

On the Strategy of Cultural Education in College Physical Education

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Abstract: In the physical education of colleges and universities, we should constantly permeate the education of cultural knowledge into the students, so as to improve the core quality of physical education of high school students. A series of means adopted by teachers in PE class can make students feel the cultural charm and essence of sports while mastering sports knowledge and skills. Based on this, this paper discusses the strategies of culture and education in physical education teaching in Colleges and universities. Through the combination of questionnaire survey and mathematical statistics, this paper studies 110 teachers and students in a university on the cognition of culture and education in physical education teaching. The results show that 68.6% of teachers and students think that culture and education play a role in the future development of physical education teaching. It has a very big promotion effect. 75.4% of the teachers and students think that culture and education can improve the performance of physical education. Only 3.9% of the students think that physical education will have a negative impact on culture and education. From the results of the questionnaire, physical education and cultural education are mutual help.

1. Introduction

With the continuous reform of education and teaching in our country, higher requirements are put forward for physical education in Colleges and universities. The traditional physical education teaching mode in Colleges and universities has been difficult to adapt to the development of today's society, so it needs the majority of physical education workers to actively change and innovate [1-2]. Physical education plays an important role in students' physical and mental health [3-4].

Nowadays, the new curriculum education requires the implementation of quality education, so in addition to the overall development and lifelong development of students, in education and teaching, in addition to imparting basic knowledge and skills to students, we should also pay attention to the cultural education of students [5-6]. Combined with the relevant data and questionnaire survey results, it is found that the introduction of cultural education in college physical education plays an important role in improving students' comprehensive quality and ability [7-8]. Starting from the problems existing in physical education and teaching in Colleges and universities in China, this paper makes a detailed analysis of the significance of introducing cultural education into physical education and specific practical measures, which is of great significance for the cultural education strategies in physical education and teaching in Colleges and universities [9-10].

First of all, this paper analyzes the significance of cultural education in college physical education. Cultural education helps students to understand the spirit of physical education, the introduction of cultural education into physical education meets the requirements of the times, and the penetration of cultural education is conducive to improving the overall quality of college students. Then, a questionnaire survey is carried out among college students and teachers to understand the existing problems in Physical Education in Colleges and universities in China, as well as learning Students' cognition of culture and education in college physical education teaching. Finally, according to the data and questionnaire survey results, the specific strategies of introducing culture and education in college physical education teaching are summarized.

2. Proposed Method

2.1 Cultural Education Helps Students understand Sports Spirit

Sports activities are not only the expression of sports forms and body movements, but also the transmission of sports spirit ideas. Many college students lack the understanding of sports spirit and understand sports as mechanical sports, which leads to the exclusion of physical education and restricts the development of teachers' relevant teaching activities. The integration of physical education and cultural education in Colleges and universities can enhance students' understanding of the spirit of physical education and enable them to realize the cultural connotation implied in body movements.

2.2 The Introduction of Culture and Education into Physical Education Meets the Requirements of the Times

Starting from the concept of scientific development in our country, it is emphasized that "people-oriented" is the key to connect the social and economic development with the all-round development of human beings. It can be seen that the introduction of cultural education in college physical education meets the needs of the development of the times. The combination of excellent traditional cultural development ideas and modern sports competitive spirit will promote the overall development of students as the main teaching development goal, which fully shows the return of the essence of education.

2.3 Infiltration of Cultural Education is Conducive to Improving the Comprehensive Quality of College Students

In the new round of education and teaching reform, the outstanding thing is quality education, and physical education can promote the all-round development of students' morality, intelligence, physique, beauty and labor, which is an important teaching way to implement quality education. Many students and teachers think that physical education teaching is independent and has no connection with other subjects, but this is not the case. In the actual teaching process, physical education teachers not only train students to enhance their physical quality, but also help them to enrich their knowledge, which plays an important role in setting up correct outlook on life, values and the world outlook. At the same time, they play a great role in regulating students' emotions, intelligence, ideology and morality at the university stage. Physical education can cultivate students' good psychological quality, aesthetic ability, positive and healthy attitude towards life, cultivate students' sentiment and promote their positive and healthy growth. Therefore, the contemporary sports teaching should introduce cultural education, and then improve the students' understanding of sports culture, and then enhance the students' love for the nation and the country.

3. Experiments

(1) Literature review

In this paper, the literature which is closely related to this study is obtained through library search and Internet search. The contents of the documents include: thinking about introducing cultural education into physical education, strengthening physical culture education, promoting physical education reform, etc.

(2) Questionnaire survey

In this paper, a questionnaire survey is carried out among the teachers and students of a university in a certain area. 110 teachers and students are interviewed randomly from the two grades, 110 questionnaires are issued, 102 questionnaires are recovered, and the efficiency is 92.7%. The questionnaire mainly includes: what are the problems in the current physical education teaching, and the cognition of culture and education in the physical education teaching in Colleges and universities, including three questions: Article The future development of physical education, the improvement of physical education results and the reduction of cultural learning effect.

(3) Mathematical statistics

For the data processing, this study first carried out the questionnaire inspection, questionnaire data sorting and other routine work, and then according to the research needs, respectively carried out the sum, percentage and other data analysis.

4. Discussion

4.1 Analysis of the Problems in the Physical Education Teaching of Colleges and Universities in China

Through a questionnaire survey of 110 teachers and students in a university, this paper understands their views on the problems existing in the current college physical education teaching. The results are shown in Figure 1.

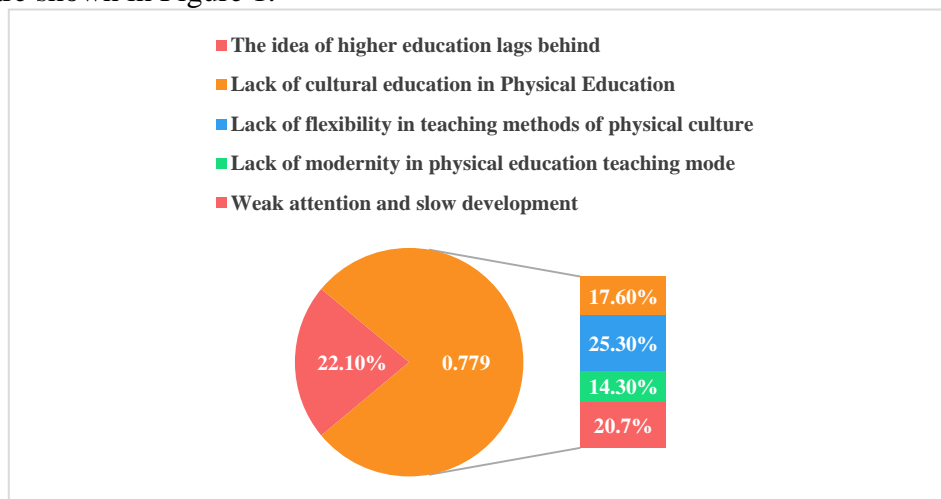


Figure 1. Problems in physical education teaching in Colleges and universities in China

It can be seen from Figure 1 that teachers and students in Colleges and universities mainly focus on the following five aspects: 22.1% of college education ideas lag behind, 17.6% of college sports teaching lack of cultural education, and 25.3% of college sports cultural teaching means lack of flexibility, the lack of modernity accounted for 14.3% of physical education teaching mode, and the degree of attention was weak. The slow development accounted for 20.7%.

(1) The idea of higher education lags behind

High quality physical education in Colleges and universities can promote the healthy development of students' body and mind, and cultivate their comprehensive development ability. However, in today's colleges and universities, physical education is often not valued, the lack of advanced teaching ideas. First of all, there is an unreasonable positioning in the curriculum. Physical education courses in Colleges and universities are often offered to freshmen and sophomores, and they are not carried out in the whole university period. Secondly, the current physical education in Colleges and universities still stays in the teaching of traditional skills. The content of cultural education is very few, completely out of touch with students' learning and life, and the lagging educational concept can not create a humanistic physical education classroom.

(2) Lack of cultural education in Physical Education

In the traditional physical education, the competitive spirit is put in the first place in the teaching. The teachers take the sports ability and competition consciousness as the key content of the physical education, but lack the teaching of sports culture knowledge. This kind of teaching mode takes the competitive sports as the main one, which leads to the solidification of the physical education teaching system in Colleges and universities, making the physical education difficult to adapt to the social development. For example, many colleges and universities still focus on Extracurricular Sports in terms of curriculum, and lack of courses related to training students' sports cultural knowledge. Physical education teaching methods and contents are also old, and teachers' personal cultural literacy is seriously lacking, which makes physical education affected to some extent.

(3) Lack of flexibility in teaching methods of physical culture

In most schools, teenagers' physical education and cultural education are carried out through a simple indoor classroom teaching method. The teacher is the main commentator, and generally repeats the relevant content rigidly. The teaching atmosphere is dull and monotonous, so students who do not like sports will lose patience and enthusiasm.

(4) Lack of modernity in physical education teaching mode

With the progress of the times and the development of science and technology, young people are living in a more and more complex environment, and they are exposed to more and more new things. As a result, young people have established a set of self value judgment standards and cognitive methods for things around them, and the traditional physical education teaching mode has not formed enough stimulation for young people, In particular, some sports methods and events that have been used up to now have gradually lost their attraction to teenagers, which is the backwardness of modern physical education teaching mode.

(5) Weak attention and slow development

With the popularization of higher education and the large-scale enrollment expansion of colleges and universities, the country can not keep up with the development needs in politics and economy. The lack of manpower, economy and physical strength in Colleges and universities affects the development of physical culture in Colleges and universities. The universities in our country are weak in the aspect of soft power sports, the degree of sports legalization is not high, the promotion of sports values has not been paid enough attention, and there is a gap in students' understanding of athletes, sports interest, sports ability and other aspects. On the other hand, the integration of Chinese and western sports culture is not good, sports management and management skills are not strong, sports science and technology are lack of innovation, sports colleges and universities lack of logo culture, which leads to the low level of sports culture development of college students.

4.2 College Teachers and Students' Cognition of Cultural Education in College Physical Education

Through a questionnaire survey of college teachers, we know their cognition of culture and education in college physical education. The results are shown in Table 1 and Figure 2.

Table 1. College teachers and students' cognition of culture and education in College Physical Education

Influence	Great		Big		Commonly		Nothing	
	Number of people	Percentage	Number of people	Percentage	Number of people	Percentage	Number of people	Percentage
The role of cultural education in the future development of Physical Education	52	68.6%	32	31.4%	15	14.7%	3	2.9%
The effect of culture and education on the improvement of physical education achievements	39	38.2%	38	37.3%	24	23.5%	1	1.0%
Physical education course reduces the effect of cultural learning	4	3.9%	5	4.9%	10	9.8%	83	81.4%

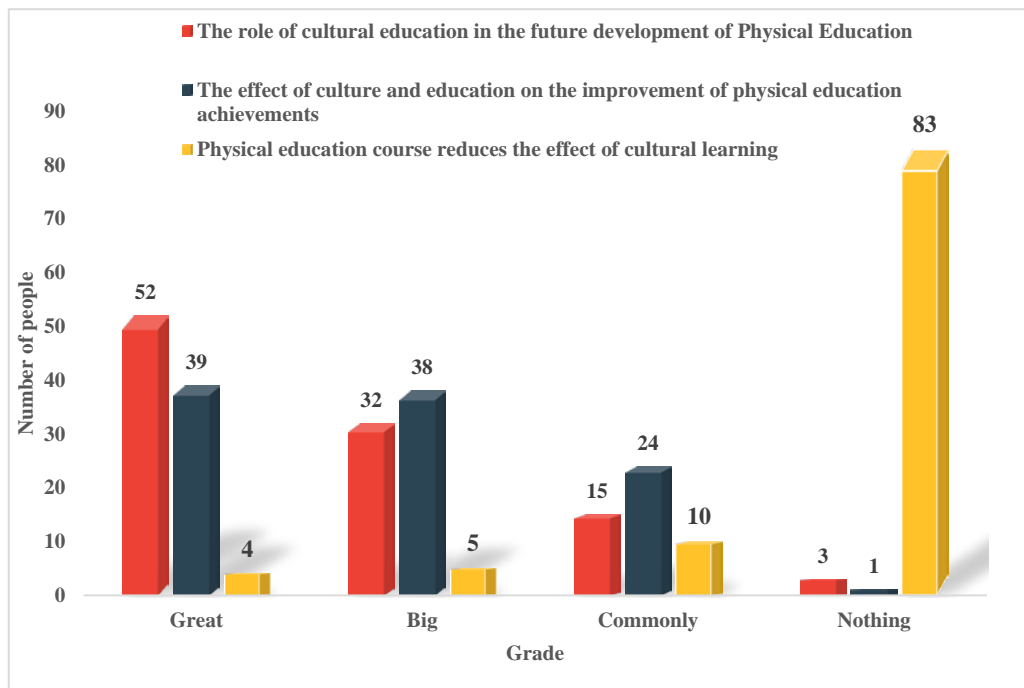


Figure 2. College teachers and students' cognition of cultural education in College Physical Education

It can be seen from Table 1 and Figure 2 that 68.6% of teachers and students think that cultural education plays a great role in the future development of physical education, only 2.9% of teachers and students think that it will not have any effect, 38.2% of teachers and students think that cultural education has a great effect on physical education, 1% of teachers and students think that cultural education will not have an effect on physical education, 3.9% of teachers and students think that physical education courses can reduce the effect of cultural learning 81.4% of the teachers and students thought that it played a positive role. In addition, 97% of the respondents think that cultural education is beneficial to the future development of physical education; 99% of the respondents think that cultural education is beneficial to the improvement of physical education performance; 96% of the respondents think that physical education curriculum will not have a negative impact on the effect of cultural learning.

4.3 Strategy Analysis of Introducing Culture Education into Physical Education in Colleges and Universities

(1) Making teaching plans and objectives and reasonably infiltrating cultural content

In order to infiltrate culture and education in physical education, we should first infiltrate traditional culture and education in making teaching plans and objectives. In the process of students' learning, from shallow to deep, from easy to difficult, we should excavate cultural knowledge points according to students' acceptance and arrange the infiltration of traditional culture education reasonably, so that students can realize the important significance of culture in sports.

(2) Actively change the concept of Education

According to the current social development trend, the goal of physical education in Colleges and universities must be to cultivate students' physical and mental health through certain sports activities, so that students have a strong body and good psychological quality, and experience the fun of sports in sports activities. Therefore, in the implementation of physical education in Colleges and universities, sports managers must, on the basis of traditional physical education, integrate new educational concepts into modern physical education, that is to say, it is necessary to introduce cultural education into physical education, so as to eliminate its cultural weaknesses, make culture and competitive sports truly meet the needs of modern physical education, create a good physical education environment, promote physical education, and provide students The life-long learning and development have brought great results.

(3) Strengthen students' cultural and educational activities

In the implementation of physical education in Colleges and universities, cultural education should be permeated to students scientifically, so as to promote the all-round development of students' body and mind. Physical education should not only teach students the basic skills of sports methods, but also teach them the basic theories of sports, so that college students can clearly know the help of sports to their bodies, as well as the specific sports essentials.

(4) Comprehensively improve the cultural quality of Physical Education Teachers

It is necessary to know that physical education teachers' cultural literacy has an important impact on the actual teaching effect. Physical education teachers are an important channel for students to accept physical education culture, and play a crucial role in cultivating students' humanistic literacy. If we want to introduce cultural education into physical education, as a physical education teacher, we should have certain cultural accomplishment. We should know that the comprehensive quality of teachers directly affects the formation of students' values, moral character, cultural quality and so on.

(5) Carry out the sports culture practice in Colleges and universities extensively

One of the goals of the students receiving sports culture training is to make full use of sports to serve the people in the future and show the function and universality of sports. Therefore, from this point of view, to strengthen the education of College Students' sports culture, we should increase the connotation of dedication. In specific actions, we can increase the proportion of social practice, let students feel the sports between people, let college students feel the sports ethos among the people, and use their own cultural self-confidence spirit to preach and drive.

(6) Organize a variety of college sports activities

By using local resources to carry out curriculum training, colleges and universities can effectively cultivate professional management personnel, organize various forms of traditional sports activities, and promote the integration of college culture education and traditional culture. The cultivation of professional talents needs professional foundation. The teachers of physical education institutions are undoubtedly the best choice. Colleges and universities can undertake the training of professional talents by undertaking or participating in the college games.

(7) Adhere to the sustainable development of sports culture in Campus Sports

Sports is a sport that needs strong comprehensive ability. In sports activities, students need to master not only excellent sports skills and skills, but also enough team spirit. In the arena, students also need to have a strong psychological quality of "winning without arrogance, losing without discouragement".

Conclusion

In this paper, through the study of the cultural and educational strategies in the physical education teaching of colleges and universities, colleges and universities can play a unique educational function in the cultivation of all-round development of high-quality talents, which is conducive to promoting the spread of sports culture among college students, improving the sports humanistic spirit of students, and promoting the development of university sports reform.

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