

Development and Construction of Ice and Snow Sports Courses in Colleges and Universities

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Abstract: At present, China has successfully applied for the Winter Olympics in Beijing. Under this background, the cause of snow and ice sports in China is also making continuous progress in the vigorous development. The urgent requirements of school physical education teaching reform promote the development and construction of ice and snow sports courses in colleges and universities. The development of ice and snow sports courses in colleges and universities is a brand new sports course. In the process of curriculum development and construction, universities should follow the principle of curriculum development and construction, explore and implement ice and snow sports courses from many aspects of curriculum standards, content, curriculum development and curriculum evaluation. Implement the principles of curriculum innovation, development, fitness and timeliness, establish a scientific and reasonable teaching concept, and strengthen the cultivation and construction of ice and snow sports professional teachers. This paper explores the development and construction of ice and snow sports curriculum, base on development and construction strategies of ice and snow sports development, to promote the effective development of the curriculum.

Keywords: University ice and snow sports; 2022 Winter Olympics; Course development and construction

1. The value significance of developing ice and snow sports courses in universities

1.1 Analyze the value significance of curriculum development and construction from the university level

The success of bidding for the 2022 Beijing Winter Olympics has brought opportunities and challenges to the development of China's ice and snow sports. China's college physical education curriculum has also begun to introduce ice and snow sports curriculum. China's ice and snow sports curriculum started late. Nevertheless, the development of ice and snow sports in China shows an upward trend, which promotes the rapid development of College Students' ice and snow sports. At the same time, the development and construction of ice and snow sports curriculum is not only an important embodiment of the in-depth implementation of national policies related to the development of ice and snow sports in Colleges and universities, but also an important measure to deepen reform. The successful development and implementation of ice and snow physical education curriculum in Colleges and universities is a good beginning for the innovative development curriculum in Colleges and universities, which points out the direction for the development of innovative physical education and teaching in the future.^[1]

1.2 The value significance of curriculum development is analyzed from the teacher level

The development and construction of ice and snow sports courses not only promote the development of curriculum teaching reform in universities, but also drive the improvement and progress of teachers' ability. The teaching ability of teachers is directly related to the development and construction of ice and snow sports, and the successful development of the curriculum cannot be separated from the rich teaching content of teachers. Therefore, the implementation of ice and snow sports courses requires teachers to have professional theoretical knowledge of ice and snow sports and rich sports experience, as well as the teaching thinking and teaching strategies of ice and snow sports majors to study and implement ice and snow sports courses. Teachers should pay more attention to the development of ice and snow sports, keep pace with The Times, understand the latest development dynamics, to ensure that the curriculum progress and innovation, ice and snow sports teachers' teaching level will affect the efficiency and quality of curriculum implementation, from the teacher level, the development of ice and snow sports courses and construction can effectively promote the improvement of teachers' professional quality.^[2]

1.3 Analyze the value significance of curriculum development and construction from the student level

For our traditional university sports courses, from primary school to university, athletics, sports, ball, bodybuilding, few ice sports related sports courses, for college students, small to no innovation of sports has made them produce aesthetic fatigue, lost interest in physical education courses, boredom, resistance, which will make the students' physical and mental health development is hindered, is not conducive to the all-round development of students. As the innovative development of ice and snow sports courses, students, as the direct subject of ice and snow sports courses, can inspire students' interest in sports, so that students can actively participate in sports classes, improve students' physical quality, and further promote the healthy development of students.

2. The principle of developing ice and snow sports courses in universities

Ice and snow sports curriculum is the focus of physical education. Colleges and universities should pay attention to the development and construction of curriculum, and establish a physical education curriculum system matching the economic conditions, campus equipment and college students' sports needs, to focus on students' ice and snow sports courses and development is a complex, long-term teaching work, colleges and universities should follow the following principles, better promote the implementation of ice and snow sports courses.

2.1 The principle of timeliness

The opening of ice and snow sports courses in universities has much to do with China's successful application for the 2022 Beijing Winter Olympics. The general trend of the Winter Olympic Games provides a good social background and policy support for the opening of funny ice and snow sports courses. Colleges and universities seize the opportunities and challenges, implement the relevant policies, and provide a good foundation for the development of ice and snow sports in China.

2.2 Innovative principles

Compared with traditional track and field, ball sports and other sports, ice and snow sports courses are a major innovative development of sports courses, which enriches students' sports courses. The opening of ice and snow sports courses also requires the school to provide professional venues meeting the construction standards, which are new to students. Teachers should uphold the basic principles of innovative development, treat ice and snow sports courses with an innovative vision, and provide a good learning environment for students.

2.3 Fitness principles

In recent years, the physical quality of college students in China has shown a downward trend. The development and construction of ice and snow sports courses can well stimulate students' interest in sports, and then improve the enthusiasm of college students to carry out physical exercise, and promote the healthy development of students' body and mind. Therefore, colleges and universities should adhere to the principle of fitness, maintain the original intention of sports, take the healthy development as the first essence of the development of ice and snow sports, and effectively carry out ice and snow sports courses.

3. Strategies of developing and building snow and ice sports courses in universities

3.1 Establishes the correct teaching guiding ideology

Ice and snow sports courses in colleges and universities should always strengthen the "people-oriented" education ideas throughout the teaching practice of ice and snow sports courses in colleges and universities, and with the guiding ideology of "lifelong sports" and "health first" throughout the whole education and teaching link. As is known to all, "people-oriented" education teaching ideas in college reform, education reform and new curriculum reform, is the education teaching work embodies humanistic thought, respect the needs of students' main subject, clear student subject status, is the education teaching work based on students' long-term development, affirmation and respect the students' individual development needs, the strong guarantee of personalized education. "Lifetime sports" guiding ideology is the important practice to implement the reform and development of sports, is an important, complete modern sports thought, set up the "life sports" guiding ideology is to help students in college sports courses to help students form good sports habits, improve students' sports ability, enhance students' sports awareness, and implement the healthy life concept, conducive to the all-round and healthy development of students.^[3]

3.2 Innovate teaching methods and teaching mode

Ice and snow sports courses in colleges and universities, not only to present the traditional demonstration to students, more importantly, always implement the education reform, university reform, curriculum reform and development practice innovation requirements, diversified modern education concept, teaching ideas, teaching methods, teaching mode into the traditional teaching, break the shackles of traditional teaching oral notes. Using modern information technology, multimedia technology to teach course courseware, and in the education teaching link increase common sports teaching competition teaching method, game teaching method and other vivid teaching means active teaching atmosphere, can also use observation teaching method to expand students' vision, enhance the enthusiasm of students to participate in ice and snow sports. Sports teaching practice and other college teaching practice is slightly different, colleges and universities as senior professional talent training, sports development with other university courses, at the same time, colleges and universities should actively build integrated teaching and competitive sports club construction, from the perspective of more professional impetus into university sports curriculum development, effectively improve students' enthusiasm and initiative to participate in teaching activities, powerful practice education reform and innovation, promote the further development of ice and snow sports curriculum teaching.

3.3 We will strengthen the ranks of teachers and teachers

The construction of teachers is a key topic of education reform. The education reform in the new era clearly requires strengthening the construction of teachers. General Secretary Xi also emphasized the importance of teacher team construction at the National Education Conference and made an important discussion. To carry out ice and snow sports courses in colleges and universities not only requires the teachers and coaching team to have a high level of knowledge and culture, but also has excellent professional sports skills, which greatly affects the development direction of students for learning ice and snow sports, and the competition style. On the other hand, While paying attention to the professional education ability of teachers, such as knowledge and skills of coaching groups, We cannot ignore the personal quality and teaching responsibility of teachers and teaching groups, The education reform in the new era requires our efficient teachers to have a sense of educational mission and responsibility, Can shoulder the educational mission of building moral education people, While we offer ice and snow sports courses, We should strengthen the political construction and two-way improvement of professional construction of the team of teachers and coaching organizations, Not only to improve the professional quality and knowledge reserve of the teachers, More necessary to enhance the four consciousness of the teacher team and

the coaching group, We will promote the overall improvement of the teaching level and teaching responsibility of ice and snow sports teachers and coaching groups in universities.

3.4 We will strengthen the construction of sports and hardware facilities in colleges and universities

Ice and snow sports courses in universities have high requirements for their own sports hardware facilities, which not only have higher requirements in the sports fields, facilities, equipment and equipment, but also have higher requirements for relevant supporting facilities. At present, the main resistance of opening ice and snow sports courses in Chinese universities is that the hardware facilities do not meet the standards, the high requirements of site and equipment and huge investment make many universities discouraged. However, driven by the relevant policies of the 2022 Beijing Winter Olympics and education reform practice, it is imperative for universities to strengthen the construction of ice, snow and snow sports education. Colleges and universities must rely on local resources to build hardware facilities that meet the relevant standards of the education of ice and snow sports courses to better serve the development of ice and snow sports teaching practice.

4. Epilogue

Ice and snow sports courses in colleges and universities can not happen overnight, to rely on hardware construction, related facilities, supporting facilities construction, more to rely on teachers, coaching team gradually training, is a long, complex comprehensive work, curriculum construction is to gradually develop and explore, learn from domestic and abroad, innovation and development in line with the development of ice and snow sports projects. When opening ice and snow sports courses, universities should promote and emphasize the importance of course learning. On the occasion of the 2022 Beijing Winter Olympic Games, we should deeply explore the cultural value and educational value of ice and snow sports. With China's social and economic boom, they give it a higher historical mission and effectively promote the development of national ice and snow sports.

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