

The Exploration of the Reform of Physical Education in Colleges and Universities in the Perspective of Lifelong Physical Education

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key words: College physical education; lifelong physical education; physical education.

Abstract: So far, physical education in colleges and universities in China has made a lot of progress, but also made some achievements. However, there are still many problems in the concept of lifelong physical education. Therefore, physical education educators should take a longer view, not only to see the students' physical performance and students' physical quality literacy at the present stage, but also to take into account the health of the students after the students. We mainly focus on lifelong physical education to adapt to the reform path of physical education in colleges and universities.

1. The importance of physical Education in Colleges and Universities in students' lifelong Education

1.1 Physical education can help the students to develop the consciousness of life-long education

The long-term physical exercise can strengthen people's body, help people to keep healthy, and also can exercise the will of the people, so that the physical ability of people is optimized. Different people have different ways of exercise, but the purpose of the exercise is to keep fit and to delay the aging. At present, the study task of the university students is very heavy, so most of the center of gravity is on the study, so they don't have much time and energy to do exercise, and the attitude of the students to the physical education is not good enough, so many students at this stage are sub-health. The PE teacher should also strengthen the students' sports concept, because only a healthy body can support students to complete their studies.

1.2 Physical education can provide practical projects for life-long education

For the realization of lifelong education, physical education in colleges and universities has played a very important role in it, physical education in colleges and universities is lifelong education, in order to truly achieve the realization, not just stay in the verbal slogan. At the same time, physical education in colleges and universities can correct students' physical attitude, make students realize the importance of physical exercise, and also actively carry out physical exercise. Of course, colleges and universities can provide students with more physical equipment and physical training places, but also allow students to freely choose their own interests and like sports to exercise, so that students have lifelong awareness of sports.

1.3 To provide guidance for life-long sports through a scientific approach

The university must pay attention to the cultivation of the lifelong physical ability of the students, let the students also have the life-long physical ability on the basis of the life-long physical consciousness, and to make the students have the life-long physical ability, the students must develop a life-long sports plan which is more in line with the needs and interests of the students. It is also very important for students to be able to exercise scientifically and strengthen their physique, and these are also very critical to the growth and development of the students.

2. Problems in the cultivation of lifelong physical Education for College students at present

2.1 Students lack of awareness of lifelong physical education

At present, most students' awareness of lifelong physical education is relatively weak, which is mainly because the students' sports attitude is not correct, pay too much attention to their studies, and think that as long as they complete their studies, they have achieved all the goals. But in fact, in order to achieve sustainable development, it is necessary for students to exercise, so that students can easily complete heavy learning tasks, so physical education teachers in colleges and universities should also cultivate students' awareness of physical education, so that students can have a deeper understanding and understanding of physical education, and stimulate students' interest in physical education.

2.2 Students are lack of interests

In the course of the development of the life-long education of the university, the most difficulty to overcome is that the students' interest in sports learning is not high. In the short time, it is difficult to change the students' views and to make the students understand the importance of physical exercise. however, that physical education teacher of the university still can not give up, they should actively improve the physical education system, help the students to establish the importance to the Sports consciousness , and of course, the most fundamental way importance of solve this problem is to stimulate the students' interest in the sports study, and to stimulate the students' interest in sports learning, The students should be inspired by giving more freedom, so students will naturally invest more energy in sports.

3. Measures to improve the lifelong Education ability of College students

3.1 Pay attention to the perfection of teaching thought and teaching design

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Pay attention to the perfection of teaching thought and teaching design.	Strengthen propaganda and enhance students' consciousness of physical exercise	Infiltrate the correct outlook on life in sports
The sports in colleges and universities can not be too single. It is important to follow the trend of the times and to respect the students' choice.	In the normal school life, the publicity is strengthened, and a wide variety of sports activities can be held regularly.	In the group competition, the students should also be aware of the importance of group cooperation, and can't be single-minded and self-motivated.

If colleges and universities want to help students establish the concept of lifelong physical education, they should reform the teaching content of physical education. In the present stage of physical education teaching in colleges and universities, there are very few sports items for students to choose from, and the physical education knowledge taught by teachers is also very boring, which cannot stimulate students' interest in learning. In the case of being unable to stimulate students' interest in learning, naturally also cannot help students to develop good sports habits, so first of all, in order to change students' attitude towards sports to improve the importance of physical

education learning, it is necessary to add sports results. Comprehensive assessment should also constantly enrich the teaching content to make physical education teaching more humane. And the university should also give students a variety of choices. And cultivate the students' interest in sports learning. Of course, the physical education teachers should also strengthen the communication and exchange among students, and establish a harmonious and equal relationship between teachers and students. Through the harmonious and equal teacher-student relationship, the distance between the teacher and the student can be shortened, and the students can be more trusted and the teaching efficiency can be improved.

3.2 Strengthen propaganda and enhance students' consciousness of physical exercise

If physical education teachers only carry out lifelong physical education concept to students in class, it is difficult to achieve the goal of physical education teaching, and it is also difficult to really make students have lifelong physical education concept. Teachers should strengthen the propaganda of the concept of lifelong physical education by carrying out physical activities, so that students can find the fun of physical exercise in all kinds of physical activities, and participate in physical exercise on their own to enhance their physical quality.

3.3 Sports help students penetrate the right outlook on life

The reason why the university is to carry out the physical education is to help the students to set up the life-long sports concept, and also to enhance the physical quality of the students, so that the students can participate actively in the exercise after the school is separated from the school. At the same time, in the course of the physical education of the physical education teachers to the students, the teachers should also penetrate the correct outlook on life to the students, as there are places where the physical spirit and the sports concept are reflected in many sports activities. For example, when a student is in a hurry, the teacher should help the students to adjust their emotions so that the students can solve the problem. If it is a group competition, the teacher can also train the student's team consciousness and team spirit. and encourage the students In the face of the difficulties, the teacher should also tell the students, do not be discouraged, continue to work, only continue to make efforts, can overcome the difficulty. Therefore, the teaching of physical education is not only the cultivation mode of life-long physical education, but also the way to form the correct three-view.

4. Conclusion:

In terms of cultivating students' concept of lifelong physical education, physical education in colleges and universities plays a very key role in it. Physical education in colleges and universities can not only help students to develop correct values, but also guide students to find interests in physical education, and actively participate in sports and sports activities. At the same time, it can also help students to make more scientific exercise plans, guide students to strengthen their physique and improve their physical quality. As physical education teachers, we should constantly explore the path of physical education reform in colleges and universities from the perspective of lifelong physical education.

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