

An Exploration of College Physical Education Teaching Strategies Based on Lifelong Physical Education Consciousness

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Keywords: Lifelong physical education, Health awareness, Sports skills

Abstract: As an important concept in the new era of college physical education, lifelong physical education aims to call on college students to form the habit of lifelong physical education, so as to acquire more sports knowledge, sports skills and health awareness. Therefore, this article will be lifetime sports as the research object, analyzing the value of lifetime sports consciousness of college physical education teaching for enhancing students' health consciousness, enrich students' knowledge and improve the students' sports skills, and then put forward under the lifelong sports consciousness, university sports teaching strategies, one is relying on in lifetime sports theory to improve college PE teaching fun, 2 it is based on theory of lifetime sports to enhance the university teaching quality of sports, three is on lifetime sports theory to optimize the university sports teaching mode, four is on lifetime sports theory to enrich the teaching of college sports activities, which can effectively promote the rapid development of colleges and universities sports teaching.

1. Introduction

With the increasing attention to the national health problem, the theory of lifelong physical education has been applied to the physical education teaching in colleges and universities. Traditional sports teaching is only the sport as a course, let the students learn some basic knowledge of sports and sports skills, does not require students to really experience the unique charm of the sport, nor will guide the student lifelong sports into the future work and life, make many college students lack of physical exercise habits, resulting in has been hard to effectively improve national quality. Therefore, the effective implementation of lifelong sportsmanship has become the development trend of college physical education teaching.

2. The Value of Lifelong Physical Education Consciousness to College Physical Education Teaching

2.1 Enhance Students' Health Awareness

At present, many college students do not pay much attention to their health problems, often appear to stay up late, sit for a long time and some bad habits, resulting in a part of people's physical quality is weak, and health problems are increasingly prominent. In the final analysis, it mainly lies in the weak health consciousness of college students, who do not realize the importance of health. Although they have participated in some physical education courses, they are limited to the form and do not really improve their physical quality through physical education. Therefore, colleges and universities continue to emphasize the awareness of lifelong learning, can gradually develop their own health awareness, and the awareness of lifelong sports effectively into the daily sports learning when, master some useful sports methods and sports concepts, so as to flexibly apply to daily sports fitness. At the same time, colleges and universities can instill their lifelong sports awareness in their relatives and friends, and lead their relatives and friends to participate in the lifelong sports craze, so as to promote national health awareness.

2.2 Enrich Students' Sports Knowledge

For a long time, the physical education teaching in colleges and universities in China is still mainly oriented by exam-oriented education, and usually some simple and short-term physical education courses are designed so that students can get the corresponding credits, which does not highlight the significance of physical education itself. In the long run, students will only take physical education courses as a learning task, in order to get enough credits to participate in some sports, but do not really take physical education teaching as an effective way to strengthen the body, also do not take the initiative to learn some sports knowledge, resulting in the lack of physical knowledge reserve of college students. Therefore, colleges and universities constantly emphasize the awareness of lifelong learning, which can prompt physical education teachers to explain some important sports knowledge in depth, help students learn more sports knowledge, so that students can judge which sports they are suitable for according to the existing sports knowledge, so as to carry out targeted sports.

2.3 Improve Students' Sports Skills

As is known to all, sports teaching in colleges and universities are widespread phenomenon of extensive management, some teachers even take force-feeding teaching methods, such as type and range as long as the students go to class on time, will not strict demands students to master correct standard of sports skills, also won't take effort to guide students to learn some important sports skills, leading to the students is very difficult to professional sports skills, at the same time will also be a lot of valuable makes little sense to waste time in some sports teaching activities. University emphasizes the consciousness of lifelong learning, constantly, therefore, can make teachers to spend more time to guide the students to master the professional sports skills, help students to learn scientific physical training methods, can also encourage students to learn physical skills fully applied to their daily life, and the sports skill gradually become students life-long benefit effective skills, to cultivate a group of strong movement quality of sports talents.

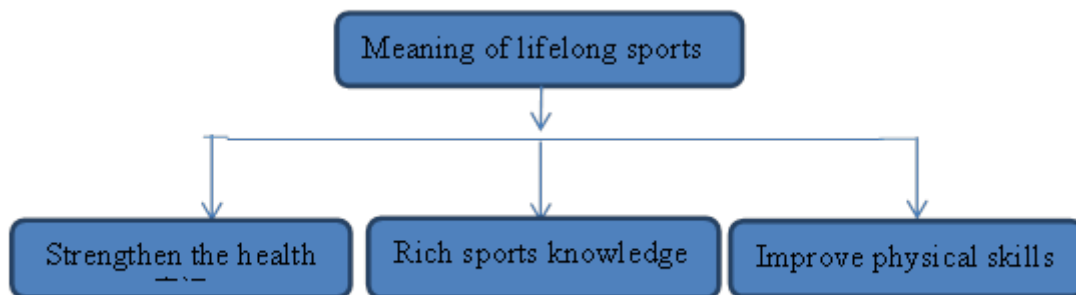


Fig.1 Value of Lifelong Physical Education Consciousness to College Physical Education Teaching

3. College Physical Education Teaching Strategy under the Consciousness of Lifelong Physical Education

3.1 Based on the Theory of Lifelong Physical Education to Enhance the Interest of College Physical Education Teaching

Sports are boring, which makes many students unwilling to participate in extremely hard sports. Only by changing PE teaching towards fun, can students fall in love with sports deeply, so as to truly implement the lifelong sports consciousness. Therefore, colleges and universities should innovate PE teaching methods and change PE teaching from boring training to interesting games so as to improve PE teaching atmosphere. In the environment of big data, teachers should skillfully design interesting sports teaching contents with the help of multimedia technology, and not rely on the monotonous oral explanation, but take the initiative to promote the sports teaching atmosphere and stimulate college students' interest in sports. , for example, in the badminton teaching, teachers can use multimedia technology skillfully make a novel badminton video and animation simulation video, fully display the badminton serve, spike, chop and catch a number of technology, and the technical difficulties through video effect is optimized, which adds to the fun badminton teaching,

make the college life as soon as possible to master learning, to bring to the badminton. In addition, some badminton related recreational competitions can be designed in the class, such as the service game, double exhibition game, etc., so that college students can participate in badminton through coordination and cooperation, so as to improve the teaching atmosphere of badminton and make college students devote themselves to badminton training. Finally, you can also cut some badminton match highlights, such as Lin Dan, lee and dragon excellent players in each big events such as stroke, to colleges and universities to badminton also has a strong appreciation and interesting, and also can use all kinds of fancy moves to hit every ball, make college life really love badminton the sport.

3.2 Based on the Theory of Lifelong Physical Education to Enhance the Quality of College Physical Education Teaching

Physical education is originally intended to help students master sports skills, learn sports knowledge and enhance physical fitness. Only by constantly improving the quality of physical education can students see the benefits of sports to themselves and truly understand the meaning of lifelong sports. Therefore, colleges and universities should change the teaching methods of physical education, abandon the mechanized teaching mode, and consider from the perspective of college students, follow the people-oriented teaching concept, and adopt professional teaching methods to enhance the physical education level of college students. In the big data environment, teachers can make full use of the Internet platform to effectively integrate network technology into physical education. For example, in the basketball teaching, because the university gave birth to their own physical quality, personality characteristics and age all have some differences, teachers should according to the actual situation of each university life to make a personalized teaching plan, and going to pull in the same class all the students WeChat group, will be released each class training requirements to WeChat group, each university student's basketball level can be improved accordingly. For college students who lack basketball skills, they can focus on the training of strong dribbling, three-step layup and turning. For college students with weak shooting ability, the training of shooting posture and shooting technique can be focused on. Through scientific and effective PE teaching methods, students can really master the professional sports technology, promote students to form a lifelong sports awareness.

3.3 Based on the Theory of Lifelong Physical Education to Optimize the College Physical Education Teaching Model

In order to truly advocate students' lifelong sports awareness, it is necessary to reform the PE teaching mode and integrate PE teaching into students' daily life, so as to effectively instill students' lifelong sports awareness. Therefore, colleges and universities can optimize the physical education model, not only should attach great importance to physical education in the classroom, but also should vigorously carry out physical education outside the classroom, actively develop the second class, so that college students can participate in physical education at any time, so as to improve their own level of physical education. Under the environment of big data, colleges and universities can set up complete network physical education courses and set corresponding class hours to guide college students to learn sports actively in extracurricular time. In table tennis teaching, for example, can be integrated in the network platform of table tennis teaching resources of colleges and universities, some professional table tennis teaching video, and table tennis video download, designed a set of network teaching course, the whole course is subdivided into 12 classes, college life within the allotted time watching video network courses, and the network teaching, as in this semester the learning task, into the credit system in colleges and universities, to drive the colleges and universities have actively involved in the table tennis of network teaching. In addition, colleges and universities can also establish a network platform, such as WeChat public number and campus network in colleges and universities, colleges and universities can take the usual sports learning experience and uploaded to the colleges and universities by sports video network platform, and set up a special message board, so that the college teachers and students to communicate in the comments section, in a timely manner to discuss some learning skills about sports, preventive

measures, such as current affairs, inspire all the colleges and universities' enthusiasm for sports, born helps to enhance their sports level in colleges and universities.

3.4 Relying on the Theory of Lifelong Physical Education to Enrich the University Physical Education Teaching Activities

Lifelong sport means that sport is not only limited to physical education, but also covers all physical activities in life. Therefore, colleges and universities should actively integrate life materials, inject life elements into physical education, actively organize some physical education activities, cultivate the physical culture of college campus, stimulate college students' enthusiasm for sports, and make physical education gradually become an important part of college students' daily life. In the environment of big data, colleges and universities can jointly build a series of excellent sports teaching activities with the network platform, and make effective use of the network platform to spread, and actively promote the sports teaching culture of colleges and universities. Colleges and universities, for example, can draw lessons from the current most popular online variety, such as running brothers and ultimate challenge program, and will tear famous brand as the colleges and universities sports teaching activities, encourage colleges and universities have actively involved in this kind of sports activities, on the one hand can cultivate college student love for sports, on the other hand can also spread the campus sports culture. In addition, still should change the traditional concept of physical education teaching in colleges and universities, colleges and universities can not be born of the cultivation of sports scores as the only standard, also should strengthen the gave birth to the cultivation of the spirit of sports in colleges and universities, to colleges and universities have realized that sports is not only to cope with the physical examination, but use sport as a important way to keep fit, consciously cultivate the consciousness of physical exercise, through long-term regular physical exercise to enhance their physical quality. Can be carried out in colleges and universities, for example, in the spirit of sports as the theme of the lecture, and through multimedia equipment to play some of the physical fitness of propaganda video, guide all the inner meaning of university teaching in sports right, promote university student's sports spirit, called on university life in the future work and daily life are actively engaged in sports, in order to become a well-rounded outstanding university student.

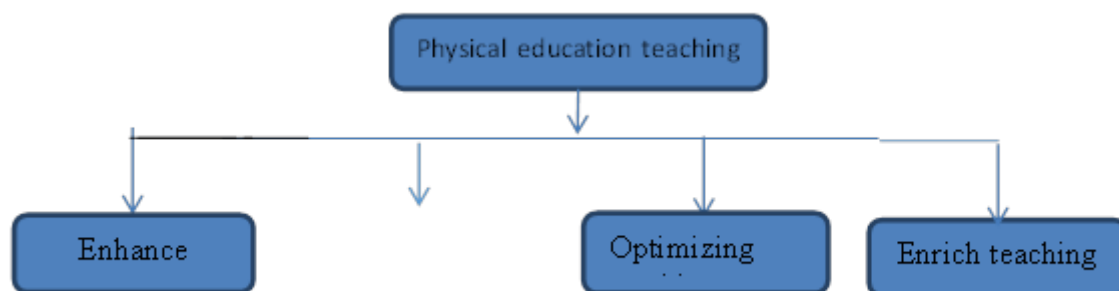


Fig.2 College Physical Education Teaching Strategies under Lifelong Physical Education Consciousness

4. Conclusion

To sum up, the lifelong sports consciousness has important significance for college PE teaching in colleges and universities is necessary will be effective lifetime sports consciousness and sports teaching, based on theory of lifetime sports to improve college PE teaching interest, relying on the theory of lifetime sports to enhance university sports teaching quality and on lifetime sports theory to optimize the university sports teaching mode, based on theory of lifetime sports to enrich college PE teaching activities, can effectively promote the rapid development of colleges and universities sports teaching.

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