

Analysis of the Reform Strategy of University Physical Education From the Perspective of Humanization

Guorong Tang

PE School of Mianyang Normal University, Mianyang, Sichuan, China

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Abstract: With the deepening development of teaching reform in Colleges and universities, the innovation of physical education in Colleges and universities is also developing in depth. This paper discusses the innovation of physical education in Colleges and universities from the perspective of humanization. Under the people-oriented perspective, we should comprehensively promote the physical education teaching in colleges and universities, optimize the classroom teaching mode, and combine the practical needs of college students to select more practical and humanized teaching methods to create a fun and creative classroom model. Based on this, this paper makes a brief analysis and research, and puts forward some strategies of college physical education reform from the perspective of humanization, hoping to provide some reference for the development of college physical education reform.

1. Introduction

The idea of humanized physical education has been paid attention to by many developed countries in the world. Many people of insight in our country's physical education circle have also put forward a series of educational and teaching concepts similar to those of humanistic physical education [1]. Nowadays, the process of quality education is constantly advancing, aiming at creating high-quality and comprehensive talents, fully infiltrating the concept of people-oriented, and exercising the physical and psychological qualities of college students through physical education. This will result in the employment of college students after graduation and entering the society. Great impact. In the process of designing, operating and implementing all aspects of the physical education process, the students' main needs and individual development needs are still not fully satisfied [2]. In the new era, in order to realize the reform of the curriculum of efficient physical education, we should renew the teaching idea comprehensively, infiltrate the student-centered idea, and create more opportunities for students to practice in class, so as to realize the comprehensive exercise of students' physical ability and psychological quality.

2. Connotation of Physical Education Reform in Colleges and Universities From the Perspective of Humanization

To understand the connotation of college physical education reform from the perspective of humanization, we must first understand what is humanized education. Humanized education, in short, is actually a kind of real "people-oriented" education. Humanized education places people's attention in a more prominent position than that of objects. Humanized education, which stresses the all-round development of individuals and advocates educators to reform and innovate educational methods from the human heart, can alleviate to a certain extent a kind of utilitarian education thought widely existing in society and has positive educational and social significance [3]. Take students as the core, tap their potential in time, fully highlight the main role of students, respect the individualized development of students, cultivate students' creative thinking through sports training, and then realize the comprehensive development of students. Accordingly, the reform of physical education in Colleges and universities from the perspective of humanization refers to starting from the physical and mental characteristics of college students and the professional characteristics of College Physical Education teachers, always following the

educational concept of “people-oriented” and respecting the individual freedom of College students [4]. The development of humanity emphasizes that educators can find the source of creativity from the inside of human beings and pursue the all-round development of human beings, which can effectively correct the problem of education utilitarianism that is prevalent in today's society. Therefore, the reform of college physical education under the perspective of humanization is to follow the people-oriented educational philosophy.

3. The Significance of Physical Education Reform in Colleges and Universities From the Perspective of Humanization

At present, in the physical education teaching of colleges and universities in our country, there is a widespread problem that the enthusiasm of both “teaching” and “learning” is not high, and the students' physical health and sports ability cannot be fully and effectively promoted. One of the reasons for this situation is that university teachers have not completely walked out of the traditional PE teacher-centered education mode, and there is still a long way to go before the establishment of humanistic education concept and its implementation in teaching practice. Physical education teachers in colleges and universities have not fundamentally and completely got rid of the influence of the traditional education model centered on physical education teachers, and have not really established the concept of “people-oriented” education and teaching and implemented it in teaching practice [5]. The reform of physical education teaching in colleges and universities introduces the humanized teaching concept, which enables students to play the main role, receive full attention and respect, and reform the teaching objectives of physical education teaching activities in colleges and universities with the guidance of people-oriented educational philosophy and healthy first teaching ideas. Content, form, and evaluation. The teaching activities not only fully pay attention to and respect the students' main position in sports learning, but also reform the organizational form and teaching evaluation structure of physical education in schools under the guidance of humanized educational thoughts and sports for healthy teaching thoughts [6]. Students' subjectivity and autonomy have been brought into full play, which is conducive to students to develop good habits of sports awareness, and provides a guarantee for the implementation of humanized education concept in College Physical Education teaching.

With the development of humanized College Physical Education reform, the humanized concept of physical education teaching has been introduced into college physical education teaching, which makes the teaching activities not only pay full attention to and respect the main role of students in physical education learning. To make teaching activities not only pay full attention to and respect students' principal position in sports learning, but also reform the organizational form and teaching evaluation structure of school physical education under the guidance of humanistic education thought and the teaching thought of sports for health. Physical education teachers should be taught by people. The teaching methods and methods are different according to the different situations of students, so that individual and collective teaching can be taken into consideration. Respect the basic wishes of students in a timely manner to mobilize the initiative and enthusiasm of students to participate in the teaching of physical education, in order to create a harmonious classroom atmosphere. The teaching concept of humanized education provides a guarantee for the implementation of physical education in colleges and universities. It provides students with the assurance that they can maximize their subjectivity and subjective initiative, and promote the formation of good sports awareness and exercise habits.

4. The Specific Strategies of Physical Education Innovation in Colleges and Universities From the Perspective of Humanization

4.1. Thoroughly implement the people-oriented educational thought

Along with the practical requirements of quality education and new curriculum reform, the development of physical education in colleges and universities should fully infiltrate the concept of

people-oriented. This requires starting from the idea and concept, and updating the teaching concept in time. Teachers should realize that physical education infiltrates the people-oriented concept. The importance of achieving the humanized design of the classroom. This requires that physical education teachers should pay attention to the improvement of physical health level of professors and students of sports knowledge and sports skills while paying attention to the traditional teaching philosophy, and pay attention to the psychological problems of college students in college physical education syllabus [7]. Secondly, for some teaching materials stipulated in the educational syllabus, physical education teachers should optimize, refine and innovate according to the characteristics of students' learning and the actual situation of physical education teaching. Only when the ideology and consciousness are updated can the conditions be provided for the subsequent behaviors and motives, which is an important premise to realize the humanization of physical education teaching. We should not only take part in physical education practice but also participate in teaching reform strategy design activities. We should pay attention to the teaching of physical education knowledge and skills so as to improve the students' physical health level. At the same time, we should give attention to the cultivation of students' innovation ability and adaptability. Emphasis is placed on cultivating students' innovative ability and adaptability in the new environment, and "education" and "education heart" are effectively combined to carry out innovation in college physical education teaching.

4.2. Humanized choice of teaching content

In the reform of physical education, we should pay attention to the sports concept of "health first" and make targeted choices for college physical education curriculum. Students of different ages have different age characteristics both physically and psychologically, even for students of the same age, due to their innate genetic quality, acquired living environment and the education they receive, as well as the actual situation of the students themselves [8]. In terms of teaching methods, teachers should pay more attention to students' learning ability and growth while paying attention to students' learning achievements. According to the actual teaching situation, the injection teaching is changed into heuristic teaching, and various teaching methods such as situational teaching, praise teaching and trial and error teaching are comprehensively used to continuously innovate in practical teaching. Combined with students' actual interests and specific needs, a more creative teaching mode should be selected and personalized elements should be infiltrated to enhance the attractiveness of the classroom and allow students to participate in it autonomously, which can create a more harmonious and relaxed classroom atmosphere and further improve the quality of physical education teaching to a greater extent. We should attach importance to students' learning ability and learning foundation, and design teaching courses according to students' practical, national, fitness and lifelong sports characteristics. This requires teachers to treat students differently in terms of education, training and other aspects, starting from the specific situation of students, and teaching in a targeted way.

4.3. Pay attention to the creation of humanized teaching atmosphere

The implementation of humanized physical education teaching needs to be carried out simultaneously from the soft environment and the hard environment. Therefore, it is necessary to create a humanized teaching atmosphere, create certain favorable conditions for the development and promotion of humanized PE teaching, and prepare for the conditional creation from the soft environment and the hard environment. Under the people-oriented perspective, teachers should constantly weaken their main body status, let students become the masters of the classroom, play the role of counseling and guidance, respect the individualized differences of students, and help to explore students' innovative thinking. To carry out humanized physical education, we must create a humanized teaching atmosphere. Attention should be paid to creating favorable conditions for the implementation of humanized physical education by strengthening equal communication with students. While making full use of the existing physical education teaching resources in colleges and universities, we should also pay attention to the reasonable allocation and arrangement of teaching places and facilities according to the teaching plan, and strive to improve the physical

education teaching environment. At the same time, emphasis should be placed on strengthening the communication between students in daily teaching, promoting the equal interaction between teachers and students, and reforming, innovating and perfecting the teaching mode with the humanized teaching concept. Only in this way can we continuously improve and promote the physical education in colleges and universities in the process of carrying out and promoting physical education and in the specific teaching practice.

4.4. Pay attention to the improvement of professional quality of physical education teachers

As an important participant in Physical Education in Colleges and universities, college physical education teachers should ensure the effective implementation of humanized teaching ideas in the reform and innovation of physical education in Colleges and universities. As the leader of physical education in Colleges and universities, physical education teachers in Colleges and universities must have the sense of service and the idea of humanization in order to ensure the implementation of the concept of humanized physical education in the reform of physical education in Colleges and universities. In the process of realizing this goal, the most important point is to strengthen the professional professionalism of physical education teachers. In the process of training teachers, colleges and universities can adopt methods such as encouraging college physical education teachers to study after class and to train collectively or in batches. Humanized teaching concept should focus on meeting the needs of students in physical education teaching activities, and actively promote the deepening development of college physical education reform. Therefore, relevant experts and scholars are actively organized to carry out irregular training for teachers. According to the actual problems faced by schools in teaching, different methods are flexibly adopted to improve the professional quality of physical education teachers.

4.5. Establish and improve the curriculum evaluation system

The curriculum evaluation system has a direct impact on the effect of innovative implementation of physical education curriculum in Colleges and universities from the perspective of humanization. For PE curriculum evaluation system, we need to take into account all aspects of teachers' teaching concept, classroom effect, teaching mode, students' learning process and learning results. In carrying out the reform of physical education in Colleges and universities from the perspective of humanization, we should establish the sense of service, ensure the implementation of the concept of humanized physical education, and constantly improve and enhance the teaching practice in the process of promoting physical education in Colleges and universities. In order to realize the humanization and high efficiency of college physical education, we should pay attention to the scientific implementation of teaching evaluation, adopt a more perfect teaching evaluation mode, and emphasize the combination of summative evaluation, formative evaluation and incentive evaluation. Considering the specific actual situation of the students in an all-round way, so as to conduct an all-round investigation on the system, thus comprehensively evaluating the learning effect and effort of the students. Therefore, a set of comprehensive and reasonable curriculum evaluation system can balance the learning situation among the students, promote the realization of common progress, and use the differences among the students to divide into teaching so as to improve their practice and innovation ability.

5. Conclusion

With the development of the society, the idea of humanization has gradually arisen and has been gradually extended to management and teaching activities in various disciplines, which has certain positive significance. From the perspective of people-oriented, we should comprehensively promote college physical education teaching, optimize classroom teaching mode, and select more practical and humanized teaching methods in combination with the actual needs of college students. For this reason, colleges and universities should attach importance to this problem, find and solve it in time, improve the professional quality of PE teachers, and strengthen their "people-oriented" teaching concept. In the specific implementation of humanized education concept, educators are required to

establish a correct people-oriented education concept, improve the professional quality of physical education teachers, actively create a humanized physical education teaching atmosphere and establish a set of teaching evaluation system for the effect of this teaching activity. As an indispensable and important part of China's sports cause, physical education plays a connecting role in China's education cause and plays a positive role in promoting the healthy development of university sports in the future.

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