# Constructing a New Evaluation System of Physical Education in Higher Vocational Colleges

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**Abstract:** School physical education is the core part of school physical education and the important content of measuring school physical education. Scientific and effective evaluation of physical education is one of the important measures for the healthy development of physical education activities, and scientific evaluation system of physical education is of great significance to school physical education. Therefore, based on the comprehensive analysis of all kinds of sports teaching evaluation documents issued by the Ministry of education and the local education department and the school sports work standards, this paper selects and constructs the evaluation index system of physical education teaching in higher vocational colleges, and finally uses the newly constructed evaluation system to evaluate physical education teaching in Yunnan Polytechnic College to verify the feasibility of the evaluation system effectiveness. The experimental results show that the new evaluation system is used to evaluate the physical education teaching of Yunnan Polytechnic College, and the total score is sixty-eight point one nine Score, including teaching hardware score three point zero five six Score, teaching software score six point five seven eight Score, teaching implementation score twenty-one point two four two Score, teaching evaluation score eleven point six one Score, teaching score twenty-five point seven zero four Points. From the experimental results, Yunnan Polytechnic College has advantages in physical education, but also disadvantages.

## 1. Introduction

School physical education evaluation is an important way to measure the development of School Physical Education[1], and physical education is the focus of school physical education. Scientific and reasonable evaluation of physical education can make the whole process of physical education more optimized[2]. At present, the research on the evaluation index system of school physical education work is mostly in the stage of application research[3-4], and the evaluation of school physical education work is mostly the same, and most of them are based on schools. Although the primary indicators used in the construction of the evaluation system are the same, but the subordinate indicators are more and more, more and more detailed[5]. Most of the research is to quantify the indicators, with strong operability, and the evaluation system is developing towards a more objective direction. The focus of constructing the evaluation system is physical education[6].

Based on the analysis of the evaluation system of school physical education at the national and provincial levels, combined with the relevant elements of physical education teaching, according to the actual situation of Yunnan Polytechnic College, the evaluation system of physical education at the college level is formulated, which includes most of the factors in physical education teaching, from the beginning of teaching preparation, through teaching implementation, to all aspects of teaching evaluation[7].To make the evaluation system of physical education teaching have a relatively complete theoretical system level[8]; the evaluation system at the national and provincial levels is broad and not detailed enough, which may be limited by the actual situation in the evaluation, thus affecting the evaluation effect[9]. College level physical education evaluation system is more comprehensive, more detailed, with better operability[10].

Based on the analysis of all kinds of sports teaching evaluation documents issued by the Ministry

of education and the local department of education as well as the school sports work standards, this paper selects and develops the evaluation index system of physical education teaching in Higher Vocational Colleges in combination with the actual situation of physical education teaching in Yunnan Polytechnic College and the opinions of physical education experts and physical education teaching workers, and then assigns the weight Determine the evaluation level and conduct in-depth research, and finally use the newly constructed evaluation system to evaluate the physical education teaching of Yunnan Polytechnic College, to verify the feasibility and effectiveness of the evaluation system.

## 2. Method

### 2.1 Construction Process of Evaluation Index System

The purpose of constructing the evaluation index system of physical education is to improve physical education and make it develop well. Therefore, in the selection of indicators, we need to determine a central goal, that is, all the evaluation indicators will serve the physical education teaching, and all the evaluation indicators and physical education teaching should have a close relationship. According to this purpose, according to the evaluation system of physical education work of the state and Yunnan Province, the standard of physical education and health course, the trial basic standard of National School Physical Education and health conditions, the opinions of the general office of the State Council on strengthening school physical education to promote the overall development of students' physical and mental health, and the actual situation of physical education teaching in Yunnan higher vocational colleges, the evaluation index system is formulated The evaluation index system is modified and improved. At last, a complete and scientific evaluation index system is established.

According to the principle of level by level and level by level, the first level, second level and third level indexes are decomposed respectively. The specific operation is as follows: firstly, according to the purpose and requirements of evaluation, the factors closely related to physical education teaching are decomposed, and at the same time, the phase of two evaluation systems, i.e. the index system of supervision and evaluation of physical education in Higher Vocational Colleges and the detailed rules of evaluation of physical education in Yunnan Province (Trial) (school), is combined According to the first level indicators, the second level indicators should reflect the first level indicators and have a high correlation with the first level indicators. Finally, the third level indicators are decomposed from the second level indicators by imitating the method of the first level indicators to decompose the second level indicators. When decomposing indexes, we should follow the principle of constructing evaluation index system, especially the principle of independence, that is, the indexes at the same level should be independent, without concept crossing, and the two indexes are highly uncorrelated; and the principle of commitment, that is, the lower indexes should undertake the upper indexes, and the two indexes are highly correlated.   Different schools can make specific decomposition according to the requirements of the construction of physical education in Colleges and universities, but can not be separated from the first and second level indicators. This article will not list one by one.

### 2.2 Contents of Evaluation Index System

In the selection of evaluation index content, we choose from many aspects, mainly from the analysis of the national and provincial system, the results and analysis of the current situation of physical education teaching in Yunnan higher vocational colleges, the relevant national policy documents, subject books and literature, and the forefront of the subject.

(1) First level indicators

The five first level indexes in the system are overall management, education and teaching, condition guarantee, evaluation and examination, and physical health. The six first level indexes in the detailed rules for the evaluation of school physical education in Yunnan Province (Trial) (schools) are respectively organization and management, deepening physical education reform,

strengthening extracurricular physical exercise, improving training, competition system and condition guarantee. Combined with the above indicators, the following five indicators are proposed as the first level indicators of Yunnan Polytechnic physical education evaluation index system, which are teaching hardware, teaching software, teaching implementation, teaching evaluation and teaching achievements.

(2) Secondary index

According to the theories of school physical education and physical education teaching, the above five indexes are decomposed as follows:

1) Teaching hardware includes sports venues and sports equipment.

2) Teaching software is divided into teaching hardware management system, curriculum arrangement plan, unit class plan, teacher teaching plan and physical education teachers.

3) Teaching implementation is the teaching process, which is divided into teaching objectives, teaching contents, teaching methods, teaching organization and teaching evaluation.

4) In addition to the evaluation of students and teachers, teachers and parents can also participate in the evaluation of students' physical education and healthy learning. Therefore, teaching evaluation is divided into student evaluation, teacher evaluation, school evaluation and parent evaluation.

The development of school physical education and students is the relationship of mutual influence. Students are the main body of school physical education. Only by correctly understanding, understanding and fully respecting the law of students' physical, psychological, social adaptation and movement development, can we promote students' all-round development. Therefore, the teaching results are divided into sports skills, sports participation, physical health, mental health and social adaptation.

## 3. Experiment

### 3.1 Experimental Purpose

One is to use the newly constructed evaluation system to evaluate the physical education in selected schools, analyze and summarize the advantages and disadvantages of physical education in (our) school, and carry forward and correct it. At the same time, it proposes solutions to the problems found in the evaluation process The second is to verify the feasibility, effectiveness and accuracy of the system through the application of the newly-built vocational and physical education evaluation system.

### 3.2 Subject

This research relies on the Yunnan Polytechnic College to carry out relevant research. Yunnan Polytechnic College is a private vocational college with nearly 10,000 students. The campus sports activities are rich. The majors of students, the ratio of men to women, and the geographical distribution are all The characteristics of typical private vocational colleges are widely representative. All classes in the first and second grades of Yunnan Polytechnic College have physical education classes, which objectively have the conditions to carry out research on the teaching method of volleyball. Yunnan Polytechnic College has complete sports venue facilities, standardized management system, strong teaching security, sports venues and sports facilities are complete, teaching materials and equipment are rich in variety and quantity, and at the same time, at least two venues can be guaranteed for volleyball teaching at the same time. , Which can provide strong support for the smooth progress of this research.

### 3.3 Questionnaire Design

The questionnaire survey includes three types of questionnaires at three levels: primary school physical education teachers, physical education teachers and students. A total of 1 physical education questionnaire, 5 physical education teacher questionnaires and 104 student questionnaires were distributed and recovered.

## 4. Discussion

### 4.1 Performance Analysis of Index Evaluation

This paper decomposes the new evaluation system, makes corresponding evaluation tools according to the nature of each index and the means to be used in the evaluation, and surveys the sports venues and sports equipment through field visits. It also surveys the sports teaching by consulting the sports teaching documents, observing the sports classroom, interviewing the sports teachers and issuing questionnaires, and obtains the results of the survey. Then the evaluation content in the index system is used to judge the survey results, and the grade coefficient is obtained, so as to calculate the score of the corresponding index. At last, the paper analyzes the advantages and disadvantages of physical education teaching in schools according to the classification of indicators based on the actual investigation. See Table 1 for the weight value of the first and second level indicators and the corresponding post evaluation scores.

**Table 1.** Evaluation Score Table

| Level indicators | Teaching hardware | Teaching software | Teaching | Teaching evaluation | Teaching performance |
|---|---|---|---|---|---|
| Grade 1 index score | 3.7 | 7.9 | 29.9 | 14.8 | 43.8 |
| Grade 2 index score | 1.35 | 0.25 | 0.968 | 1.504 | 2.61 |
| Primary index score | 3.056 | 6.578 | 21.242 | 11.61 | 25.704 |
| The total score | | | 68.19 | | |

It can be seen from Table 1 that the final score of Yunnan Polytechnic is 68.19. According to the method of "school sports work rating evaluation index system", the evaluation result adopts the four-level system of excellent, good, qualified and unqualified, and the full score is 100. Among them, more than 90 points are excellent, 75-89 points are good, 60-74 points are qualified, and less than 60 points (excluding) are unqualified. Therefore, by using the new evaluation system to evaluate physical education teaching, the result is qualified, which can basically reflect the teaching and learning situation of physical education. Among them, the scores of teaching hardware and teaching software are higher, which shows that the teaching hardware and teaching software of the school are better and can meet the needs of physical education. Generally speaking, the implementation of teaching directly determines the quality of teaching evaluation, which may be caused by too many subjective factors. The score of teaching performance index is the lowest, accounting for 43.8 points of the total score of physical education, but the final score is only 25.704 points. The teaching performance index and the score of teaching implementation index have a great correlation, the teaching implementation directly affects the teaching performance, and the teaching performance reflects the teaching implementation.

### 4.2 Comparative Analysis of Index Evaluation Contents

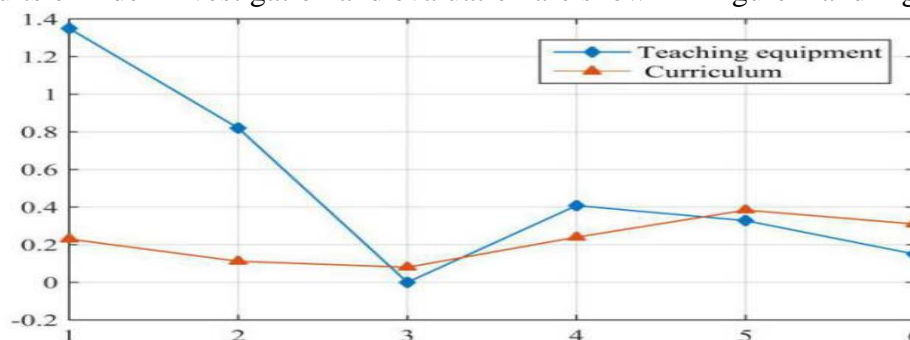The score results of index investigation and evaluation are shown in Figure 1 and Figure 2.



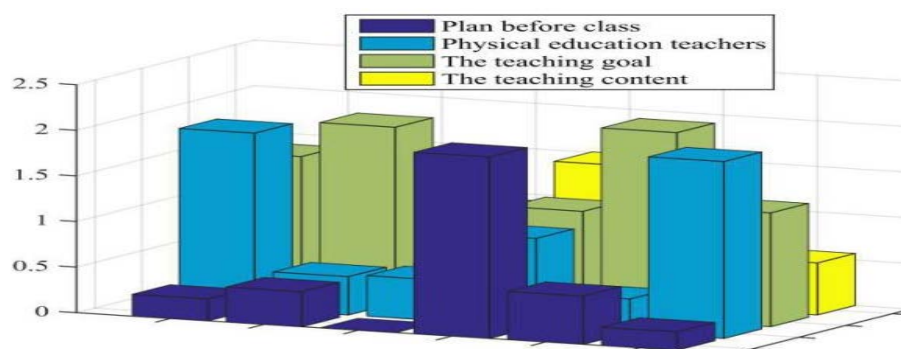**Figure 1.** Comparison of Scoring of Teaching Equipment and Course Arrangement Indicators

**Figure 2.** Comparison of Teaching Grading Results

In terms of teaching hardware, the number and quality of the school's venues and equipment can basically meet the needs of physical education, but there is no venue management system

In the teaching software, the number of physical education courses, the proportion of physical education teachers, curriculum arrangement, unit class plan and other indicators meet the basic requirements of teaching, but there are some problems in the content of class hours and class class plan, there is no school-based curriculum content, and the specific design of class plan is not detailed.

In the process of teaching implementation, three levels of teaching monitoring are implemented, i.e. supervision, academic affairs office and secondary college, to strengthen the control of teaching process. In the whole teaching process, we can see whether the teaching objectives of teachers are clear, whether the teaching content is consistent with the objectives, whether the use of teaching methods is appropriate, whether the teaching organization form is consistent with the course content, and whether the teaching evaluation is naturally based on the above The content is a comprehensive evaluation result. Therefore, a good teaching implementation process will directly affect the teaching evaluation results.

The self-evaluation of students, teachers and schools is good in teaching evaluation, but there are dissatisfaction in mutual evaluation. In the teaching implementation, there is a phenomenon that the secondary school students and the college students coexist. The specialty setting is relatively complex. The PE teachers did not seriously analyze the relationship among the PE teaching objectives, the professional training objectives and the school talent training objectives, did not carry out a specific and serious analysis of the learning situation, and the phenomenon of the junior college teaching plan for the secondary school appeared. Therefore, in the future physical education construction of higher vocational colleges, we should accurately grasp the physical education teaching objectives and teaching contents, improve the ability of learning situation and learning method analysis, strengthen the utilization and excavation of physical education teaching resources, and build characteristic projects with limited funds.

In terms of teaching results, students generally do not have skilled sports skills, only a more skilled sports. Students' enthusiasm for learning in class is not stable, but they can do some simple sports after class, like to do sports with others, but in unfamiliar environment, the process of self integration will be difficult, and there are some problems in body posture and disease resistance. Students do not have a deep understanding of sports health care knowledge and sports moral knowledge, and they have a deep understanding of sports injury and protection, common sports knowledge.

## Conclusion

There are many factors that affect the physical education in the school. According to the investigation and analysis of the current situation of physical education in Yunnan Polytechnic and the conclusion, it has advantages but disadvantages in teaching. In physical education teaching, no matter in practice class or theory class, teachers agree with the time of curriculum arrangement, the number of class hours can be guaranteed, the classroom discipline is good, the age structure and

gender structure of physical education teachers are reasonable, the classroom organization teaching and teaching effect are generally good; however, there are still some problems in the rate of students arriving in class, the teaching time, the teaching effect and the strengthening of students' physique lack.

Generally speaking, the evaluation index system of physical education teaching in higher vocational colleges is simple and easy to construct, and the results of test and evaluation are intuitive. But at the same time, through the preliminary test, it is also found that in the future sports teaching construction of higher vocational colleges, we should accurately grasp the sports teaching objectives and teaching contents, improve the analysis of the situation and learning methods in sports teaching, and strengthen the utilization and excavation of sports teaching resources.

## Fund Project

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