

A Study on the Reform of College Physical Education Teaching from the Perspective of College Students' Physical Health

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Abstract: Sports games is a teaching method which can help students to promote physical education level and entertain themselves. If it can be applied to college physical education teaching and training, it is very helpful for middle school students to improve college physical education level. By making full use of the competitive spirit of sports games, PE teachers should start with the foundation of college physical education teaching and training, explain college physical education skills and let them understand the important value of playing college physical education..

1. Introduction

Sports game is an effective teaching method in physical education teaching, it has a great auxiliary role in physical education teaching, it can promote students' interest and love of physical education. The core essence of sports games is to make students find the fun of learning in the process of learning college sports, only to help them find the fun of learning can improve their sports performance. As a modern game form which mainly helps students to promote college physical education practice, it is scientific to combine entertainment with college physical education well. It plays a great role in basketball teaching adding this game entertainment mode to college physical education training process [1] . It can be seen that the value of sports games in college physical education teaching and training lies in the research and discussion of baked oil.

2. Skills in Physical Education Teaching and Training in University

Among many sports, college sports should be the favorite of middle school students, mainly because it can not only exercise students' body and improve students' physical quality, but also promote students' love and pursuit of sports, so as to promote the comprehensive development of students in an all-round way, so that students in the school can "moral, intellectual, physical and labor" comprehensive development [2]. There are a lot of college physical education skills in college physical education teaching and training, which requires a physical education teacher to explain patiently and carefully. If students can use these skills well, they can not only improve the quality and efficiency of college physical education teaching, but also enable students to better understand the sports of college physical education and master college physical education skills, thus further stimulate students' love of college physical education.

College sports is not just a physical exercise, it is also a sport with ductility and skill. It also involves a lot of rules that need to be followed, and if they are violated in the competition, they will be eliminated, so it also increases the difficulty of college physical education teaching and the complexity of training. Above all, college sports is a team-related sport that consists of five core positions: center, power forward, small forward, point guard and point guard. As a result, physical education teachers in the actual teaching process not only to give students to play college sports skills but also to cultivate their sense of teamwork and cooperative spirit [3]. Through such teaching methods, so as to truly achieve the main purpose of college physical education teaching.



Figure 1 College physical education

College physical training is crucial, it is more important than theoretical knowledge, because many things can not understand the true meaning of it by speaking, only through their own personal practice can understand. Therefore, in the course of college physical education training, middle school physical education teachers should constantly strengthen practical training and increase the difficulty. According to the students' college physical education level, a specific teaching and training plan can be drawn up to divide the students with better college physical education skills into two equal teams.

3. The Significance of Physical Education Game Teaching

3.1. Sports Games are Good for Regaining College Sports Interest

The fun of the game can help students to have interest in sports, let students get rid of fear of sports psychology, and in the course of the game with teachers to communicate and communicate, with teachers to complete the task of college physical education. During the course of the game, the teacher designs many different levels of levels according to the scene, and the students need to keep on breaking through the game task. It is very helpful to study college physical education, so as to solve the doubts in learning college physical education. After the success of the game clearance, students are given appropriate rewards to get a sense of achievement, thus helping them to regain their interest in college sports, so as to improve the efficiency of learning college sports.

3.2. Sports Games are Beneficial to the Improvement of College Sports

According to scientific research, compared with traditional teaching methods in the past, game-based teaching can make students acquire a lot of knowledge in the process of learning. In fact, for middle school students, sports is more difficult, because the general physical quality of middle school students is too poor, sports cells are too weak. For them, sports activities have a certain degree of resistance, the traditional physical education teaching methods can not mention their confidence in sports [5]. But the game has the entertainment, now the teenager likes the entertainment activity more, therefore uses the game to carry on the teaching, not only can create the relaxed happy study atmosphere for the student, but also can enable the student to learn more knowledge in the process of playing, thus slowly repels their disgust psychology to the sports, improves the study effect.



Figure 2 College physical education

3.3. Sports Games are Conducive to Developing Teamwork

Games are one of the ways to help students effectively understand how to improve their survival skills. By imitating the virtual game world of the real world, so as to use the rules of the game to let students understand the survival of the fittest, in the cruel elimination system to quickly learn the way to survive, can effectively cultivate students' learning ability. In addition, the game needs to set the level of teamwork, but also to develop the ability of teamwork students.

4. Effects of College Sports Under the Market

4.1. Protection of the Normative Market Order

The normal development of international trade in goods and services can not be separated from the protection of intellectual property rights. At present, counterfeit and counterfeit infringing products in the international market are rampant. Driven by high profits, counterfeit and counterfeit infringement activities cover almost all fields, including daily necessities, medicines, consumer goods, electrical audio-visual products, auto parts and so on.

According to the World Health Organization ,10 per cent of the world's medicines are counterfeit, up to 60 per cent in some developing countries; one in every 10 cars sold on the European market is counterfeit, according to the French counterfeiting survey; and 2 per cent of the 26 million aircraft components installed worldwide, according to the Federal Aviation Administration, are counterfeit every year. In 2003, the number of counterfeit goods intercepted by United States Customs increased by 12 per cent over 2002. In the first half of 2003, the number of counterfeit toys seized by EU Customs increased by 56 per cent over the previous year. trade in fake and inferior commodities, strictly threatening the healthy economic development of consumers, government management and world security. Strengthening international intellectual property protection will help to maintain and establish a standardized international market order, safeguard the legitimate rights and interests of rights holders and consumers, and promote the healthy development of international trade in goods and services.



Figure 3 College physical education

4.2. Increased Volume of Trade in Goods and Services

Intellectual property protection can promote trade in goods and services. Intellectual property not only permeates the trade in goods and services, but also can be used as an independent form of trade. The relationship between intellectual property protection and intellectual property trade is partly due to the relationship between intellectual property protection and intellectual property trade. In the area of technology trade in particular, strict intellectual property protection would enable TNCs to move from FDI to franchising. Having systematic and powerful intellectual property rights can protect owners of patented technology and make technology suppliers more willing to voluntarily transfer technology, especially technologies that are easily imitated.

5. Conclusion

To sum up, in the context of economic globalization and the arrival of the post-financial crisis era, if enterprises want to break through the difficult predicament of college sports work at present, enterprises should keep pace with the times, meet the development needs of the current situation, and do a good job in the reform of college sports within enterprises. Combine it with management mode and economic benefit effectively, and provide a more safe and reliable environment for the development of enterprises. China is changing, the world is changing, only innovation is unchanged, independent innovation is to support the rise of a country, income distribution is the "engine" of China's sustainable economic development, the implementation of income distribution strategy is an inevitable choice for the healthy development of China's science, the future competition of the world is the competition of income distribution, income distribution protection has a profound impact on international trade in goods and services. The carrier of goods trade ---the carrier of goods and services trade ---intangible assets and services are inextricably linked with income distribution protection. Income distribution protection is closely linked to the trade in goods and services, enterprises in tangible goods trade and services trade will be multi-dimensional cross-introduction of various income distribution protection, income distribution protection and invisible cut into all aspects of enterprise trade in goods and services, forming a close relationship between you and me, inseparable, mutual influence, mutual promotion, so the degree of income distribution protection is one of the important factors affecting China's economic growth, China's economic upgrading, China's economic transformation. The key of this teaching method is to help students master college sports ability and cultivate sports spirit through the education of teaching and learning, so as to promote the development of sports learning.

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