

## **Research on the Strategy of Physical Education Based on the Perspective of “Student-centered Consciousness”**

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**Keywords:** student-centered consciousness; physical education; reform

**Abstract:** With the continuous development of the times, China's education is also on the road of reform today. The physical education is also transformed to a more efficient way in line with new educational concepts, and thus teachers need to place students in the subject position in the process of teaching, so that they can truly become the master of their learning. Only in this way can the education in China be able to cultivate qualified talents and contribute to the development of this country. Based on the concept of “student-centered consciousness”, this paper offered some suggestions for the reform of physical education in our country.

### **1. Introduction**

The physical education in colleges and universities has been developing for a long time in China. In 2011, relevant departments of China proposed: the physical education for student must ensure that students are taught in accordance with their aptitude and the individual development requirements of each student should be highlighted. However, the physical education teaching has become a “chicken rib” in the actual teaching due to the limited teaching resources and limited equipment, and it cannot play its due role in effectively improving students' physical quality and moral level. At the same time, because the teaching modes of physical education are relatively old-fashioned and cannot be combined with the technical means of the new era, the classroom of physical education is boring and cannot attract the attention of students. Moreover, these old teaching modes lead to the fact that teachers just teach students basic theoretical knowledge, rather than teaching them through practical activities. The reform of physical education requires teachers to place students in the subject position in teaching, fully stimulate their enthusiasm for learning and enable them to grow in physical education, so that they can better adapt to the development of society.

### **2. Problems in physical education in colleges and universities**

#### **2.1 Old-fashioned teaching concept**

In the traditional teaching, it is the teachers who are often in the subject position. In the classroom teaching, teachers explain knowledge to students, and the main task of the students do in this process is to passively accept knowledge. This kind of teaching mode has existed for a long time, but it can no longer meet the needs of the development of the times. Students cannot stimulate their enthusiasm under such a learning mode, which is extremely unfavorable for the performance of teaching work.

#### **2.2 Backward physical education methods**

In the present physical education, teachers are more likely to teach students some basic theoretical knowledge outdoors, and then let the students sum up experience in their own practice. In other words, they teach students to use theoretical knowledge to guide practical actions. This traditional mode does not allow students to understand the normative actions of some sports activities, resulting in students' lack of understanding of some technical movements. And thereby, they may be injured in actual sports. In the era featured by rapid development of information

technology and Internet technology, that physical education seldom introduce new technical means cannot provide effective guidance for students.

### **2.3 Unclear training objectives of physical education**

In China, the existence of physical education is to meet the basic policy of quality-oriented education. It aims to train students to be talents with “all around development of moral, intellectual, physical, aesthetics and labor education”, so as to contribute to the development of socialism. However, because this goal is relatively broad, there is no specific training objective for students' physical education in the actual teaching process, and thus they cannot be specifically trained according to requirements. This problem makes physical education impossible to find a proper starting point. In this context, in the current physical education, teachers often teach basic knowledge to students and then ask them to carry out free activities, which is not the way of teaching effectively according to the needs of students. To change this situation, it is necessary to formulate detailed teaching objectives and a teaching system in accordance with the requirements of the syllabus, so that physical education can be taught in a way that not only stimulates students' interest in learning but also makes the physical education classroom more effective.

## **3. The meaning of “student-centered consciousness” and its effects on teaching**

“student-centered consciousness” refers to that teachers place students in the subject position in teaching and design teaching activities from the perspective of students, so that the content of classroom teaching is conducive to the growth of students; at the same time, this can also stimulate the enthusiasm of students in the process of teaching, so that they can become the master of their learning<sup>[1]</sup>.

The “student-centered consciousness” has the following effects on the physical education.

### **3.1 Good for the healthy development of students' mind and body**

“Health First” is the principle of education proposed by the Ministry of Education for students. Therefore, the primary purpose of physical education is to strengthen students' physical fitness. The process of physical education is to explore the students' interest in sports and help them form the habit of paying sports; at the same time, it can also allow students to have some time for physical exercise and appropriate relaxation in the daily busy study. For some students with poor physique, teachers should set appropriate teaching content based on the “student-centered consciousness”, so that they can gradually improve their physical attribute. Only by teaching students in accordance with their aptitude can physical education achieve the desired goal.

### **3.2 Conducive to cultivating students' sound personality**

China's education reform stipulates that the physical education for students should not only strengthen their physical quality but also positively affect their moral quality. In other words, in addition to enhancing students' physical attribute, physical education is also expected to be helpful for the improvement of students' ideological quality. In the process of physical education, students can learn basic sports knowledge in class and also strengthen the friendship with classmates during physical exercise. It is necessary for students to follow the principle of “friendship first, competition second” in sports competitions, because only in this way can students improve their ideological quality in physical exercise.

### **3.3 Helpful for the development of students' personality**

The teaching philosophy based on “student-centered consciousness” requires students to be oriented in the teaching process. Therefore, teachers are supposed to respect the individual differences and personality differences of students, so that they can learn sports skills in the field they are interested in, and thereby they will have high enthusiasm for sports activities and can participate in sports activities spontaneously. Only in this way can physical education develop students with their own personalities, rather than those like products produced on the assembly line.

The teaching based on “student-centered consciousness” can effectively enable students to develop and grow in a personalized way, and then become talents that can contribute to the development of our country<sup>[2]</sup>.

#### **4. The reform strategy of physical education under the “student-centered consciousness”**

##### **4.1 Make teaching objectives more compatible with students' needs**

Physical education activities not only need to meet the training requirements of students that are stipulated in the syllabus, but also respect the subjective wills of students to the development of their physical quality. According to the requirements of “student-centered consciousness”, teachers need to combine teaching with the needs of students for development<sup>[3]</sup>. In the process of physical education, they must complete the basic teaching of physical activities and theoretical knowledge in the classroom, and then guide the students to practice the standardized sports. At the same time, teachers should also teach students in accordance with their aptitude and formulate different teaching plans for some students with poor physical fitness. After the explanation of the basic theoretical knowledge for students, teachers can guide them to practice the physical movements step by step, helping them gradually becoming familiar with technical movements and thereby effectively strengthening their physical quality. After students are very proficient in the physical activities they have learned, teachers can teach them new sports movements and review the movements learned previously to strengthen the muscle memory. For some students with a good foundation in sports, teachers can ask them to do more practice by themselves. Such teaching in accordance with the aptitude can accomplish the teaching objectives well, and meanwhile students with different foundations can effectively complete the physical education curriculum.

##### **4.2 Respect the ideological differences between students and teachers**

The traditional teaching mode is that the teacher is active while the students are passive, but the new physical education mode emphasizes the “student-centered consciousness”. To complete the transformation of teaching mode, it is necessary to respect the difference in learning concepts between students and teachers. Due to the long-standing passive learning mode, students may not be able to adapt to the new teaching mode, which is very likely to make the teacher and students not synchronized in thought. For example, sometimes students do not complete the tasks that teachers arrange, and besides, some students cannot understand why physical education, a liberal studies curriculum, is taught in such a complicated way. Based on the “student-centered consciousness”, teachers should recognize the ideological differences between themselves and students. It is improper for teachers to force students to complete the ideological transformation in a short period of time. Instead, they should give students detailed explanations and make them understand the good intentions of teaching arrangements. At the beginning of each physical education class, teachers often arrange for students to jog, stretch and or do other warm-up activities. Some students may think these activities are very boring and meaningless. In fact effective warm-up can reduce the risk of injury in intense physical activities and contribute to exercise effects. Therefore, teachers should explain the benefits of warm-up activities to students in advance, so that they can realize the significance of these activities. Besides, some students do not understand why there is a final test for the physical education curriculum. Teachers should also make students know that the final test can effectively urge them to exercise to have a healthy body, so that they can enjoy healthy and happy growth. Therefore, there is a need to always highlight the “student-centered consciousness” and respect the different thinking of students in the process of physical education<sup>[4]</sup>. Only in this way can physical education activities be carried out well.

##### **4.3 Optimize the teaching process based on “student-centered consciousness”**

In the actual physical education process, teaching methods should be adjusted based on the specific situation of students. Only by formulating appropriate teaching methods can teachers stimulate students' enthusiasm and make them realize their subject position in sports learning. For

example, the teaching content of physical education classes should not only attach importance to the training of students' theoretical knowledge and professional skills, but also strengthen the development of some interesting sports activities. In colleges and universities, students are generally very interested in basketball, and thus it is feasible to carry out activities related to basketball. In addition to training students' ability to run, these activities can also strengthen their mastery of basketball techniques. The most important thing is that it is conducive to cultivating students' spirit of unity and cooperation in this process. This is the optimization and new design of the classroom content in which students are placed in the subjective position in the teaching process.

#### **4.4 Evaluate students with the “student-centered consciousness” as the basic standard**

“Student-centered consciousness” requires that physical education is student-oriented, and thus, in teaching activities, more attention should be given to the fields that students are interested in. As young adults, most students prefer intense sports, such as basketball and football. Therefore, teachers should also pay attention to the areas of interest of students and carry out teaching activities on this basis to improve the quality of teaching. At the same time, it is also necessary to lay stress on the all-round development of students, so that they can contact more kinds of sports activities in the classroom, and then discover the sports activities that they are interested in. On this basis, they may be more willing to do exercise, and then gradually make physical exercise become part of their daily life. The most important thing is to change the evaluation system for students. Students cannot be evaluated simply by physical test results. It is necessary to take into account students' performance in theoretical knowledge, sports test scores and the degree of progress to comprehensively measure their physical ability, so that they can achieve real growth in sports learning<sup>[5]</sup>.

### **5. Conclusion**

At present, science and technology as well as information technology are constantly developing worldwide. Physical education should also adapt to the needs of the development of the times and transform the traditional classroom mode. It is necessary to carry out physical education activities for students based on “student-centered consciousness”, so as to give full play to physical education to strengthen their physical quality and promote the development of their personality and all-round ability. To achieve this goal, it is needed to recognize the various problems in current physical education, such as old teaching methods, backward methods and ideological differences between teachers and students. Then, on this basis, teachers should carry out new design on the content of physical education, combine the needs of students with the syllabus and conduct comprehensive evaluation of the students. Only in this way can we do a good job in the reform of physical education based on “student-centered consciousness”, so that physical education can cultivate talents with “all around development of moral, intellectual, physical, aesthetics and labor education”, thereby better serving the development of society.

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