
A Strategic Study of Reforming Teaching in College Sports Clubs from a New Liberal Arts Perspective

Yanshuo Chen^{1*}

¹Department of Sports Science, Fujian Normal University, China

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Abstract

Taking the perspective of new liberal arts as the starting point, this study adopts the literature research method, experience summary method, theoretical analysis method and other methods to explore the teaching program of university sports club reform in depth, and puts forward the necessity of teaching reform of university sports club under the perspective of new liberal arts, the new teaching mode and the reform strategy, so as to provide reference for the subsequent relevant sports teaching and learn from it, in order to promote the comprehensive development of students and the enhancement of their physical education literacy. The study concludes that According to the results of the study, the main paths for reforming the teaching of university sports clubs under the perspective of new liberal arts are: repositioning of teaching concepts and goals; updating of curricula and contents; construction and training of teaching staff; construction of mechanisms for students' participation and development; improvement of educational evaluation and feedback mechanisms. However, there are some limitations of this study, including the limitations of the research methodology and the feasibility of implementation. Therefore, future research could further explore the specific application of the New Liberal Arts perspective in the reform of university sports clubs and study its impact and effect in depth.

Keywords: new liberal arts perspective, college sports clubs, reformed teaching, strategic research.

1. Introduction

Athletics, an important part of a university education, not only develops physical and collaborative skills, but also has the potential to be socially enriching and to foster leadership. Traditionally, however, physical education has tended to be viewed as a separate activity from academics in university education, lacking an integrated approach to teaching and learning and a focus on holistic development. As university education increasingly focuses on developing well-rounded individuals and providing diverse academic experiences, research on reforms and instructional strategies for university athletic clubs has become particularly important. In recent years, university sports clubs have played an increasingly important role in fostering students' physical and mental health, improving physical literacy, and shaping personality development. As an important part of school physical education, university sports clubs create a platform for students to display their talents, develop leadership skills and enhance teamwork by providing diverse sports activities and training opportunities. In recent years, with the rise of the new liberal arts, the field of university education has also seen a new research perspective. With its

focus on social issues, identity, the impact of technology and media, and human-social interactions, New Liberal Arts offers new possibilities for exploring the reform of college athletic clubs. By applying the research methods and theories of New Liberal Arts, we can delve into the culture within sports clubs, the motivations and perceptions of participants, and analyze the impact of social media on physical education. However, there is still relatively limited research on reformed teaching and learning in university sports clubs from a New Liberal Arts perspective. Therefore, this dissertation aims to fill this research gap in order to explore how New Liberal Arts, as a theoretical framework, can contribute to the development and implementation of reform teaching strategies in university sports clubs. By reviewing and analyzing relevant literature and drawing on research findings from other fields, we will propose a series of teaching strategies for university sports clubs that aim to promote innovation in physical education teaching and enhance students' learning experiences (Liu Guangming,2021).

In the face of the challenges of teaching models and the need for change, we need to rethink the teaching of college athletic clubs with new perspectives and approaches. As one of the important theoretical frameworks of contemporary educational research, the new liberal arts perspective emphasizes the cultivation of students' innovative thinking, critical thinking, interdisciplinary ability and comprehensive literacy. Introducing the New Liberal Arts Perspective into the teaching reform of university sports clubs not only helps to promote the overall development of students, but also enhances the quality and effectiveness of physical education. The importance of this study is to provide a new perspective and theoretical basis for reforming teaching in university sports clubs and to provide comprehensive development for university education. It is hoped that the research and analysis in this dissertation can attract more attention and discussion in academia and practice, and promote the further development of university sports club reform teaching.

2. The New Liberal Arts and the Connotation of Physical Education Club Teaching

2.1 The meaning of the new liberal arts

New Liberal Arts is an emerging educational concept and disciplinary category, and its connotation can be understood from the following aspects, the first of which is the cultivation of comprehensive literacy. New Liberal Arts emphasizes the cultivation of students' comprehensive literacy, including but not limited to the mastery of disciplinary knowledge, the cultivation of critical thinking skills, the development of interdisciplinary abilities, as well as the cultivation of the humanistic spirit, aesthetic sense and moral sentiments. It focuses not only on students' subject specialization, but also on the cultivation of their creative ability, social responsibility and all-round development. The second aspect is interdisciplinary integration. The new liberal arts emphasizes the integration and crossover between disciplines, and through the integration of knowledge and methods from different disciplines, it cultivates students' interdisciplinary thinking ability and their ability to solve complex problems (WANG Binbin,ZHAO Yan,2020).

Overall, the New Liberal Arts aims to nurture talents with all-round development and adaptability to the needs of the future society through the cultivation of students' integrative literacy, interdisciplinary skills, critical thinking and creativity, as well as attention to

humanistic concern and social responsibility. It breaks through the boundaries of traditional disciplines and promotes comprehensive education and diversified development of individuals.

2.2 The meaning of sports clubs

A sports club is an organizational unit at a university or other educational institution that provides sports activities and training. It provides opportunities for students to participate in sports, improve their physical literacy and develop their personal skills. Sports clubs usually cover a number of sports, such as soccer, basketball, volleyball, track and field, swimming, etc., to meet the interests and needs of different students.

The objective of sports clubs is to promote the physical health and overall development of students. Through participation in sports clubs, students can exercise, improve their physical fitness and develop good exercise habits and lifestyles. In addition, sports clubs provide opportunities to develop teamwork, leadership and communication skills, helping students to develop their overall qualities and social skills (Zhu Daqing,2023).

Overall, sports clubs play an important role in university education. It not only provides a platform for students to exercise, improve their skills and develop their personal qualities, but also fosters teamwork and leadership. Through the activities of sports clubs, students can develop holistically, enhance their physical and mental health, and lay a solid foundation for their future careers and lives.

2.3 Connection between college athletics and the new liberal arts

The construction of new liberal arts has pointed out the direction, created conditions and provided methods for the optimization of the talent cultivation system of university sports disciplines.

2.3.1 Direction given

In 2019, the General Office of the State Council issued the Outline for the Construction of a Strong Sporting Nation, which put forward a new mechanism for the development of sports in China in 2020 that is compatible with the comprehensive construction of a moderately prosperous society. By 2035, China's sports system will be modernized. Sports governance capacity and ability to govern, and fitness for all will be affordable. By 2050, China will comprehensively build a modernized socialist sports country, and its sports quality and health level, comprehensive strength and international influence will rank among the world's top. These three goals promote the construction of high-level sports talents, and the construction of the new liberal arts department provides a new development direction for the interdisciplinary cultural integration and innovation of sports talent training (Huang Di,2018).

2.3.2 Conditions created

At present, there is a big gap between the cultivation mode and content of talents in sports disciplines in China and the cultivation goal of high-level sports talents in the new era. The traditional training mode has been deeply rooted in the hearts of sports workers and is difficult to change. The mode of training sports talents is relatively fixed. The construction of new liberal arts creates conditions for the reform of the training mode of sports discipline talents through policy tools and bottom-up approach, promotes the innovation and development of the

training mode of sports discipline talents, and builds a strong sports country(Zhang Guanghui,2019).

2.3.3 Methods provided

The construction of new liberal arts focuses on strengthening the construction of basic disciplines, developing emerging disciplines, and promoting multidisciplinary integration. From the perspective of the construction of new liberal arts, the construction of physical education is no longer limited to the integration of disciplines such as exercise physiology, exercise mechanics, exercise skills, and athletic training, but must strengthen the organic combination of sports culture and historical reality. As a common product of economy, politics and culture, the determinants of sports are bound to change. The construction of new humanities disciplines provides a scientific way to explore the relationship between economy, politics, culture and sports in the new era. Interdisciplinary knowledge, broadening the channels of information reception, grasping the hot spots of social development, mastering and applying advanced sports science and technology will promote the development of innovative talents. Sports innovation realizes the rapid development of sports in China.

3. The Necessity of Teaching Reform of University Sports Clubs in the Perspective of New Liberal Arts

3.1 Requirements for improving the physical and mental health of university students

Physical and mental health is the foundation for the all-round development of students, and it has a direct impact on their learning outcomes, social skills and future career development. Only physically and mentally healthy students can realize their full potential and actively participate in learning and social activities. Not only that college students also face pressure from various aspects such as academic pressure, interpersonal relationship, employment pressure, etc., and are prone to psychological problems. Enhancing the physical and mental health of college students can help them deal with stress effectively, prevent and reduce the occurrence of psychological problems, and maintain a good psychological state. Moreover, students who are physically and mentally healthy are more likely to concentrate, improve their study results and have better academic achievements. A good state of physical and mental health helps to improve students' motivation, memory and thinking ability, making them more creative and capable of solving problems. Enhancing the physical and mental health requirements of college students also fosters positive attitudes and healthy habits. By participating in physical activities and health education, students understand the importance of healthy living and develop good eating habits, regular work and rest, and moderate exercise habits, thus maintaining physical and mental health in their daily lives. Finally, students who are physically and mentally healthy are more capable of actively participating in social activities and contributing to society. Enhancing the physical and mental health requirements of college students can cultivate their sense of social responsibility, inspire them to care about others and social issues, and foster an active sense of citizenship (WU Qi,LIU Xide,2020).

3.2 Requirements for improving the quality of university physical education teaching

Enhancing the quality of university physical education teaching is an important task related to the development of students' physical and mental health and comprehensive quality. Promoting students' physical and mental health development: university physical education teaching is one of the important ways to cultivate students' physical and mental health. Through high-

quality physical education teaching, it can improve students' physical fitness level, motor skills and coordination ability, and promote their physical development and mental health. A healthy physical state helps students better cope with academic pressure, strengthens their resistance and immunity, and improves their physical and mental health. In order to cultivate well-rounded talents, university physical education teaching should focus on cultivating students' comprehensive quality and diversified abilities. In addition to cultivating students' sports skills, attention should also be paid to their teamwork ability, leadership, innovative thinking and social skills. Through the cultivation of comprehensive quality, talents with all-round development can be cultivated to meet the needs of social development, while quality physical education can enhance students' learning motivation and academic achievement. Physical activities can stimulate students' interest in learning, cultivate their self-discipline and perseverance, and improve their learning effect. At the same time, the teamwork and competitive atmosphere in physical education can cultivate students' sense of cooperation and competitive spirit, and promote their active exploration and aggressiveness in academics. Finally, university physical education teaching should promote students to develop a healthy lifestyle and values. Through physical education teaching, students can understand the importance of exercise and develop good exercise habits and life habits. In addition, physical education teaching can also convey positive values, such as fair competition, teamwork, honesty and trustworthiness, etc., and guide students to form positive values (Li Lijuan, Li Huailing, 2019).

3.3 Implementing the fundamental requirement of establishing morality and nurturing people

The implementation of the fundamental requirements of moral education has an important necessity in university physical education teaching, and moral education is one of the fundamental tasks of university education. Through physical education teaching, it can cultivate students' moral, intellectual, physical and aesthetic development in an all-round way. Physical education not only focuses on students' sports skills and physical quality, but also pays more attention to cultivating students' moral character, ideological and moral cultivation and aesthetic sentiment, so that they can become talents with noble morality, positive and enterprising, healthy and upward. Also, establishing morality and shaping people can also cultivate the role of socialist core values, and through physical education teaching, it can transmit and advocate socialist core values, such as unity and cooperation, fairness and justice. Through physical education, we can convey and advocate socialist core values, such as unity and cooperation, fairness and justice, self-improvement, etc., guide students to establish a correct worldview, outlook on life and values, and cultivate their sense of social responsibility and contribution to the society.

4. Pathways to Reform Teaching and Learning Research in College Sports Clubs from a New Liberal Arts Perspective

4.1 Reorientation of teaching philosophy and objectives

In reforming teaching and learning in university sports clubs, reorienting the philosophy and goals of teaching and learning is a key task. Traditionally, athletic clubs have been viewed solely as places that provide students with competitive opportunities and exercise. However, the New Liberal Arts perspective reminds us to pay more attention to students' holistic development and diverse academic experiences. Therefore, repositioning the philosophy and

goals of teaching and learning becomes an important step in promoting transformative teaching and learning in athletic clubs.

The reorientation of the teaching philosophy needs to emphasize the educational value of sports clubs. Sport is not just a vehicle for athletic competition, but can be an important way to develop leadership skills, teamwork and self-discipline in students. By incorporating sports clubs into the overall framework of schooling, they can be seen as an important part of students' holistic development, providing opportunities to promote physical and mental well-being, develop leadership qualities, and cultivate social interaction skills. Traditionally, sports clubs have been viewed only as a place for athletic competition, but under the New Liberal Arts lens, we should recognize that sports clubs have far-reaching educational impact. Sports clubs are unique in their ability to develop leadership skills and a sense of teamwork. In team sports, students must learn to work effectively with teammates, divide and conquer, and communicate and coordinate. These skills are not only vital for personal development, but also play an important role in supporting future careers and roles in society. Through sports clubs, students have the opportunity to take on leadership roles, learn how to motivate and coach their teammates, and develop self-confidence and leadership skills. At the same time, the regular activities of sports clubs promote students' physical and mental health. Students who participate in sports clubs often have better physical health and mental well-being. Physical activity not only enhances students' fitness and endurance, but also releases stress, reduces anxiety, and improves brain function. Through sports clubs, students get aerobic exercise, strength training, and physical coordination to help them better maintain their overall health. Sports clubs also help students develop social skills and positive values. In clubs, students get to meet and interact with fellow students from different backgrounds. This provides them with a platform to broaden their network and develop social skills. At the same time, through participation in sports competitions, students learn to respect competitors, abide by rules and discipline, and develop good values of honesty, fairness and team spirit. The opportunities for practicing and applying what they have learned that sports clubs also provide are extremely rich (Wang Xin, 2023).

4.2 Curriculum and content update

The curriculum needs to be consistent with the teaching objectives. Based on the concern for the holistic development of students under the New Liberal Arts perspective, the curriculum should emphasize the development of students' diverse abilities and knowledge. In addition to traditional sports skills and tactical training, the curriculum should include knowledge in the areas of exercise science, sports psychology, sports management, philosophy of sport, and sociology of sport. These courses can help students develop a deeper understanding of the social and cultural impact of sport and provide interdisciplinary learning opportunities.

Content updating is equally critical. The content taught in sports clubs should be in tune with the changes and developments in modern society. Emerging technologies, social media and digital media have become an important part of education, and sports clubs should also draw on these tools to improve teaching and learning. For example, technology-based training methods can be introduced into physical education, virtual reality can be used to provide a more realistic training experience, and social media platforms can be utilized to promote student interaction and collaboration. Content renewal also needs to focus on diversity and inclusion within sports clubs. Sports clubs should emphasize gender equality, cultural diversity,

and inclusive education to provide equal opportunities for all students to participate and thrive. This can be achieved by designing course content and activities to accommodate students from different backgrounds and interests, adopting inclusive teaching methods and organizing diverse teamwork activities.

The role of teachers is integral to the process of updating curriculum and content. Teachers should possess interdisciplinary knowledge and skills and incorporate a new liberal arts perspective in their instructional design. They need to actively explore innovative teaching methods and teaching resources to meet students' learning needs. In addition, teachers should encourage students to participate in the process of curriculum design and content updating, and make full use of students' feedback and ideas to ensure that the curriculum and content updating can truly meet students' learning needs and interests. In terms of content updating, teachers should constantly pay attention to the frontiers of their disciplines and the latest research results, and maintain their knowledge of the field of sports science and education. They can participate in professional academic conferences, seminars and workshops to exchange with their peers and acquire the latest teaching resources and innovative practices. Through collaboration and exchange with subject experts, teachers can apply the latest pedagogical theories and methods to the reformed teaching of sports clubs to continuously improve the quality of teaching and students' learning experience (Hao Xiaogang, Luo Fang, Zhao Changzheng,2023).

Following the role of teachers, school administrators and leaders of sports clubs should also play an important role. They should provide adequate support and resources to facilitate smooth curriculum development and content renewal. They can encourage teachers to engage in professional development and academic research through the development of policies and guidelines, and provide the necessary training and resource support. At the same time, they can collaborate with external organizations and establish partnerships to provide teachers and students with practice opportunities and learning resources to further enrich the curriculum and content of sports clubs. In addition, school administrators and sports club leaders should take the initiative to communicate and collaborate with students, teachers and stakeholders. Listen to their voices and feedback to understand the needs and expectations of students. By conducting regular assessment and reflection, curriculum and content updates can be continuously improved to ensure that they are aligned with students' needs and social development (Zhang Lei,Liu Guoyu,2023).

4.3 Faculty development and training

The construction and training of the faculty is a crucial part of the reformed teaching of university sports clubs. Excellent teachers with specialized knowledge and teaching skills can provide students with high-quality teaching and guidance, and promote the continuous development of sports club education toward a new liberal arts perspective.

The first and foremost task of building the faculty is to build the academic literacy and professional background of the teachers. Teachers should have solid subject knowledge and understand the cutting-edge content and research progress in the fields of sports science, sports psychology and sports management. In addition, teachers should focus on continuing learning and professional development, participate in academic research and educational training, and constantly update their knowledge and teaching skills.

Teacher training should also focus on the development of teachers' teaching skills and innovative spirit. Teachers of sports clubs should have good teaching skills and be able to design and implement teaching programs according to the needs and characteristics of students. They should be familiar with modern teaching methods and technologies, and make flexible use of multimedia, interactive teaching and practical teaching to improve teaching effectiveness and student participation. In addition, teachers should encourage innovative thinking and practice to find new ways and methods of teaching to improve the quality and attractiveness of teaching.

Teacher construction and cultivation is an indispensable and important path in the reform and teaching of university sports clubs under the perspective of new liberal arts. By emphasizing the cultivation of teachers' academic quality and teaching ability, focusing on the improvement of teachers' comprehensive quality and ability, and promoting the communication and cooperation among teachers, the quality and level of sports club education can be effectively improved to provide students with more comprehensive teaching and guidance. At the same time, school administrators should provide support and resources to create a favorable environment and conditions for the construction and cultivation of the faculty, in order to promote the continuous development and innovation of university sports club reform teaching (LIU Jiawen, NIE Jinsong,2020, ZHAO Zhongping, QIN Yuyou,2015).

4.4 Construction of mechanisms for student participation and development

The construction of student participation and development mechanism is one of the important paths to reform the teaching of university sports clubs. By stimulating students' initiative and participation and constructing a good student participation and development mechanism, it can promote students' comprehensive growth and development and create a more dynamic and innovative teaching environment.

Ma Yongxia and Wang Lin (MA Yongxia, WANG Lin,2021) It is mentioned in the Model and Influencing Factors of Students' Participation in "Dual Creation" Education in Colleges and Universities that constructing students' participation mechanism is an important means to cultivate students' active learning ability and independent thinking ability. Sports clubs can set up student representative organizations or student committees to allow students to participate in the operation and management of the club. Student representatives can participate in discussions on curriculum and teaching arrangements and put forward their needs and suggestions. In addition, sports clubs can also set up mechanisms for students to participate in teaching decisions, such as students reviewing the teaching effectiveness of teachers, in order to promote students' participation and voice in teaching.

The construction of the mechanism of student participation and development is one of the important paths for reforming the teaching of university sports clubs under the perspective of new liberal arts. By stimulating students' initiative and participation and promoting their comprehensive growth and development, a more dynamic and innovative teaching environment can be created. Sports clubs can improve students' rights and interests to participate in teaching decisions, cultivate students' comprehensive ability and innovative thinking, and further promote the teaching reform of university sports clubs in the direction of more openness and stimulation of students' potential by constructing the mechanism of students' participation and students' development.

4.5 Improvement of educational evaluation and feedback mechanisms

Through the establishment of a scientific and reasonable evaluation system and the provision of an effective feedback mechanism, it is possible to comprehensively assess the learning situation of students and the effectiveness of teaching, and to promote the enhancement of teaching quality and the implementation of teaching improvement.

Focusing on timely and effective feedback is a crucial part of the improvement of the evaluation and feedback mechanism in education. By providing timely feedback on students' learning and teaching effectiveness, it can help students identify problems early and adjust their learning strategies in a timely manner, thus promoting their growth and progress. In order to realize the improvement of the educational evaluation and feedback mechanism, the following measures can be taken: (1) Establish a regular evaluation and feedback mechanism. Establish a regular evaluation and feedback mechanism, such as a comprehensive evaluation and feedback at the end of each semester. Through the evaluation and feedback results, students can understand their own learning situation, and teachers can understand the teaching effect and adjust the teaching strategy in time. (2) Increase teaching observation and records. Teachers can record students' learning process and performance through classroom observation and work display. These observations and records can be used as the basis for evaluation and help to understand students' learning ability and development. (3) Introduce self-evaluation and peer evaluation. By introducing the mechanism of self-evaluation and peer evaluation, students are motivated to participate in the evaluation and feedback process of teaching. Students can learn about their own learning through self-evaluation, and learn about other students' recognition and suggestions through peer evaluation, which promotes students' independent learning and mutual support. (4) Provide personalized feedback and guidance. Provide personalized feedback and guidance according to the different characteristics and needs of students. Teachers can design personalized learning plans and provide specific advice and guidance according to students' learning situations. Through personalized feedback and guidance, students can be helped to develop their full potential and achieve their personal learning goals. (5) Increase communication and interaction channels. Establishing good communication and interaction channels allows for positive exchanges between students and teachers. Teachers can conduct regular interviews or group discussions with students to understand their feedback and suggestions for teaching and learning so that teaching and learning can be improved and optimized.

Through diversified evaluation methods, the application of qualitative evaluation, timely and effective feedback, and personalized guidance, the quality of teaching can be improved and the overall development of students can be promoted. School administrators and teachers need to work together to commit to building a scientific, reasonable, effective and feasible educational evaluation and feedback mechanism to provide strong support for the advancement of university sports club reform teaching.

5. Conclusion

By exploring the paths of reforming teaching research in college sports clubs under the perspective of new liberal arts, this paper aims to provide a teaching improvement program based on comprehensive literacy training and innovation-driven. By exploring each path, the reform program takes shape. These paths aim to improve teaching quality, cultivate students'

comprehensive literacy and innovation ability, and promote the development of university sports club teaching in a more open, active and innovative direction.

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