

## Development Trend of Physical Education Teaching in Colleges and Universities in the New Period

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**Abstract:** In the 21st century, the reform of physical education and teaching in domestic universities is progressing steadily, and many new methods and new theories have been developed in a kind of efficient physical education. In the future, we need to motivate students' interest in learning based on the growth of their education and teaching, and exert their subjective initiative to improve teaching efficiency.

Since the 1990s, the reform of physical education in colleges and universities has achieved remarkable results under the wave of quality-oriented education reform, thus providing a large number of high-quality talents for various industries. The information society has endowed college physical education with a new mission. We should not only teach students the corresponding sports skills and cultivate their healthy bodies, but also help them establish a positive and positive attitude towards study and life, so as to ensure that they can be based on their own professional field and achieve comprehensive development.

### 1. The Problems Existing in Physical Education Teaching in Universities at Present

Based on the fact, the current college physical education teaching problems are mainly reflected in the following aspects: ① Combined with the actual teaching present situation analysis, the current college physical education teaching still exists in the traditional teaching-learning mode: The teacher explains theories and demonstration of the correct action, and then following by the students to imitate. Sometimes, students may cause some mistakes and incorrect action during their study, the teacher needs re-correct them again by doing same action again. Because the teaching mode is relatively single, students can only passively accept the theoretical knowledge and sports skills transferred by the teacher, and cannot freely express their inner thoughts and show their personality.<sup>[1]</sup> In the physical education teaching of colleges and universities, the single teaching mode has also become the main factor disturbing the development of their education and teaching. In fact, the explanation of sports skills is only a very elementary goal that college physical education needs to accomplish. Therefore, physical education teachers need to reform their teaching philosophy on the premise of clarifying their own positioning and the actual needs of education and teaching, change the boring and single teaching mode in the past, change their thinking, and guide students to explore the connotation and charm behind physical education. ② The teaching content is boring. The boring teaching content is the main reason that causes college students to deal with the negative emotion of sports study. Due to the limitations of course content, number of students and elective courses, we cannot guarantee that all students can choose their favorite sports. Most teachers are just blindly teaching according to the syllabus, without optimizing and adjusting the current teaching plan based on the actual situation of students, resulting in the situation that the teaching content is boring and students' interest is not high. Although in the above situation, teachers can complete teaching tasks within the specified time, but they ignore the cultivation of students' personality and comprehensive quality, which will eventually affect the overall development of students.

## **2. The Content of Physical Education Teaching Reform in Colleges and Universities**

### **2.1. Renewing teaching idea and innovating teaching mode**

In the new area, college physical education teaching must firmly establish the student-oriented education concept; combine the explanation of sports skills with the teaching of theoretical knowledge, help students to establish a perfect physical education subject knowledge system, so as to promote its comprehensive development. This aspect of the reform requires teachers to change education idea, the past held strengthen theoretical study and improve their professional accomplishment, to correctly understand the new mission of universities sports teaching, the new task, but also good at summary and reflection, found that so can on the basis of the integration of existing teaching resources to set up efficient sports learning platform.<sup>[2-3]</sup> On the basis of updating the teaching concept, PE teachers in universities should further promote the optimization reform of the teaching mode, change the old style of skill theory and the teaching mode based on infusing, strengthen the communication between teachers and students, so that they can learn to learn sports and feel the pleasure of sports from a new perspective. On the basis of strengthening the communication between teachers and students, teachers can also practice layered teaching, group learning in daily teaching, and use multimedia teaching when explaining theoretical knowledge. Only in this way can students' multiple senses be mobilized and they can actively participate in college physical education activities.

### **2.2. Enriching teaching content and strengthening the construction of teaching staff**

Enriching the content of P.E. in universities can stimulate students' interest in learning, so as to realize the goal of improving teaching efficiency. In addition, many college students are unwilling to take physical education because it is boring and unrefreshing. Therefore, teachers should understand students' interests when choosing teaching materials and designing teaching process, so as to enrich their teaching content and improve students' enthusiasm in class participation. On the basis of enriching teaching content, the school should also strengthen the construction of teaching staff of physical education teachers in colleges and universities, so as to reserve excellent human resources for the development and reform of their teaching work. First of all, the recruitment of teachers should be done properly. As far as possible, teachers with systematic training, experience and understanding of teaching theory should be selected to teach in the school, so as to ensure the smooth completion of teaching work. Secondly, it is necessary to set up a training and learning platform for physical education teachers in colleges and universities, regularly organize educational and teaching skills training activities on related topics, constantly improve their theoretical knowledge level, so as to promote the all-round development of physical education teaching in colleges and universities.

## **3. Research on the Development Trend of Physical Education Teaching in Colleges and Universities in the New Era**

Under the new situation, only by solving the existing problems in physical education in colleges and universities, can a new teaching pattern be created and its orderly development be promoted. Specifically, physical education teaching in colleges and universities in the new era has shown the following new trends:

### **3.1. The diversity of physical education teaching content**

Based on physical education teaching in colleges and universities teaching content and teaching form a single problem, the school should be appropriate to increase the teaching project, carry out various kinds of sports activities, such as games, sports, ball sports, create show ego platform for students, and arouse their learning enthusiasm and initiative, ensure the smooth progress in physical education teaching activities. Taking physical education teaching in our school as an example, at present, sports items available for selection in physical education teaching include basketball, badminton, table tennis, aerobics and other items. There are a large number of students involved in

the teaching activities, and the teaching activities are progressing smoothly. The reason why we can achieve today's teaching results is inseparable from the efforts of school leaders and many physical education teachers. At the beginning of the above sports, a lot of students have a psychological resistance, so there is often a number of sports quota dissatisfaction. Table tennis is limited by the field, the number of students is less, the number of calisthenics is more, but few boys participate, basketball and badminton because of the larger amount of exercise, not welcomed by female students, the above problems are the main factors affecting the effective development of college physical education, after unremitting efforts, the relevant problems have been effectively solved. In particular, compared with the past, physical education teaching facilities have been relatively significantly upgraded, so that students can learn in a more complete environment. It is believed that in the future, physical education in colleges and universities will definitely develop towards a higher quality and the teaching content will be further enriched.

### **3.2. Physical education teaching means flexible activation**

First of all, the department broke through the restriction, and gradually built an open physical education classroom. In the past day, physical education is mostly taught by departments or original classes, and then taught separately according to the established teaching plan. This kind of solidified teaching form restricts the development of physical education in colleges and universities to some extent. In the new period, with the deepening of related reform work, we have gradually built an open physical education classroom. Before the course starts, students can set up an online course selection platform with the help of the official website of the school. The school will publish the teaching content, the basic information or specialties of the lecturers in the course selection system. Students can choose their favorite teachers and courses according to their own preferences and learning needs. In addition, in order to improve the effectiveness of physical education teaching, helping students further understand the sports course content, the school also in the arrangement of special physical education counselling sessions, the students can face to face with the teacher in the provision time of consultation, and then choose their own courses on the Internet, effectively promote the smooth development of sports teaching.

Secondly, an open class arrangement is adopted to ensure students learning interest. P.E. teaching should not be confined to the original class, but can be arranged according to the courses students choose, class time and learning interests in the whole school, which is conducive to students of different majors to learn from each other and learn from each other. Similarly, for those students who are introverted or unwilling to exercise, taking classes with people they are familiar with can also relax the pressure. At present, the reform of this link is gradually deepening, and I believe it will be a significant part in the future.

Finally, the paper adopts the evaluation model of "credit system in and out of class" to evaluate students' classroom performance accurately and objectively. In essence, any content of learning need to rely on the examination to test the actual situation of students, college physical education teaching assessment is also essential. In physical education assessment, students should be encouraged to participate in sports activities other than classroom teaching and be rewarded with certain extracurricular credits. This mode of in-class and after-class joint evaluation can arouse students' enthusiasm to participate in sports teaching activities and related sports projects, so as to realize the goal of quality and long-term reform of college sports teaching.

## **4. conclusion**

In the new period, a series of new progress has been made around the optimization reform of college physical education. We need to summarize the development trend of college physical education on the basis of analyzing and solving problems, so as to provide a strong reference for the optimization reform of related work.

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