

Innovative Analysis of College Physical Education Teaching Model Based on Healthy China Environment

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Abstract: China is in the stage of rapid development. Solving the public health problem is a rigid demand in line with the current situation of China. At present, there are many problems in the teaching mode of physical education in Colleges and Universities under the healthy Chinese environment. In this context, this paper starts from the current situation of healthy China, and lists the shortcomings of College Physical Education Teaching Mode under healthy China environment, such as backward teaching concept, low application level of teaching methods, high competitive nature of teaching content, poor teaching environment of students and so on. It also puts forward solutions to the innovative path of College Physical Education Teaching Mode under the healthy Chinese environment, For example, to create diversified sports teaching objectives, to adopt diversified teaching methods, to create a liberalized teaching organization, to enhance the students' physical education teaching environment and other methods. In order to provide reference for the innovative analysis of College Physical Education Teaching Mode under the healthy Chinese environment.

1. Research Background

1.1 Literature review

Yin Yujia, a scholar, made a research and summary on the background of the proposal of healthy China and the strategy of healthy China, and put forward that the purpose of this strategy is to symbolize the innovation of physical education teaching mode (Yin, 2018). After analysis and research by Zheng Dajun scholars, it is found that the reform of physical education teaching mode in Colleges and universities should be improved from four aspects: teaching objectives, teaching competitive attributes, students' free choice of courses, and the improvement of teaching quality (Zheng, 2018). Yin Junqing, a scholar, began to study the problems existing in the current physical education teaching in Colleges and universities. Based on the background of healthy China, the author made a path analysis (Yin, 2017). Gu Bobobo and Li Jianchen scholars have made a deep analysis of the Healthy China Action (2019-2030). They have put forward some suggestions for college students, such as emphasizing the cultivation of students' sports concepts, establishing students' health awareness and promoting sports teaching talents (Gu and Li, 2017). Fan Wei and other scholars are based on the healthy Chinese environment of Wushu sports reform in-depth analysis, summed up the advantages of Wushu physical fitness, moral cultivation (Fan et al, 2018). Zou Hong, a scholar, has studied and explored the reform objectives and ideas of physical education teaching, and proposed ways to improve the physical health of domestic college students (Zou, 2018).

1.2 Purpose of research

In July 2019, the National Health Commission of China promulgated the Health China Action (2019-2030). This paper makes a comprehensive plan for healthy China in recent years, and puts forward the government's suggestions on how to solve this problem. At present, the health problems of the national people play an increasingly important role in the overall level of the country. To a certain extent, the health level of the national people reflects the scale of the development of the national economic level, especially for college students. However, the author finds that most

scholars' research on this issue is rather one-sided. Based on this, this paper explores and studies the current situation of healthy China, summarizes the shortcomings of College Physical Education Teaching Mode under healthy China environment, and puts forward corresponding suggestions for these shortcomings. It is hoped that it will be helpful to the proposition of innovative analysis of college physical education teaching mode based on healthy Chinese environment.

2.The Current Development Situation of Healthy China

Since the founding of the People's Republic of China, China's social economy has rapidly improved. With the advent of the industrialization era and the aging of the population, the number of diseases among Chinese residents has been increasing, which has attracted the attention of relevant domestic departments. In 2017, Chinese President Xi Jinping first put forward the concept of healthy China. In July 2019, the Health China Action (2019-2030), promulgated by the National Health Commission, came into force. The Healthy China Initiative aims to plan the overall objectives of the 15 current national conditions in China. Among them, Health Knowledge Popularization Action, National Fitness Action and Health Environment Promotion Action are three major actions for domestic college students (Cheng and Wang, 2018). According to the four aspects of inducing reasons, solving process, taking measures and mitigating degree, the article makes overall planning for the health of domestic residents in order to build a prosperous and prosperous country with prosperous nation and healthy and happy people. People's health is an important indicator affecting the domestic level. It is indispensable to the health requirements of College students. Therefore, the National Health Commission has put forward the policy of strengthening physical education and improving the overall health of College students. The country needs not only high-level talents in theory, but also high-quality university talents with excellent comprehensive level and high overall quality.

3.The Deficiencies of Physical Education Teaching Model in Colleges and Universities under Healthy China Environment

3.1 Backward teaching concept

Under the long-term influence of China's national conditions, college students are influenced by the past teaching concepts. The importance of physical education teaching is far less than that of cultural courses. The long-term neglect of physical education has led to the low interest of college students in learning physical education curriculum and the neglect of the importance of physical education for college students. In the stage of implementing physical education teaching in Colleges and universities, especially for cultural students who are not majored in physical education, only the students of colleges and universities are required to pass a certain standard, but the cultivation of sports literacy and physical quality of cultural students is neglected. For the students majoring in physical education, they only cultivate their professional skills in physical education, neglecting cultural teaching, so that they can form good learning habits. The backward teaching concept leads to the unbalanced development of students, which can not improve the overall quality of students on average.

3.2 The application level of teaching methods is not high

In the process of physical education teaching in Colleges and universities, the traditional teaching method is still adopted. In the course of cultural theory teaching, first the teacher tells the theory once, and then the students repeat their study according to the teacher's demonstration teaching. But in schools, students are the subject of learning. Teachers are only the carriers of knowledge to guide students to master knowledge (Zheng, 2016). Such a teaching method is reasonable in a short time, but it is extremely unfavorable for the long-term development of students. The indoctrinating teaching method will only let the students grasp passively and will not study actively. Physical education and culture teaching are the same principle. Let students grasp sports skills actively, instead of being forced by physical education teaching in a passive state.

Long-term passivity will only make students confront psychology, leading to their lower acceptance of this indoctrinated physical education.

3.3 Excessive Competitive Nature of Teaching Contents

At the present stage, physical education and culture teaching are the same. We should make a good teaching plan and teach according to the preparation of lessons. Although this kind of teaching conforms to the teaching process, the single teaching mode has great shortcomings in the cultivation of sports interest in Colleges and universities, and it can not promote the personalized development of students. In the process of teaching, teachers mostly aim to accomplish their teaching tasks. This kind of teaching makes the significance of physical education unable to really manifest. At present, sports elective courses in Colleges and universities mainly focus on basketball, football and badminton. In recent years, Taijiquan and other martial arts have been added. On the one hand, these courses are designed to cope with the examination, on the other hand, to enable students to do physical exercises. But the students' physical education course is controlled by credit, so they are forced to accept this kind of inculcating physical education teaching, which has a great hidden danger for the long-term physical education teaching.

3.4 Students' poor teaching environment

In view of the current situation of national physical education teaching, the Chinese education sector has increased its investment in sports facilities. However, most of the school facilities are not perfect, only track and field and basketball courts and other basic sports facilities. There are many areas with poor conditions without indoor sports venues. Within the current framework of sports facilities, there are no sports exhibition rooms and sports propaganda windows. On the other hand, the lack of professionalism of school physical education teachers is also a reason why students can not improve their physical education level. Most teachers are graduates of physical education. They only teach sports skills, but they don't know why they teach physical education. Wave after wave of students teaching students, forming a vicious circle, resulting in poor overall physical education level of students.

4. Innovative Path of College Physical Education Teaching Mode under Healthy China Environment

4.1 Creating diversified sports teaching objectives

The goal of physical education teaching in Colleges and universities is to enable students to have a strong physique, good psychological quality and physical integrity. In addition to learning, students can improve their overall quality and meet the needs of social development. Creating diversified teaching objectives is conducive to students' individualized development. According to students' different personalities and differences, we should carry out physical education teaching according to their aptitude, so that students can have full autonomy in choosing physical education teaching, and improve their initiative in learning physical education. According to the different level of students' physical education, we can teach at different levels and set different stage goals. Let the students have a sense of satisfaction when they reach the goal of a small stage, stimulate their interest in physical education and improve their confidence in physical education curriculum. Teachers can set different levels and different stages of teaching according to the different objectives of the curriculum, so that students have a goal to learn will have a good effect. When creating diversified sports teaching objectives, we should formulate reasonable teaching plans according to the actual situation of College students, select scientific teaching methods and effective organizational forms, so as to achieve the sports teaching objectives required by colleges and universities.

4.2 Adopt diversified teaching methods

Under the current healthy China environment, the National Health Planning Commission has clearly introduced the reform of healthy life. The concept of healthy China is put forward, which is

conducive to promoting students' physical exercise and speeding up the reform of the current domestic sports teaching mode. Physical education is not only to enable college students to meet the physical quality standards during school, but also to let students have good exercise habits after graduation, so as to improve the overall national quality. Such a requirement requires a variety of scientific teaching methods. There are two directions for the development of teaching methods. The first kind of modern physical education teaching. The modern sports form is formulated according to the current situation of domestic sports facilities laying. Most areas have open sports venues, master modern sports, can exercise in open sports venues. The second kind of leisure sports teaching. Leisure is the most suitable strategy for college students to learn sports according to their learning situation. According to the needs of College students, teaching should be carried out to arouse students' interest in learning sports actively, from passive learning to active requirements. Besides, the recreational sports that students participate in after graduation will enrich their cultural accomplishment while exercising their body.

4.3 Creating a liberalized teaching organization form

Modern college students focus on cultural teaching, but most of them neglect physical education. In this case, colleges and universities should create a liberalized form of teaching organization, so that students can freely choose to learn. The 21st century is the era of multimedia information. College students will also use multimedia when they study cultural courses. And many college students will choose courses online. According to the actual network needs, colleges and universities can create sports network for self-selection. Colleges and universities will have their own educational administration and official websites, so that students can independently choose physical education teachers and optional courses. To a certain extent, it can promote the progress of physical education teachers, improve the quality of teaching, and form a virtuous circle. Students make their own choices, mainly giving full play to the characteristics that students are the main body of learning and teachers are the guides. Students' self-study and self-evaluation of their own courses are conducive to college students' active learning of sports professional knowledge and skills.

4.4 Promoting students' physical education teaching environment

College students need a good teaching environment in the process of learning. At the present stage, under the background of healthy China, China has a rigid demand for physical exercise for domestic college students, and has increased investment in sports facilities. Under the background of healthy China, there are two ways to improve students' physical education teaching environment. The first way is to create a good hard environment for campus sports culture. Most college students still study according to the courses and places prescribed by the school. Most of the places in Colleges and universities are basketball courts, football fields and runways, which can not meet the diversified needs of college students for sports. Many colleges and universities have a large number of students, but there are a large number of sports venues and sports equipment are inadequate, students gradually lose interest in sports, which undoubtedly brings some challenges to college sports teaching. The second way is to improve the quality of physical education teaching and build a team of excellent teachers. If the overall level of teachers is improved, college students will be more interested in physical education. They will take the initiative to study and exercise physical education courses, and improve their overall quality. Promoting students' physical education teaching environment and actively cultivating university talents with excellent comprehensive quality are the best choices in line with the current situation of China.

5. Conclusion

With the continuous improvement of China's social and economic level, China has gradually shifted from economic upgrading to people's livelihood at this stage. If the country wants to be rich and strong, the health of the people is the most urgent problem to be solved in accordance with the national conditions. Therefore, it is very important to explore and solve the reform path of college

physical education teaching mode based on healthy Chinese environment. In this paper, the current situation of healthy China is analyzed and studied, and the shortcomings of College Physical Education Teaching Mode under healthy China environment are summarized, and corresponding suggestions are put forward to address these shortcomings. At present, the mode of physical education teaching in Colleges and Universities Based on healthy China environment is relatively poor. I hope that the solution strategy of this paper can provide reference for the reform path of physical education teaching mode in Colleges and Universities under healthy China environment.

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