

College Physical Education (PE) Teaching and the Physical Health of College Students

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Keywords: physical education (PE) teaching; college students; physical management; quality improvement

Abstract: With the progress of society, the water products of education and teaching in China are also constantly improving, more and more colleges and universities have entered the list of famous schools in the world, and the professional quality of students is also constantly improving. However, from the news reports in recent years and the record table of students' sports test, we can see that the physique of college students is on the decline. This paper will take physical education in colleges and universities as the main research object, explore the value and problems of physical education in colleges and universities, and explain how to improve the teaching quality of physical education in colleges and universities, so as to promote the progress of students' physical fitness and cultivate physical cultivation.

Liang Qichao mentioned in his article "On a Young China" that "if young people are strong, then China is strong." With the acceleration of globalization, China has ranked among the nations of the world, become a model representative of big countries, and made remarkable achievements in many fields. For college students who are about to get into the world, they have professional knowledge of high-end products, but they are lacking in physical quality. In order to change the current situation of students with high scores and low abilities, clear measures have been put forward in the college entrance examination. The physical fitness test will be included in the scope of the assessment. At present, more and more colleges and universities begin to pay attention to the importance of physical education in curriculum, and in order to meet the requirements of quality education, put forward targeted educational content, teaching methods, educational objectives and other reform measures. Therefore, colleges and universities should first proceed from the problems existing in physical education, problem-oriented, and look for application strategies to improve students' physique and health.

1 Problems in Physical Education Teaching in Colleges and Universities

1.1 Security risks

The hidden danger of safety is the first problem to be solved in physical education. In the process of physical training, some irritating exercises will inevitably lead to sprain and abrasion of students, which will not only harm the body of students. When it is serious, it will also bring a heavy burden to the students' families and affect the development of normal school work. However, some teachers ignore the maintenance of sports equipment, and do not lead students to prepare for sports before strenuous sports, and this irresponsible behavior increases the probability of safety risks.

1.2 Single teaching method

From the current classroom practice of physical education, it can be seen that teachers still use the traditional teaching method of one-way indoctrination in the process of teaching, that is, to show specific actions to students according to the book. Without explaining the knowledge of action skills and other extended movements, such as "Taichi" and "Kongfu", many teachers use 1/3 of the class hours, leaving the time for students to practice on their own. Teachers mainly guide in the process of practice, this method is inefficient, and once the wrong action is remembered, it is difficult to correct.

1.3 Insufficient publicity of sports knowledge

In view of the reform of physical education in colleges and universities, China has formulated a series of specific implementation measures, and as regards the improvement of students' comprehensive ability, it also emphasizes the importance of sports literacy training, sports common sense understanding and so on. However, under the influence of traditional education and teaching methods, many teachers do not attach importance to the promotion of sports knowledge, and schools do not carry out a variety of sports activities in their daily life. This has led to some colleges and universities into the embarrassing situation of "students do not take the initiative, the school is not active", which is not conducive to the smooth development of physical education in colleges and universities.

1.4 Insufficiency of teachers' professional accomplishment

The deepening of quality education in the teaching practice of physical education has posed new requirements for the professional accomplishment of physical education teachers. Teachers should not only have high quality physical fitness, but also have rich knowledge of physical education. In recent years, many colleges and universities have also been increasing the introduction of high-quality PE teachers, but these teachers are lacking in practical teaching experience and can not realize the organic integration between PE teaching content and PE knowledge. However, many old teachers have rich teaching experience, but the lack of sports knowledge support results in a single form of teaching and a lack of flexibility and interest in teaching content.

2 Influence of Physical Education on the Physique and Health of College Students

2.1 It improves the physical quality of college students

The primary purpose of physical education is to improve the physical quality of students and develop a healthy physique for future work and study. The "exercise an hour a day" program should not only be a slogan, but also a real action. during college, students have plenty of time to improve themselves, not only to improve their brainpower, but also to learn to improve their physical strength. Physical education can help students improve their physical coordination ability, develop a healthy lifestyle, cultivate interest in a variety of sports, and use a healthy and flexible body to deal with all kinds of challenges in life.

2.2 It improves the physical cultivation of college students

Friendship comes first, competition comes second. For college students, life is full of competition and cooperation. Only by relying on the strength of the collective can we complete the cause that the individual can not complete. Good sports accomplishment is to warn students to actively participate in the competition and cultivate courage and spirit of exploration, but we should see the value and significance of cooperation in the competition; while following social fairness and justice, we should also adhere to the pursuit of morality in our hearts.

2.3 It enhances the adaptability of college students

The vast majority of college students are only children with a poor ability to take care of themselves. This is especially true of some female college students who often avoid physical education, or ask for a leave for a variety of reasons. Physical education needs to be carried out outdoors. Hot summers and cold winters are the best places to train. Under difficult conditions, students can feel the power of will and learn to adjust themselves to the changeable environment, change the pampered habits of college students and develop an independent consciousness and ability.

2.4 It improves psychological quality of college students

Sports training events, such as basketball, football and volleyball, rely on the strength of collective unity and cooperation, which is a very important opportunity for students to cooperate

with each other. In addition, in the process of competition, middle school students can also feel the power of unity and mutual assistance, establish a sense of collective honor, and then understand the philosophy behind the spirit of sports. Students can also apply group cooperation ability, leadership ability and so on in their daily study and life, so that students can better complete their learning tasks.

3 Effective Strategies for Promoting the Reform of College Physical Education

3.1 Regular safety education to avoid accidents

First of all, teachers should regularly check the safety of sports equipment, check sports equipment before each class, and repair old sports equipment after class. Schools also allocate special funds for purchase or replacement each semester. Secondly, the teacher should emphasize the importance of preparing for exercise, and lead the students to exercise together before each class to teach the basic stretching movements to prevent sprain, muscle strain and so on. Finally, in view of the sudden safety accident, the teacher should send the students to the infirmary in time, and carefully inquire about the process of the accident to eliminate the inducement of hidden danger.

3.2 Omni-directional reform of physical education

In order to improve the enthusiasm of students in class and build a harmonious and interactive classroom atmosphere, teachers need to adjust the teaching content and use innovative teaching methods under the guidance of quality education. For example, the teacher can ask students to collect history of sports development and other knowledge after class, and collate the collected knowledge into PPT, for the whole class to study. On the other hand, the teacher should learn to change their role cognition, change from an "educator" to a "guide", "learner" and "researcher", and formulate personalized teaching plan according to the situation of students.

3.3 Establishment of students' subjectivity-consciousness and stimulate students' enthusiasm in class

In order to stimulate students' enthusiasm in class, we must first arouse students' interest, attract students through novel "cold knowledge", or arrange interesting games to meet students' expectations of teaching content of physical education. Secondly, we should improve the teaching assessment model of physical education, and physical education teaching assessment will also be included in the final examination, especially the physical education knowledge as the content of written tests, thus causing students to pay attention to.

3.4 Improving the professional accomplishment of physical education workers

First of all, teachers should have the physical fitness of high water products, but also have profound sports knowledge, in order to ensure the infiltration of sports knowledge in the content of physical education and imperceptibly train students to attach importance to sports knowledge. Secondly, teachers should change the teaching concept of "teacher subject", really let students become the masters of the classroom, actively answer questions, practice projects seriously, and discuss relevant sports knowledge with teachers and students after class. Finally, sports will be integrated into life.

4 Conclusion

To sum up, the reform of physical education not only plays an important role in improving students' physique and healthy water products, but also helps to shape the characteristic brand of colleges and universities, so as to make the students' physical and moral qualities into a "business card" that will never fade. In order to improve the quality of physical education in colleges and universities, in addition to the on-campus educational resources, the school should mobilize a variety of off-campus resources, build a sports teaching staff exchange platform, cooperate with other colleges and universities, and set up related sports activities. Then, the school should infiltrate

physical education into the daily life of students, really achieve the teaching goal of physical education everywhere in life, so that college students fall in love with physical education and have a good physical education class.

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