

## Research on Sports Attitude of College Sports Students under the Background of Supply-side Reform

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**Abstract:** With the deepening of supply-side reform, colleges and universities should adapt to the current economic regulation environment in the teaching of physical education, and help students understand sports correctly. The power supply side is to change the supply direction from the demand. The physical education in colleges and universities should also start from the needs of students to improve the quality of teaching. Physical education is an important content in higher education and plays an important role in the reform of university education. From the point of view of supply-side reform and development, we should carry out the teaching of physical education specialty in colleges and universities, optimize the educational structure, guide students to learn sports knowledge with correct attitude, master sports technology, and realize the goal of reforming physical education in colleges and universities. This thesis focuses on the research of sports attitude of sports students in colleges and universities under the background of supply-side reform.

### 1. Introduction

In the teaching of physical education in colleges and universities, if the traditional teaching mode is still adopted, the content of education is limited to teaching materials, and the teaching form is single, so it is difficult to stimulate students' interest. Students feel that physical education teaching is boring, in class will not have a positive attitude, teaching quality will also be affected. Under the background of supply-side reform, the teaching of physical education in colleges and universities should also be enlightened, when the reform environment has a new understanding, it should be properly applied to physical education teaching. In the concrete work, it is necessary to understand the students' learning needs, start the teaching from the students' needs, stimulate the students' positive consciousness, and guide the students to have a correct attitude towards sports. (Figure 1: University physical training)



Figure 1 Sports Training in Colleges and Universities

College physical education should keep pace with the times, constantly update the concept, but also to meet the knowledge needs of students, in order to achieve good summer results. The supply-side reform is constantly advancing, as a college physical education professional teachers, this

reform should have a clear understanding, combined with the current physical education teaching, seize the opportunity, for the continuous improvement of physical education curriculum structure, whether teaching content or teaching form to innovate, so that the goal of physical education teaching development can be achieved, the quality of physical education is guaranteed.

First of all, in the supply-side reform environment, college physical education should control the source, from the perspective of students' needs to start teaching, while providing teaching services for students, but also meet the knowledge needs of students, improve the quality of students' learning. Adopting this way to make physical education teaching characteristic, more accords with the student's individuality request, the student also can hold the positive attitude to the sports.

Secondly, the physical education teaching structure of colleges and universities should be continuously optimized. The rapid advance of supply-side reform should realize the importance of supply, start from this aspect in physical education teaching in colleges and universities, optimize the structure of physical education teaching, and improve it from the actual teaching, so as to promote students to develop better in the professional field. Effective supply in physical education means optimizing the professional structure and optimizing the allocation of physical education curriculum resources. In the reform of physical education teaching in colleges and universities, the curriculum reform should be innovated constantly at the same time, so that the students' learning is more targeted and the knowledge needs are satisfied. The supply-side reform plays a supporting role in the better development of physical education curriculum structure, which is also a key issue to be considered in the current physical education.

Third, the kinetic energy of physical education in colleges and universities should be strong enough. For college physical education, the role of supply-side reform is to allocate resources on demand, but also to expand the total demand to make the demand-side and supply-side balance. The process of physical education teaching reform in colleges and universities is accelerating. If we want to stick the relationship between the supply side and the demand side well, we should do a good job in the course, provide the supply service for the students, optimize the teaching structure to ensure that the curriculum content is targeted and the students' learning needs are satisfied. The balance between the supply side and the demand side makes the supply fair, and the students can hold the correct attitude towards the students, thus forming a new teaching system.

## **2. The Attitude of Sports Students in Colleges and Universities Under the Reform and Development of Supply-Side**

### **2.1. There is no Breakthrough in the Curriculum**

At present, there still exist the problem of patterning in physical education teaching in colleges and universities, which is an important reason why students feel that teaching is boring[1]. The teaching content of physical education major in general colleges and universities is the content in the teaching material, without the expansion of knowledge, so that the teaching has no breakthrough. Usually PE teachers will adopt many kinds of teaching forms in teaching, but the teaching content is not consistent with the current sports spirit, the curriculum content is too single, and the quality of physical education teaching is difficult to guarantee. For students, such a course teaching department has applied value, it is difficult to generate interest. Physical education is all around the teaching materials, but the teaching is not new enough in the choice of materials, the content of education is too theoretical, although in line with the teaching norms in colleges and universities, but can not stimulate the interest of students. (Figure 2: University Sports)



Figure 2 University sports

## 2.2. Single Course Evaluation

The main content of physical education in colleges and universities now is to give guidance to sports technology and not to start teaching from the point of view of students' physical health and mental health, which will inevitably lead to the stagnation of teaching reform. This is mainly reflected in the physical education curriculum evaluation, the academic performance as the main evaluation index, not the students' learning concept, learning attitude and so on into the evaluation category, especially some PE teachers are used to use quantitative indicators to evaluate students, resulting in the evaluation is not fair enough, and the students' learning attitude is thus affected. Because the evaluation model is single, students' interest in sports learning is difficult to be stimulated, and their initiative in sports and creativity are also affected.

## 3. Effective Measures for Correcting Students' Sports Attitude Under Supply-Side Reform and Development

### 3.1. Colleges and Universities Should Improve the Physical Education Teaching Structure

In order to improve the quality of physical education teaching in colleges and universities, to arouse students' interest and make students have a correct attitude towards sports, it is necessary to accurately position the curriculum, encourage students to participate in sports when teaching in the classroom, and make students full of positive consciousness about sports and realize the importance of sports. From the current situation of physical education teaching in colleges and universities, because the teaching structure is still in the traditional mode, it is not innovative, and there is a lack of discipline, which will inevitably affect the quality of physical education. In order to ensure the teaching quality and improve the students' physical education learning ability, the PE teachers should strengthen the reform work and innovate the teaching work, among which the basic work is to locate the curriculum accurately and ensure the advanced nature in the educational thought. In the physical education of colleges and universities, we should pay more attention to the theory teaching, emphasize the application of physical education, and pay more attention to the cultivation of applied talents[2]. In teaching, we should do a good job of teaching situational design, so that students have a refreshing feeling. For example, physical education is not on the playground, but in the stadium of colleges and universities, can produce a sense of substitution, add up the students' sense of competition, let students realize that sports is very helpful to their physical and mental health, only good physical quality, can get good learning ability, the knowledge they have learned can be used in the future. Physical education teachers should carry out rich and colorful sports activities, so that students' negative emotions can be alleviated, thus helping students to establish correct values. College physical education is an important part of school education, is inseparable, physical education and intelligence education, moral education and aesthetic education formed a complete school physical education. (Figure 3: University Stadium)



Figure 3 University stadium

### 3.2. Colleges and Universities Should Establish a Scientific and Effective Evaluation System

Colleges and universities to help students correct sports attitude in the teaching of physical education, we must achieve supply-side and demand-side balance. Colleges and universities should hold a service attitude to provide students with physical education teaching services to meet the needs of students' physical education learning, which requires physical education to evaluate students' physical education, and it is very necessary to establish a scientific and effective sports evaluation mechanism to help students develop self-confidence in sports and strengthen the construction of physical education at the same time. In the concrete work, after establishing the teaching evaluation system, we should constantly improve, evaluate the students' academic achievement, understand the learning degree, provide feedback for the teachers' teaching effect, and provide the basis for improving the teachers' teaching. The purpose of the evaluation is to understand the situation and performance of its students, to tap the potential of students' sports, to correctly guide students to recognize their own shortcomings in sports, to let students know themselves, and to be confident in improving their sports ability. In the operation of the evaluation system, the evaluation methods should be fair, while quantitative evaluation, but also qualitative evaluation, do a good job of summing up justice[3]. The evaluation work should be carried out in a process, and every teaching link should be evaluated, combined with the final evaluation, so as to achieve a comprehensive evaluation. According to the evaluation of the results of the adjustment of physical education teaching program, students should pay attention to the training of sports skills, so that practice to promote theory, theory to guide practice, to help students establish a correct concept of physical education.

## 4. Conclusion

Through the above research can be clear, the speed of science and technology development is accelerating, some technical achievements are used in the physical education teaching of colleges and universities, and the professional physical education teaching is modernized. However, in the information age, college students get outside information through a variety of channels to understand more sports ways, resulting in some college students lack of positive awareness of professional physical education classroom teaching. In order to arouse the enthusiasm of sports students, we should strengthen their autonomy motivation and deepen the supply-side reform. In the course of teaching sports students, we should also understand their attitude towards sports and guide them to understand sports correctly.

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