

Development Factors and Countermeasure of Physical Education in Colleges and Universities in China Based on Quality Education

Miao Zhong

Hunan Modern Logistics College, Yuanda second Road, Changsha, Hunan, 410131, China

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Abstract: The ultimate goal of school physical education is to promote adolescents' physical and mental health, cultivate technical skills and improve personality. It can be said that school physical education is the cornerstone of physical education. Quality education aims at improving the quality of all students in an all-round way. The cultivation of students' innovative quality, which is composed of their innovative spirit, consciousness and ability, should be the focus of quality education. The cultivation of students' innovative quality, which is composed of their innovative spirit, consciousness and ability, should be the focus of quality education. Teachers use their actual behavior to show students the objective process of transforming ideas into actions. This is a silent education. In theory, the structure and classification of traditional physical education classes are adapted to the traditional sports teaching theory. The reform of physical education curriculum is the hotspot and core content of deepening the reform of physical education. The core of student personality development is the development of creativity.

1. Introduction

Quality education is the main theme of the development of education in today's society and the integration of training talents to meet the needs of modern society. School physical education is an important part of education [1]. How can the reform of physical education meet the requirements of quality education is a new subject for sports workers. Quality education is the dominant and mainstream of the current education reform. It is of great significance for us to understand the basic characteristics of quality education to explore the teaching mode of physical education [2]. The cultivation of students' innovative quality, which is composed of their innovative spirit, consciousness and ability, should be the focus of quality education [3]. School sports is not just an independent teaching, but he is also closely related to other education. The ultimate goal of quality education is to promote the physical and mental health of young people, cultivate technical skills and improve their personality. Students use their sensitive eyes to observe the teacher's words and deeds anytime, anywhere [4]. Teachers use their actual behavior to show students the objective process of transforming ideas into actions. This is a silent education [5]. From the initiative to stimulate students to learn, and constantly reform the educational methods. Fully mobilize the enthusiasm of students to learn, develop students' ability and promote the development of students' personality.

School sports is the cornerstone of physical education. To carry out quality education, we must pay attention to cultivating the quality of students' will. To cultivate his sentiment and improve his students' aesthetic ability [6]. Without the exemplary role of teachers in this kind of morality and deeds, it is impossible to rely on Abstract oral teaching. The political quality education for students is not only in school but also in the classroom. Moreover, it cannot be ignored in daily life, and it also needs enlightenment and induction. Quality education is an education that promotes the subjectivity of students. Quality education respects the personality of students, recognizes the individual differences of students, and values the personality development of students [7]. Theoretically speaking, the structure and classification of traditional physical education are suitable for traditional physical education teaching theory. This mainly refers to the theory of skill learning and the theory of physical development. Implementing quality education puts forward more requirements for school physical education [8]. At present, the reform of physical education

curriculum is the hot spot and core content of deepening physical education reform. The core of students' personality development is the development of creativity. The key to developing creativity is to enable students to study actively and vividly.

2. Deepening Physical Education Reform Based on Quality Education

In the process of training people for quality education, we should strengthen the education of imparting knowledge, cultivating ability and improving quality. We must get rid of the old circle of teachers and students' teaching and regard students as masters of learning. The teaching of the preparatory part of P. E. class is to enable students to enter the sports state from the relative quiet state in the aspects of physiology and psychology. In fact, quality education is the education of ideal personality. Its purpose is to enable the educated to learn how to behave, how to learn and how to live. The content of physical education teaching is the essential factor in the process of physical education teaching. It is the object of teachers' teaching and students' learning and understanding. In addition to imparting students' professional knowledge, more attention should be paid to students' relevant knowledge of humanities, society and natural science. Teachers are not just a book-teacher who teaches knowledge, but a designer and guide who guides students to learn, teach learning methods, and guide the learning path. Teachers are not just bookmakers who impart knowledge. It is a designer and guide that guides students to learn, teach learning methods, and guide the learning path.

Teachers should transfer the research and teaching methods to study and study methods, and study students well and study the learning methods that adapt to students. In the physical education activities, conducting classroom questions and answering questions is to guide students to think positively. Establish a new evaluation system and innovative evaluation tools to achieve a targeted teaching. The educational goals of physical education in achieving physical education are shown in Table 1.

Table 1 Survey of physical education goals in physical education teaching

Degree of realization	Fully implemented	Partial implementation	Not implemented
Selected number	36	96	68
Proportion (%)	18	48	34

It has not been realized that sports has always played a pivotal role in the implementation of quality education. Quality education is called comprehensive development education. Textbooks cannot be equated with textbooks. Textbooks are only part of the textbooks. There are a large number of textbooks outside the textbooks. There are many forms of self-study, which can be self-study before class or instructor in the classroom. Self-study can also use enlightenment and induction to train students to learn creatively. Quality education is an education for individual students. It requires each student to develop fully within the limits of his or her tolerance. Teachers in physical education must correctly handle the internal relations between spirit and body, theory and practice, physical development and exercise. In teaching activities, students can discuss and study together. It's not what teachers say and students practice. Only on the basis of comprehensively understanding the content of physical education can it help to carry out the teaching objectives. School physical education plays an important role in the implementation of quality education. It is an important content and main means of implementing quality education, and has a vital position.

Quality education requires all-round development of human beings. It requires students to attach equal importance to morality, intelligence and physique. All-round development of physical, psychological and cultural qualities. School physical education has trained a large number of talents for the cause of socialist sports construction in China. School physical education is the core content and important means of quality education. As a basic feature of modern teaching in China, quality education is not only expressed as an idea but also as a teaching method [9]. Without the general improvement of the various system functions of the whole body, it is impossible to have a

substantial increase in the function of a certain system. In physical education and extracurricular sports activities, there are more opportunities to make students' dynamic thoughts and behaviors dynamic. School sports have better conditions for cultivating moral quality. The comprehensiveness of physical exercise means that the function level of various organs and systems of the body should be comprehensively developed through exercise.

3. Comprehensive Teaching Method of Physical Education

In the era of knowledge-based economic explosion, all skills need to be highly international, technological and diversified, and international competition is increasingly demanding knowledge. In the context of the creative problem that the teacher has carefully designed, the individual student actively discovers the problem. And from different perspectives, through different ways of thinking to explore solutions to problems. In the physical education activities, it is especially necessary to implement the principle of teaching students in accordance with their aptitude. Changes in curriculum reforms and teaching methods in various disciplines have become inevitable. Physical education teaching method, as a relying element of teaching process. It is the means and operation mode by which teachers and students can connect and act on the teaching content together. The development of science and technology and the cultivation of talents are inseparable from education. Education is the foundation of the cultivation of talents for modern construction in our country, and physical education is an important part of the educational content of our country.

In sports teaching activities, students' interests, hobbies and personal strengths in sports are different and have distinct personality characteristics. The tide of quality education reform is surging, in order to adapt to the new educational ideas. The sports test project management manages the information related to the sports test project, and the functional modules included therein mainly include the addition of the sports test project, the modification and deletion of the sports test project, and the weight setting. The database Tables involved in the implementation process mainly have test project information Tables. Only a detailed implementation description of the new test project will be given here. The implementation process is shown in Figure 1.

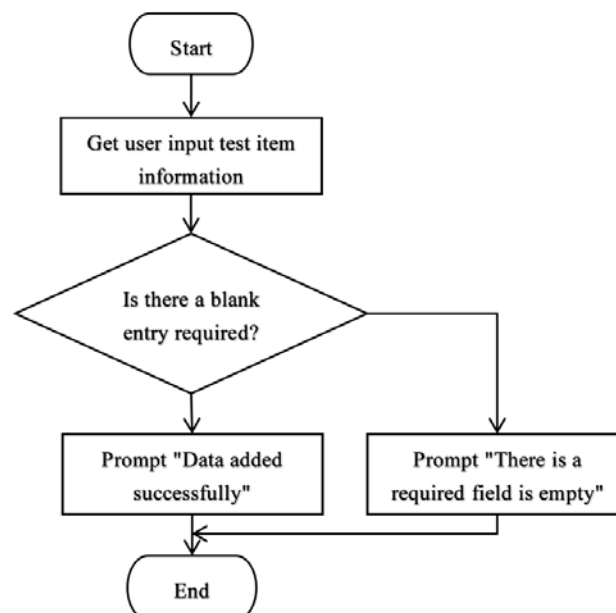


Fig. 1 New test project program flow

Sports provide a guarantee for the comprehensive development of talents in China. We must pay attention to the excellent quality of physical education and focus on improving the effect of students' exercise in the teaching process. We should also pay attention to the awareness, skills and methods of strengthening students' lifelong physical exercise and how to learn how to exercise in the process of physical education. The integration of information technology and curriculum will

surely play a role as a booster for the development of education, which will make China's education cause prosperous [10]. Curriculum reform is the core of education reform. To carry out the reform, we must make clear the new requirements put forward by the Party and the state for sports reform in order to adapt to social development. In the practice of physical education teaching, students are guided to think positively and express different opinions. So that students from passive listening and watching, into thinking and practice. It cultivates the students'spirit of being good at thinking, diligent in training and exploring.

Quality education must accomplish the task of cultivating students'learning methods. Curriculum reform is the core of education reform. To carry out the reform, we must make clear the new requirements put forward by the Party and the state for sports reform in order to adapt to social development. In practical teaching, teachers'feedback and evaluation of students are not easy to operate and neglect a few students. In hierarchical teaching, evaluation should pay attention to the combination of result evaluation and process evaluation, and do more in-depth research on the function of evaluation. Different levels of students are assessed by different criteria for assessing scores, maximizing the enthusiasm of students. The experimental group students intervened in the stratified teaching mode from the beginning of the training. The maximum exercise capacity and anaerobic work of the experimental group increased significantly. The anaerobic power data index before and after the experiment recovery is shown in Figure 2.

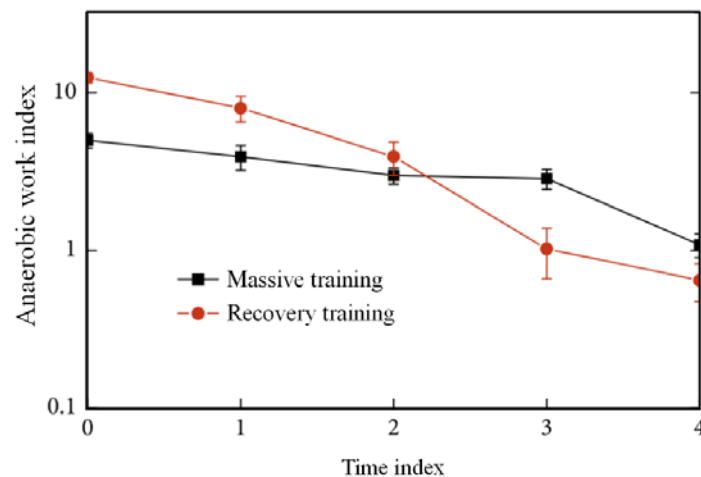


Fig. 2 Anaerobic work data before and after experimental recovery

It is the teacher who teaches according to the actual situation of the teaching, such as the physical quality, technical level and psychological state of the students. The development of current physical education teaching mode, especially the emergence of some new physical education teaching modes, has been developed in the practice of physical education. Teachers must create teaching links that can arouse students' positive emotional awakening and good attitudes based on favorable conditions. The majority of students have passed the college entrance examination in terms of cultural quality, and they have chosen the best and the level is relatively balanced. However, sports have not passed the level test, and there is a big difference in sports quality. To meet these requirements, we must strengthen the training of teachers, especially young teachers. School physical education teaching must conform to the development of the new situation and carry out the task of strengthening the training of comprehensive talents in the new century. Teachers should not only have good ideological and moral qualities and solid basic teaching skills, but also have the ability to learn and acquire knowledge. The formation of students'sports skills is closely related to their physical fitness and healthy lips and teeth, which is related to the formation of lifelong sports consciousness.

4. Conclusion

Physical education is a stage for teachers to carry out health education for students. In class, students should master basic sports skills. We should reform all means and methods of school

education evaluation that are not suited to the era of knowledge economy, and establish and improve a reasonable, scientific and quality-oriented education evaluation system as soon as possible. In the indoor physical education class, teachers can also be profound and shallow, systematic life education to students. College students have strong self-control ability and good teaching conditions such as venues and equipment. In physical education teaching, the content of optional exercises should be properly arranged to fully mobilize students' initiative and enthusiasm in learning. If we evaluate the education and teaching work of school teachers, it is indeed reasonable, scientific and fair. Then it must play a positive role in guiding, promoting and stimulating quality education. At this stage, the school sports infrastructure should be included in the new round of comprehensive reform work. Combine the geographical characteristics of the school and rationally develop the school's own resources. Give play to the subjective initiative of sports workers and create a good exercise atmosphere to meet the needs of students for extracurricular exercise and physical education.

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