

How to Infiltrate Lifelong Physical Education into College Sports Teaching

Duan Zhiyong

Yunnan College of Business Management, Kunming, Yunnan, 650106, China

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Abstract: The social economy with rapid growth has increased the demand of overall talents in all fields. And the overall talents refer to those interviewees supposed to reach the general development of moral, intellectual, physical, aesthetics and labour education. This paper made the analysis of lifelong physical education in college physical education and understood the importance of “physical” in the overall development goal. The development future of lifelong physical education is concluded in this paper and some effective countermeasures are put forward to improve and help the development of lifelong physical education in colleges and universities.

1. Introduction

Social progress is pushed by the development of national education, so the attention to the development of students' overall qualities in college teaching can greatly improve social progress. And, a good physical education environment is necessary for the realizing of this goal. The perfect physical course can make students strong and perseverant, and alleviate their visual or mental fatigue in the study to help them learn more vigorously. It is obvious that the integration of lifelong physical education with college students' minds is beneficial to them and its final target is to make them always pay attention to physical exercise in the study and life.

The so-called lifelong physical education means that physical exercise can be invited to people's work and life all the time. Certainly, besides the regular exercise, they can accept correct physical training guidance and knowledge. The college is a significant carrier for most college students in training their comprehensive qualities, in which students learn knowledge and professional skills, and strengthen their physical qualities. Therefore, physical education should be allowed to play a important role in the promotion of students' physical qualities that is one of the necessary premises to train the overall quality. And lifelong physical education is vital to strengthen students' physical qualities, which is not only the core of physical education development, but also the key factor improving their physical development concepts.

College physical teaching aims at making students spend more time exercising and giving themselves the space to entertain and relax after the heavy ideological learning. There are various sports methods, and students can get mental and physical relaxation through exercising, entertainment and competition, which can help them get rid of the anxiety and pressure in the learning and unconsciously cultivate their strong and positive physical spirit. However, the traditional physical education mainly adopted the method of oral teaching that has been unable to adapt to the current education system. It needs to be permeated in students' daily life and study to form a good habit of exercise and then possess strong body and strong will. It can be seen from the above that we can regard lifelong physical education as the extension of college physical education and it plays a positive role in their later study and lives.

College lifelong physical education has many positive functions for students. Firstly, proper physical exercise can stabilize students' moods and neutralize their imbalanced psychology in the study. It is known that college students have rather heavy study, which can cause the tense nerve and negative mental feelings. Some graduates are easy to be upset and anxious with the fresh things outside the campus due to their pressure of employment. These bad emotions may result in students' anxiety and depression. The research data showed that proper physical exercise can effectively relieve students' bad emotions in the study, as well as control and prevent the anxiety and depression to promote their psychological maturity to some extent. So, in terms of psychology,

college physical exercise and teachers' guidance about lifelong education can exert significant influences on students' mental health and study emotion. Long-term study can make students feel tired and the whole physical function will be reduced, which is harmful to the learning efficiency and students' spirit and learning. If a student always studies hard, his physical and mental state will bear the torture of tiredness, and eventually his memory will be declined and action will be blunt. And physical exercise can exactly help students get effective relief from the tiredness of study and work. So, in order to have higher efficiency in learning and avoid the tiredness, appropriate physical exercise courses can be arranged into the education, more helpful to students' successful and effective accomplishment of academic task.

2. Implement the scheme of college lifelong physical education

Diversified teaching methods and activities can be prepared for students in the college physical teaching class so as to help students equip with some basic physical knowledge, good physical exercise awareness and habits, and interest with physical learning and exercise. At last, students can not only have much stronger bodies but also improve their own physical comprehensive quality. However, lots of college students are unwilling to have physical exercise with too much time at present, so the effective integration of lifelong physical exercise with students' mind can make more students participate in sports exercise. The preliminary interpretation about the methods to implement lifelong physical education in colleges will be made in the following.

In order to ensure the good development of students' physical quality and later work and learning, colleges should make students build the concept about lifelong physical education. Students should conform to the teaching requirements of colleges and establish the concept of lifelong exercise under the guidance of teachers. They should bear the concept in mind all the time in their daily sports exercise and deliver this concept to other students to promote more students have their own distinct understanding with the long devilmint of sports. It needs the correct physical teaching to realize the function of physical exercise in the daily life and work. Only by making students have their own understanding with lifelong sports and deep understanding with its function can they have intense interest in the physical education and be more active and positive to give full play to their physical advantages.

College physical education, a practical course, is different from Chinese and Math that only require the clear understanding with knowledge points. It needs the combination of physical knowledge and practice. Therefore, physical teachers should correctly apply physical theory to students' physical exercise in the teaching to make boring theory and interesting physical actives happen simultaneously and further increase students' learning efficiency. Of course, the innovation of such teaching method requires teachers can have scientific and rational arrangement with teaching methods and schemes to guarantee students to accept theory more easily on the basis of rational physical teaching content. The uniqueness of physical course is that the teaching content is designed according to students' ideological characteristics and physical features and the content can be rationally arranged to become effective teaching resource of teachers. The goal of college lifelong physical education is to help students strengthen their physical comprehensive quality as well as master and strengthen basic physical exercise skills. Colleges should provide more productive development space for students' lifelong physical education to make them can get larger interests and enable lifelong physical education to get larger support in its development.

Besides the improvement of students' physical comprehensive quality, the target of college physical education also means training their good physical exercise concepts. In short, the final teaching goal is to help them pay attention to physical exercise and enhance their physical quality. Students should be oriented with the center in their physical learning and they can strengthen their physical exercise awareness and abilities though different physical activities and learning. Good training of physical training awareness and abilities can play a positive role in their later lifelong physical learning. They should be equipped with good leaning motivation and dense learning interests in lifelong physical learning, which is the necessary demand of developing lifelong physical education. And psychical teachers should rectify the traditional teaching method. Firstly,

physical teaching should focus on the lifelong physical education and introduce various physical activities and skills to guide students to positively learn physical skills. Secondly, teachers can deliver their own understanding with physical exercise and train students' awareness of lifelong physical exercise through the method of personal examples.

At present, physical education with students is ignored in a number of colleges. Thus, most college students' physical abilities are at the middle or lower level. However, textbooks in most college physical teaching, in fact, can be summarized as a set of more scientific and rational physical learning scheme. Colleges can integrate the optimized scheme with practical sports to improve students' physical quality in the process of learning physical basic knowledge. Such method can help students have both physical fundamental knowledge and healthy body. Lifelong sports should be permeated in all stages of students' physical exercise. But practical training methods vary from person to person and different people with various ages have diversified training methods. So students should have more clear understanding and learning with physical basic knowledge in order to improve their abilities of lifelong physical education and have scientific and rational physical exercise at different ages, especially more attention to sports hygiene, health care and recovery. The learning cannot be quick and rough, but be deep and attentive to be used to the future study and life.

3. Encourage extracurricular physical exercise and infiltrate sports into the life

The physical training habits cannot be cultivated in a minute, and the key is the perseverance. In addition, physical exercise cannot just stay in the college class learning but need the daily physical exercise. The former is to memorize the training knowledge and skills, while the latter is the extension and development of physical education. So appropriate extracurricular exercise can effectively enhance teaching efficiency and quality. Teachers can organize students to have physical exercise in the daily study, for example, holding some small physical competition, arranging daily morning tasks, encouraging them to give full play to their advantages and reminding them the physical spirit of friendship first, competition second. The whole competition can not only improve students' physical quality but train their ideology and morality and cultivate their comprehensive quality. Only by this way can they have a strong body to resist the facing problems and possess a positive state to solve the "stumbling block" in their lives under the pressure of future work and study.

A few years ago, the extracurricular physical teaching abroad has adopted the open method and realized rather remarkable effect. In Japan, extracurricular physical activity has been the important part of college physical teaching, tightly combined with social sports activity and effectively promoting the successful launching of sports activities. The school, mass and economic sports are the "three pillars" of the whole sports activity in German. They complement one another and become an organic integrity. German college students are not only supposed to take part in normal class physical teaching but encouraged to participate in all social sports activities. So this is one of main reasons why campus sports clubs are prevailing in most German colleges. So far, extracurricular sports teaching in many countries have achieved good effects, and I believe that the concept of lifelong physical education can be infiltrated into Chinese students' life if they can be encouraged to positively participate in extracurricular physical activities.

4. Conclusion

Although the education level is increasing, students' physical qualities are worse than before. So it is urgent to develop lifelong physical education in colleges. But teaching knowledge is not good as teaching the methods of learning knowledge, as a Chinese proverb "giving a man a fish is not better than teaching him to fish". The methods learning should be paid more attention to in the lifelong physical education. At the same time of teaching students knowledge, teachers should teach them the skills of autonomously learning physical knowledge and help them invite physical exercise to the daily life and infiltrate lifelong physical education into their future life. The writer is in the hope of college lifelong physical education can help students better solve problems in their work

and learning.

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