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Empirical Study on the Introduction and Promotion of Emerging Sports Projects in Capital Universities - Taking Touch Rugby as An Example

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Abstract: ***With the gradual deepening of the reform of physical education teaching in universities, in accordance with the spirit of the "National Guidelines for Physical Education Teaching in Ordinary Higher Education Institutions" and based on the characteristics of the school, universities have fully utilized their resource advantages and opened many emerging sports projects to enrich the teaching content of physical education classes in universities. This article takes touch rugby as an example, and explores the strategies for developing emerging sports courses through the introduction, development, and experience of touch rugby in universities in the capital. It aims to complement the advantages of traditional sports and promote the reform of physical education courses in universities.***

Keywords: Emerging sports projects; Physical education courses in capital universities; Touch rugby.

1. INTRODUCTION

The gradual development of internationalization in education, as well as the promotion of national fitness and sunshine sports, has brought a large number of novel, interesting, and challenging sports projects into university campuses. Therefore, catering to the characteristics of college students who like innovation and are willing to accept new things, it has a strong attraction to contemporary university production. Touch rugby was introduced to China Agricultural University in 1992. After more than 20 years of teaching practice, it has formed a relatively complete curriculum system and become a leader in the development of touch rugby as an emerging sport. Currently, it is promoted in hundreds of universities across the country. Beijing universities have established the Beijing University Football Association. Under the leadership of China Agricultural University, universities such as Beijing Technology and Business University, Beijing University of Mining and Technology, Geng Dan College of Beijing University of Technology, Beijing Forestry University, Beijing University of Chemical Technology, Beijing Jianzhu University, Beijing Union University, Beijing Agricultural College, Beijing University of Posts and Telecommunications, Beijing Institute of Fashion Technology, and Beijing Sport University offer special courses on touch rugby or establish touch rugby clubs and student sports organizations to promote the development of touch rugby. Every spring, these universities promote the development of touch rugby. The Holding a touch based rugby competition in Beijing universities in autumn, this study explores the strategies for developing emerging sports courses through the introduction of touch based rugby in universities in the capital, as well as the methods and experiences of its implementation. The aim is to complement the advantages of traditional sports and promote the reform of physical education courses in universities.

2. RESEARCH OBJECT AND METHOD

2.1 Research object

The research focuses on 25 tactile rugby instructors from China Agricultural University, Beijing Technology and Business University, Beijing University of Mining and Technology, Geng Dan College of Beijing Institute of Technology, Beijing Forestry University, Beijing University of Chemical Technology, Beijing Jianzhu University, Beijing Union University, Beijing Agricultural College, Beijing University of Posts and Telecommunications, Beijing Institute of Fashion Technology, and Beijing Sport University, as well as undergraduate students in tactile rugby teaching classes, tactile rugby teaching clubs, and college rugby sports clubs; There are a total of 218 students, including 125 boys and 93 girls. The survey was conducted from March 2019 to July 2019.

2.2 Research methods

2.2.1 Literature review method

Based on the research content and objectives, we have consulted relevant literature on sports, education, sociology, and other fields both domestically and internationally in recent years. We will focus on reviewing relevant papers on emerging sports projects, grasp their current research progress, and analyze them to define the concept of emerging sports projects.

2.2.2 Interview Method

During the Beijing university students' touch rugby competition, we interviewed sports experts and some physical education teachers from universities to discuss students' interest and attitude towards participating in touch rugby activities, providing a basis for empirical research in this topic.

2.2.3 Questionnaire survey method

(1) Questionnaire design

Based on extensive literature review, a teacher and student survey questionnaire was designed, and experts were invited to conduct validity tests on the questionnaire content. The reliability test of the questionnaire was conducted using the test-retest method, and both reliability and validity met the requirements. Final determination The survey questionnaire on touch rugby includes the basic information of the surveyor and the factors that affect the development of touch rugby.

(2) Questionnaire distribution

A total of 218 questionnaires were distributed and 212 were collected, with a response rate of 97.2%; 210 valid questionnaires were collected, with an effective rate of 96.3%.

2.2.4 Mathematical and Statistical Methods

Perform mathematical and statistical analysis on the survey results.

3. RESULTS AND ANALYSIS

3.1 Overview of touch rugby sports

Touch Rugby is an evolution of Rugby League, originally developed by rugby league players to train their running and dodging skills. Touch Rugby officially became a sport due to its founder - Bob from the South Sydney Junior Rugby League Club Dyke and Ray Fan Deng. On July 13, 1968, the South Sydney Touch Rugby Club was officially established, which also marked the birth of the sport of touch rugby. In 1986, the International Touch Rugby Federation (FIT) was founded in Australia. The first World Cup Touch Rugby Championship was held on the Gold Coast of Australia in 1988, and the second World Cup Touch Rugby Championship was held in New Zealand in 1991. Since then, the International Touch Rugby Union has held the World Cup Touch Rugby Championship every four years In May 1992, a coaching team from the former Beijing Agricultural University visited the Hong Kong Rugby Football Association and brought back relevant materials on touch rugby. In 1995, the Physical Education Department of the former Beijing Agricultural University offered a special course on touch based rugby. The first touch rugby match was held at China Agricultural University in 1997. Touch rugby is a sport in which the ball handler passes, runs, and dodges the opponent to bring the ball into the opponent's field and score a touchdown. Touch rugby changes the action of hitting the opponent, such as the Tackle, in English rugby to lightly touching the opponent's body. After the ball handler touches it, they must drop the ball from their hips to the ground at the touched point, and then their teammates pick it up to continue the attack. The requirements for a touch based rugby field are not high (70 meters long and 50 meters wide for official matches, equivalent to half a football field); The rules are simple, and the game can be mixed between men and women (4 men, 2 women). The game can change players at any time, and the game time is relatively short (20 minutes each for the first and second halves). Touch rugby has low requirements for the field and is easy to learn, safe and reliable. It is highly entertaining and participatory, and participants chase the game with laughter and joy, enjoying the passion and happiness of the sport.

3.2 Ways for Beijing universities to introduce touch based rugby

The attitude of a leader towards something is a factor that promotes its development or decline. From the early 1990s to the present, the school leaders of China Agricultural University have attached great importance to the development of rugby, which has become the university's business card. The school leaders not only value the development of rugby sports, but also attach importance to the popularization of rugby among ordinary college students. Therefore, the touch rugby special course was first established at the university; Subsequently, a touch rugby student sports club was established, which holds two touch rugby departmental competitions and rugby cultural festivals every spring and autumn, effectively promoting the cultural dissemination of rugby on campus; After more than 20 years of continuous practice, in 2016, with the support of school leaders, the Touch Rugby Teaching Club was launched as a pilot for the reform of physical education curriculum, further improving the Touch Rugby curriculum system. Through the guidance of Agricultural University and the efforts of Beijing universities themselves, the Beijing Rugby Association was established. By organizing training courses for coaches and referees in Beijing's touch rugby, as well as hosting two annual Beijing university touch rugby matches in spring and autumn, we have effectively promoted the continuous introduction of this emerging sport into Beijing universities.

According to a questionnaire survey of universities in Beijing that promote touch rugby, the main ways and means of introducing touch rugby into universities are as follows: the Ministry of Sports accounts for 67%, student clubs account for 25%, and social personnel account for 8%. The survey shows that the Ministry of Sports and student clubs are the main ways for Beijing universities to promote and disseminate sports, which is also in line with the characteristics of China's current sports education system: the competent department of the Ministry of Education issues a macro guidance outline for university sports, and the Ministry of Sports arranges sports teaching plans, teaching content, and helps students form clubs or clubs to carry out sports activities based on regional and school characteristics. A survey on the introduction of rugby from Agricultural University and other universities in Beijing found that the introduction of new sports projects into university sports departments plays a major role, and the leadership of the sports department is key. The leadership team of the sports department fully understands the characteristics of the rugby project in order to introduce and urge schools to carry out the software and hardware construction of the rugby project, creating conditions for the planned development of rugby.

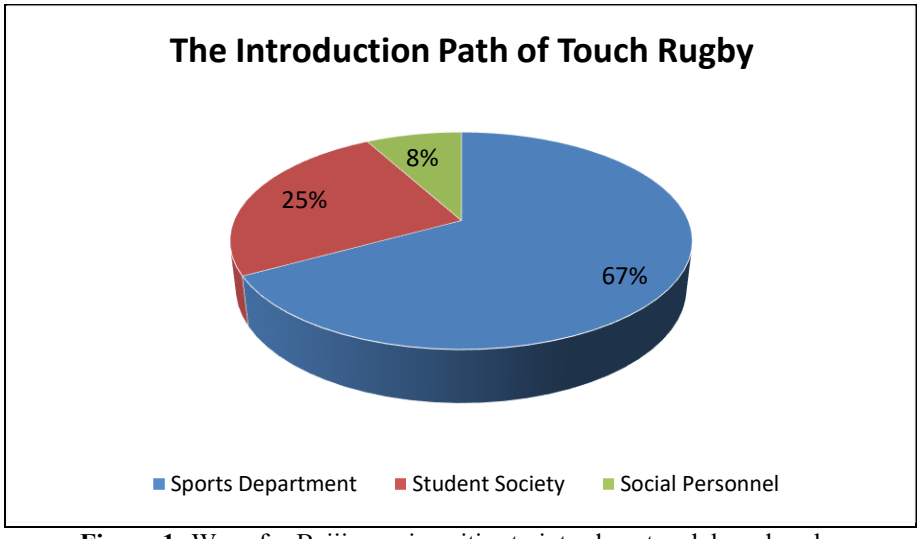

Figure 1: Ways for Beijing universities to introduce touch based rugby

3.3 The Method of Carrying out Touch Rugby Sports in Beijing Universities

According to the survey shown in Figure 2, touch rugby is mainly carried out in Beijing universities through four modes: 42% sports clubs, 25% sports specific teaching, 25% sports clubs+sports specific teaching, and 8% sports specific teaching+sports clubs+sports teaching clubs. From this, it can be seen that the main method of implementing touch based rugby in Beijing universities is through the model of student sports clubs and sports specific courses. Some schools coexist with touch based rugby specific courses and sports clubs, while only Agricultural University has established touch based rugby specific courses (students have fixed class times) and touch based rugby teaching clubs (teachers arrange teaching according to most students' time and have basic touch

based rugby skills), as well as sports clubs (school touch based rugby representative teams and rugby amateur enthusiasts). The survey shows that in Beijing universities, the proportion of touch rugby is relatively high in the form of sports clubs. Students run for the president of touch rugby clubs and members of various departments, recruit members, organize touch rugby matches, inherit the spirit and culture of rugby, and demonstrate the tendency of contemporary college students to pursue self-management and organizational leadership improvement, which is also conducive to improving the overall quality of college students. However, in interviews with experts and scholars, it is generally believed that in order to comprehensively master a sports skill, it is necessary to have a certain theoretical foundation and deepen the understanding and recognition of the project through continuous practice. Experts believe that the best mode of developing the emerging sports project of touch rugby in universities is through physical education classroom teaching, so that students can initially master the basic theoretical knowledge and basic technical tactics of touch rugby, and then enter clubs or sports clubs to strengthen practice. At the same time, various knowledge lectures, departmental and inter school competitions should be held to promote the popularization and promotion of touch rugby among universities.

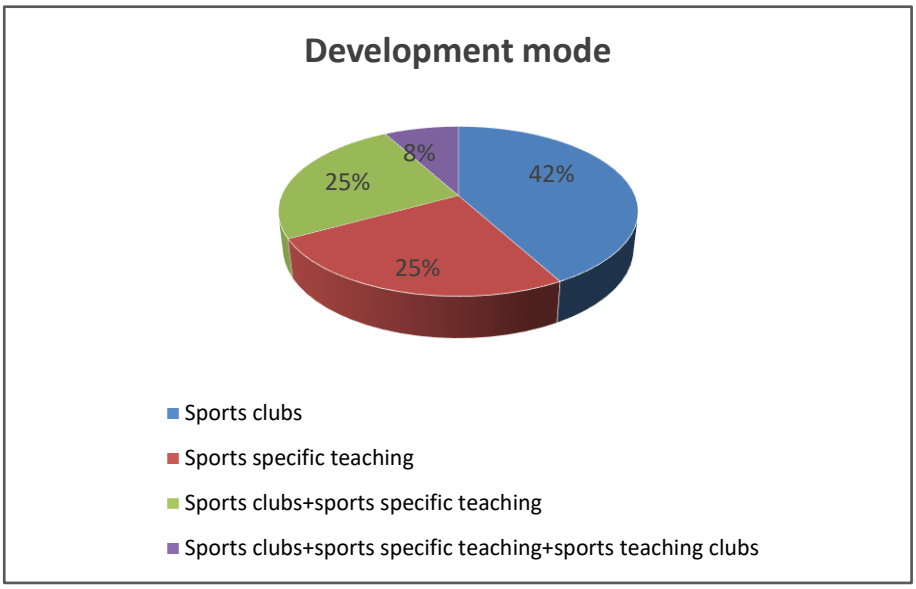

Figure 2: The Mode of Carrying out Touch Rugby Sports in Beijing

3.4 Development and construction methods of touch based rugby courses in Beijing universities

Through a survey of teachers in Beijing universities, it was found that currently only China Agricultural University and Beijing Technology and Business University have their own self-designed textbooks for implementing touch based rugby courses, and there is currently no unified textbook in use. Touch rugby is an emerging sport introduced by Agricultural University in China, suitable for widespread promotion in primary, secondary, and tertiary schools. Under the leadership of Agricultural University, the touch based rugby sport in Beijing universities has been promoted in Beijing and even in primary, secondary, and tertiary schools across the country through the sharing of course resources and mentoring provided by the university. By absorbing foreign touch rugby course resources and combining them with domestic reality to develop teaching materials, we have formulated teaching syllabi and schedules for specialized courses and teaching clubs for ordinary college students. We have applied for the school's touch rugby education reform project and are building micro and MOOCs for touch rugby. In addition, with the support of the Beijing University Sports Association, the Beijing University Football Association is carrying out the development of standards and evaluation systems for touch rugby players among university students in Beijing. By rotating the annual spring and autumn Touch Rugby Championships in different universities in Beijing, the promotion of the tournament is promoted, further enhancing the integration of in class and out of class construction of touch rugby courses in Beijing universities and improving the competitive level of the project. It also promotes friendly exchanges among universities in Beijing and improves the campus sports and cultural atmosphere.

4. CONCLUSION

4.1 Integrate and optimize resources to improve the construction of touch based rugby courses in Beijing universities

Practice has proven that offering touch rugby courses is the most direct and effective way to accelerate the promotion and development of touch rugby in capital universities. China Agricultural University should continue to leverage its advantages in teaching staff, course resources, and other aspects of touch rugby, increase the construction of micro courses and MOOCs for touch rugby, and through measures such as establishing the "College Road Touch Rugby Community" and resource sharing, lead Beijing universities to establish and improve standardized and practical new forms of touch rugby course construction, and continuously promote the popularization and improvement of touch rugby in Beijing universities.

4.2 Accelerate the construction of touch based rugby teaching staff in Beijing universities

Accelerating the construction of the teaching staff for touch rugby is one of the necessary factors for the entry of touch rugby into universities in Beijing. To cultivate touch based rugby teachers in Beijing universities, the approach of "going out and inviting in" can be adopted. Through the Beijing University Football Association, efforts can be made to increase teacher training and exchange; Encourage and support sports and normal universities that cultivate physical education teacher qualifications to actively carry out touch based rugby courses; In addition, physical education teachers in Beijing universities actively utilize online resources to independently learn touch rugby, further enhancing their professional abilities.

4.3 Suggestion for Beijing universities to establish campus touch based rugby sports clubs

The development practice of touch rugby in Beijing universities has proven that the establishment of touch rugby clubs is an important supplement to the touch rugby curriculum, and it will also maximize the overall function of touch rugby in universities. Selecting a group of students with good potential and strong interests, forming touch rugby clubs, conducting touch rugby training and activities, and organically combining in class and out of class activities will further improve students' competitive level and meet their internal needs for self-directed learning and self-improvement. The establishment of touch rugby clubs will give students more flexibility and autonomy. Students can not only initiate campus competitions for promotion independently, but also coordinate with sister universities for inter school competitions, forming a scale effect that will become an important platform for students to showcase and expand the opportunities for clubs and universities. Influence.

4.4 Expand publicity channels through new media

New media is based on digital technology and carries out information dissemination on the Internet. The emergence of new media has greatly enriched and the means of information dissemination have provided convenience for information dissemination, while contemporary college students are the original people of the network. Touch rugby should give full play to the convenience, timeliness and other functions of new media, expand the publicity channels, and make this new sports project known to more people on campus. For example, through WeChat official account, Tiktok, Weibo and other network platforms commonly used on campus, in-depth coverage and publicity of touch rugby can be carried out, so that more college students can understand and participate in this new interesting sport.

4.5 Strengthen the emphasis of school leaders on the sport of touch rugby

Beijing universities can enhance the recognition of touch rugby by organizing activities such as touch rugby matches and training. In addition, teachers should strive for excellence in curriculum development and competitions, form distinctive features, and receive support from leaders to continuously improve the status of touch rugby in schools.

4.6 Enrich and improve the construction of touch based rugby competition platforms and mechanisms.

Beijing universities should widely organize touch based rugby events within and between schools. Through on campus and inter school touch rugby matches, we continuously explore touch rugby resources, increase their publicity efforts, and stimulate students' interest and potential in learning touch rugby. Establish a level standard and evaluation system for touch rugby players among college students in Beijing, improve the construction of the management mechanism for touch rugby competitions among college students in Beijing, cultivate students'

competitive awareness through the exchange of touch rugby competition activities, effectively mobilize students' enthusiasm for learning and participating in touch rugby sports, enhance campus cultural atmosphere, give full play to the core values of integrity, honesty, unity, enthusiasm, respect, and discipline in touch rugby sports, cultivate moral character, and continuously popularize and improve touch rugby sports in universities in Beijing.

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