

Thoroughly Study The Problems And Countermeasures In The Process Of Deepening The Reform Of Physical Education Teaching In Colleges And Universities

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Abstract: Under the gradual deepening of education reform in China, traditional sports teaching concepts and teaching models can no longer meet the requirements of physical education. Under this circumstance, colleges and universities should carry out physical education reform, stimulate students' enthusiasm for participating in physical exercise, and then help students develop correct exercise habits and train students as excellent talents. This paper analyzes the problems existing in college physical education and explores the reform strategy of physical education curriculum in colleges and universities.

Introduction

Today, with the gradual reform of education, all disciplines have undergone teaching reforms. Due to the influence of traditional teaching concepts, there are still some problems in college physical education at this stage. If effective and targeted reforms are not carried out, it will affect the effect of physical education and the comprehensive quality of students [1]. Therefore, colleges and universities should carry out deep reforms in physical education to improve the quality of physical education and improve the overall quality of students.

1. Analysis of problems in physical education in colleges and universities

With the introduction of the concept of quality education, the emphasis on physical education has gradually increased. A qualified socialist successor should not only possess rich professional knowledge and ability, but also have a healthy body and a positive thinking. Some college students have unhealthy living habits, which will affect their health in the long run. Physical education can help students master the correct way of physical exercise and guide students to develop good habits for exercising. The following problems still exist in college physical education:

1.1. The teaching objectives are not clear enough

In the past, in college physical education, students were more concerned about whether they mastered sports skills and did not pay attention to cultivating students' sports literacy. Affected by competitive sports, some colleges and universities have the problem of incorrect teaching objectives when conducting physical education [2]. The goal of physical education in some colleges and universities is to "win the competition". Under the influence of this teaching goal, the teaching content is more inclined to competitive sports skills. Many students are not interested in these, so students are less active in learning sports. Under this circumstance, most students do not correctly understand the importance of improving their physical fitness. In physical education, we should pay attention to improving students' physical quality and help students develop lifelong sports concepts. If only paying attention to explaining sports skills for students, it will lead to inconsistent teaching objectives and quality education requirements. In the reform of physical education, colleges and universities should ensure the scientific and rational teaching objectives to ensure the smooth development of physical education reform in colleges and universities.

1.2. Did not form a diversified teaching method

There is a single teaching method in college physical education. The main manifestations are as follows: First, some teachers still adopt the traditional teaching mode in physical education. In short: physical education teachers explain the relevant theoretical knowledge of sports to students. After completing the theoretical knowledge explanation, the students will perform the action demonstration, and the students will exercise according to the teacher's demonstration. With this kind of teaching mode, students' mastery of physical education content is not high. Most students only imitate the actions of teachers, and their self-learning enthusiasm is low [3]. Second, some physical education teachers pay too much attention to the innovative teaching mode in the teaching process, and believe that the traditional teaching mode has no merit. This concept is one-sided and wrong. In the teaching, teachers who hold this concept mostly use new teaching modes and teaching techniques, and do not fully analyze students' understanding ability and sports foundation. Under this situation, the selected teaching mode can not fully exert its due effect, leading to poor teaching effect. In order to improve the teaching effect, teachers should optimize and reform the traditional teaching mode according to the actual situation of students, and form a new teaching mode suitable for students.

1.3. The evaluation mechanism is imperfect

Compared with other disciplines, the discipline of sports is more practical, but influenced by traditional educational concepts and teaching models, the evaluation of physical education in colleges and universities is still not perfect. At present, most physical education teachers choose the method of conducting physical examinations for students at the end of the period, but the characteristics of students' test scores are contingent. Different students have different physical and athletic abilities. Therefore, if physical education teachers only judge their mastery of sports knowledge and athletic ability based on the results of physical examinations at the end of the semester, they will affect the fairness of evaluation results. In order to ensure the scientific nature of sports performance, teachers should conduct a comprehensive assessment based on the performance of students' classroom performance and sports activities.

1.4. Sports facilities are not perfect

Some college sports venues not only undertake the responsibility of providing physical support for college students' physical education and learning for their spare time, but also have the role of cultivating national fitness awareness and carrying out national fitness activities. According to the requirements of the Ministry of Education, China's colleges and universities should invest funds to build sports venues and purchase sufficient sports facilities and equipment ^[4]. However, some colleges and universities do not pay much attention to physical education, so they invest less in sports venues and sports facilities, which will affect the quality of physical education.

1.5. Physical education has not been integrated with other disciplines

In the sustained development of China's social economy, the requirements of talents in society and employers have changed. At present, social and employers pay more attention to the innovative consciousness and innovative ability of talents. Although the number of talents cultivated in colleges and universities in China is large, many students do not have the awareness and ability to innovate. At this stage, there is a problem in the physical education of colleges and universities that is not closely related to other courses. In college teaching, sports are generally independent of other courses, which is also an important factor affecting the effect of physical education. It can be seen that in the process of teaching, colleges and universities should strengthen the connection of various disciplines while promoting cross-disciplinary disciplines. For example, physical education is closely related to sports marketing and sports training, and students are fully aware of sports. On the basis of knowledge of the current status of activities and characteristics of sports activities, students can be motivated to learn. At present, some colleges still adopt the traditional teaching mode in physical education. In short, they pay too much attention to the teaching of theoretical knowledge

and do not strengthen the connection between physical education and other courses. At the same time, teachers did not optimize and innovate the teaching content when conducting physical education, which led to students' lack of physical literacy and practical ability, which is not good for the development of students.

2. College PE curriculum teaching reform strategy

In order to improve the teaching effect and help students establish a lifelong sports concept, colleges and universities should take various measures to reform the physical education curriculum.

2.1. Determine the goal of PE education

Colleges and universities will train high-quality talents for the society and the country. These talents not only need to possess rich professional knowledge, have high practical ability, but also possess excellent morality and health. Only those with these qualities and abilities are excellent socialist successors^[5]. Tao Xingzhi, an educator in China, pointed out that physical education should pay attention to improving students' physical literacy and helping students develop good habits of exercising. At the same time, he also said that no healthy body will lose everything. Therefore, colleges and universities should pay attention to physical education and cultivate students' awareness of physical exercise. When carrying out physical education teaching, colleges and universities should attach importance to stimulating students' enthusiasm for learning, cultivating students' lifelong sports awareness, and cultivating students into socialist successors with healthy health and positive thinking. In order to achieve this goal, colleges and universities should optimize and reform the physical education curriculum, stimulate students' enthusiasm for learning and participation in physical exercise, cultivate students' lifelong sports awareness, and lay a solid foundation for students' future development.

2.2. Reform the teaching model

With the development of the times, students' autonomy has improved, and the requirements for teaching methods are higher. Under this circumstance, the traditional teaching mode can not meet the student's learning requirements, and it is inconsistent with the social development requirements. If colleges and universities use the indoctrinating teaching mode when carrying out physical education, it will not only affect the teaching effect, but also affect the students' creativity and autonomy. Under the concept of humanism, physical education teachers should reform the teaching mode and promote the transformation of "teacher's dignity" toward "parent friends", "management and control" toward "organization and promotion". In physical education classroom teaching, teachers should find a balance between teaching and student activities. In the teaching process, teachers should not only explain the precautions and various essentials of sports in detail for students, but also encourage students to actively participate in sports activities. While stimulating students' enthusiasm for learning, teachers innovate teaching content and teaching mode to guide students to establish lifelong sports concepts, which is very important to ensure students' mental health. In physical education, teachers can choose their own teaching mode. For example, teachers can encourage students who participate in sports activities to share their sports experiences with other students, and explain relevant knowledge and wrong behaviors according to their shared content. Teachers can encourage students to participate table tennis, tennis and other sports that are of interest to students, and correct the students' wrong actions in practice; set elective courses, and students choose sports courses according to their own interests. The main purpose of optimizing the teaching mode is to meet the teaching requirements and cultivate students' lifelong sports awareness.

2.3. Sound evaluation and assessment mechanism

As early as 587, China established an examination system and selected talents through examinations. Until now, the exam is still an important way to assess and demonstrate students' abilities, but its drawbacks are also more prominent. For a long time, college physical education teaching has also adopted the assessment method. Although this method can reflect the students'

learning effect to a certain extent, it does not fully demonstrate the open characteristics of the physical education discipline^[6]. Different students have different physical qualities, and there are some differences in their sports literacy. Some students are not good enough in natural sports literacy and can not be improved in a short period of time. Therefore, the single evaluation method can not fully demonstrate the students' learning effect and learning enthusiasm. In order to ensure the accuracy and fairness of the assessment results, colleges and universities should optimize the evaluation mechanism of physical education. Physical education teachers should try to use the multi-test, vertical ratio, and regular physical education evaluation system. Multi-test refers to the situation in which students may not play well in the assessment. Students who are dissatisfied with their test scores may apply for re-assessment and select better grades as final scores to improve the fairness of the assessment results. The vertical ratio refers to different students have different physical qualities. Therefore, students with insufficient physical quality should pay attention to assessing whether students have progress. The regular test means that physical education teachers should conduct assessments in classroom teaching, evaluate students' classroom performance, and incorporate students' classroom performance into final scores to stimulate students' enthusiasm for learning.

2.4. Motivate students

In order to improve the teaching effect, any subject should stimulate students' enthusiasm for learning, as well as the physical education discipline. In order to achieve the goal of physical education, we should pay attention to the combination of classroom teaching and after-work time training. At this stage, some students are less active in physical exercise. The main reason is that students have greater learning pressure and do not have enough time to ensure physical exercise. Under this circumstance, teachers can change the teaching concept, so that students can correctly understand the sports content, sports skills, sports rules and other content, stimulate students' enthusiasm for learning, and guide students to use the spare time to participate in physical exercise, which enhances the students' physical quality. Through daily physical exercise, students can improve their physical fitness while maintaining their physical fitness. In addition, colleges and universities should encourage students to form sports associations, and give full play to the enthusiasm of sports enthusiasts in community activities, and stimulate the enthusiasm of other students in the subtle influence.

2.5. Form a team of highly qualified teachers

With the gradual deepening of the reform of physical education in China and the improvement of the level of social development, the requirements for the comprehensive quality and quantity of physical education teachers are gradually increasing. However, compared with developed countries, China's physical education discipline started late, some physical education teachers did not graduate from physical education, and even some teachers were originally teachers of other disciplines. This is also an important factor affecting the efficiency and effectiveness of physical education. At the same time, due to the lack of specialized physical education teachers, the ability of college physical education teaching and research, innovation ability is not high enough. In order to achieve the goal of physical education reform, colleges and universities should form a team of high-quality physical education teachers. In order to improve the overall teaching ability and professional quality of physical education teachers, colleges and universities should make reasonable adjustments to the teaching structure, actively promote the development of sports disciplines, and train more outstanding physical education teachers for the society and the country. In addition, colleges and universities should establish and improve the sports research and reward mechanism to stimulate the enthusiasm of physical education teachers to participate in scientific research, and contribute to the improvement of physical education teaching and the promotion of the stable development of physical education.

2.6. Improve sports facilities

In addition to teaching concepts, teaching models, and teaching staff, teaching facilities are also

important factors influencing teaching effectiveness. Therefore, in order to achieve the goal of improving teaching effectiveness, colleges and universities should strengthen funding for sports disciplines, purchase sufficient teaching facilities and teaching equipment, and build sports venues. In this session, colleges and universities should be equipped with sufficient teaching facilities and teaching equipment in strict accordance with the "School Stadium Facilities and Equipment Equipment Catalogue" of the Ministry of Education. With the development of the market economy, the functions of colleges and universities in China are developing in a diversified direction, so the management model should also be diversified. Therefore, colleges and universities hire professionals to manage sports venues. At the same time, it is necessary to strengthen the maintenance and repair of sports equipment and clean the stadiums, so as to avoid the aging of sports facilities and the lack of cleanliness of sports venues. Colleges and universities should determine the property rights relationship of sports venues, and use capital raising, joint ventures and other methods to attract more funds for the construction and operation of college sports venues. The government finance department should allocate funds to the colleges and universities for the construction of sports venues and the improvement of teaching equipment. Teaching facilities and teaching environment will affect students' enthusiasm for learning. Therefore, in order to stimulate students' enthusiasm for participating in physical exercise and ensure the safety of students, we should do a good job in the construction of sports teaching venues and the improvement of sports equipment.

2.7. Strengthen the connection between sports and other disciplines

There are certain differences between physical education curriculum and other cultural courses, but the ultimate goal of both parties is the same: to train students to be fully developed and qualified socialist successors. Therefore, physical education can be linked to other disciplines, so that sports elements are filled in the student learning process. In addition, colleges and universities can integrate cultural courses related to physical education curriculum into physical education, and promote the development of physical education disciplines toward cross-disciplinary disciplines. For example, in physical education, various disciplines such as sports marketing and sports can be integrated with physical education.

3. Conclusion

All in all, college physical education is of great significance to ensuring students' physical and mental health and cultivating students as excellent talents. At present, China has entered a new stage of development, and the demand for talents has also increased. In order to train students to meet the requirements of employers and social development, colleges and universities should carry out in-depth reform of physical education, attach importance to cultivating students' sports literacy, and help students establish lifelong sports concepts.

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