

Reform and Innovation of College Physical Education

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Abstract: Physical education in colleges and universities is far from being as simple as it seems on the surface. Its work process is very complicated and the work content is extremely cumbersome. The past physical education model is difficult to bring real positive impact to students, and there are still some drawbacks of exam-oriented education. The sports club system teaching model effectively solves this problem, combining students' physiological and psychological characteristics, and carrying out the teaching work reasonably according to their sport's needs. The purpose of this article is to enhance students' interest in sports learning and cultivate their thinking about lifelong physical exercise. Many sports projects with more entertainment, leisure and fashion are added to the sports teaching in colleges and universities, which has won the favor of many students. It is a sport teaching project that many students in colleges and universities like to participate in. The experimental results show that the increased strong sports items can effectively meet the needs of students, and play a significant role in reform and innovation.

1. Introduction

Physical education in colleges and universities is an important part of education and teaching in China [1]. It is an important link to realize the comprehensive development of talents and an important way to achieve the lifelong physical education and physical health of students [2]. More and more college physical education workers find that the existing physical education teaching model has great defects, the physical fitness of students has not been effectively improved, and the interest of students in participating in physical exercise has not been improved [3]. In response to this series of problems, we have eliminated the teaching concept of realizing the physical education of colleges and universities. The so-called sports life is to integrate physical education activities into the lives of students, in order to achieve the purpose of physical exercise in life [4]. As the elite of society and the pillar of the future country, college students are representatives of advanced culture. The development of their sports lifestyle has a demonstration effect on the future social lifestyle. Innovate teaching methods and methods, while paying attention to practice and theory, and exploring the true meaning of physical education in the context of daily life [5].

In recent years, the integration and innovation of modern educational technology and physical education reform in colleges and universities has been continuously promoted, including the application of multimedia technology equipment [6]. These modern educational technology application results have improved the efficiency and quality of physical education reform in colleges and universities to a certain extent. Widely recognized and supported [7]. Therefore, from the perspective of feasibility to discuss the combination of modern educational technology and college physical education reform [8].

I think it can be carried out from the following two aspects: on the one hand, it is the enrichment and upgrading of teaching methods, schools and teachers can use the achievements of high-tech technology to improve the implementation efficiency and quality of a certain link in physical education, and improve physical education The richness and vividness of teaching methods: On the other hand, it is the innovation and expansion of teaching thinking mode [9]. Schools and teachers need to actively change teaching ideas, use Internet thinking, cross-professional research thinking,

etc. to reexamine the implementation and management of physical education, and effectively improve the innovation and effectiveness of physical education practice [10].

2. Method

2.1 Implement the Student-Oriented Principle

Physical education teaching, like other cultural teaching, should follow the principle of "people-oriented", starting from the student as the main body and starting from the student's actual, creative teaching.

2.2 Improve The Effectiveness of the Curriculum

The teaching locations of physical education and cultural courses are very different. The teaching of physical education classes is generally on the playground, which requires sports equipment and venues. If equipped with high-quality rubber runway, exquisite and rich sports equipment, it will greatly enhance students' sports enthusiasm and classroom enthusiasm.

2.3 Teacher's Active Participation and Interactive Teaching

In the process of physical education, teachers need to take the initiative to carry out learning interaction with students, so as to better stimulate students' enthusiasm for learning and give full play to their subjective initiative.

In order to promote college sports work, it is necessary to continue to deepen reforms, and to make practical moves and see actual results, the method is to "remove the old cloth and new + respect the law". In my opinion, what achievements have our college educators made in promoting school sports? What is the regularity of these achievements? What are the problems? What are the root causes of these problems? This is the "old" in removing the old cloth. Why emphasize scientific understanding? It is to investigate and research, not to pat the head, not to take it for granted, to sink down to do research, to study clearly what is to be insisted on, and what makes our work improve. To do research is to find regular things from the existing work.

In the reform of physical education in colleges and universities, it is necessary to actively integrate school physical education into the overall situation of educational reform and development, and to integrate the goal, path and power structure of physical education reform. The overall goal of physical education in colleges and universities is to promote the overall development of people and the overall progress of society. College sports need to make a difference in four aspects. The first is physical fitness; the second is to master the basic knowledge and sports skills of sports and health; the third is to demonstrate the value of school sports through extensive mass sports; the fourth to cultivate students' sound personality. These four aspects constitute the goal of "four in one".

3. Experiment

3.1 Select Experimental Objects and Class Teacher

Table 1. Comparison of men and women in sophomore and second classes

| Class hours | Group | Sex | Number of people | Height (cm) | Weight (kg) | age |
|--------------|---------------|-----------|------------------|---------------|--------------|-------------|
| Monday (5-6) | Test group | Boy | 25 | 175±7.00 | 65.5±6.35 | 19.5±1.02 |
| Monday (7-8) | Test group | Girl | 25 | 158±10.02 | 53.7±3.26 | 19.1±0.63 |
| Total | Test group | Boy, Girl | 50 | 164.5 ± 10.06 | 59.3 ± 10.12 | 19.5 ± 0.85 |
| Monday (5-6) | Control group | Boy | 27 | 169.6 ± 6.84 | 62.4 ± 10.73 | 19.5 ± 0.85 |
| Monday (7-8) | Control group | Girl | 28 | 161.4 ± 6.04 | 56.7 ± 7.27 | 19.4 ± 0.91 |

| | | | | | | |
|-------|---------------|-----------|----|------------------|-----------------|-----------------|
| Total | Control group | Boy, Girl | 55 | 166.1 ± 7.65 | 60.0 ± 9.75 | 19.5 ± 0.87 |
|-------|---------------|-----------|----|------------------|-----------------|-----------------|

Comparison of men and women in sophomore and second classes are shown in the Table 1. Both groups of teachers have a special master's degree in this major, with rich teaching experience, serious teaching attitude, and good teaching effect.

3.2 Teaching Content Design

Including professional basic theory, basic skills (preparation posture), basic tactics (lineup equipment, receiving position), physical qualities (bouncing, strength, speed, flexibility and endurance), exams (techniques, quality exams).

Finally, after the experiment, in the three dimensions of active interest, self-learning, attention and exercise, the experimental group is higher than the control group, while the control group is higher than the control group in three aspects of learning, interest and exercise. Learn the means of negative interest.

4. Result

4.1 Trend of Success Rate of College Physical Education Reform

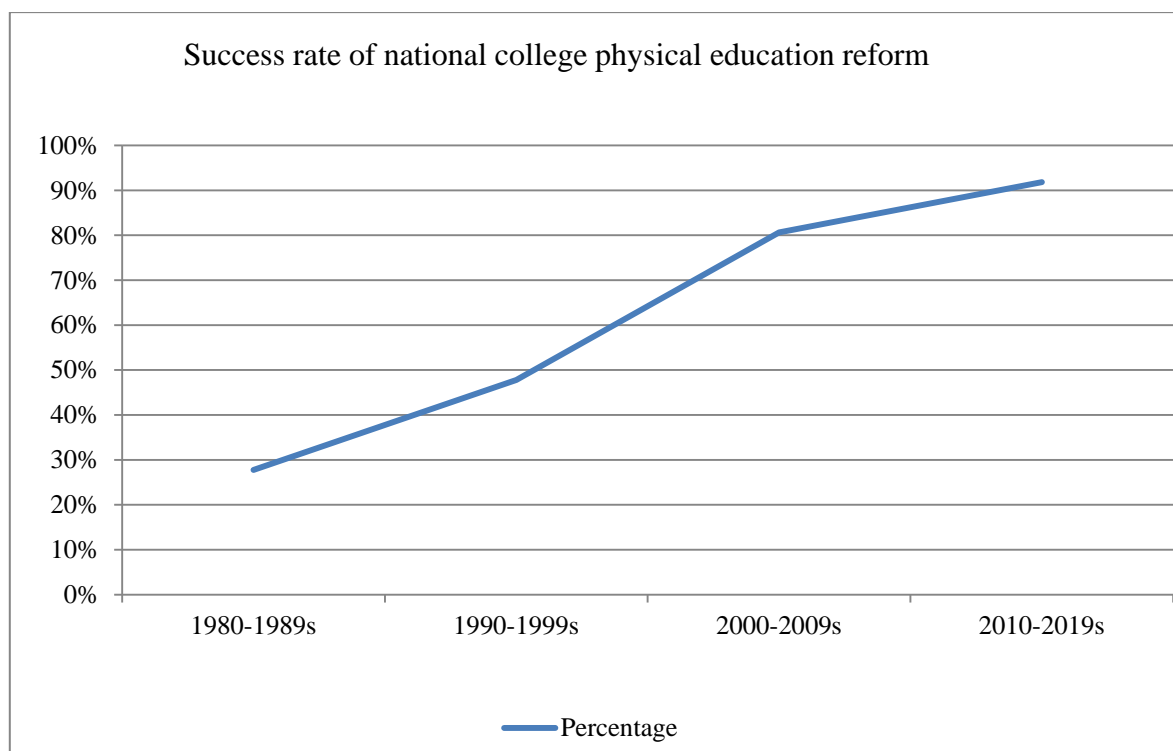


Table 1. Success rate of national college physical education reform

As can be seen from the above picture, since the 1980s, the lack of attention to sports by colleges and universities across the country has caused many colleges to pay less attention to sports, resulting in poor student body quality, but some schools have The reason is that the school's reform of physical education is unsuccessful. However, since the 1990s, many colleges and universities including the country have discovered that the health of students is the cornerstone of the development of all forces in China's society, science and technology. Putting the reform of physical education in the first place ensures that every student can get a certain amount of exercise every day to ensure the physical and mental health of the students and thus improve the quality of their physical health. After this, colleges and universities across the country attached great importance to sports and sports health, and all colleges and universities joined in to strictly grasp the reform of sports education. This has slowed to a significant improvement in students' physical health in recent years. The quality of exercise is getting better.

4.2 Survey on the Selection of Sports Courses for Men and Women in a University

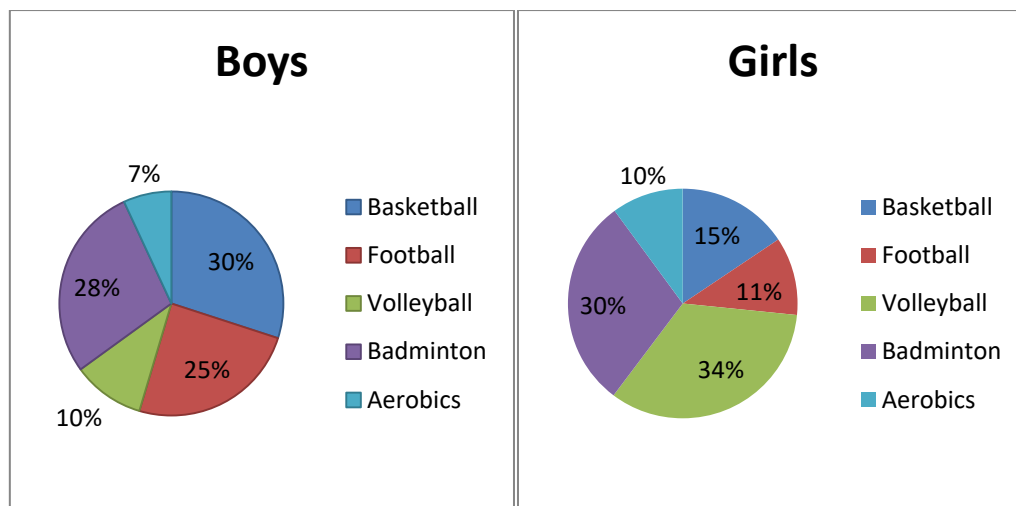


Figure 2. Course survey

As shown in Figure 2, we can intuitively find that many students like sports and like sports by investigating the selection of physical education courses in a college. However, there are gaps between men and women in choosing physical education classes, and the above picture is also obvious.

4.3 Reform of physical education

China's 40 years of reform and opening up are also 40 years of higher sports reform. The majors and courses of sports colleges and universities with sports as the core have gradually been transformed into a higher sports professional framework combining sports, sports training, traditional national sports, sports leisure and social sports. In recent years, sports colleges and universities have made outstanding explorations in the direction of healthy sports and established sports rehabilitation majors, aiming to promote sports fitness and rehabilitation functions to the whole society and benefit the public. The setting of college sports majors is the best sign to reflect the current status of college sports, and the evaluation of the current status of college sports depends on the satisfaction of the employment rate of students and the social demand for sports. Talent. From this perspective, our current status of higher education is not satisfactory. China's higher education training goals and the society's view of talent are changing. When the college entrance examination was resumed in 1979, the penetration rate of Chinese university education was not high. The overall level of education in society is low. Therefore, no matter what the professional graduates are, as long as they have a university diploma, they are regarded as talents, and universities rarely consider the social needs in the professional context. Of course, there was no employment rate at that time, because the graduation of college students was designated by the state. With the expansion of the scale of universities and the increasingly obvious trend of industrialization of higher education, driven by the expansion of the enrollment scale, all universities are eager to open majors. At this time, the university's talent view and training objectives are still in the early stages of reform and opening up, and the professional setting has not fully considered market demand, which has put great pressure on the employment of college students in recent years. However, many enterprises and institutions in society urgently need talents, but nowhere to be found.

In recent years, the integration and innovation of modern educational technology and physical education reform in colleges and universities have been continuously implemented, including the application of multimedia technology equipment and the application of MOOC teaching. These modern educational technology application results have improved the efficiency of physical education reform in colleges and universities with quality; it has gained wide recognition and support. Therefore, from the perspective of feasibility to discuss the combination of modern

educational technology and college physical education reform, I think it can be carried out from the following two aspects: on the one hand is the enrichment and upgrading of teaching methods, schools and teachers can use high technology The achievement of technology to improve the implementation efficiency and quality of a certain link in physical education, and to increase the richness and vividness of physical education teaching methods: on the other hand is the innovation and expansion of teaching thinking mode, schools and teachers need to actively change teaching ideas, use Internet thinking, cross-disciplinary research thinking, etc. to re-examine the implementation and management of physical education, and effectively improve the innovation and effectiveness of physical education practice.

With the rapid changes in modern educational technology, the deepening implementation of physical education reform in colleges and universities will also develop with the times, continuously deepening the connection between science and education, and highlighting the important position of modern educational technology in physical education reform. In turn, the quality and level of information construction of physical education are comprehensively improved, so that modern educational technology can play a greater role and value. This has a significant impact on the future development trend of physical education reform. Therefore, in the promotion and implementation of physical education reform in colleges and universities, schools and teachers need to have a systematic and forward-looking reform and development plan. Based on the analysis and research of the current status of physical education, we should look at the reform of modern educational technology with a developing perspective And application, enhance the active learning and application of modern educational technology in physical education reform, reduce errors and omissions in low-efficiency, low quality, and repeated construction in physical education reform, and ensure that the combination of modern educational technology and physical education reform in colleges and universities Sustainable promotion of the quality of physical education..

As we all know, college sports is the last stop of learning sports during life in school, and it is also the highest level for every student who enters colleges to study sports. Bridge "function. Therefore, the college physical education teaching process must achieve the following points: First, establish a clear educational concept and further improve the college physical education curriculum. University physical education should follow the "Four Regressions" as the basic principle and establish a curriculum system that is conducive to the sustainable development of college students. Fully embodies the non-professional, pluralistic, dynamic nature, subject participation and special role of all students in university public sports, focusing on theory and practice, physiology and psychology, nature and society, individual and group, today and Future integration. Second, give full play to students' subjective awareness and pay attention to individual differences and interests of students. Because college students are active in thinking, eager to become talents, and have a strong sense of participation and subject awareness; cultivating sports interests and the formation of good habits has become the basic understanding of the main motivation for most people to adhere to physical exercise for life. The difference in the original sports foundation, physical condition and health level should give full play to the students' subjective consciousness, actively cultivate the sports interests of college students and their habit of participating in physical exercise, and they must always be treated as an important task of their teaching.

In summary, the reform of physical education in colleges and universities in the context of modern educational technology should answer the three major problems of necessity, feasibility and development, effectively analyze, summarize and solve the practical problems in physical education, and truly give play to the innovation of modern educational technology Function, so that the content, goals, means, methods, models, systems, etc. of physical education can be innovatively upgraded and improved under the correct technical guidance, and thus comprehensively improve the overall quality and level of physical education in colleges and universities in China..

Conclusion

Nowadays, under the rapid development of China's education, more and more colleges and universities attach importance to the health and fitness of students. You must have good physical

fitness before you have good academic performance. The state vigorously promotes physical education, so more and more colleges have also paid attention to the importance of physical education. In order to vigorously develop the reform of sports, and add the method of advancing with the times on the traditional sports education, let sports integrate with the development of the times, so as to achieve a higher effect. Physical education in colleges and universities will be of great significance in delivering excellent talents for the country in the future.

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