

Analysis on Reform Paths of Physical Education Teaching

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Abstract: Physical education in colleges and universities are changing dramatically nowadays with the in-depth development of the curriculum reform of PE, showing the change of the ultimate objective of teaching. Giving priority to "Health first", it is necessary to not only improve students' interests in sports, but also help them establish the concept of life-long PE. This is our final goal of PE education. It can be seen how importance of students is the main part of a class. However, the problem is that many PE teachers just focus on teaching or sports competition instead of making full use of students' initiative. The reform of sports and health course has not been carried out strictly. Therefore, college PE teachers should think about these questions and make some improvements for the PE reform.

1. Major Problems Faced by The PE Curriculum Reformat at Present

1.1 The Previous Teaching Methods Still Prevail as Well as the Conservative Teaching Concept

As we all know that many new teaching methods have been taken instead of traditional one with the tide of new teaching reform during these years. Teachers should learn which method to choose, what teaching objective to make. Now it is a very effective way to improve the interests in sports for the goal of PE - health first abandoning the exam-oriented education, making students a new understanding of sport and changing the learning style.

1.2 Students Still do not Attach Importance to Physical Exercise

It's obvious that every student should go through three important entrance examinations before he goes to junior school, high school and university. With the small proportion of scores in the examinations, the requirements for PE is not very high. So students don't pay much attention to the sports. It is a way to escape classroom and enjoy the nature. So PE class is just to play and relax for pupils. And then the classes are always ignored by these senior students for the pressure of exams. They choose to review the cultural class instead of having PE course. This is what we see in the primary school, let alone the high school. Students don't have a total understanding of how importance of health because of their young age. So the priority should be given to cultivate their awareness of health and sports course.

2. Methods and Paths to Adapt College PE Curriculum Reform

2.1 Renewing Idea And Deepening The Understanding

Basis on the idea of "Health first", both teachers and pupils should learn that PE, not just for fun, or a higher school, develops with the core of health. So the teaching objective of PE in primary school is clear and schools, families and even the society should deepen the understanding, and renew ideas. Making teaching objectives, teachers need to learn the physical conditions of every student. For students with poor physical quality, teachers should lower the requirements and have classes without harming their health to arouse interests, while for those with good physical fitness, teachers should give them challenges and improve their interests by games and team work.

"People first" is the core of this new course standard. PE class, not the teacher-oriented, is not a

place for teachers to show their strengths any more. Hence, it should be taken into consideration that how to emphasize the student in a PE class. It is a high time for students to grow up, to open their mind and get different magical thoughts in primary school. So we should give full play to their creativity and imagination. Both students and teachers should give emphasis to PE as the physical exercise and PE course is a platform to develop students' thoughts and cultivate creativity.

2.2 Stimulating Students' Interests in Learning Sports by Creative Teaching Methods

Having the impact on the students' interests in learning, the creative teaching methods should be adopted, such as heuristic teaching, inquiry teaching and situational teaching, which furthest make them active, improve their interest and increase the vitality of PE class. So we should create the school-based courses satisfying students' likes and their age, which are much-promoted, instructive. Fashionable, popular sports should be introduced, such as aerobics, fitness dance, Shaolin martial arts, frisbee, rock climbing. We need to customize these sports to be suitable for these students and their physical education.

Some adjustments to the teaching methods and contents should be made if we want to keep students' curiosity about the new things and knowledge. As we all know that various, interesting teaching methods can maximize and keep their learning interests. Therefore, teachers should adopt diversified methods to arouse students' learning interests, activate their learning initiative, and give them an enjoyable classroom context in actual teaching process. Meanwhile, it is very essential for students to boost study efficiency by their teachers choosing proper teaching method in line with the course content, learning how to acquire knowledge and getting along with them very well. Students' thinking and creativity should be fully stimulated with these diversified teaching methods, which not only arouse their interests in cultural learning, but also improve their overall qualities.

2.3 Promoting The Reform of Teaching Results by Changing The Appraisal System

Reforming the education appraisal system means to change the way of treating the scores in the final examinations as the ultimate performance. It can be combined with PE appraisal mode instead, including peer assessment, points-based learning system, parents evaluation system etc., which not only can arouse their enthusiasm of daily learning, but also make them clear that continuous efforts should be made to gain a good performance instead of just final scores.

2.4 Cultivating Students' Responsibilities by Their Involvement in Various Activities

It is a widespread topic that schooling should aim to cultivate students' responsibilities as well as various behaviors advocating in modern education. So it is a must for teachers to have an overall research on teaching content, and make proper, specific learning methods in actual teaching practice. Also teachers can encourage students to study by themselves so as to train a sense of responsibility, which can make them know how to undertake the due obligations positively.

PE teachers in junior high school should foster students' ability to self-directed learning and arouse their interests in learning sports for more physical exercise knowledge learning during this period, while college PE teachers should arouse their subjective consciousness to autonomous learning with their full potential because of their given basic understanding of knowledge in this time. Finally, the learning mode – autonomous learning-cooperation-research, is formed so as to cultivate students' core competence. Some research activities should be conducted to give students good opportunities in learning when teachers have teaching design. Teachers need to pay more attention to cooperative inquiry, which is a kind of learning method and process to help students gain their knowledge, skills, and develop their attitude and value, and also foster their exploration spirit, creative ability and practical ability. Cooperative inquiry learning is carried out by some specific research topics chosen from disciplines or our daily life, the particular context and different activities, such as division, cooperation, reading, thinking, discussion and communication.

2.5 Fostering Students' Awareness of Participation With Stimulating Their Understanding by Diversified Teaching Carriers

As we all know that the software and hardware both are very essential for a computer. So are the PE teaching. The educational carrier is also fundamental, which can help teachers teach in their daily work. Therefore, following the modern education concept, students should be involved in practice with fully making use of their excellent talents to take the positives instead of focusing on school record only. Nowadays, there are diversified modern educational tools which is an effective way to cultivate students' social responsibilities. At the same time, teachers' quality and working competence should be improved so that they can grasp the opportunity of new teaching reform and realize students' involvement in PE class with various teaching carriers and new knowledge.

2.6 Enhancing Communication Between Teachers and Students and Explore Their Like

College students are in a very important period of physical and mental development as well as personality formation. So it is definitely essential for them to arouse their interests in learning by face to face communications learning how they think and what they like. Some changes can be made to improve their interests in teaching activities according to their thoughts after communicating with them. The traditional teaching method, cramming students, has rooted in teachers mind. So it is urgent that teachers should enhance comprehensive ability to gain new teaching methods for the sake of boosting students' positivity, driving their initiative and involvement. Teachers can make students main part of class by reasonable grouping. Thus, one group of students can explain the course to other groups and others should give assessment in turn. It proves that this method can foster their teams and give them full play to their horizon, passion and creative thinking. Meanwhile, the open teaching is a way to show students' ability. Students can have a further understanding of knowledge by learning and summarizing the knowledge in the class.

3. Summary

It is very crucial that people from all walks of life attach great importance the reform of physical education curriculum with concerns about the healthy growth of next generation. Also this is what parents, schools and society should do. Therefore, how to carry forward the traditional physical teaching is not only a test for teachers, but also an important role in the reform. At the same time, universities are a final phase as well as a gold opportunity for students to have regular physical exercise systematically, which is also a challenge for teachers. It is a realistic significance for the individual, our society and country to be responsible for the future of every student and even to develop educational equality by building up the ranks of teachers, improving their professional skill so as to realize the reform.

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