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A127: Difficulties Facing and Coping Strategies of Physical Education and Health Interdisciplinary Teaching in China

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Abstract

Purpose: In response to the national demand for compound talents, "Physical Education (PE) and Health Curriculum (2022 version) for Compulsory Education" proposes to include interdisciplinary teaching in five major courses in China. Due to the lack of course cases for reference, there's a certain gap between interdisciplinary theory and practice. Therefore, it's urgent to analyze the difficulties faced by interdisciplinary teaching and find out the coping strategies. **Methods:** By using keywords such as "interdisciplinary teaching," "PE and health curriculum," and "interdisciplinary," this study collected and studied 39 articles from CNKI, Web of Science, Scopus, and other databases, and analyzed the development process, problems, and countermeasures of interdisciplinary teaching in various countries. **Results:** Analyses revealed difficulties of implementing interdisciplinary teaching, including (1) unbalanced instructional materials and resources, (2) teachers' lack of understanding of theory and practice regarding interdisciplinary teaching, (3) overlapped curriculum content, (4) lack of real integration in the classroom, and (5) lack of scientific evaluations. Coping strategies were: (1) Cooperation between internal and external organizations responsible for resource supply, (2) Carry out pre-service and in-service teachers' training, (3) modifications of PE Curriculum, and (4) establish an evaluation system. **Conclusion:** To promote interdisciplinary teaching in physical education and health in the future, schools are recommended to cooperate with external institutions and universities to explore the theoretical basis and internal logic of thematic learning design of interdisciplinary projects. Also, schools may build a solid learning community for PE teachers, innovate PE curriculum models, share instructional examples, and create evaluation mechanisms to solve current problems.

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Keywords: interdisciplinary teaching, physical education, health, curriculum