Research on Teaching Strategies of Physical Education under the Integration Model

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Abstract: Under the integrated teaching mode, in order to improve the physical education teaching strategy in colleges and universities, it is necessary to deepen the reform of the physical education curriculum structure in addition to constantly strengthening the teachers' professional quality and optimizing the physical education teaching methods. The transmission of theoretical knowledge and the output of practical skills are effectively combined to enable students to truly participate in sports practice activities, exercise physical function while strengthening their own sense of teamwork, competition and so on, to promote the overall development of quality, and to lay a solid foundation for future employment progress. This paper mainly studies the strategies of physical education teaching in colleges and universities under the mode of integration.

1. Introduction

Based on the integrated teaching mode, if the college physical education still adopts the original teaching method, and does not design the teaching content and practical activities according to the students' wishes and interests, it will inevitably lead to the loss of students' interest in physical education learning. Based on this, PE teachers in colleges and universities should realize the important value of physical education in and out of class, and the essentials of teaching to do integrated teaching, so as to create various kinds of PE learning contents for students, so that they can strengthen physical function and psychological quality while team cooperation and effective competition, and then become useful talents for social development.

The integration of physical education includes many kinds, including the integrated teaching of physical education in and out of school, the teaching of integrated physical education, and the interest of practicing the integrated physical education course. But in the final analysis, promoting the implementation of integrated physical education teaching in colleges and universities can greatly enhance students' autonomy and highlight students' main position in physical education classroom and activities. The specific performance is that students can choose the appropriate sports subjects according to their interests and hobbies, such as male students like more intense basketball, football and other competitive sports; female students choose some kendo, gymnastics and other self-cultivation sports activities. At the same time, the enthusiasm of the students has been greatly mobilized.

At the same time, the integrated teaching and teaching in and out of class, students can broaden their horizons and make friends through the competition or cooperation with the sports team outside the school; through watching various kinds of sports events, we can understand the spirit of sports competition in various forms, facilitate students to strengthen their ideals and beliefs, and improve their quality structure; by participating in sports clubs, sports culture salons and so on, we can exercise their ability to get along with other people, and adapt to the social life ahead of time in social practice to provide the guarantee for the future employment development.[1].

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Figure 1 Basketball match

2. An Analysis of the Factors Restricting the Establishment of the Integrated Mode of Physical Education Teaching in Colleges and Universities

2.1. Lack of Innovative Teaching Ideas

The idea guides the practice, especially for the university physical education curriculum, the practice operation item is many, if does not have the good theory foundation support, the student practice operation movement is not only not in place, but also easy to be injured, causes the safety hidden danger. However, at present, some colleges and universities lack the links of theoretical innovation in the process of studying the integrated teaching mode of physical education curriculum. For example, some colleges and universities still do not use the option teaching, as the focus of integrated physical education teaching, many teachers face nearly 100 students choose collective teaching, ignoring the diversified development of students' sports quality. For example, although some schools have done teaching and integrated physical education in and out of class, the teaching goal is not clear, only pay attention to the mastery of students' skills or the victory or defeat of the competition, and do not carry out the concept of sports spirit, humanistic spirit and health first, which leads to the students' weak sense of cooperation, the heart of victory and defeat is too heavy, which seriously affects their mental health development.

2.2. Lack of Diversified Teaching Content

In order to create the integrated teaching mode, the college physical education curriculum needs to have the full and effective teaching content besides the support of the advanced idea, so as to ensure the smooth implementation of the integrated teaching mode, satisfy the effect of the curriculum construction inside and outside the school, and emphasize the core of the teaching system construction. However, at present, some colleges and universities are very thorough in the implementation of teaching plans, but in the design of teaching content is seriously inadequate, not in-depth excavation of contemporary college students like the content of physical education, and teaching practice is seriously out of touch. For example, the failure of some colleges and universities to include students' participation in out-of-school sports competitions in their performance evaluation will seriously discourage students' enthusiasm for participating in sports activities, resulting in the practice of students participating in sports activities as if they had gone through formality and perfunctory. Or some colleges and universities do not attach importance to the important value of the network platform, lack the advantages and enthusiasm to develop sports network resources, resulting in the teaching plan and teaching content and students' life practice and favorite things seriously out of touch, affecting the final teaching efficiency.

Figure 2 University physical education

2.3. The Teaching Model Has no Special Features

The construction of the integrated teaching mode of physical education in colleges and universities not only requires teachers to supplement the teaching content, but also has characteristics in the teaching mode, which accords with the students' psychological demands and the requirements of the times. However, at present, some colleges and universities in the development of integrated physical education teaching mode, although PE teachers designed a variety of sports events, so that students actively participate, effective response. However, these sports events tend to be the same, the style of each year is similar, the freshness of the students will not have the enthusiasm to participate. Specifically, some colleges and universities have sports events in and out of school, mainly competitive and cooperative competition, lack of penetration of sports culture, sports spirit and folk culture, lack of culture, interest is also greatly reduced. In addition, the participation of some students is not voluntary, the design of the event or the design of the theme of the event, both waste the cost of resources, but also do not receive the desired results, not worth the loss[2].

3. Strategies for Improving the Efficiency of Physical Education Teaching in Colleges and Universities Under the Mode of Integration

3.1. To Innovate the Concept of Integrated Physical Education Teaching in Colleges and Universities

For college physical education, innovation is the motive force and the source, any physical education curriculum implementation and the activity design, must take the innovation as the foundation, also guarantees as the premise. First of all, PE teachers in colleges and universities need to set up the teaching idea of building up people by virtue and safety first. In the construction of integrated physical education curriculum, it is difficult to ensure any movement and skill standard, so as to prevent the abnormal condition of students due to overtraining. At the same time, PE teachers also need to carry out the necessary ideological and political education to students, so that they can feel the spirit of sports in the competition, so as to establish firm ideals and beliefs. Secondly, promote the innovation of integrated teaching in and out of class. Whether it is in-class teaching or extracurricular activities design, PE teachers should fully examine the students' current physical fitness, the mastery of sports skills and interests and hobbies. Combine theory teaching with practice teaching to strengthen students' sports skills and psychological quality. For example, in gymnastics training, teachers in class can be based on cooperative learning, let the students a few people together to learn and correct the movements, and then the small school competition. A cooperative group with excellent performance, teachers can sign up to participate in large-scale competitions outside school, so that students can temper their will in cooperative learning, stimulate

students' physical and dynamic potential with diversified competition forms, and promote the overall development of their comprehensive qualities.

3.2. Effectively Expand the Integrated Teaching Content of Physical Education Courses

Whether it is the integration of physical education in and out of class or teaching to do integrated teaching, teachers need to constantly enrich the physical education curriculum resources, from the reserve of online teaching resources to the enrichment of offline teaching resources to establish a perfect physical education curriculum system. First of all, the school needs to provide each professional each class with a sufficient number of teachers, their respective duties, each has its own strengths, and then these teachers will subdivide the physical education curriculum, some specialized in long-distance running training, some full-time taekwondo teaching and so on. So that students can choose their favorite content from the diversified physical education curriculum resources, and stimulate their enthusiasm to actively participate in sports activities. Secondly, on the platform of online sports activities, teachers should actively convey the relevant contents of sports spirit for students, as well as the information related to local sports events, so that students can read and participate at any time to ensure the two-way conduct of physical education courses in and out of school. The most important thing is that in the process of evaluating students' achievement, the performance of students' participation in sports events and classroom scores should be included in the scope of assessment to ensure the authority and fairness of the evaluation[3].

Figure 3 Cheerleading sports

3.3. Constructing the Characteristic Integrated Teaching Mode of Physical Education

The characteristic physical education is the curriculum system that every college should develop and possess, it should ensure that the system can not only accord with the characteristics of college students' physical and mental development, satisfy their interests and hobbies, but also highlight the aim of running a school and fully embody the humanistic care attribute. In particular, from the point of view of teaching as an integrated teaching mode, in order to highlight the characteristics of physical education curriculum, teachers can work together to create different sports club activities, such as pattern basketball, pattern badminton club, kendo, tea ceremony integrated sports club, boxing, cheerleading sports club, the combination of the two sports activities that did not want to do together to form a club, to stimulate the curiosity of students. In the process of club construction, combining the essence of sports culture and different events together, creating pattern sports competition, sports drama and so on, let students participate in the two characteristic sports activities wholeheartedly, and realize the essence of integrated teaching.

4. Conclusions

In order to improve the physical quality of college students in the era of national sports, in addition to constantly innovating the way of physical education teaching in colleges and universities, we should also develop the integrated physical education teaching mode, promote the teaching in and out of school and do the integrated physical education teaching mode in colleges and universities, optimize the innovative physical education teaching idea and carry out the characteristic physical education activities inside and outside the school, so that the students can practice the strong physique and shape the perfect personality under the encouragement of the high-quality competitive competition, and then lay a solid foundation for entering the society and the workplace.

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