

Research on the Reform of College Physical Education Curriculum System Based on Health and Fitness

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Abstract: With the continuous development of economic society, China's education system is also in constant development, the education system is more perfect, from the focus on knowledge education to pay attention to quality education, towards, intelligence and physique art education, to promote college students' comprehensive ability. Through the reform of physical education curriculum in colleges and universities for research, analysis of how health fitness in the sports teaching as the basis, give a full play to the superiority of the physical education teaching, to cultivate all-round development of high-quality talent. Now the quality of education is not only refers to the knowledge of ascension, also including the ability to enhance and improve physical quality. Health fitness is a kind of ability, It is the goal and requirement to improve physical education to teach flexibly and stimulate students' potential in physical education.

1. Introduction

Compared with western countries, the concept of physical fitness was formed relatively late in China, and it was not realized until modern times. However, some western developed countries have already had such an idea at a very early time, and have also established their own set of practical systems. Nowadays, our country has recognized the importance of the concept of healthy physical fitness, which has been gradually applied and implemented in the teaching of colleges and universities, and is of great significance to enriching physical education. Combining the theoretical knowledge of physical fitness with the practical system and applying it in the physical education teaching in colleges and universities will play an inestimable role in improving the national quality of our country and at the same time strengthen our verve. The physical education teaching in our country should be further deepened to find the teaching method suitable for the characteristics of college students. Although the physical fitness theory system has been formed in our country, there is a lack of practice. It is hoped that the study of this paper can be used to integrate the concept of physical fitness education in the process of physical education and promote the development of China's physical education towards a new direction.

2. Research on the Purpose of Physical Fitness Teaching

2.1 Students' Personal Quality.

In recent years, great changes have taken place in people's educational concepts. People begin to pay attention to the study of physical education and other disciplines, which is an innovation of teaching philosophy. Nowadays, the study of physical education courses is not only a study to exercise physical quality, but also pays more attention to the education of students' physical and mental health [1]. Health fitness refers to people in the case of energy to work and study, at the same time and energy to engage in recreational sports activities, to flexibility and ability to deal with emergency situation, health fitness mainly includes two parts, one is health fitness, the second is skills, fitness, the healthy fitness is closely related to people's health, it can react at run time to reach the ideal state of human organs. The content mainly includes four parts: first, body

composition. The percentage of various components in the body, which is maintained in a normal percentage range, is of great significance for the prevention of certain chronic diseases, such as diabetes, hypertension and arteriosclerosis. Second, muscle strength and muscular endurance. Muscle strength is the maximum strength that can be generated by muscles, muscle endurance is the ability of continuous contraction of muscles, and it is the basis of normal work of the body. Third, cardiopulmonary endurance. Also known as aerobic endurance, is the basis of the body's lasting work, is considered to be the most important element of healthy physical fitness; Fourth, soft quality. It is to point to below the circumstance that does not have ache, the biggest limits that articulation can move, to maintaining human body motion ability, prevent motion injury to have important sense. Fifth, prompt force. Refers to reaction time, is the comprehensive performance of other physical ability. Good response time and ability to deal with crisis.

2.2 Requirements of Physical Education Reform in Colleges and Universities.

The purpose of this paper is to analyze the role of physical fitness in physical education. The use of this method in teaching is a kind of innovation, which breaks the traditional single physical education model. It is hoped that through the understanding and learning of this paper, more colleges and universities will adopt this method in teaching, which is of epoch-making significance to the reform of current college physical education, and is also of great importance to the long-term development of students [2]. Nowadays, more and more people love physical exercise, which is a trend. We should give full play to the advantages of physical education and help college teaching. The study of each subject is not isolated from each other. The reform of physical education teaching has a certain impact on the transformation of teachers' teaching thinking and students' learning thinking. Physical education not only exercises students' body, but also shapes students' spirit, which can cultivate students' positive and optimistic attitude. It can guide college students to form a positive mental outlook and cultivate students' divergent thinking in the process of physical exercise by integrating healthy physical fitness into the learning process of college physical education. Due to the influence of the traditional teaching concept in China, there is a general idea in China that attaches importance to knowledge theory and ignores the overall development of students. This kind of thought has affected the student's comprehensive development seriously, also is not advantageous to carry on the personality training comprehensively, therefore should take the healthy body suitable ability teaching as the physical education teaching key point.

2.3 Social Development Redefines Sports.

Sports is a kind of spirit, should also become a kind of spirit, it is the embodiment of the national spirit. College students are the founders of the future society, the emphasis on the cultivation of students' physical ability can temper students' will, when entering the society should be able to serve the social development with a better attitude. The body is the capital of revolution, so is the student, the student physical education should pay equal attention to the physical quality and the knowledge accomplishment. Physical fitness is an important link in teaching, which cannot be ignored. While teaching students knowledge, teachers should enable students to learn sports literacy, culture and spirit, and cultivate all-round talents [3]. Through research and investigation, it is found that the physical quality of college students in China has declined, which indicates the necessity of the reform of college physical education. The physical quality of students not only affects the development of students, but also affects the development of society.

3. Research Methods Based on the Teaching Reform of Healthy Physical Fitness

3.1 Reform College Physical Education Teaching Objectives.

Based on the healthy physical fitness to reform the goal of physical education teaching in colleges and universities, the correct teaching goal is to improve learning efficiency and establish the correct values of the key. In the traditional form of physical education, the educational goal is too general, not specific, so the students feel at a loss to start, resulting in students' interest in

physical exercise and learning is not high. Traditional physical education only focuses on students' classroom performance, and a large physical education class in colleges is 90 minutes, during which it is difficult to learn anything. Moreover, the traditional physical education teaching goal is relatively single and lacks flexibility. Generally, it only teaches students some basic sports items and operation skills, and some even are not standard enough in the teaching process, which is easy to mislead students. The teacher is only responsible for teaching students sports. As for why to teach so, the teacher did not explain to the students, which is not easy to cause the students' high attention [4]. To reform PE teaching, we should reform the traditional teaching course objectives. Teachers can set small learning objectives for students in class, and try to refine the objectives of PE teaching, so as to mobilize the enthusiasm of students. Teachers should inspire students' classroom vitality based on healthy physical fitness teaching. In the teaching process, teachers should make students understand healthy sports behaviors, scientific and reasonable sports skills and lifestyles. Physical education can not only be limited to physical education, through this more systematic physical education will have an important impact on the long-term development of students. In physical education, students should learn with goals, and only with goals can they have motivation, so that students can understand why physical education is important. Through continuous exploration and learning, students can improve their interest in learning, and students can also make a healthy fitness plan for themselves in combination with the goals of physical education (as shown in). The following is only one semester for a brief introduction, healthy and fit learning should be long-term adhere to, should be based on their own situation in each semester to develop suitable for their own training sports training plan.

The first semester

Weekly order theory asks practice to ask

- 1) Warm up and stretch your muscles
- 2) Cardiopulmonary exercise evaluation of middle and long distance running
- 3) Target rate calculation sprint
- 4) Cross training
- 5) Lower limb training lower limb strength exercises
- 6) Practice 100 meters at a speed
- 7) Pay attention to the problem of the long run 800 meters, 1000 meters
- 8) Run the pole for 20 minutes
- 9) Male 1000m/female 800m will be assessed

3.2 Reform of Physical Education Curriculum Model.

The teaching mode affects the improvement of teaching efficiency. Based on the analysis of current college teaching, the main reason for the low efficiency is the use of traditional teaching methods in teaching. Some teachers are used to using traditional teaching methods in the long-term teaching process, which is a kind of spoon-feeding and injection teaching [5]. Teachers are used to the teaching mode of one-sentence teaching, only speaking without considering whether students can understand. This phenomenon exists not only in the study of cultural courses, but also in the physical education teaching. When teaching relevant sports skills to students, the teacher takes himself as the main body and thinks that students should understand, instead of thinking from the perspective of students and considering students' acceptance ability. In this mode, students learn as teachers teach, which is not conducive to mobilizing students' learning enthusiasm.

It is of great help to integrate healthy physical fitness teaching into physical education teaching to improve students' independent learning ability. Students can learn relevant physical education knowledge by themselves combined with teachers' teaching and enhance their cognition of physical education teaching. Students can first use 1-2 weeks to learn some basic knowledge about physical fitness, know what physical fitness is, and then use 8-10 weeks to carry out physical fitness training, teachers can make some positive guidance to students, the training plan for physical fitness should be scientific and reasonable, suitable for their physical fitness. Through the innovative curriculum model, the teacher allows students to learn sports according to their own interests and hobbies. After

the prerequisite training is completed in about 12 weeks, the teacher can conduct a fitness test on the students to investigate the training effect of the students. Teachers should understand that the purpose of physical education is to cultivate students' diversified sports interests and hobbies, and not to teach every student the same. The teacher should adopt the method of theoretical examination and practical operation to investigate the health and physical fitness of students. After the examination, the teacher can analyze the advantages and disadvantages of students, and then carry out targeted physical education. The teacher can give guidance to the shortcomings of students [6].

After the completion of the first stage, the teacher should guide the students to adjust their sports training plans and make progress in continuous learning. Teachers can reward students who perform well, mobilize more students to actively carry out physical fitness training, and reward them as long as they make progress, instead of only rewarding the best. Every student should be involved. The physical education teaching also must display the student's main body, the teacher said again many is not equal to the student own experience, the practice. In the process of physical fitness teaching, teachers should change their status in teaching from the main body status to one of the mediums to guide students to learn. Teachers should play their part in changing the teaching mode of physical education.

3.3 Reform the Physical Education Teaching Content.

Physical education teaching should also keep pace with The Times. The traditional physical education teaching content has been applied to the current society with the development and progress of the society. Therefore, the content of physical education teaching should be reformed to give full play to the role of physical fitness in physical education. The traditional sports teaching only teach students basic skills, not from a long-term point of view of sports teaching, and usually only pay attention to teach students some skills related to the movement, for example, in the process of sports teaching, the teacher usually tell students in this class we learn what, never consider whether or not the student is interested in, whether voluntary [7]. In the process of physical education teaching in colleges and universities, teachers should combine the teaching of healthy physical fitness, explore the advantages of physical skills of students and enlarge them, and cultivate students' self-esteem and self-confidence in this way. Some students in the process of learning will not have confidence in the idea, but in fact as long as willing to exercise can do. Teachers should not only pay attention to students' physical exercise, but also have a certain understanding of students' psychological status. Teachers should tell students the knowledge of physical fitness and how to exercise to enhance their physical quality. The teaching content of teachers includes how to improve aerobic fitness, how to improve their muscle strength, flexibility and coordination, and how to teach students how to balance their own nutritious diet and ensure their health [8]. The teacher tells the students the overall content of the study, to let the students know how to do, what kind of effect can be achieved, so that the students have a certain purpose when exercising, physical exercise can have an effect. Students can freely choose the content of learning, such as running, rope skipping, skating, fitness, dance and other activities, through a variety of teaching content to mobilize students' learning enthusiasm and initiative.

4. Sports Teaching Results and Analysis

Based on the analysis of the current physical education teaching in colleges and universities, the teaching process of physical education courses should be based on health and fitness to give full play to the practical significance of physical education [9]. The results show that the application of healthy physical fitness in teaching is scientific, reasonable and effective. The idea of this kind of physical education emphasizes the idea of lifelong physical education, which emphasizes taking physical education as a habit and keeping passion all the time. The new concept of physical education pays more attention to health and individualization. Through understanding and learning, we know that the setting of physical education teaching objectives in colleges and universities cannot be too limited. In order to give full play to its long-term significance, physical education teaching should consider the long-term development of students and reform the objectives of

physical education teaching, so that students can recognize the role of physical education teaching and encourage students to consciously accept physical exercise. To let students know the significance of learning sports, teachers help students to develop sports learning plans, physical exercise is not limited to the classroom, through the teaching of students to understand how to independently carry out physical exercise learning, develop a good habit of physical exercise, make it benefit for a lifetime, at the same time, let students establish the concept of lifelong sports. In the process of physical education, teachers should take health as the basis and exercise as the priority. In the process of physical education, teachers should actively guide students to learn and exercise physical education. Physical education learning and exercise must have certain scientific nature, the teacher guides the student to establish the scientific sports idea, helps the student to formulate the scientific healthy body fitness training plan, displays the student's potential, enhances the physical education teaching efficiency. In the process of physical education, teachers should pay attention to the shaping of students' personality and emotion, and can carry out differentiated physical education to meet the interests of different students in physical exercise.

5. Suggestions

For physical education teaching should be combined with the requirements of The Times to carry out innovation, improve the quality of physical education teaching. Physical education and teaching should not only stay on the surface, but also go deep into each link of teaching. From the perspective of students, we should pay attention to give play to the role of students' subjectivity, so that students can have more opportunities to express their ideas in physical education class. The teacher also should listen to the student's opinion more, union student's interest hobby choice physical education teaching form. The physical education pays attention to the efficiency, the healthy physical fitness physical education is the physical education teaching innovation manifests, the teacher first should innovate own physical education teaching idea, in the usual physical education teaching process may timely change the teaching form.

Sports teaching should pay attention to the student as this, take students as the dominant, the teacher can assist and guide the students in physical education learning and teaching should not only from the sports skills, skills of students in teaching guide, should also actively develop the students' sports emotion and attitude, pay attention to the formation of students' values. Students can form a positive attitude in the process of learning exercise, maintain a positive and optimistic mood, to promote students to improve their personality is of great significance. Teachers should respect students' personality, give play to their advantages in sports hobbies, and mobilize their enthusiasm for physical training and learning [10]. Teachers should take health and fitness as the direction of their teaching philosophy, and they can organize more sports games and activities in the teaching process, so that students can relax themselves in the process of physical exercise. Students should also take the initiative to interact with teachers and take part in more sports training programs. Since students' physical quality is quite different, teachers should teach students in accordance with their aptitude and choose suitable physical education activities according to their actual physical conditions. The adoption of healthy physical fitness teaching can enhance the scientific nature of physical education teaching, help teachers to change the traditional teaching habits, and better serve students' healthy physical education teaching.

6. Conclusion

Physical education plays an increasingly prominent role in the development of contemporary society. Through the application of physical fitness teaching in physical education, it is found that it is suitable for the current social development. PE teaching should keep pace with The Times, innovate the methods of PE teaching and improve the efficiency of PE teaching. Teachers should attach importance to students' physical education teaching methods and constantly innovate teaching models. Students should also actively participate in physical education teaching activities. Physical education teaching should also pay attention to the cultivation of students' comprehensive

ability and integrate comprehensive teaching into physical education. The physical education teaching cannot stick to the tradition, through the physical education teaching, should coordinate certain teaching method, arouses the student's enthusiasm, raises the student's physical education accomplishment, sets up the lifelong physical education thought. In combination with the current teaching situation, the reform of physical education should be carried out, and innovation should be made in teaching content and form, so as to give full play to the charm of new physical education.

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