

# Chinese College Sports Programs and Cultural Construction with the United States Sport Education Mode

Weimin ZHU

Nanjing Department of Physical Education, Southeast University, Nanjing, 210094, China

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**Abstract:** The Ministry of Education in 2002, "National College of Physical Education Curriculum Teaching Instruction" after the enactment of the National College of Physical Education set off an upsurge in cultural construction, the college physical education modernization has been to deepen the study, sports and physical function Development functions have been unprecedented attention. However, advanced the idea of a certain system of colleges and universities can not guarantee that physical education and cultural construction with the times and the smooth progress of modernization, advanced and practical curriculum and teaching model is the idea of courses and programs to ensure the implementation of the specific culture. Learning and the introduction of international advanced curriculum and teaching model on China's college sports culture courses will play a more effective role. Education campaign in the United States and the United States as a model of the most famous one of the curriculum and teaching model, currently the world have been and learn from a wide range of applications, colleges and universities in China to study its physical education curriculum and teaching model of the design will be a good reference, China's colleges and universities in order to achieve the physical education culture

**Key words:** Sport education mode colleges and universities model physical education and cultural fusion draw

## 1. Introduction

Course to achieve the aims of education an important way, is the organization of education materials based on the most important activities is a concentrated expression and education reflect the ideas of the carrier, courses in the core of education. "The education reform is a central element of the curriculum reform, the issue in the course of any education system, always living in the center," at the turn of the century, the curriculum reform in the "health first" human care, the birth of the "Sports and Health "The new curriculum, to the" people "of the sport represents a major step forward. From the "one purpose of the three basic tasks" to the "five goals in the field of learning" (to participate in sports, sports skills, physical health, mental health, social adjustment) changes reflected the people's physical education and human harmony, and all-round development The value of the new concept. Throughout our country since the founding of the college physical education course of development, from the overall copy of the Soviet Union, to accept the diversification of foreign culture, education, up to today's modern education under the college physical education modernization, we always continue to explore Rich people can be strong for China's colleges and universities building the road course. The city of hills, we can learn, sports education as a mature model curriculum and teaching model in many countries around the world to be popular, with its ideas and we are in the form of the "National College of Physical Education Curriculum and Teaching Instruction "The guiding principles are in many places happens to coincide. Education and learning movement patterns, combined with China's national conditions, the campaign will be the best mode of education in our part of the integration of college courses in culture, our culture, physical education colleges and universities must be to promote the building.

## 2. Course culture connotation

When the course is no longer a sport as a tool for technical training as the main cultural existence, it is assumed the mission of building culture. Cultural programs include: curriculum design goals, course content and curriculum evaluation of the implementation of the three levels of culture. Course is a culture of rational

reflection. From the curriculum design, the course is a cultural choice; from the implementation of the curriculum, the course is the transmission of culture from the evaluation of the course, the course is a culture of rational reflection Curriculum design is an important part of the cultural activities The curriculum includes not only the goal of choice on this basis, but also the choice of curriculum content and organization Implementation of the program is designed to become a reality course curriculum, which is the essence of teaching, that is, cultural transmission, transmission through the course will be designed to implement. Courses can contribute to the realization of the goals of education, whether to accept the learners so as to promote their physical and mental development, must be implemented through the course.

There were two courses of cultural meaning. First, the curriculum must reflect the social and cultural groups; Second, the course of their cultural identity. The school curriculum in accordance with a certain culture is the social benefit of the next generation of social viability of the requirements of human culture, the choice of finishing and refining and forming a concept of curriculum and curriculum activities in the form. Modern culture of the school curriculum, the focus for the performance of the combination of science and humanities courses and curriculum activities of the culture concept and objectives of the course curriculum and curriculum implementation of the three levels of display and its connotations of the main features of.

Cultural thinking can not be separated from people, understanding people can not be separated from culture, people and culture can be said to be inseparable, that is usually the so-called "culture that is people-oriented", who is at the center of cultural activities, human development in the cultural condensation The core, the same is that the curriculum can not be separated from the culture of thinking people. In the course of human relations, human activity is at the center of the curriculum is to cultivate a spirit of the character and cultural activities, is based on the cultural value of the contents of a culture, its ultimate goal is to awaken the individual's will to make With a value of the individual pursuit of truth will, and have to create and strengthen a new culture of courage and conviction. As a result, the culture of thinking of course, people develop their own sense of culture has become a main line, on course to become the premise of cultural thinking. Physical education through sports and cultural programs for people affected to complete the modernization of the people. On the contrary, the all-round development of physical education to promote culture.

### **3. Chinese colleges and universities and cultural history of the evolution of physical education**

Throughout the twentieth century Chinese culture, physical education college track, we can be divided into three phases :1919 - 1949 "sovereignty-led" culture of the school physical education curriculum; 1949 - 1978 "taking class struggle as the key link" in school Sports and cultural programs; in 1978 after "taking economic construction as the center" of sports and cultural programs. Courses combined with the evolution of the system, we can more clearly see that such a course. After the founding of New China's sports system in the evolution of the course are as follows

1. Gestation stage (1949 - 1956) of the stage of a comprehensive study of the former Soviet Union model; physical education in order to grasp the "three bases" mainly; teaching methods in order to "teacher-centered."

2. To create phase (1957 - 1965), summing up the experience of the former Soviet Union, criticized the dogmatism; to form their own institutional framework; is still the center of teachers, students overlook the personality development; competitive sports of the masses into the political mode

3. Destruction and stagnation phase (1966 - 1976) "military training" to replace physical education; full of political overtones college sports; informal system of the dominant

4. And the resumption of partial reform of the stage (1977 - 1992) "health education" into an important part of physical education, the emphasis on all-round development of physical education colleges and universities on the right track; the resumption of college entrance examination, to pursue further studies overlook the rate of student body; sense of community sports Is not strong; a focus on competitive sports teams and a high level of the building, while neglecting the students of the fitness sports, entertainment and psychological feelings; imbalance in the development of colleges and universities

5. Rapid growth phase (1993 - present) accession to the WTO after a series of college sports system is a reflection of the flexibility of the National "one of the many key link", the introduction of competition, diversity and flexibility of teaching materials; improve the country's supervision mechanism , Scientific and

feasible method of evaluation index system and has kept on improving, the management of college sports embodies the chaos and not living, scattered and orderly; all students, "health first" philosophy and institutions of higher learning to increase both the level of competition; College The student body of some of the indicators on a downward trend, training students for life and raise the overall quality to be.

Chinese colleges and universities from the physical education course of development is not difficult to see that the College physical education students from the neglect of character development to the neglect of physical education in the emotion, the will and social development in areas such as sex education functions to be "people-oriented, Health First" College physical education as a concept to the scientific concept of development as the guidance, in order to promote the goal of modernization, reform and the building of schools, sports, and gradually push forward China's modernization drive school sports. Tap the sport for human development and function, the return of all-round education, sports features, a long walk for several decades. Advanced the idea of a good system for the building of course there must be scientific, advanced courses and teaching model, can carry out reforms. China to build a new era, Wei people seeking truth from facts, the theory of Marxism with China's reality and lead the Chinese people overthrew the rule of the old society and build New China, completed the feat in the history of mankind. In that case, our modern college sports workers, how to inherit the glorious tradition of our ancestors, for this ocean, past serve the present, all kinds of theories to each other, the combination of China's various ethnic groups and regions of the real situation, combined with the cultural characteristics of the Chinese nation in the East To avoid going to copy the characteristics of a Chinese college sports culture on the road course, is that we have an urgent and arduous task.

#### **4. sport education mode of United States**

Sport Education is an educational pattern based on sports which was put forward by Sydon tuopu from Ohio State University in 1980s. Its main purpose is to help students gain the athletic ability and become familiar with the culture of sports, to be enthusiastic participants with the spirit of sports. It links physical education, extra-curricular activities and inter-school sports together, regardless of the competent level of students, providing opportunities for students to experience the positive value of sports in a similar way as inter-school sports. It stresses the human care and training of ability. At present, the sport education mode has a widely influence in the United States, Europe, Australia as well as Southeast Asia.

The sport education mode is to provide students with access to real, full of educational opportunities to experience sports, according to the Sydon tuopu's point of view, the sport education mode are of great importance on the education curriculum and teaching as dual-mode functionality. On the one hand, sport education curriculum as a mode, the main difference from other kinds of modes is that sports turned into a center of sports organization and management courses, that is, all the teaching activities of sports is moving in a changed way which is more suitable for students. On the other hand, as a teaching mode, it is through the direct guidance of teachers, study group co-operation and partnership to achieve its purpose, in other words, it uses an integrated method to teaching design.

##### **4.1. Education campaign mode on the basis of the theory:**

Education campaign mode has experienced: the theory of the game - the game of education - education campaign.

In 1949, American Tyler put forward that the Curriculum Development must be carefully considered the four key issues: 1) What is the purpose of the School of Physical Education ?2) In order to achieve the goal of education , what kind of education and experience should be provided? 3) How to organize the content and teaching experience efficiently? 4) How to prove the educational objectives have been reached? (Jim L. Stillwell, & Carl E. Willgoose. 1997). The issuing of the four issues provides a solid foundation for the further development of the physical education curriculum in USA. Education campaign mode on the basis of the theory is simple. Xidenguopu believe that if people accept some kind of movement, which is of value to society, then society will create a way to help students learn to participate in sports and sports culture. We must make every student to learn sports culture, and the school is the best place to learn, it can provide a broad, equal educational campaign experience. As a result, education campaigns can be designed sports and cultural heritage of the method, and to some extent by the positive movement characterized.

##### **4.2. The purpose of the mode of education campaign**

Mr. Xidenguopu observes that the education campaign aimed at the three goals: the capacity, culture

and passion.

(1) The ability to shape the athlete, who can participate in these competitions skillfully and satisfactorily, can understand the proper use of campaign tactics in the complex game and is a knowledgeable sports.

(2) Foster a cultural athlete who is able to understand and evaluate the rules of sports, the rite of sports and the traditional ceremony of sports, and is able to distinguish between movement of good and bad practice, and know the distinction between children's sports or professional sports. That is to say he is not only a participant with athletic ability, but also an audience with the ability to evaluate, whether sports fans or spectators.

(3) Become a passionate athlete - regardless of the cultural movement that is emerging regional sports culture, or national sports culture, one should protect it in action and develop it in a further step. As a member of the movement group, one should be an enthusiastic participant in the campaign and hopes to participate in regional, national and international level sports.

### **4.3. The characteristics of education campaign**

There are 6 main features of the education campaign, they are the team of Union Group, the formal competition, the final race and track record in the celebrations. The 6 features in the traditional physical education are usually neglected.

(1) Campaign season: Scholar Liao Zhiqian from Taiwan believes that the "campaign season typically include pre-season, the contest period and final period. The activity of the unit cell is usually two or three times longer than the traditional physical education activity. Such an arrangement can help students have a better knowledge and understanding and experience in the campaign to get the opportunity to mastery. "

(2) Sub-team League (Affiliation): Students are free to make study group in the campaign season, a physical education teacher may also carry out sub-team based on student's ability . Throughout the campaign season, students should be fixed League team (or study group) to carry out the study, along with the development of their race strategy, technical training, experience success and failure, to create the characteristics and culture of the group, and to defend the honor of the group. This team of the League of organizations can help students form a very "team consciousness" cultivate.

(3) the official competition (Formal Competition): The campaign season is given real meaning mainly by this formal competition weaved in various parts of the exercises, mainly in the form of competition and confrontation exercises, cycle race, the League In the form. His schedule is usually pre-season campaign in the notice of students so that students can understand and carry out pre-tournament preparations.

(4) Culminating Event: The essence of sport is competition, and the culminating events provide such chances for the athletes. It is true that there are also culminating events in the traditional teaching modules, but what differs from sport education is that the traditional teaching lacks team partnership and formal game plans. As is required in the sport education pattern, the culminating event is meant to end the whole sport season, build happy celebrating atmosphere and organize the participation of all the participants.

(5) Record keeping: There are various kinds of records in sport education, such as records of batting average, records of shots, records of places, time and distances in the event, etc. Records help to provide feedback for the individuals and the team, prescribe standards and set objectives. Of course records are important in the traditional P. E. lessons too, but they are chiefly used to record the attendance and single technique tests. The sport education pattern, however, can provide chances to record the following aspects of study: study of tactics, the development of the group's interest in studying, the announcement and evaluation of the results of the competitions, etc. The complexity of the records should depend on the capability of the students. Announcement of the records may help the students get to know the process of the game plan, such as the game time for the best attacking team and the best defending team. And, the statistics of the game can be used to analyze the strength of the two contestant sides.

(6) Celebration Activities: In the sport education, teachers and students should make their efforts together to create a series of celebration activities, because a normal game itself is a festival celebration. Generally speaking, the celebration activities mainly include the oath of the athletes, invitation of special guests, award ceremony, decoration of the competition area, image transcription, etc. All these activities effectively strengthen the football cultural consciousness and inspire the enthusiasm in the activities of the participants.

### **4.4. Structure of the procedure of the sport education**

The structure of the procedure of the sport education pattern is: establishing teaching routines —> setting allocation of roles and duties —> learning basic techniques and tactics —> learning the judgement rules —> group's self-evaluation and revision —> competition —> activities of reward and celebration.

In actual teaching, the sport education class routine includes eight aspects, namely, checking the roles and duties of the participants of each class, checking the group's warming-up exercise, revising the techniques and tactics learned in the last lesson, learning new techniques and tactics, group training, competition, the end of the lesson, learning daily & final report, the time proportions of which differ according to the different periods of the sport season.

The teaching patterns of sport education ---- direct instructing pattern, cooperative learning pattern and partnership learning pattern ---- are three different teaching patterns of the school P. E. in the United States of America, which Mr. Siedentop has combined together, used comprehensively and formed a set of efficacious teaching methods of sport education.

The direct instructing pattern: The so-called direct instructing pattern is a learning pattern in which the teacher instructs the students face to face. It is equivalent to the teacher's teaching the teaching contents and coaching the students in their studies in the traditional P. E. teaching pattern. The direct instructing pattern is indispensable in the sport education patterns, especially at the beginning of the sport season when this direct instructing pattern becomes the main primary means of teaching.

The cooperative learning pattern: When the athletes and the team leader are making and implementing the policies to achieve the team's goal, this group will start the cooperative learning. In the cooperative learning, democracy is stressed and there exists no absolute authority. Therefore, settling the disputes of different opinions becomes part of the cooperative learning.

The partnership learning pattern: In order to enhance the overall sport level of the whole group, the higher-levelled students will strive to help the lower-levelled student in their studies, because every one of them will realize that only by getting united can they gain victory in the culminating event. The proportions of usage of the three different teaching patterns differ in different periods of the sport season. In the earlier period, the teacher's direct instruction has a larger proportion while in the middle and later periods cooperative learning and partnership learning have a larger proportion.

## **5. Cultural Similarities of and Differences between Eastern and Western P. E. Curricula**

The traditional Chinese education has an apparent cultural tendency which urges the younger generations to learn from the older generations.

The basic spirit of our country traditional culture is Confucianism. At the epistemology last Confucianism, from the development of "able men" and "gentleman" , "morals" of "perfect" should be put at first. Moral education should be weighed more on the course of contents and organization, over-emphasize ethical relations and social aspect knowledge, such as traditional Confucianism classic etc., but neglected the natural science knowledge. All shows course-design is the basic value choice to society culture.

Our country traditional mode of thinking was shown more in introspect,generally summing up,and logical analysis. But the western traditional culture and Chinese cultural tradition is exactly the opposite, as a result the worth mindset of course-choice activity differs from our country. The western course values more on rational train, intelligence development, character development, evidence analysis etc., it isn't a deliver of living creature level, but the deliver of cultural meaning with a society culture of accumulate Dian, is to the assimilation of social continuous process of the cultural generation. Our country traditional course's carrying out very great degree is a machine technique , but neglect culture of the corpus of corpus-person. But in the course the implement, culture-transfer isn't what intactly to carry on, on the contrary, it is just to constantly reshuffle and rebuild matter. Hegelian once think,when we absorb the cultural inheritance and make it be possessed by us, we have already had a certain differ from it formerly all characteristics. Hence that kind of the inheritance which accepts to come over so changed. This elucidates that culture's deliver is in fact also a kind of cultural turning, namely the reorganization of system, with cause of the cultural moving. Therefore, the construction of the course culture, have to have the thought of innovation, can't become a turning station.

From the angle that introspected from the culture, our athletics education develops completely by

development of personal target, the course should try hard for to carry out this target, especially to students, the implement should be virtuous to teach, intellectual education, comprehensive the technique education, athletics and art-teach and there's no supposed to lack of anyone. The choice of the course objection、 the contents of organization, and the practise of course should be according to the personal development. Some of the evaluations are the evaluations of results and technique evaluation as principle, but can't be exactly commented from the course's angle to emphasize process an evaluation with various of evaluation. Sport education mode pay more attention to the course ebaluations including the development of personal ability and culture. Education in China is mostly a big unification, not characteristic education.

## 6. Sport education mode and Chinese special features's combining in the school.

Dating back to 20 centuries Chinese culture and athletics course transfer many times in the past. We can find in almost 20 centuries that Chinese culture change and the change of athletics course always around three aspects, one is how to treat traditional culture;Two is how to treat foreign culture; Three is how to carry out traditional culture, realistic culture combines with foreign culture of valid integration. Therefore, the construction of Chinese athletics course in the school has to inherit culture to develop the tradition that face world.The course is the important carrier that education carries out culture to spread, the reform of the course has to root in the traditional fields, at the same time match the modern science technique , it is more important to make a creative composing to the tradional culture,to reannotate traditional content with modern philosophy concept and modern spirit, which make the course show the combination of traditional culture and modern science. After learing the sport education mode, we can see the commonness of many aspects between our sport course culture and sport education mode. However, how to combine the sport education mode from American and our chinese cultural construction?? It's a problem.

We shall make a research from the following aspects:

### 1. The advantages and disadvantages of sport education mode

#### 1.1 The advantages of sport education mode

##### 1.1.1 Treating the whole teaching process in general systematical way

The sport educational mode combine the whole teaching process and design it as a definite unit. There's consanguineous relationship among all the parts, every one is not unique, the whole process from the teachers' teaching and students'learning and applying is designed as a intact system, which make the students have a profound understanding of the whole sport learning.

##### 1.1.2 The diversification of objectives

From the summary of the sport education mode, we can see that this mode can develop the students' abilities in various aspects. Its teaching objective is also an all-sided, diversified one.

##### 1.1.3 Establishing a better connection between in-class and after-class activities

Sport education mode ends the whole teaching process with the final game. Besides, the rules of the game is made at the beginning of the teaching process to urge the students to make a good preparation , and to stimulate the students' interests. By doing this, the students will not only study actively in the class, but also take an active part in the after- class activities. Besides, carrying on the practice in the form of groups can be much easier to stimulate the students 'learning interests, thus creating a better connection between athletics lessons and extracurricular activities.

##### 1.1.4 Promoting mutual communication of the students

In sport education mode, students are divided into different groups, and every group member has his or her fixed role and duties. Different from the former mechanical group teaching, the new mode makes the learning objectives and assigns study missions for the group at the same time, therefore making the students communicate and learn from each other.

#### 1.2 The disadvantages of sport education mode

1.2.1 Competition is the most outstanding characteristic of sport education mode. Because there are too many games in the whole teaching process, and the introductions of the organization and management of these games ,and the role play of the students will also take up a nice bit of time, the time for students to practice sport skills will be reduced, for the total time of teaching is limited. It is very bad for the students to acquire standard, stable athletic skills.

1.2.2 In China, the advanced physical education attaches great to the workout function of physical

education. In the new compendium, the health objectives of the basic objectives in PE course point out that by athletics teaching, the students should be able to test and evaluate their physical endowment and health condition, and acquire effective knowledge and methods to improve their physical quality and to build up their strength completely. However, it wasn't reflected in sport education mode. Sport education mode emphasize to develop students' sport enthusiasm, participate attitude, management ability ,cooperative learning ability and decision-making ability, but neglected to develop students' ability of recognition and understanding of the health conditions both of themselves and others. And this is exactly the basic and hypostatic function of physical education, and it is also the essential reason why physical education can be called physical education. Our country values the workout function of athletics very much. And hopes that through athletics, we can build up physical endowment, develop health awareness, acquire some health care knowledge, learn a scientific way to take exercise, and master some self- diagnosed methods of health condition.

1.2.3 The independence study of students is what the sport education mode encouraged. And in the teaching process, the predominant power is given to the students sometimes to cultivate their abilities in independent study, management and decision-making .However; this may neglect and weaken the teacher's predomination function in the teaching process, thus resulting in a state of disunity. In the teaching process, the teacher constantly exerts its instruction function, and this kind of instruction is also irreplaceable. Teachers' special instruction function shouldn't be ignored or weakened when emphasizing students' independent study.

## 2. Analysis of the feasibility of introducing sport education mode

Currently, the college athletics course reform is being carried out like a raging fire. Compared with the other former ones, this reform is much more complete and has absorbed many excellent teaching principles from abroad. The guide thought has also changed in quality. Although the teaching principle now is highly advanced, we failed to reach our anticipate goals in the implementary process. The reason is that we didn't really and reasonably combine the teaching objective with the concrete teaching practice. Even if we have advanced theories, principle as guidance, everything will still be a naught without a practical, viable way to carry it out. The instruction thought of the athletics teaching is the premise that we carry on all the athletics teaching work, and the thought should be eventually reflect in the concrete teaching process. The athletics teaching mode is an important bridge between the teaching theories and the concrete practice. In the past, we were used to analyzing each part of athletics teaching independently, and neglected to study their relationships and failed to study them as a whole system, making a lot of advanced teaching theories and principle cannot be applied to athletics teaching mode to contribute to the development of teaching practice. So strengthening the research towards athletics teaching mode has very important significance theoretically and practically for promoting the development of teaching theories as well as for deepening the physical education teaching reform. The analysis of our country's athletics teaching mode above indicates that we need to set up a new physical education teaching mode to satisfy the new guide instruction's demand. In 2002, "National College of Physical Education Curriculum Teaching Instruction" was promulgated. It elaborated the objectives of physical education curriculum from five aspects: sport participation, physical health, mental health, sports skills and ability of social adaption. The physical education teaching in college should take it as directions to reach these goals better.

## 3. Analysis of the qualifications to apply sport education mode in China

Sport education mode requires the schools to have sufficient facilities and places.

Sport education mode has a very high demanding on the teachers. From professional knowledge to overall qualification, pedagogy, psychology, etc. All should be mastered by a PE teacher. So their existing knowledge structure should be optimized.

Sport education mode requests big unit teaching, it also need system guarantee to this.

Sport education mode requests the student's sport cultivated manners to attain certain level, because the impersonation of various roles and the organization of the activities all need the students' comprehension mutually tacit understanding.

## 4. The integration path of sport education mode with our college sports culture curriculum construction

(1) Firstly introducing sport education mode to the colleges with excellent teachers and abundant resources in our country.

(2) Analyzing the merits and shortcomings of sport education mode. To maintain our national character,

using the mode selectively in combination with the present condition of college sports culture curriculum in our country.

(3) Sport education mode was firstly created by Mr Tuo Pu in the primary and high schools in America. It has a big difference from Chinese college students in culture background and sport cultivated manners. Some principles and teaching methods of sport education mode can be used in the construction of Chinese advanced physical education curriculum. But we should have our own way in choosing the items and evaluating the students.

## 7. Conclusion

1. Today, the college physical education in our country is in a transforming stage, so we need to bring in the advanced teaching principle to make up for our weaknesses. According to the new compendium and the analysis of sport education mode, we think that it is viable and necessary to introduce sport education mode after proper modification.

2. The unbalanced economic development condition in different nations and regions in China causes the unbalanced college education levels in different nations and regions. And sometimes the gap is very big. How to combine sport education mode with our national conditions, and how to balance the need of maintaining the curriculums' national character and advancement with the meeting of the mode's existence conditions need to be further studied and explored.

3. Sport education mode put forward higher request to our college PE teachers. Under the instruction of the new compendium, we college athletics educators have to continuously study, change and enrichment knowledge structure to adapt to the reform and avoid humiliating our glory mission.

4. Being in the light of the target of "everything is for the sake of the student, for the sake of the student's everything, for the sake of the whole students", we should continuously contract the education gap among different races and regions, and fully embody the equality of education.

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