

Study on the Construction of Practical Teaching System of Physical Education in Colleges and Universities

Wumei Li^{*}, Xingzhao Yuan

Shandong Management University, Shandong, 250357, China

^{*}corresponding author

Keywords: Physical Education, Professional Practice, Construction Research

Abstract: As one of the important specialties of physical education in colleges and universities, improving the quality of personnel training is one of the important grasp for the reform of physical education curriculum and speeding up the development of students' physical and mental health. This paper combines the requirements of physical education personnel training in colleges and universities, according to the physical education students practice teaching system construction research. Taking this as a starting point, combining with the current situation of physical education professional personnel training to carry out theoretical and practical exploration.

1. Introduction

As an indispensable part of the teaching system and the main link of improving innovative talents and practical ability, the time teaching of physical education major in colleges and universities has a subtle influence on the formation of students' quality and ability, the cultivation of students' professional skills and practical ability, and the cultivation of teachers' professional literacy. Therefore, it is very important to construct the time teaching system of physical education specialty according to the actual development situation.

2. The Importance of Physical Education Practice Teaching

Practical teaching is an important carrier to test the application of college students' knowledge and improve their professional accomplishment in the process of talent training in colleges and universities. It also has indispensable value to develop the innovative consciousness of college students and promote the direction of talent training in colleges and universities [1]. In the outline of the 13th Five-Year Plan of China, it is pointed out that we should speed up the integration of production and education with the cultivation of applied and skilled personnel, deepen the practical teaching of college students, and comprehensively develop the innovative and entrepreneurial ability of college students. From this, we can draw the importance of practical teaching of physical education major in colleges and universities. The practical teaching of consciousness physical education specialty can effectively test the mastery of physical education specialty college students' knowledge and skills. Second, physical education professional practice teaching can promote college students engaged in education and teaching level, better adapt to the needs of the job. Third, physical education professional practice teaching can help colleges and universities physical education professional training standards constantly improve.

3. Construction of Time Teaching System in Physical Education Specialty

3.1. Weaknesses in Practical Teaching

The continuous innovation and development of physical education discipline system has improved the theoretical curriculum system of physical education specialty in colleges and universities to a certain extent. Compared with the theory course, the practice teaching lacks integrity and preciseness, and the proportion of the theory course and the practice course is not

balanced from the view of the time-effective supervisor.[2]. Although the current practice teaching has received the attention and attention of most colleges and universities and also put it into action, most of the courses have also arranged practical links and concentrated on teaching apprenticeships, compared with other national teacher training methods, the practical teaching of teachers in our country has a shorter time and a single form, thus increasing the organic integration of theoretical teaching and practical teaching. Long-term practical teaching has gradually developed into a subsidiary of theoretical teaching, without better reflection and promotion of theory in the process of time, only practice has verified the theory teaching. These I undoubtedly promote the theory teaching and the time teaching is simply supplementary relations, does not have the effective mutual connection.

3.2. The Construction of Practice Bases Inside and Outside Schools is Lagging Behind

Because the new applied colleges and universities lack sufficient economic base, the construction of the practice base in the school is relatively backward, and even can't catch up with the practice base of some institutions, which leads to the lack of strong time for the graduates of physical education major, and it is difficult to adapt to the entry environment. The construction of the off-campus practice base of the department colleges and universities does not seriously investigate and confirm the qualification, does not sign the practice agreement strictly, all does not fully understand and verify the qualification of the practice base and the structure of the teaching level of the educational teachers, and does not scientifically coordinate and plan the practice teaching at all stages, thus leading to the formalization of the practice teaching.

3.3. Inadequate Awareness of the Capacity to Practice

Physical education has strong practicality and higher requirements for teachers. Teachers not only need to have good vocational skills and physical education teaching ability, but also need teachers to select corresponding teaching strategies on the basis of fully understanding and mastering students' century, and find that education and guidance in practical activities teaching, so that they can have a better promotion. At the present stage, the time of physical education major in colleges and universities is too single skill training, neglecting the cultivation of other professional abilities, paying too much attention to the acquisition of knowledge and neglecting the cultivation of other aspects, so that after entering practical teaching, several times the professional spirit does not have a long-term perspective to promote the development of students [3].



Figure 1 Patience and demonstration by PE teachers

4. Analysis on the Necessity of Optimizing the Practical Teaching System of Physical Education Specialty

4.1. The Goal of Practical Teaching is too General and the Effectiveness of Practical Ability is Low

The goal of practical teaching is to take the cultivation of students' professional ability as the

main line and the basic professional quality, post employment ability and vocational development ability training as the modules to construct. Improve students' knowledge cognition level. Cultivating students' ability to solve work problems in practical application has become an important content of practical teaching objectives. At present, the practical teaching objectives of physical education major are not clear and specific, and the assimilation of most professional teaching objectives is not detailed enough, which leads to the students' learning enthusiasm is not high, and the final result is the decline of students' practical ability and the poor adaptability of social work.

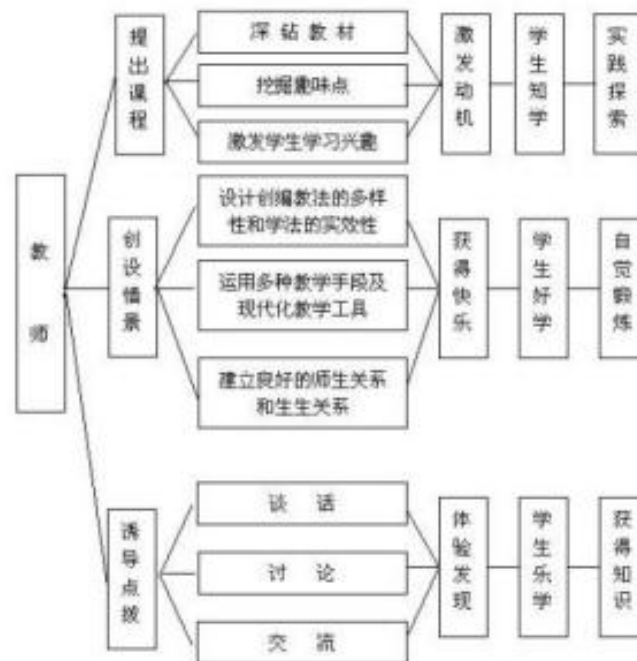


Figure 2 Teaching plans for physical education courses

4.2. The Content of Practical Teaching Remains Unchanged from Society and the Market

For a long time, people defined "sports" as "imparting knowledge and technical skills of physical exercise "," teaching materials of physical education" as "standard of physical exercise ", and" teaching of physical education "as" imparting knowledge of sports according to book "[4]. To master sports skills is a necessary condition for students majoring in physical education, but it is one of the main problems in the training of physical education professionals in colleges and universities. The backwardness of practical teaching content is undoubtedly the main reason for the decline of practical teaching quality. Even students majoring in physical education, as future physical education teachers, also bear the responsibility of healthy growth of future children. Therefore, the learning content of students majoring in physical education will not only be in sports, but also comprehensive knowledge, basic literacy, health knowledge, physiological knowledge, psychological knowledge, educational knowledge and so on.

4.3. The Practice Teaching Management System Lacks Independence and Poor Management Function

At present, the management system of practical teaching is mainly organizational management, operational management and system management. As long as the organizational management is aimed at the teaching office of colleges and departments, the teaching class according to the national talent training program, formulate the corresponding professional talent training target well specific implementation of the management department. Operation management is to carry out the main teaching contents issued by the teaching office, such as social practice, summer practice, educational practice and graduation thesis design. System management is a relevant system policy that ensures the implementation of the specific content issued by the management department can

be effectively implemented. The management of practical teaching should be distinguished from the management of teaching, and then it can guarantee the normal and effective implementation of students' practical learning content. At present, the quality management of physical education in most colleges and universities is relatively loose, the randomness of managers is relatively large, and the management efficiency is not high. The management system of physical education and professional practice teaching in colleges and universities in China has no specific independent policy system and management measures, and most of the practical teaching management systems exist in parallel with the teaching management system. The existence of this situation, it is easy to ignore the existence of practical teaching in the teaching process or teachers in the teaching process because of some personal reasons and not strictly carry out practical teaching, eventually leading to the decline of students' practical cognitive level ability. Scientific management system and perfect management structure become one of the important ways to improve teaching quality.

4.4. The System of Practical Teaching Security is not Perfect and the Level of Security is not High

The practical teaching guarantee system, as an important link to ensure the improvement of students' practical ability, determines whether the practical teaching contents of colleges and departments can be carried out smoothly. The goal system, content system and management system of practical teaching are actually based on the guarantee of practical teaching. The system of practical teaching guarantee mainly includes teachers, practice sites, experimental instruments, practice bases outside school and so on. At present, although colleges and universities attach great importance to the practical learning of students majoring in physical education, they can not avoid the problem that the number of students is large, and the allocation of learning resources can not satisfy the students' desire to learn. As a physical education major students, the objective facilities of our department need to meet the students' desire to learn, so as to ensure the smooth progress of students' practical teaching.

4.5. The Evaluation System of Practice Teaching is Missing and the Evaluation Effect Needs to be Improved

Teaching evaluation is the measurement and evaluation of teaching work, which mainly includes the comprehensive evaluation of the process and results of teachers, students, teaching contents, teaching methods, teaching time, teaching implementation and teaching objectives. Establishing a scientific and complete evaluation system of practical teaching is the main means to attach importance to practical teaching, promote the rapid improvement of practical teaching quality and strengthen macro-management. The goal of higher education in China is to train compound talents. Colleges and universities focus on the cultivation of students' practical application ability and highlight the characteristics of college education. At present, there is a deep research on the evaluation of physical education specialty teaching, but there is no concrete evaluation on the evaluation system of physical education specialty practice teaching, and the effect of practice teaching evaluation is not enough [5].



Figure 3 Basic framework chart of the quality assurance system of physical education teaching for college students

5. Summary

To sum up, the construction of a scientific and perfect practical teaching system for physical education majors in colleges and universities is an important grasp to improve the quality of physical education professionals training in colleges and universities, and to meet the development of college students' professional literacy. Therefore, colleges and universities should combine the current needs of physical education work in our country to further improve and improve innovative practical teaching, better comply with the physical education professional curriculum reform and the social desire for physical education professionals and the improvement of college students' employability.

References

- [1] Wang, Jian., Liu, Qiqi. Practice Research on Curriculum Reform of Physical Education Specialty [1] the Training Mode of Applied Talents. Sports Technology, no. 01, 2018.
- [2] Du, Huiping. The Inquiry of Innovation College Physical Education Teaching. Contemporary Sports Science and Technology, no. 32, 2019.
- [3] Liu, Guiyun. Research on the Basic Ideas of Physical Education Teaching Team Construction in Colleges and Universities. Contemporary Sports Technology, no. 31, 2019.
- [4] Yuan, Dan. On Problems and Solutions in Physical Education Teaching in Colleges and Universities. Read and write (Education and Teaching Journal), no. 12, 2019.
- [5] Zhang, Cijun., Zhou, Huixin. Study on the Integration of Personal Cognitive Theory Physical Education Teaching in Colleges and Universities. Contemporary Sports Science and Technology, no. 31, 2019.