

Reform and Exploration of Physical Education Management in the New Era

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Abstract: The reform of physical education management along with the modern education management model has entered the new century. The form and connotation of education have undergone major changes in the context of high-tech and knowledge-based economy. Sports education management is also facing such changes. The profoundness, especially the emphasis of quality education, from the perspective of the nature of education management and the value orientation of education management, education management has become an important factor affecting the human process. At present, research on the management of physical education in the new era is attracting more and more scholars' interest. In the management of physical education, there are many problems that are currently awaiting resolution. Therefore, this paper uses the literature method and the method of issuing questionnaires to conduct research. On the basis of establishing a new orientation of physical education management in the new era, this paper analyzes the problems existing in the development of physical education management in the new era. Put forward a new era of physical education management development strategy by educating people to learn the experience of survival, performance and perfection, develop their potential, learn to write and communicate, become a qualified social person. The direction of education allows us to understand the great significance of the reform of physical education.

1. Introduction

The discussion about the disciplinary nature of sports has been a constant topic for nearly 20 years, and we are not concerned with conceptual debates. The concept is agreed upon, but scientific research on concepts contributes to the development of theory and practice. Physical education management is an important part of comprehensive development of education management. Since the 18th National Congress of the Communist Party of China, the Party Central Committee with Comrade Xi Jinping as the core has made overall plans from the strategic goal of realizing the "two hundred years" goal, and has repeatedly delivered important speeches and made important instructions. In-depth study and implementation of General Secretary Xi Jinping's important spirit of discussion on sports, education and management, promoting the reform and innovation of physical education management, and building a comprehensive development education management system are the historical mission of building an education-enhancing country and managing the people's satisfaction.

When we face the overall trend of education management in the new era, with the development of society and the gradual deepening of people's understanding of health, especially the comprehensive advancement of quality education, the reform of physical education management has emerged. To answer this question, first It is necessary to distinguish the positioning of sports disciplines as an integral part of school education [1]. For a long time, physical education emphasizes "enhancing physical fitness". The law of human physiology changes is affirmed as the basic law of physical education management process. The adaptive function of human body function is the basic theoretical basis of physical education. Some biological indicators have become the assessment of students' physical education. Standard [2-3]. To this end, the focus of

physical education management is the transfer of sports technology and the so-called physical quality improvement. Then, what is the fact? From the comparison of the physical examination of Chinese and Japanese adolescents, it is counterproductive [4-5]. We have not seen the results highlighted in our physical education. The task of "enhancing physical fitness" has not been effectively implemented. From the comparison between China and Japan, the physical development of Japanese young students is obviously better than that of us [6]. This disjunction between theory and practice, theoretically, and another set of practices in practice make the development of the discipline of physical education deviated.

With the establishment of the concept of "school education management to establish the guiding ideology of health first", people recognize the intrinsic relevance of sports and health, recognizing that health has three attributes: physical, psychological and social. The discipline orientation of physical education management is thus based on [7-9]. To this end, it is proposed that the new era of physical education management must be reformed in the education mode and management mode [10]. Promoting the comprehensive development of learners in moral, intellectual, physical and aesthetic aspects is the spiritual essence of China's educational goals. Deepening the reform and innovation of physical education is of great significance to improving the health of young people's physical fitness and accelerating the construction of a strong country, a sports power and a healthy China. 11-12].

This paper proposes that in order to promote the healthy development of physical education for contemporary students is the common goal of school physical education. School physical education management is the main channel to achieve this goal. Using the literature data method, explore the value implication and realization path of Chinese physical education in the new era [12-14]. Main conclusions: The reform and innovation of China's physical education in the new era must be based on the important exposition of General Secretary Xi Jinping on sports and education; the reform and innovation of China's physical education in the new era should not only help the learners to develop physically and mentally, but also serve the construction of sports powers. National strategy; the new era of China's physical education reform and innovation should implement the fundamental mission of Lide Shuren, firmly establish the educational concept of "all-round development" and "health first", and strive to build young people's "learning +" by continuing to deepen reform and strengthen security conditions. Sports "life + sports" healthy growth model.

2. Method

2.1 Documentary Method.

Through reviewing the literature, we can understand the current research on the management of physical education, which proves a series of problems and shortcomings in the current physical education management, and studies the corresponding reforms for a series of problems and deficiencies. And the corresponding documents are completely preserved, and the parts related to the research topics in the literature are collected. A document that reflects contemporary educational activities, people, events, and theories.

2.2 Questionnaire Method.

Questionnaires were distributed to teachers and students at the school and filled out on the spot. Questionnaires for graduates who have left school are sent by e-mail.

3. Data Source

During the course of the experiment, 10 classes were randomly selected from the Nanchang University site, a total of 400 people. Among them, there are 5 experimental classes, with a total number of 200 people and 5 control classes, with a total number of 200 people. Male students account for 54% of the total number, and girls account for 46% of the total. Between the ages of 18 and 24, a total of 400 questionnaires were distributed and 350 questionnaires were collected. The recovery rate was 87.5%, of which 300 were valid questionnaires, and the effective rate was 75%.

4. Conclusion and Analysis

4.1 Comparison of Sports Education Management Reform in the New Era.

Young people are the future of the motherland and the hope of the nation, and they are the new force for realizing the Chinese nation's great rejuvenation of the Chinese dream. Doing a good job in physical education is a fundamental way to improve the physical and mental health of young people, and it is also the foundation stone for the realization of the dream of a strong country. The new era promotes the reform and innovation of physical education management. It must respect its intrinsic essence, help learners' comprehensive development of mind and body, and conform to their external social values and serve the national strategy of building a sports power. Compared with other education management, physical education management plays a more fundamental role in comprehensive development education, and is a bridge to communicate the unified and coordinated development of individual body and mind. Therefore, whether physical education management under the new era really needs to be reformed (see figure 1, Table 1).

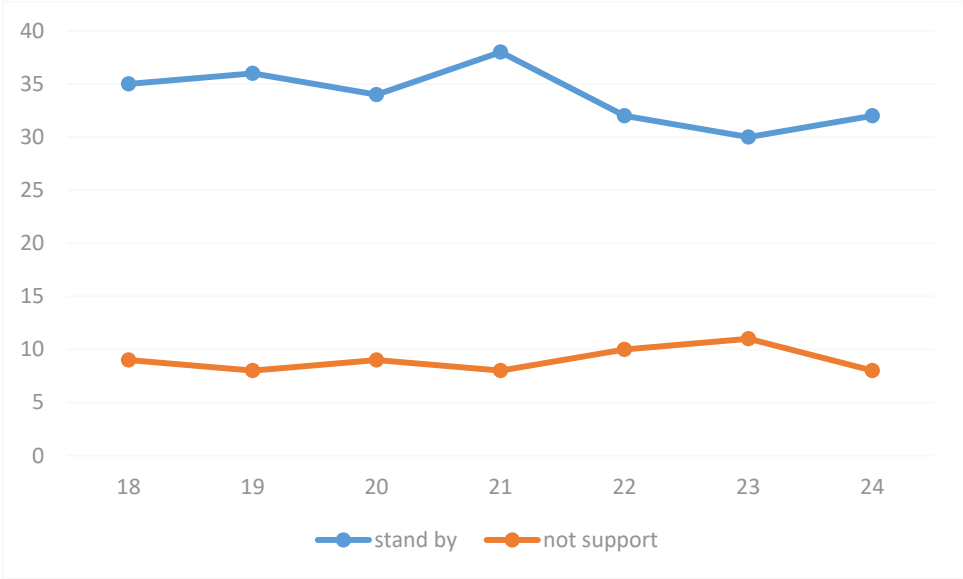


Figure 1. Relationship between age and support for the reform of physical education management in the new era

Table 1 Relationship between gender and whether to support the reform of physical education management in the new era

Gender	Male	Female
Whether reform		
stand by	160	132
not support	2	6

It can be seen from the table that both the age group and the gender are supportive of the reform of the physical education management system. This is mainly manifested in two aspects: First, through the function of “education”, physical education can lay the foundation for the healthy growth of young people. The body is the material prerequisite for the all-round development of young people. Only with a strong body can they better complete their studies, seek development, and contribute to the future of the nation and the country. Second, through the function of “cultivating people”, physical education can lay the foundation for the development of other education. The function of physical education is not limited to the body, it also has a significant impact on the construction of the learner's spiritual world and the development of labor capacity. In summary, physical education management is a kind of educational management activity with compound influence. Although it directly points to physical development and physical enhancement, it inherently contains the value and meaning of moral education, intellectual education, aesthetic

education and labor education. In other words, physical education begins with “education” and focuses on “educating people”. Through the initial function of “physical education”, physical education can also have an educational impact on “the body beyond the body itself”.

4.2 The New Era of Physical Education Management Reform Must be Based on the Young People's "Learning + Sports", "Life + Sports" Healthy Growth Model As the Implementation Path.

In the new era of physical education, we must comprehensively implement Xi Jinping's new era of socialism with Chinese characteristics and the spirit of the 19th National Congress of the Communist Party of China, implement the fundamental tasks of Lide Shuren, reform and innovate the management mechanism of physical education, comprehensively improve the quality of physical education management, and give full play to The basic and comprehensive role of physical education management in the all-round development of young people strives to build a comprehensive development education system. We must implement the concept of all-round development of education, always bear in mind the educational purpose of the socialist builders and successors of all-round development of morality, intelligence, art and work, and clarify that the development of learners is a body and mind including moral, intellectual, artistic, and other qualities. Unified and coordinated development, profound understanding of the weakening or lack of any one of the "five-education" will cause damage to the overall development of learners; profoundly understand the indispensability of physical education in comprehensive development education, and put the management of physical education into strategy The basic position comes. The mode of physical education management must closely follow the characteristics of the development of youth development, and must conform to the development trend of international physical education management: to ensure that according to General Secretary Xi Jinping, “opening up physical education classes to help students enjoy fun and enhance physical fitness during physical exercise. To improve the personality and temper the will, to strengthen physical education and extracurricular exercise, to ensure students' physical activity time, to enable young people to master one or two sports skills and strong sports interests in physical education management; to constantly reform teaching materials, Enrich the content of physical education curriculum, innovate physical education teaching methods and organizational forms, and enhance the attraction and effectiveness of physical education classes; actively develop after-school sports training through the formation of sports teams, teams, clubs and interest groups, etc. Students provide a path to success, lay the foundation for the country to train competitive sports reserve talents; gradually improve the campus sports competition mechanism, extensively carry out various levels and types of sports competitions, attract students to actively participate in physical exercise; promote the deep integration of physical education and technology To achieve sports The transformation of science and technology, the use of modern scientific and technological achievements, the promotion of the deep integration of physical education and culture, the promotion of China's excellent sports culture, the display of Chinese sports new style, the promotion of the deep integration of physical education and internationalization, the strengthening of Chinese and foreign sports exchanges, learning Advanced sports experience. The development of physical education work requires good guarantee conditions: we must adhere to the rule of law, further improve the relevant policies and regulations of physical education, increase supervision and accountability, provide institutional support for the development of physical education management; further increase the investment in sports education management Intensify, promote the construction of sports facilities, provide material security for the management of physical education; promote the reform of the "sports +" and "sports" talent training mode, vigorously select and train the specialized talents in the sports field, and cultivate more high-level teaching and research Personnel, athletes, coaches, referees, etc.; strengthen the training of physical education teachers, expand the source channels of physical education teachers, enhance the special ability of physical education teachers, and create a large number of "coach-type physical education teachers" to provide personnel protection for the management of physical education; Construct a physical education network in which schools, families, communities and

other diverse forces participate, and integrate physical education into the whole process of learning and living for young people, and innovate the operational mechanism of physical education.

5. Summary

Under the new era, the management of physical education is related to the physical and mental health of hundreds of millions of students. The new era puts forward higher requirements for the development of physical education management. The majority of school physical education and management workers must recognize that the physical education education is related to the new positioning of the Chinese dream strategy. It is related to the new direction of health China's construction reform and is related to the new requirements for the development of quality education management. Therefore, governments at all levels and administrative departments of education strictly implement the responsibility of the management of physical education, and incorporate the management of physical education into the main channel of "Lideshuren" and incorporate it into the reform of education management. All schools should actively implement the laws and regulations governing school physical education and creatively carry out the management of school physical education. Physical education teachers do the duties of the first responsible person in the quality of classroom teaching, and conscientiously complete the management of physical education assigned by the school. We will do a good job in school physical education that the people are satisfied with in order to ensure that China gains more advantages in the fierce international competition, achieves the steady improvement of China's comprehensive soft power, and trains more high-quality comprehensive talents for the society.

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