

Study on the Cultivation of College Students' Lifelong Sports Consciousness by College Physical Education

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Abstract: The effective connection between school sports and social sports realized by college sports can cultivate students' lifelong sports consciousness. This article analyzes the concept of lifelong physical education awareness, points out the importance of lifelong physical education awareness, expounds the problems existing in college sports work, outlines the influencing factors in the development of lifelong physical education awareness of college students, proposes effective measures to address the above problems, and strengthens theoretical knowledge. , To improve students' physical education, carry out various practical activities, mobilize students' subjective initiative to a certain extent, cultivate students' sports hobbies, and lay a good foundation for the cultivation of lifelong sports awareness.

1. Introduction

College students' awareness of physical education is closely related to the teaching of physical education teachers in colleges and universities. Therefore, physical education teachers in colleges and universities should correct their teaching attitudes and adopt more scientific teaching methods and methods to effectively analyze the factors affecting students' personal physical fitness. Help students establish a lifelong awareness of sports. At present, college physical education teachers have certain limitations in the teaching mode and teaching concepts. The comprehensive quality of physical education teachers needs to be further improved, and the content of physical education teaching is not well-targeted. Therefore, based on the analysis of the importance of college physical education to the cultivation of lifelong physical education awareness, this article combines the situation of college physical education teaching to propose effective measures to promote the cultivation of students' lifelong physical education awareness.

2. Concepts Related to Lifelong Sports Awareness

2.1 Sports Awareness

Consciousness is the objective reflection of humans to the world, and it is the most essential difference between humans and animals. People continue to learn in practice, gain experience, and improve their own behavior. Human activities have a powerful purpose. Therefore, consciousness is a subjective reflection of things, and consciousness plays a guiding role in people's practical activities and helps people to understand the world correctly. Physical awareness is the subjective initiative formed by people in physical exercise, guiding people to take the initiative to participate in physical exercise, people develop physical awareness through physical exercise, and master various skills of running through running. The formation of sports awareness has three levels, one is the formation of sports cognition, the second is the formation of sports emotions, and the third is the formation of sports will. The relationship between the three is very close and has a progressive relationship. Sports cognition is the basis for the formation of sports art, and scientific sports cognition must be formed to generate sports emotions in future physical exercises.

2.2 The Concept of Lifelong Sports Awareness

Life-long sports awareness mainly refers to the behavior of people guided by human thoughts, and has a good ideological understanding of sports, forming sports emotions and sports will, and behavior is mainly to make outstanding contributions to sports and to feel the value of sports. The formation of lifelong sports awareness requires a long-term process. In a gradual process, people must stand the test before they can form lifelong sports awareness. After the formation of lifelong physical education awareness, it will play a guiding role in the physical exercise of college students, help college students to carry out various sports practice activities, and stimulate their subjective initiative. The correct consciousness has a correct influence on the practical activities of college students, and the lifelong physical education consciousness can also play a guiding and promoting role in the physical exercise of college students.

2.3 Characteristics of Lifelong Sports Awareness

Lifelong sports awareness has the characteristics of stability, promotion and intermittent. Stability will make lifelong sports awareness run through the life of college students. College students will not be easily shaken. Intermittent means that people will have different thoughts at different stages. The promoting nature is that when the lifelong physical education consciousness is established, it will have a positive impact on people's physical exercise and make people form an optimistic attitude in physical exercise.

3. The Importance of Cultivating Lifelong Sports Awareness

3.1 Enhance Physical Fitness

Health is not only included at the physical level, but also at the psychological level. Strengthening physical exercise can promote the physical and mental health of college students and enhance their immunity. Through effective physical exercise, cardiovascular health can be promoted, and people's blood pressure can be maintained at a better level through cycling or square dancing, and various risks of myocardial infarction and cardiovascular diseases can be reduced. Improve the adjustment ability of the nervous system, through physical exercise can enhance the body's adaptability, promote blood circulation and the efficiency of the digestive system, and enhance the effectiveness of brain tissue. Physical exercise can effectively control a person's weight, effectively prevent excessive calorie intake, and keep the body at a reasonable nutritional level. Physical exercise can effectively promote the growth of bones and muscles, increase bone density, and effectively reduce the probability of osteoporosis.

3.2 Contribute to Mental Health and Form a Good Psychological Quality

Health is a state of mind, and it can also be presented at the spiritual level. Healthy people have good adaptability, and only on the basis of physical and mental health can they make more contributions to society. Through effective physical exercise, it can play a role in regulating emotions and keep people in a good mental state. The information between the brain and the muscles realizes two-way transmission. During physical exercise, the muscles are very relaxed, which promotes the excitement of the brain nerves during information transmission and reduces people's feeling of depression. In the state of exercise, people's emotions can be very high, effectively resisting unpleasant emotions. In modern society, people's work pressure is very high, the pace of life is accelerating day by day, people often have some bad psychological problems, and physical exercise can effectively improve depression and anxiety.

4. Current Situation of College Physical Education

4.1 Backward Teaching Model and Concept

Educational concepts have a great impact on educational achievements. The current college physical education links and physical practice courses are insufficiently set, which is contrary to the

natural learning law of college students. Teachers attach great importance to the training of sports ability in physical education, and ignore the education of sports culture.

4.2 The Comprehensive Quality of Physical Education Teachers Needs to Be Improved

Physical education teachers in colleges and universities generally graduated from physical education majors, and their basic physical skills are very solid. However, their teaching mode is very traditional, focusing on the training of athletic ability, and the professional basic knowledge links are relatively weak, causing students to pay insufficient attention to the improvement of comprehensive physical literacy.

4.3 Physical Education Content Lacks Pertinence

The goal of physical education is to enhance students' physical fitness, improve their psychological quality, and enable college students to develop lifelong physical education awareness. In the physical education link, due to the single teaching content, it affects the enthusiasm of college students for physical exercise. College physical education still adopts the traditional theoretical teaching method, ignoring the guidance of students' physical exercise methods, and the students' logical thinking ability in sports needs to be further improved. The teaching content is very old and the teaching method is lagging behind. The teaching still uses the PPT method, and the students are not interested in the physical education content in the classroom. The teaching content focuses on the explanation of sports knowledge and skills, and ignores the teaching of humanistic knowledge. Insufficient practical courses can not meet the intensity needs of students for physical exercise.

5. Factors Affecting the Formation of Lifelong Physical Education Consciousness of College Students

5.1 Sports Interest

Whether students can actively participate in physical exercises or not, interest plays a decisive role. Many college students believe that they cannot participate in physical exercises because they are not interested in sports. If students can be attracted to sports, they will take the initiative to learn the essentials of various sports, have a strong interest in sports, college students will participate in it autonomously, and have lasting willpower for physical exercise. The cultivation of students' interest in physical education is the core content of college physical education. With the help of supporting college students' interest in physical education, students can develop a good habit of independent exercise and lay a good foundation for the formation of lifelong physical education awareness. When cultivating students' interest in sports, teachers should also discover why students are not interested in other physical exercises. Therefore, teachers can adopt targeted teaching methods to stimulate students' subjective initiative and ensure that students have enthusiasm in physical exercise.

5.2 Exercise Method and Ability

Many students can't find exercise skills in physical exercises, their exercise abilities are relatively poor, and even have feelings of rejection. This situation is very common in daily physical education. For example, in the sport of swimming, the students' movements are not standardized, causing their swimming speed to be very slow, and it is difficult for the students to get a good experience in swimming. In the lifelong sports awareness training link, no matter what kind of sports, it is necessary to master the essentials of sports in order to enable students to grasp the scientific exercise methods and persevere in various sports.

5.3 Willpower

Physical education can not only improve students' physical and psychological qualities, but also exercise their will and quality. Physical exercise is full of various uncertain factors, and students will face many difficulties in physical exercise. At present, the living standards of some college students have improved. Their irregular diet and study life have caused them to become inert, which

not only affects their enthusiasm for physical exercise, but also affects the physical and mental health of college students.

5.4 Time Factor

Many college students are relatively tight in their studies and lack of spare time, resulting in insufficient time for physical exercise. my country has a large population and high employment pressure. In order to stand out from the fierce competition, college students study hard on campus. Students have to face various examinations and do not have enough time to participate in sports. College students spend most of their time on books In study, in order to save time, college students neglected physical exercise. With the development of science and technology, the Internet occupies an important part of people's lives. The Internet has brought a lot of convenience to college students, so that college students can better obtain knowledge, but some college students are deeply trapped in online games and chat, and can't spend their spare time. Time is used in physical exercise.

6. Ways to Cultivate Lifelong Physical Education Consciousness in College Physical Education

6.1 Strengthen the Explanation of Sports Knowledge and Improve Students' Sports Theoretical Literacy

In the traditional links of higher education, the emphasis is on intellectual teaching, but physical education is ignored. Nowadays, with the continuous in-depth development of higher education and the concept of quality education, colleges and universities should promote the overall development of students, inherit the reasonable parts of traditional education, and further improve college physical education, cultivate students' awareness of lifelong physical exercise, and improve student physical exercise Ability. Colleges and universities should strengthen the training of physical education teachers to improve training effects. The cultural knowledge level of physical education teachers plays an important role in physical education. Therefore, physical education teachers should continue to learn educational theories, understand new things and new teaching techniques, and on the basis of consolidating theoretical knowledge of physical education, they should keep pace with the times. in principle. Under the environment of the new era, college physical education should inject comprehensive talents. On the basis of basic teaching and innovative teaching, scientific research and analysis of physical education should be promoted to improve the physical and psychological qualities of students. Therefore, colleges and universities should strengthen the training of teachers and improve the theoretical knowledge of physical education teachers. Enrich teaching content and methods, strengthen the teaching of sports theoretical knowledge, and make theoretical knowledge better used in practical activities. Combining the needs of physical education syllabus, cultivate students' awareness of lifelong physical education, and rationally choose physical education content based on the analysis of students' psychological characteristics. With the application of innovative physical education models, multimedia and micro-video technologies are fully applied in physical education, to ensure that students can fully feel the fun of sports and give full play to their subjective initiative. Physical education should expand the explanation of sports knowledge to ensure that the teaching of sports knowledge has breadth and depth. With the expansion of knowledge, students will like physical exercise more, enhance the interaction between teachers and students, make the sense of interaction in physical education stronger, and ensure that students can perform better in sports, and will deepen their lifelong awareness of sports in the hearts of students. Reasonably configure sports facilities to ensure that students can use their favorite sports facilities during physical exercise.

6.2 Carry out a Variety of Practical Activities to Strengthen Lifelong Sports Awareness

With colorful and vivid sports teaching activities, deepen students' personalized experience and sports emotions. With in-depth theoretical knowledge explanation, improve students' interest in sports, and help students develop persistent physical exercise habits. Physical education teachers

should form sports organizations, carry out various sports activities, encourage teachers and students to take the initiative to participate, and improve students' teamwork ability. Carry out a variety of sports activities to help students develop a lifelong awareness of sports. Abundant sports activities can enable students to participate fully. In sports knowledge competitions and various sports competitions, students can develop a sense of fair competition and their enthusiasm is fully mobilized. During the preparatory period of the pre-sports activities, effective publicity was carried out by means of broadcasting and Weibo. The rules of the game were explained to the students before the game, and the performance of the students in the game was reviewed after the game. With the help of interesting and entertaining teaching activities, students' enthusiasm is aroused, so that students' sports fun can be fully stimulated.

6.3 Stimulate Students' Subjective Initiative and Cultivate Lifelong Sports Hobbies

In the process of physical education in colleges and universities, students' subjective role should be brought into full play, so as to ensure that students form lifelong physical education awareness and stimulate students' initiative and consciousness in physical exercise. In the selection of teaching content, interesting content should be selected. On the basis of students mastering theoretical knowledge, teachers should leave a lot of space for students to allow students to practice sports independently. Combined with an open teaching model, students can independently choose multiple-choice items, and carry out grouping and layered teaching based on the analysis of students' interests and hobbies. Combining teaching resources such as multimedia to play various sports games for students, so that students will have the enthusiasm for physical exercise while watching sports games, and the training of self-exercise awareness and ability throughout the entire link of physical education, thereby promoting student subjective participation. Create good conditions for the cultivation of students' lifelong sports awareness.

7. Conclusion

College physical education is a core stage for cultivating college students' lifelong physical education awareness, and school physical education and social physical education can be effectively connected. Therefore, the development of physical education in colleges and universities should pay attention to the cultivation of college students' physical theoretical literacy, carry out a variety of physical education activities, and stimulate students' subjective initiative. Under the background of the new era, college physical education should incorporate the concept of overall development, based on the concept of quality education, to lay a good foundation for the cultivation of lifelong physical education awareness, and cultivate comprehensive socialist successors.

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