaching team. Finally, we should also give corresponding support from the basic environment, strengthen the construction of scientific research platforms and the creation of corresponding environments, improve the teaching experience of physical education teachers, and actively help teachers to make breakthroughs in sports inventions, education and teaching reform research, etc., to ensure the overall improvement of the quantity and quality of the construction of teachers, and to promote the improvement and development of physical education teaching level in private colleges and universities in Guangxi.

### **4.4 Development Governance: Improve Evaluation Methods and Build an Education Quality System**

The ultimate goal of physical education is to promote the development of students, and the same is true for physical education in private universities. In physical education teaching, teaching evaluation is an important measure of students' learning and teachers' teaching effectiveness, and it is of great significance to teaching effectiveness. Based on the vocational characteristics of talent training in private colleges and universities in Guangxi, a set of multi-faceted physical education teaching evaluation methods covering knowledge literacy, practical ability and career development should be established, highlighting the special evaluation process of physical education as a practical and process discipline. Improve the outcome evaluation, strengthen the process evaluation and phased evaluation, and enrich the diversity of evaluation subjects and the comprehensiveness of methods. Pay attention to the principle of sports development in Guangxi's private colleges and universities, develop school-based sports teaching materials and school-based curricula suitable for the characteristics of the school and the professional characteristics of students, and enhance the "effectiveness of education".

The construction of the physical education quality system includes teaching design, process, results and evaluation, which can intuitively grasp the teaching status and evaluate the teaching level of the education authorities and is also beneficial to the local private education and teaching managers in Guangxi to find out the law of education development and their own weak links and provide students with high-quality physical education services.

## **5. Conclusion**

Private university education is the backbone of the country's higher talent training, and the teaching of physical education courses plays a positive role in promoting the development of students in private universities. Due to the development of education in Guangxi and the special stage of higher education and the characteristics of vocational, specialized and application, there are many problems in the implementation of physical education. Based on the development needs of students' professional quality and physical education teaching, this paper considers the goal concept, structural content, outcome evaluation, and faculty scientific research, and hopes that the comprehensive management of physical education teaching in modern Guangxi private colleges and universities can promote the reform and optimization of teaching, and

then continuously improve students' physical literacy and vocational ability, and provide strong help for students' long-term development and social employment.

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### **Conflict of Interest**

The authors declare no conflicts of interest.

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