Construction of Leisure Sports Course System

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Abstract
Leisure sports is an important part of leisure education, it not only conforms to the reform of college physical education teaching direction, also effectively improved the students' world outlook, values, improve the sports consciousness and behavior. Therefore, colleges and universities in our country fully implementing the leisure sports is imperative. In this paper, by using the methods of literature material and on-the-spot investigation visit, analysis and studies the theoretical basis of leisure sports of colleges and universities, and how to build leisure sports theory curriculum system in colleges and universities are studied, for the development of the leisure physical education curriculum in college and universities and implementation has certain reference significance.

Keywords
Leisure sports, Theory class, Curriculum system, build.

1. Introduction
At the moment, the majority of university leisure sports theory curriculum system there is a poor flexibility, teaching content and form a single problems such as nonstandard, teaching evaluation system, to a large extent influence the effectiveness of the leisure sports education in colleges and universities. Therefore, it is necessary for recreational sports theory curriculum system in colleges and universities of science building, to promote the continuous deepening of the reform of colleges and universities sports teaching[1].

2. The theoretical foundation of the leisure physical education curriculum construction, colleges and universities
Leisure sports discipline is in the process of theory and method of other disciplines such as just formed, including the human, social, biological, cultural, economic and aesthetic, and other disciplines, and from various angles to reveal the essence of leisure sports, to offer a scientific basis for the development of leisure sports of colleges and universities, therefore, is an important theoretical base for leisure sports discipline.

2.1 Anthropology
Anthropology research is throughout the entire earth all the human space-time, including its physical, cultural and other aspects. The unbalance of culture and the development of the body, however, goes far beyond people's imagination. Cultural development brought various negative consequences for people's body, therefore, from the perspective of anthropology, the leisure sports are very helpful for the synchronization of physical and cultural progress. In addition, the study of leisure sports anthropology Angle to locate in the past, you can also provide direction for its future development. This is due to the scope of anthropology to study their wider than other disciplines, thus, adopting anthropology Angle of view to look at the leisure sports, to correctly guide the development of leisure sports[2].
2.2 The social basis

The development of modern society makes people more and more lonely, the gap between people, one side is the talk of harmony and friendship, and on the other side had to face the fierce competition. The contradictions between the family and social ties cut off, and modern humans into the endless embarrassed. How to get rid of the trouble needs many kinds of ways, the leisure sports is one of them. It can meet the well-off society demand for leisure activity form, provides people with standard education and practice them. Leisure sports to cultivate people's sense of competition, rich emotional life, expanded vision, digging their own value and function is of great significance[3].

2.3 Biological basis

Leisure sports can provide the body's ability to adapt, to improve the health of human body, achieve the harmonious development of body and mental. In the modern society, many work are replaced by machines, it is against the need to human body health. Today, people have been unable to in terms of physical strength, physical and biological compared with animals, if we do not use tools and alienation of space, will be eliminated. The alienation of the human spirit and body have great impact. Therefore, leisure sports has become the best way to get rid of alienation, it can solve the problem of man's biological degradation and so on, is one of the most safe and economic way of transformation.

2.4 Aesthetic basis

Nowadays, with the development of science and technology and society gradually accelerated, the all-round development of people have also been severe, human and no gain happiness in the process of their work, but is tortured by the body and mind. Therefore, urgent need from the living space in opening a healthy development of the road. The aesthetic value of leisure sports has advocated "people-oriented" concept of value, will be released from labor repression, obtain the freedom and development.

2.5 Cultural foundation

Leisure is closely connected with culture, culture provides the leisure environment. Body idle sports can never get rid of the particularity of cultural environment, at the same time, it also provided the impetus for the development of cultural, recreational sports helps to purify the cultural environment, also helps to interpret there are some problems in the field of leisure sports in China today, for the deep understanding of leisure sports culture to has the very vital significance in the future.

2.6 Economics

Leisure sports to the excess energy released, to ease the mood, eliminate fatigue, etc all have positive effects. In addition, the leisure sports also can increase knowledge, edify sentiment, cultivate virtues and friendship. Leisure sports for the cultivation of high-quality workforce, therefore, played an important role, promote the development of the economy between intangible. In addition, the leisure sports service required and products is also quite a few, therefore, to promote the leisure sports industrialization scale is very important to promote the development of the economy.

3. The university leisure sports theory construction of curriculum system

3.1 The principle of building theory curriculum system

In order to ensure the accuracy of the leisure sports theory curriculum system constructing in university, must insist on the principle of the right to build. 1) hold the principle of adjust measures to local conditions. The construction of theoretical curriculum system in colleges and universities, making method is different, in different areas of the building according to the local economic situation and the power to choose and develop, the development of leisure sports should be consistent with the actual sports resources. 2) Follow the principle of local characteristics. Different areas of university sports characteristic, combining local leisure sports features, make the coordinated development of leisure sports theory curriculum and local characteristics.
3) the principle of openness. In the process of the construction of the concrete, the first to break the bondage of the traditional teaching way, the second to flexible choice of teaching content and course arrangement, guarantee the openness of leisure sports, in this way can improve college students’ participating in leisure sports fully the enthusiasm and initiative. 4) according to the principle of credit system and course system of leisure sports theory subjects for scientific and reasonable division, to promote the learning and motivate students to improve students' ability to adapt and comprehensive quality. 5) the principle of general and specialized courses. Balance professional course and status of a curriculum, strengthen the cultivation of independent thinking and comprehension, should not only pay attention to the education of application, also to ensure that the student aspect of knowledge is open, promote the students thinking ability and analysis ability[4].

3.2 University leisure sports theory curriculum system construction measures

3.2.1 The content and the structure of the leisure sports theory curriculum system design
Leisure sports course includes basic concept, the principle of fitness and activity project and so on, on the basis of the original sports increased leisure sports is the core of leisure sports. Leisure sports should adapt to the demands of the development of sports enterprise in our country to absorb the advantages of leisure and sports projects, combined with the new teaching pattern, content and structure, and build a reasonable system the content and structure of the specific design scheme as shown:

Traditional project including archery, kick the shuttlecock, swing and frisbee with local customs and ethnic characteristics of sports; Renovation project is through transforming the original rules of the sport, easier and tactics simplification, etc., satisfy a wider range of people; Emerging campaign will authenticity and versatility, strong experience and the demand is higher, such as hip-hop, rock climbing and roller skating and so on; Expand training including outdoor training, and training of water training and simulation scene, move the classroom knowledge vividly to the leisure sports, improving the system of college leisure sports curriculum and adapt to the trend of physical education curriculum reform.

3.2.2. Leisure sports theory course teaching mode
According to the leisure sports teaching content to design different teaching modes, including club teaching mode and experience type teaching mode. Club type teaching mode using the organization teaching, make the choice between students and teachers become free, interactive, low restrictive, change the traditional teaching mode of the square, closed, make leisure sports education more democracy, open and modernization; Experience type teaching mode emphasizes mainly on experience, for students to create a particular atmosphere and environment, let every student can be involved in the sport, enjoy the pleasure of sports.

3.2.3. Evaluation of leisure sports theory curriculum system
In the course of physical education, evaluation is the important index reflecting the teaching results, it can influence the teaching effect, so as to inspire, motivate students more involved in the sport. System evaluation process, can make curriculum development and reform of the system of derivative, drive the reform of evaluation system and evaluation method, idea, method of transforming. Attaches great importance to the students learning and the basis of sports ability, proper range to improve students' physical quality, can effectively improve the sports achievement evaluation. Therefore, the sports theory curriculum system of evaluation is to measure students comprehensive ability and sports psychology is a good indicator of coming to an end.

4. Conclusion
The development of undertakings of physical culture and sports system in colleges and universities is the premise and foundation for the sustainable development of sports, leisure sports theory course construction is the breakthrough point of the physical education curriculum reform. Style, more interesting is the characteristic of leisure sports, such as this not only conforms to the demand of the college students, and conducive to the formation of college students’ sports consciousness, habits and
behavior. Therefore, we need to actively create a good physical environment, pay close attention to students’ physical and mental health, on the basis of physical education in colleges and universities, both leisure skills, leisure rights and leisure concept penetration and fusion, under the circumstances of the harmonious society, efforts to develop leisure sports theory course in university, to promote the effective implementation of the national fitness program, promoting the construction of a harmonious society and the development, to make more contribution to our country modernization undertakings of physical culture and sports.

Reference