

Research on the Reform of Physical Education in Chinese College

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Abstract—Great changes have taken place in the ranks of physical education teachers, especially in recent years, the reform of educational system has created favorable conditions for the development of physical education teachers. This paper analyzes the current situation of physical education in China, and concludes the existing defects, and puts forward corresponding improvement measures. For the reform of physical education, physical education teachers should arrange more content of students' interest, strengthen the training of students' will quality, improve the quality of classroom teaching, and cultivate qualified personnel needed by the society. The task of physical education in Colleges needs to be realized through many kinds of goals, which can improve students' interest and promote the enthusiasm of students to participate in sports learning actively.

Keywords—Physical education; Active teaching; Autonomous learning; Reform

I. INTRODUCTION

The curriculum standards for physical education and health provides guidance for the reform of physical education curriculum in China, and also provides the best opportunity for every PE teacher to reform and develop the course of physical education [1]. Many sports teachers are exploring the means and methods for the development of new standards. However, there are some people in the teaching reform of physical education curriculum reform "standard" and such problems, thus leading to the "standard" cannot play a normal role. In view of the above problems, the author summarizes several points for experts, scholars and teachers to discuss [2]. With the deepening of education and teaching reform, some traditional educational models have not followed the pace of the times, it is imminent to update the educational mode, as well as the progress of the school teaching with the pace of the times, the reform of physical education is imperative, and the traditional education mode of the past should be reform in physical education.

II. THE PRESENT SITUATION OF PHYSICAL EDUCATION

As a contemporary college student, shoulder the responsibility and mission of revitalizing China, having a healthy body is the premise of all, so exercise is the most important "task" for college students [3]. Nowadays, colleges and universities shoulder the great mission of supervising college students' physical exercise. College sports is a very important course in universities. For college sports education, it is the direction of college physical education to improve the students' enthusiasm and persistence in sports, to give full play to the students' potential and to cultivate students' interest in many aspects. Only by raising the enthusiasm of the students and giving full play to their latent power can the students actively invest in the students.

A. Despising Physical Education

Nowadays, many universities are very demanding on students' professional education and academic research, but few require or encourage students to exercise. Some schools strictly require students to test results and various certificates, only get some certificates, to get the school degree certificate, or have special requirements in the examination, encourage college students to learn more professional knowledge and more computer English. For anyone, this is a good thing. Only in this way can students have a better professional and cultural level to deal with. For schools, such students can compete for fame and fame for schools. To the society, we can bring more professional talents with more professional knowledge to inject better and stronger forces into society. However, if the body is lost for the sake of knowledge, it is not worth the loss. Anything is based on body physique, having a good body to use the brain and using the knowledge to contribute to the society. Just like agriculture and industry in our country, only when agriculture is the foundation, can people have enough food before they can have industrial development. Formerly, the body is the capital of revolution. I think the body is the capital of all things.

B. *The phenomenon of sports reduction is common*

In this big network information age, the Internet can not only provide a variety of conveniences for the human society, but also provide more entertainment ways for people. Chat, online games, video, shopping and so on are one of the network entertainment. As college students, these points are especially obvious, most of the boys like it. Playing games, watching the game, watching TV for a while, especially playing games, some people play games together, often play in the middle of the night, who still have that perseverance to get up early and run and exercise, let alone reading classes, may also think of games in class, or sneak asleep. Girls like all kinds of soap operas. It is a strange and unpredictable group of boys to hear the girls talk about who is good and who is handsome, which TV series is good, and they are still crying. Online shopping is also nearly crazy, now the girls, who do not buy things, who go shopping or online shopping is a particularly addictive thing, maybe that is the same as most boys like playing games, the actual significance, but very keen on this. In any case, these have a common point, that is, a lot of entertainment, but a lot less physical exercise, no network has not been popularized, boys playing basketball table tennis seems to be the only way of entertainment, girls often play badminton together. It can be seen that the increase in entertainment is also a double-edged sword [4].

C. *Disregard of physical qualities*

One of the major problems for college students is to work in the future. When they graduate, or when they are in college, people will have more contact with the society. Finding a job is a very important thing for college students. Today's work unit, more is to see what your college hired, what certificate, and how the paper, almost no one wants to see how your body, sports. The whole society is very low on the physical quality of college students, and more concerned about their cultural level and other aspects.

The national fitness may be a good phenomenon everyone would like to see. Now, people's work, work, home, sleep habits seem to have formed a vicious cycle, only a weekend can rest, also used to sleeping lazy, fitness became a kind of luxury. The lack of the atmosphere of this fitness, the lack of this habit of contemporary universities, the formation of a reading, class, back to the dormitory, the Internet and the vicious circle, shaping a good atmosphere is the best way to improve the physical quality of college students and even the people of the country.

III. THE ADVANTAGES OF COLLEGE PHYSICAL EDUCATION

Sports are a sacred cause in China. As we all know, President Xi attaches great importance to sports after taking office. President Xi attended the opening ceremony of the Sochi Winter Olympic Games. He also proposed the hope of Chinese football. He often took a walk for swimming. The chairman likes sports and sports. It also hopes that the people all over the country attach importance to sports. In today's social development, sports have become a more favorite choice for the people of the whole country [5]. The gym on weekends is becoming more and busier, and outdoor fitness facilities are becoming more and more abundant. College physical education has gradually begun to attach importance to sports, and has increased investment in hardware and software of physical education, hoping to improve the physical fitness of college students.

A. *Encourage students to exercise outdoors*

In recent years, some schools have prescribed morning exercises in the morning. According to the interests of everyone, they can play ball, run, do morning exercises, and kick shuttlecock in the hard way for students to exercise their body. They also allow students to choose different sports items according to their hobbies, and improve their interest in sports. Morning exercises also require teachers to be in place and teachers to drive students.

B. *Enhance the consciousness of sports*

The school has also done a lot of sports education propaganda, many schools have begun to strictly demand physical examination, from the examination to grasp the students, "forced" students to take the initiative to exercise learning sports, and gradually develop habits. Whether it is a community or a park, or a small village in a small town, everyone can see the fitness equipment everywhere, and occasionally a basketball court, the national fitness is the start. More and more people start outdoor activities. The old ladies start running and playing Tai Chi early in the morning. Gradually, more and more young people have joined the ranks of the running.

The former sports teaching mode is single, overemphasizing the dominant position of the PE teachers, ignoring the students' main position, squeezing the students' development space, focusing on physical quality and competitive sports, focusing on sports technology and ignoring other aspects. In order to highlight innovative teaching, schools need to stress students' individuality, try to learn creativity and competitiveness. At the same time, we should give full play to the advantages of information technology to enable students to collect comprehensive social information and sports information. In addition, schools should cultivate students' sense of responsibility in exercising habits and social health problems, carry forward democracy and encourage bold innovation.

IV. THE REFORM PLAN OF COLLEGE PHYSICAL EDUCATION

A. *The view of science to improve the physical education*

It is necessary to make clear the goal of exercise, and the specific goal of each person to take part in physical exercise is not the same, but different goals and goals, and there are different requirements and methods for the selection of exercise content, the choice of methods and the arrangement of exercise load [6]. The different contents and methods of physical exercise have different effects on the human body. Different contents and methods have their own characteristics, some can improve the quality of a sports, improve health: some can promote the normal development of the body, form a good body shape: some can strengthen the body of entertainment, adjust the spirit, rich cultural life: some can prevent disease, cure disease, eliminate physiological dysfunction: some can Strengthen cardiopulmonary function; some can increase muscle strength. In the aspect of physical education, we should see clearly the strengths and dues of students and achieve the reasonable amount of exercise.

B. *Rational arrangement of physical exercise time*

Proper physical exercise can help people's physical and mental development, exercise time is too short, cannot play the due effect, exercise time waste time, but also increase the chance of injury, I myself have this experience, several times playing basketball too long, and finally lead to injury, a wound has to be kept for several weeks, very good. It's hard. Physical education is particularly important in both aspects, so that students can understand that reasonable exercise is the most effective sport. In the course of physical education, the teaching of the basic skills and basic knowledge should be strengthened in the course of physical education, and the ideological and moral education of the students is often carried out, the good quality of the students is cultivated consciously, the enthusiasm of the teachers and students in the two aspects is brought into full play, and the quality of the teaching is constantly improved.

C. *Cultivating the spirit of solidarity and cooperation*

According to the students' interests and interests, their own development characteristics, the overall requirements of the school and the self-discipline of the physical education curriculum, the original class system and grade boundaries are broken and the class is recombined to meet the needs of different levels, different levels and different interests, and the combination of theory and Practice should be paid more attention to the expansion of sports knowledge and improvement. A student's own ability. As a result of breaking the class system and grade boundary, the students are not familiar with each other. Through this form, the class can promote communication between students and students, shape the students' personality, make students develop in many aspects, and cultivate the spirit of unity and cooperation.

D. *Expanding the physical education course*

Give full play to teachers' expertise and teachers' leading role, fully display teachers' expertise and students' expertise, and strive to promote open and exploratory teaching, independent and creative learning, and strive to expand the time and space of physical education.

Activity class refers to participating in one's own activities according to one's interests and hobbies [7]. Through the development of physical quality, we can improve our function, provide opportunities for students' healthy development, and develop the habit of lifelong sports. Elective teaching has great flexibility. It should be selected according to the content of physical education, the situation of our school, and the education and safety. In order to master the difficulty of content, teachers should not be able to produce difficult techniques and tactics at the first level. In addition, we should pay attention to the use of new sports and national and folk traditional resources

V. IMPROVING THE TEACHING LEVEL OF PHYSICAL EDUCATION COURSE

A. *Pay attention to the cultivation of social adaptability*

Sports activities have a unique role in promoting students' mental health and developing students' social adaptability, and the two aspects should be promoted at the same time as the focus. In the course of teaching, we can not only impart sports skills, ignore the two aspects of psychological and social adaptation, we should consciously create some special situations, and adopt some special means to promote the development of students' psychological and social adaptation. Autonomous learning is the high quality learning of students under the conditions of teaching. Teachers are required to emphasize the initiative of students' initiative.

B. *Positive guidance*

Teachers need to guide students to choose their own learning goals. Teaching should start from the whole, and on the basis of students' self-perception, the students will determine their own meaningful learning goals. Students can choose what they most need and most interested in learning according to their actual conditions. In this way, teachers can avoid duplication of labor and meet the needs of students at different levels, so that students can develop at their original level. Each student's cognitive level and style are different, so there are different ways of learning. Teachers should actively guide students to form their own learning styles. Of course, students may take a curve when choosing the way of learning, but after all, it is the students' self-choice. They should make them compare, analyze, improve, sum up, optimize and gradually accumulate learning strategies in their self-practice.

In the past, physical education lacks vitality. The problem is that teachers' questions replace students' questions. Teachers' thinking instead of students' thinking and students' learning is boring. In the construction of a new way of learning, the teacher should guide the students to put forward questions, analyze and solve problems. They should carry out the teaching activities with the students' problems, and let the students learn with the problems.

C. Cultivating students' consciousness of active fitness

The ultimate goal of college students to receive physical education and exercise is to enhance their physical fitness and improve their health, rather than to pursue faster, higher, and stronger. Efforts should be made to transform students' interests into sports expertise, cultivate their lifelong participation in sports, understand the significance of fitness and cultivate their sense of fitness. To develop good fitness habits can not only enhance physical fitness and improve health, but also increase the population of the whole society. It will improve the level of mass sports in our country. Therefore, it is necessary to train students' awareness of fitness and to make students form the habit of participating in sports for a long time. More sports should be introduced. Project to stimulate students' interest in learning. In the examination, the teacher should avoid the characteristics of the project and the individual difference, let each student achieve the goal through the effort; emphasize that every student should understand, grasp, the knowledge and ability to have the common things, such as the teaching assessment, in order to truly inspire and inspire students to participate in the enthusiasm.

With the rapid development of sports science, the teaching contents, structural forms, means and methods of physical education will change correspondingly, and the methods of physical education change from single to pluralism. Multiple goals such as strengthening physique, improving health, sports and entertainment, promoting the development of students' personality and realizing sports competition. Through a variety of goals to achieve the task of physical education in Colleges

and universities, to highlight the rich, full, diverse, healthy, recreational, life-long, practical and living items, in order to improve the interest of students, so that students take the initiative to participate in sports learning and exercise.

VI. CONCLUSION

The teaching of physical education is different from that of other courses. The teaching of physical education is not only the basis of other courses, but also has a great effect on the teaching activities of other courses. It is the perfect combination of physical education teaching and other courses to ensure the all-round development of students. Moreover, the education of physical education is usually carried out in the outdoor. If the weather is bad, the students should accept the wind and rain, which is beneficial to the cultivation of the students' hard work and perseverance. Under such rigorous physical training, it is conducive to the formation of students' healthy personality.

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