

Thoughts on the Experience Training Concept in the Reform of College Physical Education Teaching

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Abstract: China's emphasis on college sports education has promoted the reform and innovation of college physical education. The traditional physical education teaching model has been unable to meet the needs of the development of college physical education, which has seriously hindered the development of college sports. Due to this situation, as a brand-new teaching concept, the experiential teaching mode can simulate social scenes and assist the development of college physical education. With its own powerful advantages, the experiential teaching mode has been applied and developed in college physical education, which not only helps to cultivate students' strong psychological quality, but also enhances students' ability to adapt to society. This paper mainly discusses the influence of experiential teaching training concept on physical education, and further analyzes the application of experiential training concept in college physical education reform.

1. The Important Influence of Experiential Training Concept on the Reform of College Physical Education

The traditional college physical education teaching mode is too old with a simple form. In the actual classroom teaching, physical education teachers pay too much attention to the theoretical knowledge of students, but neglect the cultivation of students' practical application ability. Moreover, the sports programs practiced by students has a relatively small number, which seriously hinders the development of students' practical ability to a certain extent, which makes the college physical education teaching fail to be properly implemented so that it is difficult to achieve the expected teaching effect. Although college students can master the theoretical knowledge of sports well, they still can't apply theory to practice. With the continuous development of social economy, the society's requirements for talents are constantly improving. Therefore, aiming at the current situation of physical education, in order to meet the needs of social development, it is imperative to strengthen the reform of internal teaching in colleges and universities. As a new teaching mode, the application of experiential teaching concept in the reform of college physical education has a significant influence on the reform of physical education, which is embodied in the following points.

1.1 The influence on the thinking of physical education teaching

At present, contemporary college students have superior living conditions, so most of them have not experienced difficulties or setbacks, and thus have relatively poor psychological quality, poor ability to withstand stress, and lack strong interpersonal skills. Based on this situation, in the process of college physical education, physical education teachers should combine the current situation of students and pay attention to cultivating their physical quality through regular sports programs. However, regular sports programs can not improve the psychological quality of students, cannot help students to build strong resistance to stress or promote the physical and mental development of students. The application of experiential training concept in college physical education has successfully broken through the fixed mode of traditional physical education. It advocates placing students in specific real experiences, improving the ability of college students to experience all aspects of society, and improving students' ability to adapt to society. In addition, the experiential

teaching has successfully broken the shackles of traditional physical education, making physical education teachers continuously improve teaching methods, change teaching concepts, and play an important guiding role in the cultivation of students' physical ability.

1.2 The influence on the objectives of physical education teaching

The traditional physical education teaching goal mainly refers to that the physical education teachers' teaching of the basic theoretical knowledge of sports, training students' basic sports skills, cultivating students' comprehensive sports skills, cultivating college students' comprehensive physical education and promoting the smooth implementation of college physical education with regular sports programs, according to national sports teaching outline. The experiential training concept places students in a specific simulation environment, allowing students to experience the simulated environment in person through their own cognition and communicate with other students. Through the application of the experiential training concept in physical education, the students' ideological consciousness and willpower are greatly enhanced, and their spirit of hard work is cultivated. Since physical education is more constrained by the traditional teaching and teaching thoughts, the physical education teacher pays too much attention to the physical fitness of the students in the actual teaching activities. The teacher believes that as long as the physical function of the students is improved and the physical health of the students is promoted, the fundamental goal of physical education is completed. However, teachers have neglected the requirements of cultivating students' practical ability. There are fewer curriculums for cultivating students' psychological quality and improving students' adaptation to society. Even some colleges have arranged this content, but due to the lack of implementation, the whole teaching effect is not obvious enough. Therefore, the experiential training concept plays an important guiding role in college physical education, which follows the principle of teaching students in accordance with their aptitude according to the different situations of students and cooperates with the goal of college physical education, successfully improves the whole ability of college students to resist stress and adapt to society, so as to achieve the goal of experiential teaching.

1.3 The influence on the evaluation methods

The traditional high-efficiency physical education has a long history of development, which has already formed its own fixed development model in the specific teaching, with evaluation only in students' physical testing and sports. This current simple evaluation model ignores the evaluation of students' non-intellectual factors, without involving the evaluation of students' emotional changes and psychological quality, which seriously hinders the students' physical and mental development. The application of experiential training concept in sports evaluation has successfully improved the current physical education evaluation method, promoted physical education and actively explored a new evaluation mode, changing the current physical education evaluation standard. The evaluation of experiential training pays more attention to the evaluation of students' psychological quality, with a relatively diversified evaluation system and more comprehensive evaluation content. And to a large extent, it helps physical education teachers to change the way of physical education evaluation, promote the reform and innovation of physical education evaluation, carry out corresponding physical education evaluation according to different physical education teaching content, and promote the continuous improvement and development of physical education teaching.

1.4 The promotion of a new understanding of the status and role of physical education teachers

Based on the traditional teaching mode, colleges lack sufficient understanding of physical education, which leads to the lack of attention to the status of physical education teachers and the role of physical education teachers in the growth of students. In experiential teaching, physical education teachers not only serve as the instructors of sports knowledge, but also the guides for the healthy growth of students, as well as the guides of students to improve their comprehensive quality. Physical education teachers should pay attention to the subject status of students, take students as the main body of physical education, and play the main role of students. Physical education teachers should

actively guide students to think independently. The application of experiential training concept in college physical education can not only promote physical education teachers' constant self-improvement and re-self-cognition, but also realize the guiding role of teachers in college physical education.

2. Application Analysis of Experiential Training Concept in College Physical Education

2.1 Strengthening the study of expansion training

In the process of modern college physical education reform, quality education has become the focus of teaching reform, occupying a vital position. With the increasing ideology of college physical education teachers, the quality development training for students has become an important development goal of current physical education. In addition to paying attention to cultivating students' theoretical knowledge of physical education, physical education teachers should also pay attention to cultivating students' team awareness and training through physical education to achieve the teaching purpose of cultivating students' psychological quality and promote the overall improvement of students' psychological endurance. At present, this quality development training not only adapts to the development needs of college physical education reform, but also meets the basic requirements of social development.

2.2 Strengthening the expansion training of college physical education teachers

The smooth implementation of college physical education is inseparable from the cooperation of teaching equipment. The comprehensive quality of physical education teachers is one of the most important teaching equipments, which plays a key role in promoting the development of physical education activities. Therefore, in the process of efficient physical education, strengthening the expansion training of college physical education teachers, training the comprehensive quality of physical education teachers, and strengthening the construction of physical education teachers is an important prerequisite for deepening the reform of physical education in colleges and universities. Physical education teachers should fully understand the relevant knowledge of experiential training concepts, master the basic methods of experiential training concepts, and improve their importance to experiential training concepts. Only by improving the understanding of experiential teaching can the physical education teacher better train students in actual teaching and realize the goal of experiential teaching reform. In addition, it is necessary to strengthen the training of college physical education teachers' expansion training ability, comprehensively improve the comprehensive quality of physical education teachers in colleges and universities, improve the training ability of physical education teachers, ensure that physical education teachers can smoothly promote the smooth development of physical education, and help students to successfully complete quality development activities.

2.3 Strengthening the cultivation of students' self-thinking ability

In the process of college physical education, the application of experiential training concept has greatly improved the quality of physical education. The main goal of experiential training concept is to promote the improvement of students' self-learning ability. In daily physical education, before the physical education teacher teaches the foundation of theoretical knowledge, it is necessary to ask students relevant knowledge questions in advance. The student obtains the answer based on the questions raised by the physical education teacher and through the examination of materials and analysis of data in the specific study. In this process, it can not only deepen the students' mastery and understanding of knowledge, but also develop students' ability of independent inquiry learning. In addition, in the process of college physical education, physical education teachers can pre-learn theoretical knowledge, and then organize and arrange corresponding practical teaching activities. Through the implementation of practical teaching activities, students can apply theoretical knowledge to specific practices and form a combination of theory and practice. This kind of teaching method not only deepens the students' mastery of knowledge, but also helps to improve students'

practical ability.

3. Application Strategy of Experiential Training Concept in College Physical Education Reform

3.1 Advocating research on outreach training

With the continuous development of college physical education, quality education has become the focus of college physical education reform, and quality development plays an important role in improving students' comprehensive ability level. Therefore, in the process of college physical education, the college should create related courses that are conducive to the cultivation of students' quality according to the actual needs of physical education reform, and provide an important guarantee basis for the cultivation of students' quality. As a physical education teacher, we must actively change the teaching method. On the basis of ensuring students' theoretical knowledge, we should pay attention to cultivating students' professional skills and strengthening the cultivation of students' psychological quality and adapting to social abilities. At present, this experiential training mode can not only strengthen the sports function of colleges and universities, but also provide important guarantee for the development of quality education, and then comprehensively promote the all-round development of college physical education.

3.2 Paying attention to the relationship between teachers and students

Based on the new teaching mode, the role of physical education teachers has a new orientation. Physical education teachers should be promoted to change teaching ideas, teaching concepts be actively changed, and the exploration of students' sports potential are emphasized. Due to the differences in the quality of students' physical education, there are differences in the sports tasks they undertake. Based on this situation, physical education teachers should pay attention to the individual ability of students in the process of teaching physical education. And strengthen interaction with students, establish a good teacher-student relationship with students, and timely enter the students' real life to understand the students' learning dynamics. In addition, physical education teachers should aim at the actual learning situation of students, carry out targeted physical education activities, pay attention to the individualized development of students, and provide important guarantee for the development of experiential teaching activities.

3.3 Emphasizing students' independent thinking

First of all, before the physical education teaching activities, physical education teachers set relevant teaching problems according to the actual content of physical education, organize students to pre-class preparation, and let students learn the answers of questions in advance through independent learning. In the process of analyzing problems and solving problems, students constantly improve their understanding of sports knowledge and help students develop independent thinking skills. Secondly, in the physical education teaching, physical education teachers should combine theory with practice, continuously enrich the content of physical education, cultivate students' practical ability, and promote students' ability to apply theory to practice. Finally, physical education teachers should choose the appropriate teaching method and organize relevant debates to stimulate students' ability to think in the form of debates. In short, in the process of college physical education, physical education teachers should play their guiding role, cultivate students' independent thinking ability, and actively create a good learning environment, thus enhancing students' ability to think independently.

4. Summary

In summary, with the continuous development of college physical education, the traditional physical education model has been unable to adapt to the actual needs of the current development of physical education. Therefore, colleges and universities should combine the actual situation of current physical education and strengthen the reform of physical education and teaching to better

conform to the trend of educational development. The application of the new method experiential teaching in college physical education not only helps to cultivate students' ability to think independently, but also improves the comprehensive quality of college physical education. Therefore, in actual teaching, physical education teachers should pay attention to the application of experiential training concepts, actively take effective measures, create good conditions for the application of experiential teaching, and promote the all-round development of college physical education.

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