

A Study of Current Situation and Development Strategy of Physical Education Curriculum and Instruction in Taiwan Universities

Exercise is the cornerstone of the individual. it is also the lifeblood of the country. With the development of technology and economic, social lifestyle of modern industry and commerce has been considerable change in the past, the general public a general lack of exercise, lifestyle trends in the sitting lifestyle. Therefore emphasis on students' physical and mental development, with the idea of the correct life-long sports, is an important issue for the school physical education (Castelli, & Williams, 2007; Deglau, Ward, O'Sullivan, & Bush, 2006; Ko, Wallhead, & Ward, 2006; Lund, & Tannehill, 2005; O'Sullivan, 2006.; Rink, 2009; Tinning, 2010).

The college degree is the final stage that students receive school physical education. This degree the original lifestyle of college students was differ from primary and secondary school. It is important period to develop the concept of lifelong sports. School sports are student-specific sports activities, is also a crucial period (to establish a positive sports attitude McBride & Midford, 1999), and learning outcomes of school physical education, involvement with the sport after the students leave school level is a positive correlation (Curis & Mcteer , 1999; Dennison, Straus, McIlits, & Charney, 1988; Telama & Yang, 1999).

The new university legislation enforced in 1994 had a strong influence on the administration and the personnel structure of physical education in Taiwan universities. However, because of changes in policies, making the college physical education curriculum elective from each school will customize. The status of physical

education curriculum in all colleges and universities have been gradually marginalized, the existence of the face of great crisis, such a shock how to do the adjustment and coping, the important issue of the current status of university or college sports programs. This research aims to explore Taiwan's colleges of physical education at the current situation and development strategy, as a university or college sports programs to improve reference.

The purpose of this research was to obtain current situation and development strategy of physical education curriculum and instruction in Taiwan Universities. It took 4 researching areas of sport pedagogy- curriculum, instruction, teacher education and others to explore the current situation and development strategy.

Methods

Participant

Qualitative orientation of the survey, conducted two focus group interviews. Participants of the focus group interviews are college sports executives, university or college sports curriculum and teaching related issues, there are practical operational experience and insights.

The meeting of Southern of Taiwan was hold on December 12, 2011. There were 2 participant of national universities, 2 participant of the private universities, and 6 participant of technical and vocational system. The meeting of Northern of Taiwan was hold on December 13, 2011. There were 4 participant of national universities and 6 participant of the private universities. All of total was 6 participant of national universities, 8 participant of the private universities, and 6 participant of technical and vocational system.

Procedures

Focus group interviews were used to collect data. A total of 20 chairpersons of the physical education administration units of universities participated in focus group interviews in December 12 (southern of Taiwan) and December 13 (northern of Taiwan), 2011. All interviews were tape-recorded and the transcripts were content analyzed. A "focus group method" was utilized, which included recording, transcribing and analyzing Participants' opinions about current situation and development strategy. The principle themes suggested that 4 researching areas of sport pedagogy- curriculum, instruction, teacher education and others.

Researcher as Instrument

For qualitative methods, Locke (1989) suggested that the researcher's background and dispositions concerning the situation under study be presented. The researcher was a Ph.D student and had approximately 5 years of sport pedagogy research. The researcher study on course of qualitative research, and had conducted prior studies school physical education.

Analysis

Open coding (Strauss & Corbin, 1998) was used to analyze the data of those meeting and their views. In the process of focus group interviews are recorded and then recording transcription. Analysis by researcher transcript of the actual interview as a unit, cutting the paragraph and read all the transcripts, and also reviewed the meeting minutes to rebuild the overall impression of the interview process. A comparison of these important words and phrases was then done to determine underlying similarities. Groups of words and phrases that were similar in meaning were identified as a concept and given a name. All concepts were then compared to determine underlying similarities. Concepts that were similar in meaning were identified as a category and given a name.

Trustworthiness

For qualitative methods, trustworthiness is the basis upon which the researcher's findings are judged to be believable and important (Lincoln & Guba, 1985). For this study, trustworthiness was established through peer debriefing, member checking and triangulation to maintain data collect and analysis would be corrected.

Result

The current situation of college physical education, the result of meeting issues to discuss the results hereby described as follows: the physical education curriculum, physical education teaching, physical education teacher education and others.

Physical education curriculum

1. Reduced physical education obligatory and elective credits

In the physical education curriculum, credit for the course, there are more considerations. The credit is one of the conditions of college physical education to maintain, but the school due to cost considerations, when the number of physical education reduced.

99 years that 1% of the non-obligatory, should conduct a serious review.

(The meeting of Northern)

Physical education currently maintains three obligatory credits. It will be two in future policies.(The meeting of Northern)

Physical Education included credits of graduation are important, but as graduation credits will rebound by the department. (The meeting of Southern)

Some schools showing Physical education obligatory 0 credit, and still unable to open elective credit courses. (The meeting of Southern)

2. School administration more difficult to meet the physical education curriculum

In addition, the director of physical education said the Course Map Planning uncomfortable confined to school environment. Different school systems, schools, physical education development strategy should be different differences. Followed by school scores and hours of class time, and poor school hours is likely to be the reason of the curriculum of sports development.

Physical education curriculum diversity, limited venues and facilities can't effectively planning the course map. (The meeting of Northern)

Timetable period is poor. (The meeting of Southern)

Physical education teaching

1. The number and the quality of students

In physical education teaching, the number and quality of students is current problem. The number of student in a class was too high format a problem. The quality of the student composition is more complex, so that teaching more difficult.

The number of school physical education classes about 70-80 students, large classes. (The meeting of Northern)

The more complex quality of students, the more hard physical education teacher. (The meeting of Southern)

2. Reduced time of teaching

Furthermore, the lack of teaching time, affecting the students' activity levels, is one of the problems faced by college physical education teaching.

Only one credit, affect students' activity levels, whether the study can present physical education class time with a single practice how much time to promote the learning outcomes of the article for reference. (The meeting of Northern)

Lack of hour per week, less than primary school students, the Ministry of Education, such as non-standard teaching schools will be the deletion of the physical education curriculum time. (The meeting of Southern)

Physical education teacher education

1. Teacher education has been hindered

In the physical education teacher education, the physical education teachers face the problem itself and the other teachers of the college, need to teaching, training and research all aspects of work, but also in organizational transformation, preparation, the number of physical education teachers also reduced, organizational downsizing, and the ability to be tested. Some physical education teachers can't maintain further studies, may have an impact on the quality of teaching.

*PE teachers have to teaching, training, research, and a lot of pressure.
(The meeting of Northern)*

*Center for General Education teacher, has been included in the faculties,
physical education teacher and subject teacher competition is inevitable.
(The meeting of Southern)*

2. High ratio of Part-time teacher

The most important problem is that physical education teachers of shortage of manpower, the heavy commitments of school sports, but do not want to appoint full-time teachers, while part-time teacher, affecting the quality of school sports, thereby affecting the students' right to an education. Also be affected by physical education teachers the right to work, to project the appointment of the lecturer, a heavy workload and insecurity.

Faculty manpower shortage, and not be replaced. (The meeting of Northern)

Lack of manpower schools do not want to employ a full-time physical education teacher. (The meeting of Southern)

Others

1. Problem of funding

Private schools bear the brunt of the low birth rate, the sharp drop in enrollment, budget cuts of the various departments, especially sports, the exclusion of the school budget, so that sports development is more severe. In addition, the quantity and quality of the stadiums will also affect the development of the Physical Education. Finally there are also scholars mentioned that Physical Education only two school evaluation indicators for the limited impact of sports development, the evaluation will affect the school administrative decisions and resource allocation, evaluation of sports do not attach importance to, and may also affect Physical Education developments.

*The low birth rate impact, bear the brunt of private schools admissions.
(The meeting of Northern)*

*Republic of China for 105 years, the low birth rate will impact the
development of university sports. (The meeting of Southern)*

2. Problem of regulations

The director of sport of the university or college in that university or college sports regulations and the administrative organization of the implementation of school physical education. In the statutory level, due to cost considerations, the class with high number of members, teachers and students no express provision, the quality of impact physical education

*Student numbers at the venue restrictions should not be too much, but the
cost savings is more to teaching large classes, it is recommended that the
next set should not be taught in large classes. (The meeting of Northern)*

*It could have provisions of school physical education teacher-student ratio.
(The meeting of Southern)*

3. Problem of stadiums

Stadium issues, the lack of stadium and equipment, the normalization of the impact of teaching which generally reflect the open-ended questionnaire, can be found in private and remote schools are often due to lack of equipment or space. Physical Education curriculum and teaching, and can't provide the student movement.

lack of equipment, lack of stadium, lack of venues and facilities, the impact of teaching normalization. (The meeting of Northern)

Indoor floor space, no swimming pool, by the school attaches great importance to the degree of the poor. (The meeting of Southern)

The development strategy

The development strategy including four aspects to explore, the planning and operation of courses, teaching methods and assessment, teacher quality and professional development, and other strategies. The researchers proposed some recommendations as goals of university physical education curriculum.

1. Planning and operation of courses

The development strategy of planning and operation of courses include creation of cultural and sports programs, increase the number of obligatory years, according to the needs of students commenced and Creation of adapted physical education classes and so on. Founded the health-related physical fitness Intensive, established and meet regularly to the physical education curriculum committee maybe would a good strategy, too.

2. Teaching methods and assessment

The development strategy of teaching methods and assessment include that enhance the evaluation reliability and validity, building effective teaching strategies , according to student's competence group teaching and conduct school sports, health knowledge Examination.

3. Teacher quality and professional development

The development strategy of teacher quality and professional development include build professional licenses system, professional proficiency and seminars to participate, teacher empowerment plan, encourage teachers to job training and to set up a teachers' learning community.

4. Other strategies

The development strategy of other include faculty and students actively promote sports, fitness activities and community, the use of the adjacent community sports facilities, effective operation of the sports venues to raise school funding and to promote the learning passport which combination of the student movement of volunteers to learn, contests, sports appreciation.

Discussion

We can found from the above, threatened by the University of physical education curriculum courses compulsory number of hours being squeezed school graduation are taken into account scores, but in addition, can be found in part of the physical education curriculum is not in accordance with students' ability placement classes, and part of school had no course map, and these show that the physical education curriculum planning by time and space regulations, failed to demonstrate its features.

Students consisting of mixed physical education teachers teaching to be affected, In addition, teaching ability and attitude are also generally important problem of physical education teachers of the colleges; teachers in physical education teaching hours will also affect students' sports activities volume.

Physical education teachers lack of manpower, lack of professional competence and the low level of attention of Curriculum and Instruction of the current college Physical Education colleges face teacher. Physical education teachers lack of manpower, reflected in the faculty of human structure, such as full-time, the proportion or number of concurrent But in addition, physical education teachers whether the sophistication of their teaching skills and participate in training seminars to increase their teaching capacity, and thus the effective implementation of Physical Education Another problem faced by the domestic college physical education curriculum and teaching.

In curriculum planning, implementation of teaching and teacher of human structure, the rest of the other levels can be broadly divided into funds, decrees, organization and equipment, the results also have an impact on the physical education curriculum, teaching and teacher, the lack of funds led to the teachers and the teaching be sacrificed due to cost considerations, whether the Act and the implementation of

the evaluation in, it has changed the attitude of the University for Physical Education Curriculum and Instruction and equipment is insufficient direct impact on physical education teaching. University Physical Education facing structural problems, and really depends on the formulation and Discussion of the strategies, thus improving the domestic environment of the university or college Physical Education.

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