

Failure and Revival: Physical Education and Youth Sport in China

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Outline of Presentation

- Health Problems
- Laws and Regulations
- Current Status in China
- The Challenges
- The Revival

The Health Problem

With improved nutrition, certain health problems were becoming more prevalent.

- In 2002, the adult hypertension rate was reported as approaching 20%, an increase of 70,000,000 people, since 1991.
- From 1991 to 2002 the prevalence of diabetes for people over 20 years old in urban areas rose from 4.6% to 6.4%,
- The prevalence of overweight and obese adults had increased 39% and 97%, respectively.

The Health Problems

- The childhood obesity rate in 2002 was at 8.1%.
- The World Health Organization (WHO) also estimated that during the next 10 years in China over 80 million people will die from a chronic disease
- Deaths from chronic diseases will increase by 19%.
- Most markedly, deaths from diabetes will increase by 50%

The Health Problems

Physical health of China's young people has been in steady decline for the past 20 years.

- 24.64% of all male students age 7-22 in urban areas were overweight or obese, and 21.61% were underweight;
- 13.73% of all female students age 7-22 in urban areas were overweight or obese, and 32.74% were underweight;
- 12.27% of all male students age 7-22 in rural areas were overweight or obese, and 25.79% were underweight;
- 7.24% of all female students age 7-22 in rural areas were overweight or obese, and 34.15% were underweight.

The Health Problems

- A startling finding of the 2005 study was that the average vital capacity (a key measure of lung capacity) had fallen by more than 300 ml across all students age 7-22 in both city and rural areas.
- Average values for students' physical resistance, explosive force, and muscle strength also had declined over the five-year period from 2000 to 2005.

Laws and Regulations

Since the 1990s, the government of China has published and administered a number of national guidelines and standards for the provision of physical education and sport throughout the nation.

- Some examples include
 - (1) *China Law of Compulsory Education* (1986),
 - (2) *China Regulations of School Hygienic Work*, (China Commission of Education, 1990),
 - (3) *China Regulations of Physical Education and Student Athletics* (China Ministry of Education, 1992),
 - (4) *China Law of Physical Education and Sports* (1995),
 - (5) *China Fitness Guidelines for All the People* (China State Council, 1995).

Laws and Regulations

(6) *China Student Fitness Standards and Execution Methods (experimental version)* (China Ministry of Education, 2002),

(7) *China Regulations of Teacher Qualification* (China Ministry of Education, 1995),

(8) *China Sports and Physical Education Reform and Development Guidelines for 2001-2010* (China State Council, 2000),

(9) *The Physical Education and Health Course Standards for 9-Year Full Time Compulsory Education Schools* (China Ministry of Education, 2001),

(10) *China National Higher Education Physical Education Teacher Education Program Curriculum* (China Ministry of Education, 2003).

Current Status in China

In July 2001, China Ministry of Education published the first national standards for physical education and health, *The Physical Education and Health Course Standards for 9-Year Full Time Compulsory Education Schools*. The goal of these course standards is to make sure the students are able to:

- (1) Be physically fit, and demonstrate competency in many movement forms, as well as obtain knowledge and skills of physical activities and health.
- (2) Participate regularly in physical activity.
- (3) Demonstrate communication and cooperation among people.
- (4) Demonstrate individual responsibility for personal and community health, and exhibit a healthy life style.
- (5) Achieve a positive life attitude from physical activities.

Current Status in China

“Country-wide Hundreds of Millions Students
Sunshine *Ti Yu Yun Dong*” campaign

launched in 2006 by the Ministry of Education,
National General of Sport Administration
Bureau, and the Central Committee of the
Communist Youth League of China

1. Introduction

2. The Status of PE Teacher Education in China

- (1) The Admission System of PE Discipline**
- (2) Cultivation Institutions**
- (3) Cultivation Objectives**
- (4) Curriculum Setting**
- (5) The Appointment System of PE Teacher**
- (6) The Continue Education System for the
PE Teachers**

3. The Goal of Sports Teacher Education in China

2. The Status of PE Teacher Education in China

(1) The Admission System of PE Discipline

The applicants of the PE discipline are mainly high school graduates of the year in China. There are explicit requirements for the candidates on the marital status, age, height, vision, state of health.

**All the applicants have to take both
Nation-wide College Entrance Examination
(NCEE) and the additional provincial test for
PE discipline candidates.**



The additional test content

Part I physical quality

(1) 100-meter run

(2) standing long jump, twice frog jump , standing triple jump

**(3) shot put in situ, shot back-throwing with two hands in situ,
continuous clean and jerk**

(4) cross obstacle run, triangle obstacle run, five-meter Y run

(5) 800-meter run

Part II sports technique

The candidates can choose one to be tested from track and field, gymnastics, football, basketball, volleyball, martial arts, aerobics, and artistic gymnastics.

Physical quality accounts for 80% of the grade while sports technique 20%.

According to "The Yearbook of Education in China", the physical education disciplines in all kinds of higher educational institutes reach 138, as of 2006.

COLLEGE OF PHYSICAL EDUCATION, YANGZHOU UNIVERSITY

- College of Physical Education,
- Yangzhou University was founded in 1972.

GRADUATE STUDENTS (MASTER)

Subject	在读 人数	毕业 人数
Curriculum and Teaching Methodology(P.E)	3	18
Human and Sociological Science of Sports	26	15
Human Movement Science	55	76
Theory of Sports Pedagogy and Training	52	42
Traditional Chinese Sports	8	0

**UNDERGRADUATE STUDENTS
(FULL-TIME)**

Subject	在读人数
Physical Education	443
Social Sports	120
Traditional Chinese Sports	128

FACULTY & STAFF
师 资 力 量

STAFF	130
FACULTY	104
ASSOCIATE PROFESSOR	52
PROFESSOR	12
GOVERNMENT SUBSIDY GRANTEE	2
DOCTORAL & MASTER'S TUTOR	37

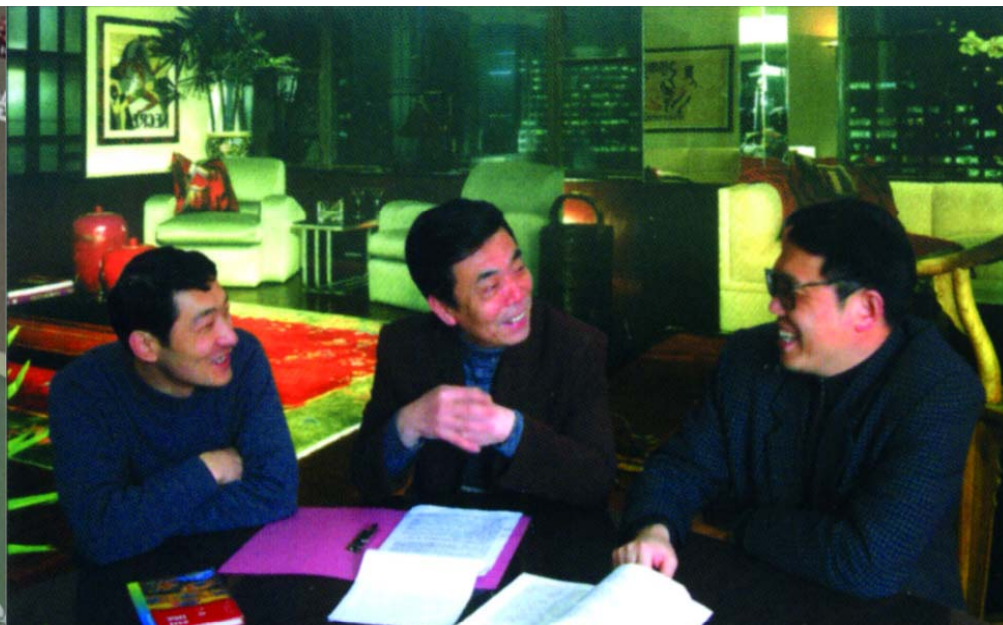
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Teaching & Scientific Research



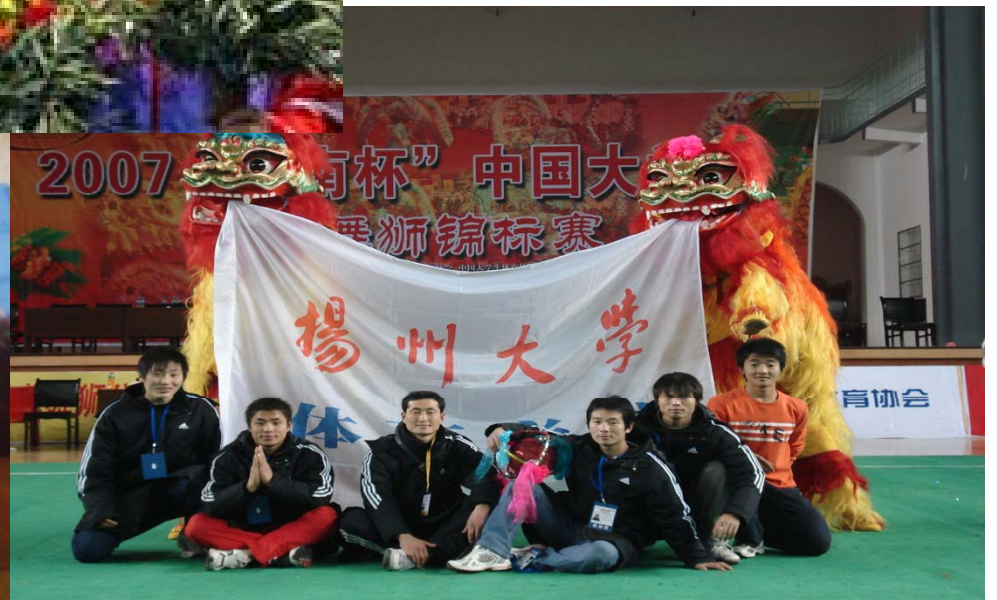
教学科研



after-class sport training



Sport competition



Mass Sports





sports stadiums









Curriculum Setting

general compulsory courses	49 credits
discipline fundamental courses	61 credits
discipline optional courses	38 credits
college public optional courses	8 credits 。

totally 156 credits and 2656 hours

Challenges

- Sufficient Funding for *Ti Yu* in Name of Physical Education and Youth Sport
 - Sufficient funding for *physical education* instead of sports. From 1994-2006, China's sport and physical education Lottery had generated 22.6 billion RMB in revenue. However, there is little documentation indicating that the revenue has been spent on physical education for the 200,000,000 grade 1-12 school-aged children in China. Allocation of some of these funds to youth sport began only after 2000.

Challenges

- The Laws and Regulations:

Proper laws and regulations for physical education and youth sports should be enforced as a part of China's government reform efforts to build a law-based, transparent, service-oriented, and responsible government for everyone in China, including the children of migrants who have relocated from the country to urban areas, a group that has been underserved.

Challenges

- The Knowledge Base:
lack of the knowledge base to promote, educate, and support healthy lifestyles for all ages remains a challenge for China to overcome in its quest to remediate failures in health and fitness.

Challenges

- The Time

Class size and

More than 45 students: 30% of elementary and 78% of middle school classes

More than 66 students: 5% of elementary and 21% of middle school classes

Average class size of high schools was 58 students per class

Student-teacher ratio: 19 to 1, 17 to 1, and 18 to 1, respectively for elementary, middle, and high schools in China.

According to the Educational Statistics Yearbook of China (People's Education Press, 2007)

Challenges

- The Time

The lack of sleep and exercise time for young children in China due to the heavy school study load is one reason prompting reform of China's 1-12 basic education and youth sports

Until practical solutions can be found for excessive time allocated to academics, children will have less enjoyable childhoods with less time for play and sleep.

Challenges

- The Time

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Challenges

New Curriculum Reform

- It is questionable whether the goals, objectives, and content in the standards are developmentally appropriate in China
- Research and promotion of the new PE & Health curriculum reform have been focused on changing a 45-minute class teaching only, and
- It is rare that reform addresses change for a semester, year, or the entire 1-12 curriculum and its outcomes.

Challenges

New Curriculum Reform

- Physical education professionals in China have taught two high risk and low health value competitive sports in 1-12 grade physical education classes as main contents for many years: track & field and competitive gymnastics.

Challenges

New Curriculum Reform

- The New Curriculum Reform of PE and Health has tried to promote a variety of physical activities as teaching content for physical education in grades 1-12, instead of focusing only on competitive sports such as track & field, gymnastics, basketball, soccer, and volleyball.

Challenges

New Curriculum Reform

- **Health education:** China does not have a comprehensive health education curriculum or even a specific health education course for children.
- Health education is added to physical education based on the New Curriculum Reform without the necessary increase in course time for teaching both health and physical education.

Challenges

New Curriculum Reform

- **Equipment:** Much of the equipment for health and physical education, and youth sport imported to the US and other western countries has been made in China, but has not been used in China yet.

Challenges

New Curriculum Reform

- **Textbooks:** Physical education textbooks have been published in China for grades 1-12 starting in 2001 by some major educational and universities' presses. Unfortunately, the PE texts have relatively limited information, lack the evidence to improve students' learning in physical education classes, and have squeezed the limited budget for students' learning materials.

Challenges

New Curriculum Reform

- **Use of new technologies:** Pedometers, heart rate monitors, accelerometers, web-based and/or web-enhanced education have not been widely used in China's schools.

Challenges

Youth sports:

- Youth sport is weak in China. Programs like the YMCA, Boy/Girl Scouts, National Collegiate Athletic Association, or High School Athletic Association found in the US are absent in China.
- Youth sport in China has been for the elite performers. Vast majority of young people do not have access to youth sport programs.

Challenges

Youth sports:

- China Ministry of Education mainly focuses on physical education improvement, but not youth sports for all school aged children and young people.
- The Youth League of China has not been able to appreciate the benefits from mass youth sport programs as much as it should.

Challenges

Youth sports:

- The lack of sleep and exercise time for children in China due to their study burdens, has made it unacceptable for most parents and schools to encourage their children to participate in youth sport.
- The lack of quality youth sport coaches and youth sport programs has contributed to the challenge.

Challenges

Physical and Health Educator and Youth Sport Coach Preparation/Training

- Problems with pre-service teacher preparation:
 - In 2003, the China Ministry of Education published four-year Physical Education Teacher Education program college curriculum guidelines. However, they lack a direct linkage with the national *Physical Education and Health Course Standards*, which was published in 2001.
 - Lack of health education teacher preparation program.

Challenges

- Lack of coach training programs. Coaches are a critical component to the development of quality youth sport programs. Coaches need to receive explicit training.
- Web-based format, or web-enhanced, or both for PETE programs have not seen in China.

The Revival

- WHO estimated that an additional 2% annual reduction in national-level chronic disease death rates in China over the next ten years would result in an economic gain of 36 billion dollars.
- The Ministry of Health in China stated that “We are committed to implementing the strategies outlined in this report (i.e., WHO’s report) to effectively prevent chronic disease and urge the same scale of commitment from others.”

The Revival

- The collaboration between US and China scholars to co-write the first human motor development textbook for China, published by the People's Education Press in China in 2008, is a success story.
- In fall 2007, ten primary US authors made the historical trip to China to promote the discipline through a series of presentations at 15 sites across China in two weeks, such as Beijing University, Beijing Normal University, the Eighth China National Sports Sciences Convention, Shanghai Sport University, the University of Hong Kong, and many more.
- The field of human motor development was introduced to literally thousands of people.

The Revival

- New strategies for improvement have been announced
 - (1) to encourage full implementation of the “China National Student Fitness Standards” (published by the Ministry of Education in 2002), which require satisfactory performance on fitness tests as a requirement for high school and college admissions,
 - (2) to promote the “Country-wide Hundreds of Millions Students Sunshine *Ti Yu Yun Dong*” campaign (launched in 2006 by the Ministry of Education, National General of Sport Administration Bureau, and the Central Committee of the Communist Youth League of China),

The Revival

- (3) to promote a realistic decrease in the academic study load of students by reforming the curriculum of 1-12 basic education so that students will have time to exercise,

The Revival

- (4) to ensure that students exercise one hour every day, including the following requirements:
 - (a) four PE classes for elementary 1-2 grades, three PE classes for elementary grade 3-6 and middle schools, and two PE classes for high schools every week,
 - (b) one hour after class physical exercise for those school days without a regular PE class,
 - (c) 25-30 minute physical activity recess every morning,

The Revival

- (5) to enhance physical educator preparation and training, and sufficient physical education teachers,
- (6) to offer multi-level and multi-format student sport and exercise meets,
- (7) to lower student near-sighted rates by teaching them the scientific knowledge and methods of using their eyes,

The Revival

- (8) to ensure and enhance students' sleep time, health, health care, nutrition, and other aspects of guidance and protections,
- (9) to strengthen the building of school physical education facilities, and
- (10) to enhance safety management and guide students for scientific exercise.

The Revival

- In order to overcome the challenges, solid comprehensive programs on physical education, health education and youth sports have to be built up and carried out well for all 200,000,000 school-aged children in approximately 540,000 schools in grades 1-12, as well as for all 20,000,000 graduate and undergraduate students in nearly 4,000 higher education institutions in China.
- Government leadership and collaboration is the key