

# **A Preliminary Analysis on the Importance of Physical Education to the Study and Growth of Students**

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**Keywords:** Physical Education, Study and Growth.

**Abstract:** With the reform of physical education curriculum going to greater depth, modern physical education in colleges and universities has undergone tremendous changes, showing the changes of ultimate goal. The transformation of the physical education in colleges and universities is guided by the "Health First".

## **1. Introduction**

Constantly the interest of students in taking part in the physical activities and cultivating students' awareness of lifelong physical exercise has become the ultimate goal of our physical education. As the principal part in the class, you can imagine the importance of students in the P.E class. However, many P.E teachers fail to motivate students in the class, only focusing on the simple teaching and sports competition. As a result, they fail to strictly implement the reform of physical education and health curriculum. Therefore, as the P.E teacher in universities, we should pay more attention to the cultivation of university students' interest in learning sports. This paper will analyze the importance of physical education to the study and growth of students in detail in order to draw the attention from leaders.

## **2. The importance of developing students' interest in Physical Education in universities**

### **2.1 Train students to discover things and create a better vision of life**

The social and life experience are not really rich for university students. So they are curious about the fresh things outside. From their point of view, they want to figure out the entire story of the emergence and disappearance of anything. Teachers should also cultivate students' interest in learning, teaching students to love life under the influence of nature and maintaining the corresponding curiosity, so that students will have best wishes for the bright life.

### **2.2 Train the habit of physical exercise among college students and form the goal of "health first"**

University students are not really getting into a habit of exercise. Most of students treat P.E class as a course to relieve and entertain themselves. That's why teachers should guide students to develop their interest in physical education courses, so as to stimulate their interest in physical exercise. Besides, teachers should motivate students to choose their favorite sport or the one they are good at. This is not only good for their physical and mental health, but also students can strive for the goals of life long exercise.

## **3. Physical education can cultivate students with a sense of participation**

Cultivating the students with participation is very important in the physical education in universities. We will analyze the importance through the following factors.

### **3.1 Paying attention to participation is a cognitive means to enhance students' sense of responsibility**

University students are in a period of rapid physical and mental development, which is also a critical period for the plasticity of world outlook, outlook on life and values. At this time, the implementation of the core content and quality methods of the new curriculum in the study is helpful for their future development in a long run. If universities can adapt to the tide of the times to carry out physical education teaching practice, and make students realize the importance of participation, it will be more helpful to creating an educating atmosphere and establish a good style of study, school spirit and class atmosphere. At the same time, it is also an important way to cultivate students' sense of responsibility. Participation and cognitive ability of responsibility are directly related to the cultivation of students' sense of responsibility. Students are not only born for study in their lives. After having rich accumulation of physical education culture, we need to cultivate students more with wholesome personality. Thus, letting students pay attention to participation in sports and disciplines is to combine the personnel training and development. It's also a representative of their core literacy and a channel to cultivate their responsibility.

### **3.2 Focusing on participation is an important starting point to encourage students to form a sense of responsibility**

Study is for a better life and practical meaning in the future. Therefore, we should cultivate student's core literacy and their sense of responsibility by enhancing their participation. We must understand that students do not live alone. Actually, they are a big family composed by tens of million people. Thus, paying attention to their participation is not only the precondition to improve the quality of education, and teacher's teaching. It is also a requirement for developing students' sound personality. Therefore, we should firmly establish all services for students 'all-round, healthy and high-quality development. And even comprehensively improve the core literacy and participation of students. As the future builder and successor of our country, students need to accelerate the study of physical education and constantly increase their sense of responsibility, which may help them grow up quickly. So students can really adapt to the needs of the current social development. Besides, we should encourage students to participate in the classroom construction.

### **3.3 Paying attention to participation is the channel to train students to form good behaviors**

The process of teachers cultivating the sense of responsibility for students is the means for students to achieve good behaviors. Participation is the core of physical education in universities, and also the objective for teachers to encourage students for self-regulated learning and form the new style of class based on quality conception. It is of great importance to put participation into a complete idea from the point of physical education and science and also train the students to get disposing capacity. Students are the future of our country and the hope of our nation. Therefore, the training of students should be comprehensive considering the capacity of contribution in the future. Participation in physical education classes in universities can enhance their learning ability promoting the teaching reform in universities. Besides, it can help students realize the important task on their shoulders and improve students' action ability contributing to the state building.

## **4. The importance of physical education to the development of school curriculums**

### **4.1 Updating the teaching mode**

Throughout our teaching modes for many years, teaching is mainly based on traditional teaching of words and deeds, namely the so-called preaching, teaching and dispelling confusion. The basic process of this kind of teaching mode is that teacher teaches relevant knowledge, and then students study, related consolidation and upgrading comes later. Finally, examine and evaluate students' learning contents and learning efficiency. This kind of teaching mode is cored on teachers, enhancing

teacher's main positions, which will have positive impact on teacher's teaching. However, for students, this kind of mode ignores the independent learning ability of students, and even oppresses the innovation of students to some degree partially emphasizing the main position of teachers. Thus, strengthening the teaching of physical education can greatly mobilize students in class in order to realize the participation of students and really master the knowledge in class. Influenced by the teaching mode of physical education, students can better give free rein to the imagination and subjective initiative for the improvement of study efficiency.

#### **4.2 Enriching teaching content**

Enhancing the ideological understanding of physical education can greatly enrich teachers' teaching content. Besides, it can combine theory and practice so that students can solve practical problems and really use relevant knowledge. In terms of teaching in universities, many concepts are abstract, which means strong logical and abstract thinking ability requires good imagination and abstract ability from students. Therefore, strengthening physical education can maximize the realization of abstract teaching content concretization realizing the real integration of students into the classroom, and grasp the relevant knowledge. At the same time, while teaching, it can help students understand the relevant knowledge. Using the teaching mode guided by physical education can maximize the sharing of teaching resources and present the relevant teaching contents of excellent front-line teachers to students and classes in remote areas through the information-based teaching mode. Moreover, to some extent, it can break the limit of space and time to cultivate students and realize real the fairest education so that every child can get a pair of soaring wings to fly in the wider sky.

#### **4.3 Improving teaching efficiency**

Improving the understanding of physical education can help teachers to lighten their burden to the greatest extent. It can realize the informationized teaching mode in lesson preparation and teaching, which will provide the students with more advantageous contents. At the same time, teachers can pay more attention to the students. They can build a bridge for students to learn the relevant knowledge by using the mature teaching mode of physical education to mobilize students' enthusiasm and participation. Teachers transform from a traditional leading role to a guider. This change in thinking can open students' thinking to the maximum extent, liberate their thinking, and also play a positive role in cultivating students' innovative ability.

#### **4.4 Mobilizing students' subjective initiative**

To some extent, the status improvement of physical education relieves the pressure of teaching and studying and also realizes the harmonious communication between teachers and students. In terms of teacher-student relationship, it has positive impact. In such a relaxed and pleasant classroom atmosphere, the enthusiasm of students and their learning efficiency will be maximized. At the same time, for students, informational teaching has the characteristics of relaxed, pleasant and impressive. Therefore, students can enjoy learning in the playing and playing in the learning. As far as the current university students are concerned, the learning pressure of relevant knowledge can be effectively mediated in the physical education classroom. The real realization of learning through play will have positive impact on the improvement of students' subjective initiative.

### **5. The importance of school management——Promoting the reform of personnel management**

Personnel management has impact on the development of universities. Thus, universities should attach importance to the concept of personnel management. In recent years, with the development of society, the traditional concept of personnel management can no longer meet the demands of social development due to the over-focus on the set up and improvement of management system, in which the management of people is included. However, the concept of personnel management in the new era is different from the traditional one since it focuses more on the concept of people-oriented. This

is why we need to constantly reform and innovate the personnel management concept, integrating ideological and political work into personnel management, give full play to the leading and guiding roles of ideological and political work. By doing like this, we can speed up the update of personnel management concept and promote the school development. The intervention of Ideological and political education can increasingly make the personnel management more scientific and truly incorporated into school management. Currently, most schools pay too much attention to the system building while ignore the cultivation and introduction of talents. Re-emphasizing personnel management can strengthen the construction of school personnel to a certain extent, and also apply the scientific personnel management to the actual management of the school. The re-emphasis can help the scientific reform of personnel management and the optimization of personnel management. With the scientific advancement and social development, personnel management should carry out necessary reform to adapt to the current developing trend of schools. The integration of ideological and political work can promote the reform of personnel management to the greatest extent, so as to better serve the development of schools. The high efficiency of personnel management will save more operation cost for schools and take most advantages of talents for rapid development of schools.

## 6. Summary

Physical education is vital to build an innovative university, while building an innovative university can also better serve the transformation and development of innovative education. At present, the interaction between universities and enterprises is more and more frequent. Physical education is imminent. Physical education has become the internal engine to the development of colleges and universities. Physical education in universities should excavate curriculum from the perspective multi-dimension, multi-level and multi-angle, and follow the growth principle of physical education system so as to create a relaxed development environment for students. In terms of the current employment situation and the form of physical education, strengthening the interactions with society is the best solution. The transformation and development of the ecological education system of physical education in universities takes time. This is why we should pay attention to the growth of every student in universities and build a good communication platform and external environment for university students to carry out innovative physical education. And finally help the students to achieve their dreams.

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