Probe into the Opportunities and Reform of Physical Education Teaching in Colleges and Universities from the Perspective of New Era

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Keywords: New Era, University, Physical Education

Abstract: Nowadays, with the continuous development and progress of education in our country, the reform of education is more and more in-depth, teachers should not only strengthen the research on the teaching of culture, but also pay more attention to the teaching of physical education. In the process of physical education teaching in colleges and universities, teachers should make clear the development trend of modern education, adhere to the educational principle of people-oriented and teaching according to their aptitude, and carry out the reform and innovation of education according to the present situation of physical education teaching in colleges and universities, not only to clarify the teaching goal, but also to optimize the teaching mode, teaching evaluation, facilities and so on, so as to improve the quality of physical education in an all-round way.

1. Problems in Physical Education Teaching in Colleges and Universities from the Perspective of New Era

Nowadays, physical education has become a compulsory course for students, and carrying out physical education activities can not only strengthen the system of students, but also cultivate students' sports spirit, make students develop the concept of lifelong physical education, and lay a solid foundation for the all-round development of students. In the process of physical education teaching in colleges and universities, teachers should pay close attention to the opportunities brought by the development of the times, actively innovate and improve the methods, contents and modes of education and teaching, not only to solve all kinds of problems existing in physical education teaching in colleges and universities, but also to perfect teaching methods, optimize teaching mode and enrich teaching content, effectively stimulate the interest and enthusiasm of college students to learn physical education, so that college students can have solid cultural knowledge and professional knowledge, but also have a healthy physique.

1.1. Teaching Objectives are Unclear

In the process of receiving college education, students should not only master all kinds of cultural knowledge and professional knowledge, but also strengthen their own physical quality. Therefore, it is very important to carry out physical education teaching, which has become one of the necessary subjects in colleges and universities. At present, some colleges and universities will carry out special physical education courses according to the technical characteristics of sports projects, and carry out physical education according to the training requirements of professional sports. Although they have imparted students' sports knowledge and skills to a certain extent, they have not considered the students' interest direction and do not meet the students' individualized needs [1]. Compared with the traditional physical education, modern physical education has made some progress, but the teaching goal is still not clear enough, and the professional training mode can not really play the role of physical education teaching.

1.2. Chaos in Teaching Content

College physical education has gradually become a compulsory course for college students, and many colleges and universities have continued the characteristics of physical education in primary

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and secondary schools, adopting a small and complete education model. That is to say, there are many kinds of physical education teaching in colleges and universities, but the teaching content is relatively weak and single, although the students have learned many sports in the middle school, the study of each project is not deep and comprehensive enough, and then lead to the students' sports technical level is not qualified, and the understanding of sports is not deep enough.

1.3. Lack of Teachers

Although our country has carried out educational reform, the college entrance examination system has not been replaced, and the influence of examination-oriented education in our education is still indelible. Many PE teachers in the process of teaching, and did not carry out effective innovation and improvement, teaching still adopt the mode of explanation, demonstration, training, guidance, evaluation, the method is relatively single. Not only that, many college PE teachers themselves do not pass the technical level, the daily lack of adequate exercise, in the process of teaching can not even give students an accurate demonstration. Or PE teachers have less research on teaching, do not understand students' personality and specialty, and adopt a unified teaching mode, resulting in low teaching efficiency. From the point of view of physical education teaching resources, some colleges and universities lack perfect sports facilities, as shown in figure 1, the scale of the basketball court in the school is small and the field is not professional and formal enough, and the shortage of sports facilities will directly affect the smooth development of physical education teaching work.

Figure 1 College basketball court

1.4. Incomplete Evaluation System

In the process of teaching, to fully understand the effect of physical education, it is necessary to carry out a comprehensive physical examination for students, and formulate targeted teaching programs and task objectives for students according to the results of assessment and evaluation. However, in the process of practical teaching, many teachers take physical education assessment results as the only criterion to evaluate students, ignoring the students' classroom performance, personal quality and other indicators, resulting in the evaluation is not accurate and objective, not only affect the improvement of physical education teaching quality, but also affect the enthusiasm of students to learn physical education.

2. Innovation Measures of Physical Education Teaching in Colleges and Universities from the Perspective of New Era

2.1. Make Clear the Teaching Goal, Change the Teaching Idea

Under the background of the new era, teachers should change the traditional educational concept, keep up with the pace of the development of the times, and actively carry out the reform and innovation of physical education teaching. In the process of actual teaching, teachers should first make clear the teaching objectives and make specific teaching plans according to the teaching objectives. Before confirming the teaching goal, the teacher should first understand the ability and characteristics of the college students, formulate the teaching goal according to the specific needs of the students, cultivate the meaning of the students' lifelong physical education, and strengthen the

students' physical ability and physical quality, so as to lay the foundation for the students' future development. College students are in an important period of growth and development, in this stage, students' body and mind tend to mature, physical quality and mental state will take place certain changes, teachers should fully grasp the changes of students at this stage. [2]. From the students' environment, college students are transitioning from school life to social life, then physical education should also transition from campus sports to social sports. In addition, the individual situation of students is different, there are differences in interest, gender, ability, physical quality and so on, teachers should adopt different teaching methods to set different teaching goals for different students. For example, in the process of physical training, teachers should set teaching goals according to the physical differences of boys and girls, but also to understand whether students have health problems, if students have some health problems, teachers should also adjust the amount of training of students as appropriate. Teachers should make individualized teaching goals and programs, so as to meet the needs of each student's exercise, and then improve the quality of physical education.

2.2. Innovation of Teaching Mode and Optimization of Teaching Content

In the process of practical teaching, teachers should not only change their teaching concepts and clear their teaching objectives, but also innovate their teaching models. On the one hand, teachers should know more about students' interests and hobbies, open some recreational sports, leisure sports, and at the same time, innovate and improve the curriculum types, teaching materials, syllabus and so on, so as to promote the gradual improvement of teaching content. Specifically, teachers can unify the content of compulsory courses, with basic knowledge, sports skills and other content as the main, and then add some special elective courses, students can choose which courses to learn independently. Teachers can formulate a variety of curriculum combinations to increase the choice of space for students. In the course of curriculum setting, we should strengthen the integration of health curriculum and physical education curriculum, so that students can gain something in the process of learning physical education, and their physical quality can be really improved and improved. Teachers can join some traditional sports such as Tai Chi, Wushu, Taekwondo and so on (Fig .2). You can also join some leisure sports, such as volleyball, tennis, badminton and so on. To optimize the curriculum system, enrich the curriculum content, so that students can master the knowledge of sports, but also in-depth study of professional sports skills. On the other hand, teachers should actively use modern teaching methods, especially under the background of "Internet+", teachers can strengthen the application of network information technology and construct a three-dimensional mixed teaching mode of practice [3]. To put it simply, it is to combine the traditional classroom teaching mode with the online teaching mode to give full play to the advantages of the two teaching modes, through the guidance, inspiration and drive of teachers, so that students can not only learn physical education in the classroom, campus, but also after class, outside school anytime and anywhere.

Figure 2 Wushu teaching in colleges and universities

2.3. Strengthening Resources Investment and Improving Site Facilities

To improve the quality of physical education teaching in colleges and universities, it is necessary to strengthen the teachers in colleges and universities, not only to train professional teachers team,

but also to invest more teaching facilities. In the aspect of teachers, we should strengthen the training and screening of PE teachers, ensure that PE teachers have professional physical education quality and teaching ability, strengthen teachers' ideology of lifelong physical education, and encourage PE teachers to carry out continuous teaching research and innovation. To this end, schools can adopt teacher evaluation, training, discussion and other activities, through these activities to stimulate teachers' enthusiasm for self-improvement, not teachers to bring more new teaching methods, knowledge and skills; in the field of facilities, schools should invest enough teaching equipment, and regularly carry out equipment maintenance and maintenance to ensure the safety of students in the process of use. In order to play the role of information network technology in physical education, schools should also construct intelligent sports network platform and carry out network course teaching, which can carry out information transmission and feedback through the network (as shown in figure 3).

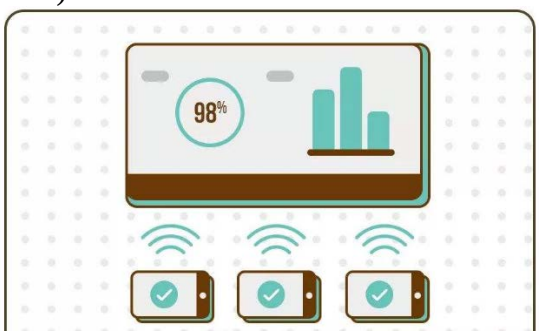

Figure 3 Intelligent physical education classroom information feedback model

2.4. Construct Evaluation System to Evaluate Students Objectively

In the aspect of teaching evaluation, teachers should evaluate and analyze students from different teaching, not only pay attention to students' physical performance, test results, but also understand the changes of students' ability growth, physical quality change, classroom performance and so on. There are some differences in the physical quality of college students themselves, teachers can use the Markov chain analysis method to evaluate the students' sports technical project achievement, that is, under the same standard, the students' original grades are divided into the same grade, and then clear the state space, then find the transfer matrix, and use the Markov chain analysis method to make the final judgment.

3. Conclusion

To sum up, under the background of the new era, physical education teaching in colleges and universities should be innovated and improved. Teachers should start from teaching objectives, teaching content, teaching mode, teaching evaluation and other aspects, not only to meet the needs of students' learning, but also to keep pace with the development of the times, integrate more modern technical knowledge into classroom teaching, help students to establish the concept of lifelong physical education, not only to improve students' physical quality, but also to strengthen students' sports spirit.

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