

The Research on the Crisis and the Reform of the Physical Education in Colleges and Universities

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Abstract: Physical education in colleges and universities is bound to face reform, because physical education in colleges and universities is mainly to promote students to carry out physical exercise and cultivate students' lifelong physical education thought, and if physical education in colleges and universities can not meet the learning needs of students, also can not meet the needs of the development of the times, then physical education in colleges and universities will be reformed, and at this stage, in order to promote the reform of physical education in colleges and universities, It is necessary to analyze the crisis in physical education in colleges and universities.

1. The Present Situation of Physical Education in Colleges and Universities

At present, the physical quality of young people in our country is not as good as before, so the physical quality of young people in our country has been paid more and more attention by the education department, and the education department of our country has also begun to take physical education teaching as the key reform part. Teaching reform has been constantly advancing, and under the background of quality education, the school pays close attention to the development of physical education, takes the health of students as all the purport, helps students to develop good physical habits, but also let students learn certain physical skills. However, there are still many problems in physical education teaching in our country at the present stage, and these problems also affect the reform of physical education teaching.

1.1 Lack of attention by students to physical education

At this stage, students' attitude towards physical education has not been corrected, because students do not pay enough attention to physical education, which is the drawback of examination-oriented education. Examination-oriented education will make students pay more attention to the academic performance of their own professional subjects, but not so much attention to other subjects, which also leads to students can not get comprehensive development.

1.2 Unreasonable arrangements for physical education in schools

Most colleges and universities are lack of science in the curriculum of physical education teaching, and the students' physical education thought has not been cultivated, and the main reason that will lead to these situations is that the school invests too little money in the physical education teaching setting, which leads to the lack of great development of physical education teaching. Moreover, physical education teaching is easily affected by weather and environment, coupled with the unreasonable arrangement of physical education teaching in schools, so it leads to the situation in the process of physical education teaching, and the teaching effect is not ideal.

2. The Crisis of the Physical Education in Colleges and Universities

2.1 The overall physical fitness and physical skills of higher school students are weak

The pace of life in modern society is very fast, whether students or people who have stepped into society, the pressure is very great, and students' studies are heavy, need to spend a lot of energy and time in learning, in order to improve the school transition rate, the school will cancel physical education, let students concentrate on preparing for all kinds of examinations, and in the junior and

high school stage, even if students have physical education, It is also often occupied by teachers in other subjects, students may complain at first, but when the pressure of learning is increasing and learning tasks are more and more, students will slowly forget physical exercise, which also leads to students' physical fitness is generally low and high. The school sports teaching is also difficult to spread.

2.2 The teacher's teaching goal is too monotonous

In the new stage, the purpose of the physical education in colleges and universities is to help the students to strengthen the physique, improve the physical quality of the students, and make the students have certain sports skills. But if only a student is a professor of the theory of physical education, it is difficult for students to feel that sports are very boring. The teaching goal of physical education in colleges and universities should not be so monotonous, and it should be more and more diverse.

2.3 Students lack interest in sports learning

Many teachers will make a mistake in the process of physical education teaching to students, that is, too much physical education knowledge will be indoctrinated into students without taking into account the actual needs of students, which will make students understand physical education, but no matter what kind of physical education, students' understanding is very simple. Most of the students lack enthusiasm for physical education learning, and do not pay enough attention to physical education learning, so the attitude towards physical education learning is very negative.

3. Suggestions on the Reform of physical Education in Colleges and Universities

3.1 Highlight the characteristics and key points in the physical Education Teaching Curriculum

In the process of physical education teaching, teachers should also take into account the students' interest in learning, and when the school arranges the teaching content of physical education, it should keep the students interested, at the same time, they should also let the students know more about physical education, master certain physical skills, and, of course, enhance the physical quality of the students. Not only that, teachers should adjust the teaching content according to the actual situation of the students, so that the teaching is more in line with the needs of the students.

3.2 Change of orientation of physical education teaching target curriculum

In the past physical education teaching, in order to improve the physical quality of students, the curriculum content and teaching objectives set by teachers have some limitations, but for the physical education itself, there is no help. Therefore, teachers should also adjust the teaching objectives according to the changes after the teaching reform, and actively promote the development of physical education in colleges and universities. Teachers should establish a more life-oriented teaching goal, so that students cannot only enhance their physical fitness through physical education, but also can mention through sports to vent their emotions, to maintain the physical and mental health of students.

3.3 In-depth special learning of teaching content

As far as the content of physical education teaching is concerned, although the scope of physical education teaching is very large, the content taught is actually very simple, and students can not learn more in-depth theoretical knowledge when learning physical education skills, and because the knowledge learned by students is too shallow, it is of no use in the actual development of students. As far as the current situation is concerned, many teachers in colleges and universities pay more attention to the teaching of theoretical knowledge in the physical education curriculum and lack the combination of practice. As a result, students' theory and technology are derailed with practice, for example, in physical education class, learning rolls, students do not roll forward, teachers roll forward and roll sideways. Will be on the side of the teaching roll, did not combine technology with

theory and practice; There are obstacles to standing long jump in the student curriculum, and the teacher is just repeatedly opposed to the fixed long jump to carry out a single training. In view of this kind of basic learning problem, the teacher can change the way of teaching and add special related training to the teaching curriculum, so that the students can not only master the skills and knowledge of the basic course, but also learn other related course skills. It not only improves the learning content, but also effectively improves the learning efficiency. In the teaching of physical education in colleges and universities, teachers should prevent the teaching of too much empty and shallow knowledge to the students, but should let the students learn. The actual knowledge can be used, so teachers should adjust the teaching content according to the teaching situation and improve their professional teaching level. And teachers should also arrange the teaching hours reasonably to ensure that students can learn more useful knowledge and skills in every class.

3.4 Implementation of the transformation of teaching forms

At present, the content of physical education curriculum in most colleges and universities is inclusive, that is, all sports are taught, but teachers are not very proficient in all sports, so in teaching, teachers can not show their own professionalism. Therefore, it is necessary to reform the setting, which is taught by teachers who are proficient in the sport, and students are free to choose the sports they are interested in and want to learn. Sometimes, because of the school curriculum, students can not choose the sports they want to learn, so in this case, students' physical education learning product Polarity will be severely hit, and even more and more disgusted with physical education. Therefore, it is necessary to improve the teaching form of physical education in colleges and universities, so that students can freely choose the sports they are interested in to study, and teachers should also be proficient in this project, so as to teach students more useful and professional knowledge, comrades can also cultivate students' lifelong physical education thought, so that students can continue to exercise after graduation.

4. Conclusion

In a word, at this stage, physical education teaching in colleges and universities is still facing many problems that have not been solved, and if these problems are not solved, it will seriously hinder the development of physical education teaching in colleges and universities, so it is necessary to reform physical education teaching in colleges and universities to meet the learning needs of students and enhance their physical quality. So that students can meet life with a full state of mind. At the same time, through physical exercise students' psychological quality can also be stable.

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