

## Research on the Reform of Public Physical Education in Colleges and Universities from the Perspective of Sunshine Sports

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**Abstract:** the sunshine sports policy has been promoted for more than 10 years, and various forms of public sports activities have been actively carried out in all parts of the country, providing more training and internship opportunities for students to get into nature and sunshine. However, through the investigation and research of this paper, it is found that in the current implementation of sunshine sports, there are many problems in both curriculum setting and curriculum reform of public physical education courses in colleges and universities, and it is difficult to live up to the reason of “sunshine sports”. This paper has carried on the deep thinking to the existing problem to find the root of the problem. Furthermore, it puts forward some suggestions on how to deepen the reform and optimize the resource allocation of public physical education courses in colleges and universities and the curriculum education reform.

### 1. Introduction

The proposal of sunshine sports has a certain era background and actual needs. Only by exercising 1h every day can we truly improve the physical and mental health of young people and promote the vigorous development of sports in China. As the name suggests, the connotation of sunshine sports is to enable students to get closer to nature by carrying out various forms of sports activities. Physical exercise makes students acquire a strong body and more actively devote themselves to study and work.

For Sunshine Sports, sport is its most important feature. Sports is different from the general random physical activities, sports require the human body in the control of the brain for conscious, regular movement to achieve the purpose of physical exercise. Therefore, the essence of sunshine sports is a kind of sports with physical exercise as the means. On the other hand, physical exercise can be divided into physical exercise and mental exercise. Physical exercise of the material part is the most common kind of physical exercise activities, the so-called material refers to the body Equipment and equipment for training and exercise. Spiritual physical exercise is indeed an easily neglected aspect in the current public physical education in colleges and universities. This aspect of physical exercise activities is a relatively abstract part, mainly including various rules and regulations to ensure its smooth implementation, sports ideology, sports culture, etc. [1].

### 2. Reflection on the Present Situation and Problems of the Reform of Public Physical Education in Colleges and Universities

Reviewing the promotion of sunshine sports for more than ten years, although in the development of school sports in our country has played a great role. However, according to the existing research results [1-3], it can be seen from the perspective of sunshine physical activities that there are still many problems and deficiencies in the public physical education teaching in colleges and universities in China. These problems seriously restrict the development and progress of the reform of public physical education in colleges and universities, thus causing the continuous decline of physical health level, sports skills and physical quality, as well as the weak awareness

and interest of sports among college students and other problems, which are worth in-depth research and reflection [2].

## **2.1 Colleges and Universities Do Not Understand the Target of Public Physical Education Accurately**

The teaching goal of sunshine sports activities is not only to improve students' physical exercise level to promote students' physical health, but also to train students to have a strong physical and psychological physique. At the same time, it also needs to teach students to understand and master the basic knowledge and skills of sports. However, in the process of public physical education teaching in many colleges and universities, there is a common problem that teachers and leaders have an inaccurate understanding of the teaching objectives. Many teachers believe that public physical education is to provide students with entertainment and relaxation opportunities, and carry out various forms of entertainment classes, game classes, etc., which will obviously ignore the broken chain and training of students' physical education skills. It is precisely because of this wrong understanding that students and parents have errors in their understanding of public physical education in colleges and universities, and gradually lose their interest in public physical education. At the same time, college physical education only pays attention to the training and testing of students, but neglects the examination and training of teachers, which leads to many problems of violating teachers' ethics.

## **2.2 College Public Physical Education Resources Are Short**

At present, China's colleges and universities still focus on cultural education, so all kinds of resources in schools and society are inclined to students' quality education. As for the resources of public physical education in colleges and universities, there is a great shortage. Especially in recent years, with the expansion of colleges and universities, the contradiction between the shortage of sports equipment and sports places in schools and the need for students to do physical exercise has become more and more prominent.

## **2.3 The Teaching Method is Relatively Simple**

In recent years, with the deepening of quality-oriented prisons, the teaching methods of public physical education courses in colleges and universities have made great progress and changes. However, the current single mode of public physical education in colleges and universities has not been changed, which is mainly manifested in the fact that the main mode of public physical education is still based on classroom teaching, and the in-class teaching and after-class physical activities are separated from each other, failing to play the essential role of sunshine sports [3].

## **3. The Measures of Teaching Reform of Public Physical Education in Colleges and Universities from the Perspective of “Sunshine Sports”**

Through the above research, it can be found that there is no denying that great achievements have been made in the current public physical education teaching in universities. But it is undeniable that there are many problems and drawbacks to be solved. To promote the reform of public physical education in colleges and universities, from the perspective of “sunshine physical education”, it is necessary to think about how to solve the understanding of students and teachers on physical training, and how to effectively improve students' physical quality through teaching physical education teaching activities.

According to the spirit of the 19th National Congress of the Communist Party of China, the present situation and existing problems of efficient public physical education are combined. From the perspective of “Sunshine Sports”, the author puts forward the following improvement measures and suggestions on how to promote the reform of public physical education in universities [3].

### **3.1 Set Up Correct Education Idea**

To carry out the reform of public physical education in colleges and universities, it is necessary

to straighten out the educational idea, strengthen the social understanding of physical education, and improve the understanding of physical education in colleges and universities. First of all, we need to further improve the position of physical education in colleges and universities. Through the reform of the teaching system, the physical education and other mathematics, science and chemistry subjects in colleges and universities should be reasonably designed and arranged, so that the physical education and these subjects should be in the same position. Only in this way can we fundamentally raise the social attention to college physical education. On this basis to improve the existing single teaching mode reform and innovation, improve the effectiveness of physical education in colleges and universities. We should keep up with the requirements of The Times while setting up the correct educational idea. In teaching, it is necessary to attach importance to the training and guiding role of students' physical exercise, and avoid the situation that physical education courses let students free activities and the serious separation between theory and practice happens again.

### **3.2 Realize the Diversification of Public Sports in Colleges and Universities**

To realize the modernization of public physical education is to realize the diversification of physical education and promote the diversified development of students. To realize the diversification of physical education in colleges and universities is to carry out targeted physical education according to the spirit of the 18th National Congress of the Communist Party of China, so as to stimulate students' interest in learning. At the same time, realizing the diversification of college physical education is also an important way to improve the efficiency of college physical education.

### **3.3 Emphasis on Physical Education Theory Teaching**

In the current physical education in colleges and universities, there is a very serious neglect of theoretical education. Physical education courses are mostly carried out outdoors. For theoretical teaching links, the proportion of the current physical education in colleges and universities is less than 5%. Due to the serious lack of this kind of theoretical education, the existing theory and practice teaching of physical education in colleges and universities appear to attach importance to practice and neglect theory. The theoretical education of physical education in colleges and universities should be strengthened so that theory can guide practice and promote the progress of physical education theory in turn. In this way, we can promote the healthy development of college physical education.

## **4. Conclusion:**

Realizing the reform of public physical education in colleges and universities through sunshine sports activities is a common problem in college physical education teaching. In this paper, from the perspective of "sunshine sports", the author puts forward three improvement measures and suggestions on how to promote the reform of public physical education in colleges and universities, such as setting up the correct educational concept, realizing the diversification of public physical education in colleges and universities, and attaching importance to the theoretical teaching of physical education.

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