

Research on Constructing the Teaching System of Physical Education Theory Course in Colleges and Universities

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Keywords: Ordinary Colleges and Universities; Sports Knowledge; Teaching Content; System Construction

Abstract: This study centers on the thoughts, guidance, plans and learning habits of University P.E. professors. According to the complete investigation, it is very important to explore and establish a physical education system, aiming at improving the quality of physical education and students'enthusiasm for physical education learning. Based on the analysis of the professors of sports theory in China in the past ten years, this paper makes a study. Focus is on sports meeting, sports aesthetics, Health Science and psychological theory. From the point of view of appreciating sports, sports competition is the starting point. Promoting health and enhancing scientific exercise methods is one of the ways to enhance physical strength. The core content system of sports theory education has been constructed innovatively. Data show that short-term universities and target universities basically follow the basic conditions of “outline” to achieve their goals. At the same time, it has a good reference value for promoting students'good way of thinking and the formation of other university sports theory education.

1. Introduction

At the beginning of this century, China launched the Outline of Teaching Guidance for Physical Education Courses in Universities and Colleges for College Physical Education. The issuance of this document is of epoch-making significance. The content of physical education, the purpose of physical education and the scientific rules set for physical education curriculum are not only the exploration of physical education teaching methods, but also the autonomy of universities, which can only provide the development of teaching materials and materials. Professors of physical education theory courses in universities and universities of various countries, according to the survey, in many schools, thinking teaching, teaching wanted, teaching plan, etc. As a result, students'learning habits are becoming less and less. It satisfies the conditions set by the Outline [1]. Therefore, from a unique perspective selected in the education system, the author has made a comprehensive analysis and system of the principles, concepts, contents, strategies, forms and meanings of physical education theory education in Colleges and universities.

2. The Basis of Constructing the Teaching System of Physical Education Theory Course in Colleges and Universities

The basis of the educational purpose stipulated in the Outline published at the beginning of the century has its own characteristics. That is to say, divide the purpose of the route into two parts and separate them according to the stages. The lower grades (below the third academic year) mainly abide by the basic objectives of guidance, while the higher grades mainly carry out physical exercise according to the development goals. All students, including graduate students, must abide by the development goals. The complementarity and mutual progress of these two systems are an important part of the new century's goal system. At the same time, each of the two purposes of the two systems is analyzed. Further exploration is also of great practical importance. This goal shows the advantages of the basic content and development direction of sports theory education. Therefore, when we study the relevant aspects of sports theory education, we must strictly follow the specific requirements of the “outline”.

The content and time basis of the “Outline” are clearly distinguished according to the ratio of the time specified in the “Outline” to the theoretical and practical routes. Therefore, the proportion of theoretical courses in physical education is not lower than that in the general class. 10% If the average student has 144 classes in a two-year college class, the proportion must be within 16 hours. From the past practical experience, the focus of college physical education theory education is skills transfer and skills learning. In the Outline, there are plans for the proportion of physical education classes, but in theory, there is no research on “teaching methods” [2]. Generally, there are many problems ignored in the course of sports theory. In recent years, researchers have paid little attention to the theory of physics education. On this basis, in order to effectively deal with this problem, we must broadly describe the research results of other countries on this issue as a guide to change China's actual situation. This is in line with the overall objectives of the Outline Plan and fully reflects the concept of “lifelong education” [3].

3. Constructing the Teaching System of Physical Education Theory Course in Colleges and Universities

In order to learn the basic content of sports and promote the development of sports morality, it is the most important step to promote the continuous improvement of sports theory education system. Let students understand your basic knowledge, develop good sports literacy, live in a scientific way of life, can also bring benefits to your students. It's really the students of these ideas. They are the attachment of their own health importance [4]. The attachment of their health importance can gradually strengthen themselves by physical education. The concept of healthy physical education has developed the attitude of self-cultivation to improve consciousness and promote physical strength to carry out theoretical classes of physical education, which has irreplaceable importance. Its importance is more than the actual way. There are also fewer lines. The exploration of the curriculum model of physical education theory should be realized under the guidance of science. The function of guiding ideology is to fully consider students' psychological characteristics, promote students' understanding of the importance of theoretical teaching, and explore appropriate sports models. Both physically and psychologically, college students are in the period of performance. Therefore, the class of sports theory, please emphasize the characteristics of physical education, follow the scientific steps. Firstly, from the perspective of competition, it explores students' interest in sports; secondly, it promotes sports action by stimulating sports prescriptions; thirdly, it explores scientific teaching mode based on physical functional conditions.

The main purpose of constructing physical education system in universities is to realize the education and guidance of basic sports knowledge and sports morality. Through the basic knowledge of sports, students can develop physical exercise habits of life, learn scientific fitness and healthy lifestyle, and prevent injuries [5]. Fully understand the relationship between sports and health, in order to establish the correct sports value, establish a good cultural value, and natural sports. From these points of view, theoretical teaching is more important than outdoor classroom teaching. Moreover, the course of physics education can not replace the important foundation of physics theory education. The main guiding idea of the construction of physical education theory education system in general universities is to adapt learning and sports methods (mainly through the basic process of students' growth and development) by learning physical knowledge, physical, psychological and personal suitable social environment and lifestyle. According to the characteristics of college students at this stage, the teaching structure, level and step theory of the professorial stage are adopted in the physical education theory class. First of all, starting from sports, take the content of the textbook as the starting point, generate sports interest through competition and sports, and then carry on sports. Sports competitions are set up to generate physical activity and, finally [6], to evaluate an educational system that generates healthy behavior (Figure 1).

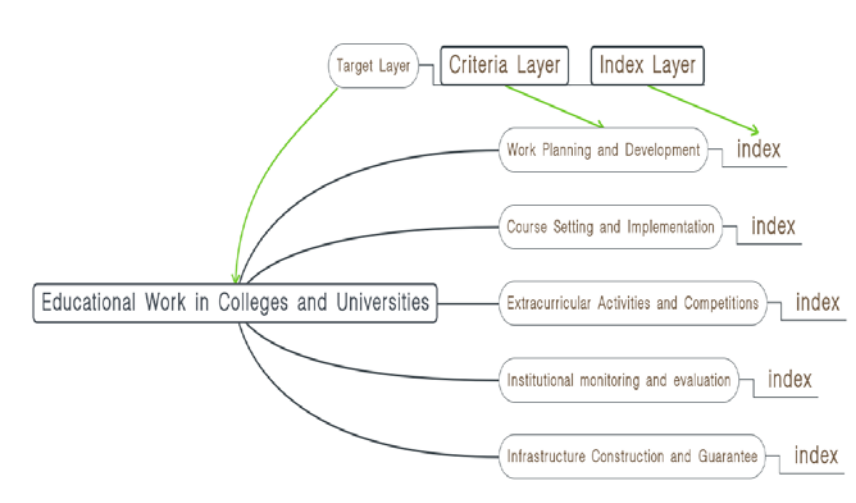


Fig.1. Teaching system of physical education theory course in colleges and universities

Appreciation of sports competition judgment, physical function, physical strength evaluation, health management setting education core-based guidance activities have become the construction of a unique theoretical and practical stage through the system theory. He allows students to sports theory knowledge, sports methods, skills goals, sports theory and the field of sports theory outside the class. The technological innovations obtained in the course of writing language and images, and the lifelong learning results of College Students'sports theory serve as preparatory functions. Let college students really use scientific sports knowledge to guide your daily exercise. To strengthen the realization of physical and health goals, first of all [7], in order to achieve health, in order to establish the guiding concept, comprehensive physical training, improve the main needs of students, meet the overall quality of students'health, improve the beauty of sports and ultimately have sports ability, and realize college students' lifelong sports consciousness.

4. Theoretical Analysis of the Educational Stage of Physical Education Theory Teaching System in Universities and Colleges

4.1. The theoretical basis of sports competition appreciation

The first semester of freshman year is a four-hour study, which is the initial stage of sports. The main contents of the guidance guide students to appreciate competition. The goal of the center is to observe the performance of competitors and understand the charm of sports and human body according to the basic conditions of aesthetics [8]. Of course, it can also be used in video playback and education methods, but students need specific adaptation time to roll applications. Therefore, teachers must learn from students how to play roles and show their excellent application effect, so that they can accept role playing. Secondly, table tennis requires high physical strength of players. For different students, because of different physique, it is difficult to popularize. Therefore, before the beginning of teacher education, teachers fully understand their own characteristics and physical conditions, classify different students, and tell me the advantages and weaknesses of students'development, in order to avoid the advantages of “micro” education model to maximize the learning effect of table tennis.

4.2. Reasonable teaching planning

Table tennis guidance is not a great success, but a more complex project. Therefore, teachers need to formulate scientific and reasonable teaching plans and tasks under the guidance of “micro-education model”. Organizational Discipline Table Tennis First, according to the spirit of “micro-education model”, the stereotyped education plan of table tennis is is not simply a size that can not be accepted, but the physical characteristics, different interests and hobbies, individual needs according to students'personal needs [9], individual education plans, it is necessary to develop students' personal situation and plans, teaching queue. Second, the leadership plan is not formulated

quietly. Teachers and students can communicate with each other in the process of Jointly Implementing the leadership plan. Teachers should adjust according to the implementation of student guidance plan, feedback of student guidance plan and students' learning effect. Then, please improve the educational plan to maximize students' learning ability. Finally, teachers can classify students according to their learning situation so that they can complete their learning tasks and support their learning goals. In the process of collective research, students can not only improve team cooperation ability and team honor, but also continue to improve their learning ability under the inspiration of team members.

5. Conclusion

Table tennis is an important part of China's national tennis and the development of China's sports industry [10]. Table tennis guidance is an important cause for the long-term development of table tennis to convey new strength. The “micro-education model” is a model that tells us significant educational outcomes. The application of “micro-education mode” in table tennis education can meet the current guidance of table tennis. It is urgent to cultivate students' sports skills and professional reputation in order to improve the quality and effect of table tennis guidance and promote the thorough development of table tennis guidance. In order to improve the excellent educational and learning environment for teachers, the application speed of the “micro-education model” in table tennis education should be improved, and the table tennis education of human origin should be created to make a scientific and reasonable educational plan.

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