

Applied Research on Quality Development Training in Physical Education Teaching

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Abstract: With the development of education, physical education has become a target of concern. In order to improve students' physical quality and ability, physical education teachers must carry out quality development training in physical education, so that students can absorb and digest sports knowledge according to their own learning conditions, and then achieve lifelong sports. This paper makes a brief analysis and research on the application of quality development training in physical education, hoping to provide some valuable teaching suggestions for physical education teachers.

1. Introduction

For students, quality development training is very important and necessary. It can help students improve their own quality, but also cultivate students' ideological and moral feelings. In the learning phase, students will inevitably have a feeling of being tired of learning. Based on this, in the physical education teaching, the quality development training can effectively transfer the students' attention, and through the sports activities, all the negative learning emotions are digested, so that the students can fully devote themselves to daily learning. In addition, quality development training can help physical education teachers enrich the content of physical education and help physical education teachers to broaden their teaching ideas and teaching methods, so that physical education teachers can carry out targeted education for students while exercising their physical education quality. Under the safety sports training, students are often able to adapt to study and life more easily, so as to achieve the purpose of lifelong sports.

2. The Content of the Quality Development Training Tutorial

2.1. The meaning of quality development training

In essence, quality development training is a comprehensive education that enhances psychological quality. By relying on sports, physical education teachers can conduct targeted teaching for students, so that students can find their own sense of existence in actual physical exercise, and then help students experience and feel sports, and ultimately achieve lifelong sports. Quality development training can stimulate students' will and cultivate students' brave spirit, which has very positive significance for students' future growth and development.

2.2. Quality development training methods

There are three main types of quality development training methods. First, physical education teachers can conduct open sports teaching for students based on actual conditions. Through their own guidance, students are free to learn sports knowledge. Second, physical education teachers can rely on multimedia and other technical means to help students remember and understand their movement skills by playing corresponding sports action videos, thus improving students' perception of sports [1]. Third, physical education teachers can demonstrate in person to help students learn sports knowledge. By demonstrating the correct physical movement posture, each student can follow the physical education teacher to do the action, and ensure the accuracy of the imitation, thus

strengthening the students' sports awareness. Under the long-term quality development training, the students' will can be effectively improved, and the students' character can be improved.

3. Factors Affecting Quality Development Training Quality

3.1. Insufficient faculty, lack of physical education teachers

School is an important base for quality education and a cradle for cultivating students' intelligence and knowledge. As the school is influenced by traditional concepts, it has not given enough attention to physical education, which has led to a very backward physical education and even a situation in which it has its own appearance. In order to run a school, the school has increased the investment of teachers [2]. However, in the actual use of funds, all the funds and energy were invested in the construction of other subject courses, resulting in the lack of good construction of sports, the inability to attract sports talents, and ultimately the serious shortage of sports. Due to the insufficient number of physical education teachers, the corresponding amount of physical education classes has become very tense, which makes students unable to obtain standard and normal physical education. After students do not get the corresponding physical education, they can not form a lifelong sports awareness, which has a great negative impact on the quality of students, which seriously damages the development of students' individual quality.

3.2. Physical education teachers have low teaching awareness and poor teaching results

As the school did not pay attention to physical education, the work arrangement of physical education teachers was destroyed, which caused the physical education teachers to have a feeling of dislike. Together with other teachers, in order to catch up with the teaching progress. Through physical education, business people and other means to occupy physical education classes, it is difficult to effectively carry out physical education classes, and even students who do not know who their physical education teachers are during a whole semester. In addition, due to the slacking of teaching, physical education teachers did not develop a good sense of teaching, so that in the actual classroom, students were allowed to leave their jobs and students were allowed to participate in their own activities. To a certain extent, this damages the practical significance of physical education and also makes students lose their knowledge of physical education, which leads to students' misunderstanding of physical education [3]. Under the long-term role of this kind of consciousness, students can't master the essentials of sports movement skills, and it is difficult to use sports knowledge to obtain corresponding happiness in real life, so that lifelong sports cannot be realized.

3.3. Students' own factors, unable to adapt to sports

Students' own factors are also important factors influencing quality development training. Because students are affected by the family environment and the inner environment of the individual, the awareness of physical education will vary to varying degrees. In addition, students' physical fitness is different, and their ability to accept sports knowledge is different. Some students with poor constitutions hate physical exercise. In the actual classroom, they often show an attitude of refusing sports. Because physical education teachers can't carry out compulsory teaching, they do not promptly and effectively guide these students, which makes these students and sports spirits gradually drift away, so they can not use sports to improve their own quality and ability. There are also some students who are dubious about sports [4]. They lack understanding of sports and are vulnerable to external influences, so they cannot invest in physical education. Over time, these students have developed the habit of temporary sports and temporary sports depending on the mood, so that they cannot exercise their physical and mental strength and improve their ability in the true sense.

3.4. There is no perfect evaluation mechanism, lack of physical education

In actual work, physical education teachers do not establish and improve the corresponding evaluation mechanism, which makes the physical education teachers unable to grasp the students'

psychological and learning status, and it is difficult to carry out targeted and systematic teaching according to the actual problems of the students. Sports is a basic subject with rich content and profound connotations. Students who want to learn good sports must have a correct understanding of sports. Master sports skills through sports events. Develop your own physical quality through skilled sports. Due to the lack of evaluation mechanism, it is difficult for students to master their actual sports ability. In actual study, because physical education teachers do not give enough guidance and guidance, it is difficult to understand the sports spirit. This lack of physical education has become less and less suitable for the development of students' physical quality and ability. Therefore, physical education teachers must pay attention to perfecting the corresponding physical education teaching evaluation mechanism and increase the intensity of physical education, so that students can better learn and understand sports, and thus benefit for life.

4. Strategies to Improve Quality Development Training

4.1. Strong masters to improve the quality and quantity of physical education teachers

In order to improve the quality of training and improve the quality of students in all aspects, schools must pay attention to improve the status of sports. Through the comprehensive and systematic research on the design, development, process and effect of physical education classes, the value of physical education classes is continuously displayed. By improving the status of physical education classes, improving the teaching treatment of physical education teachers, and enhancing the enthusiasm of physical education teachers, thus improving the quality of students' physical education. In addition, the school should actively improve the implementation of the sports infrastructure within the maximum extent. Through the strength of the masters, the better resources will be put into the physical education, thus creating an objective environment for students to learn sports and promoting students' sports ability. By improving the quality and quantity of physical education teachers, we will continue to promote the development of sports culture, so as to fully promote students to learn sports, help students to understand and understand sports, and then enable students to inherit the sports spirit and realize their own value. In addition, schools should strictly regulate physical education classes and prohibit other teachers from occupying physical education classes. By adding physical education classes, each student is guaranteed to be able to develop quality training during the planned time period, thereby enhancing the overall quality of the students.

4.2. Clarify the direction and goals of teaching to improve teaching effectiveness

It is very important and necessary to clarify the direction and goals of teaching. It can help physical education teachers accurately carry out quality development training, help teachers to discover the root causes of students' lack of physical ability, thus achieving targeted teaching and improving teaching effects. Quality development training should be carried out according to the actual situation of the individual students. It is not possible to make excessive demands on the students, so as to avoid a heavy psychological burden on the students. In order to enable students to better accept sports, teachers must pay attention to stimulating students' interest in learning. Through the formulation of teaching strategy objectives, teaching content objectives, and teaching details activities, while introducing quality development training, we will increase physical education and help students find the correct way to learn sports, so as to develop a good physical habit and help students achieve lifelong sports. In addition, teachers should pay attention to teaching entertainment. By improving the teaching environment, we will continue to provide students with quality teaching materials, thus accumulating sports experience for students. Over time, under the long-term quality development training, students can accurately locate their own sports ability, and gradually improve their overall quality and physique through continuous practice.

4.3. Increase the intensity of physical education curriculum and improve the status of physical education

Schools should increase capital investment, improve sports infrastructure, and improve the status of physical education. Schools should actively seek the help of all parties, and continue to promote sports construction through government procurement of education funds and loans to banks. Improve the physical quality of students by creating a good sports environment for students. For example, building basketball courts, football fields, and sports classrooms. In order to increase the development of physical education classes, school leaders should pay attention to the promotion of sports culture and sportsmanship. By regularly organizing sports activities, the relationship between students and teachers is brought closer. In order to enhance students' understanding of sports, schools should also organize teachers to participate in sports activities. Under the close cooperation of students and teachers, the relationship between teachers and students will be cultivated to promote the development of school sports culture, so that students can better participate in learning and strive to grow into high-quality comprehensive talents needed by the state and society. . It has been difficult for sports classrooms to conduct targeted quality development training for students. With the improvement of the teaching environment and the improvement of the effect of physical education, students gain more space for physical exercise, so that under the guidance of sportsmanship, students can clarify their mission. By improving their cultural quality in learning and improving their spiritual body in sports, students' learning initiative becomes more intense, and students' thinking becomes more active.

4.4. Guarantee students' sports safety and improve students' sports awareness

There is a certain danger in physical exercise. If a student cannot accurately grasp the physical activity, it is easy to cause damage to a certain joint of the body. Therefore, physical education teachers must pay attention to improving students' awareness of sports protection and ensuring students' sports safety. First of all, physical education teachers should carry out standard action demonstrations for students according to the existing teaching conditions, and then let each student conduct action drills to find out the inadequacies of the students' movements and give timely corrections. Secondly, physical education teachers should provide students with appropriate protection facilities when teaching high-level movements. For example, when teaching football, teachers must not only teach students football rules, but also teach students how to use the body and play football correctly. In order to prevent students from being injured in actual sports, teachers should also provide protection facilities such as knee pads, wristbands and elbow pads. Thirdly, physical education teachers should standardize students' physical movements in actual teaching. By leading students to do sports together, they should supervise students in a timely and effective manner when exercising, so that students can exercise safely. Finally, physical education teachers should pay attention to improving students' awareness of autonomous physical exercise. By explaining the correct movement skills and emergency measures when problems arise, students can improve their self-confidence in sports, so that students can freely practice sports during their spare time. Exercise to improve their physical quality and ability.

4.5. Establish a sound evaluation mechanism to promote the development of sports

Establishing and improving the teaching evaluation mechanism is of great help to improve the quality of students' sports. It can not only promote the development of sports education, but also enable teachers to change teaching concepts and innovative teaching methods according to their actual conditions. Strengthening quality development training is not done overnight. It requires physical education teachers to enhance their own sports awareness and help students establish correct sports learning ideas, so that they can enhance their overall quality through daily physical exercise. For a long time, physical education teachers have not paid enough attention to physical education and have not established a sound evaluation mechanism, which makes it difficult for physical education teachers to discover students' sports defects according to their actual situation. In addition, the lack of timely correction has caused a certain lag and deviation in physical education,

which has a serious impact on students' sports ability. Based on this, in the new teaching environment, physical education teachers should use multimedia and other technical means to record the performance of students in sports activities. Through post-mortem teaching analysis, we will continue to broaden our teaching horizons, so as to discover and find students' problems in a timely manner, and then through the study of corresponding teaching methods, provide targeted guidance on students' problems, so that students can come from the heart Receive the guidance of physical education teachers, and then form their own sports thinking, and promote the development of their own sports quality.

5. Conclusion

In short, it is very important and necessary to introduce quality development training in physical education. In order to improve students' ability of physical education, physical education teachers must change their teaching ideas and concepts. By improving their own teaching consciousness, they constantly innovate physical education teaching methods and stimulate students' curiosity and interest in learning, so that students can accurately absorb sports knowledge. Correctly understand the connotation of sports, and then promote the individualized development of students.

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