

Research on the Reform of Physical Education in Colleges and Universities Centering on Improving the Physical Quality of College Students

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Abstract. With the continuous improvement of teaching level, the physical quality of college students has gradually become a key factor, and the improvement of physical quality mainly benefits from physical education. Therefore, the reform of current physical education in Colleges and universities is an important measure to implement quality education in an all-round way. However, judging from the current situation of physical education teaching in China, the low degree of attention and inadequate teaching practice have led to the great defects in college students' physical training and the lack of students' physical quality. In view of this, this paper expounds the current situation of College Students' physical fitness, points out the shortcomings of College Physical Education teaching, and then puts forward some reform programs of College Physical Education teaching. This paper explores four aspects: making students and teachers learn to be flexible, creating a new teaching model, making students fully enjoy the fun of sports, and adding quality education to the revision of sports teaching, so as to enhance the fun of sports teaching, stimulate students' consciousness, thirst for knowledge, ambition and creativity, so as to give full play to their subjective initiative, to love sports and exercise independently.

Introduction

College physical education reform is to adapt to the development of social form and quality education, so that college students can fully grasp the basic knowledge of physical education, improve the enthusiasm of physical exercise, and cultivate good habits of lifelong exercise. However, at present, the overall physical quality of college students in our country is worrying. Since the reform and opening up, China's economic development has made remarkable achievements, and people's living standards have greatly improved. But in the past decades, the physical quality and physical health of college students have declined to a very low level. Especially in physical fitness, the key quality of speed and strength has been declining for 10 years, and the quality of endurance has been declining for 20 consecutive years. Inadequate physical exercise, inadequate sleep and mental stress are considered to be the main causes of poor physical health of students. College physical education is the most critical period of lifelong physical education. How to make every student improve their physical fitness while increasing their professional knowledge and skills is a question we often think about. Therefore, it is very important to reform college physical education teaching and improve college students' physical fitness.

In recent years, "National Students' Physical Health Standards" test results show that some of the physical fitness indicators of college students show a downward trend. The main reasons are inadequate physical exercise, lack of sleep, mental stress and so on. This lack of attention to physical exercise makes physical education and students' physical fitness inadequate. Improving students' physical fitness has become the research focus of many universities. For example, in 2003, Zhang Shaosheng investigated the physical quality of college students in Guangdong Province, and found that the physical shape, physiological function and physical fitness of college students showed a downward trend, especially on the basis of the decline of endurance quality in 1995 compared with 1985, there was a significant decline. In this regard, the reasons for the decline of physical fitness are analyzed, the enlightenment to the reform of physical education in Colleges and universities is given, and some suggestions are put forward. In 2015, Wang Guangjun and Mei Jinsong investigated the physical health status of college students and found that the students

suffered from malnutrition caused by the uncontrolled reduction of their diet. Based on this background, they made a simple discussion on the related problems of College Physical Education reform. [2] In 2015, Wang Kai studied the influence of physical education teaching on students' physical fitness in Colleges and universities, and analyzed the factors affecting the development of students' physical fitness from three aspects: physical education teaching mode, evaluation mechanism of physical education curriculum and physical education teaching methods, so as to provide theoretical basis for the improvement of teaching quality and reform of physical education teaching in Colleges and universities. [3] Because of the importance of improving college students' physical fitness in the reform of physical education teaching, nowadays many fields of research are discussing the reform plan of physical education teaching, and have achieved good results [4-7].

By breaking the traditional teaching mode and strengthening the communication between students and teachers, the advantages and advantages of students are discovered, the interest of physical education is stimulated, and the initiative of students is brought into play. [8-10] Innovative teaching mode, teaching methods of words and deeds and diversified teaching forms create the fun of learning. [11-14] Improve the quality education of students, hone the willpower and perseverance of contemporary college students, and make them love sports, so as to improve the enthusiasm and autonomy of students, so that the importance of physical education in the minds of students rises to a new height. [15-16]

Method

Let Students and Teachers Learn to be Flexible.

The restraint of traditional Chinese education has a far-reaching impact on contemporary students and teachers, and step-by-step learning has been deeply rooted, which is very poisonous to students in the new era. Students should have the right to put forward their own ideas and opinions, let the classroom from one person to the others, teachers become guidance, let the powerful college students participate in classroom teaching more, show their talents and personality, and let students become the protagonists in class. Successful teaching requires not compulsion, but stimulation of students' interest. In teaching, teachers should respect students, be good at discovering their strengths and advantages, cultivate students' self-confidence, stimulate their interests, mobilize students' consciousness, thirst for knowledge, ambition and creativity to the greatest extent, make them give full play to their subjective initiative, and rely on their own efforts to receive education happily, so as to break the gap between students and teachers, and truly establish a harmonious classroom. Environment not only enables students to truly learn skills and get physical exercise, but also strengthens students' autonomous learning ability, which can be said to kill two birds with one stone. Teachers should conscientiously understand and study all students, so that each student can get equal education in time and space, meet the psychological and physiological needs of students at different levels, stimulate students' interest in sports learning, and change the original concept of "requiring students to take part in exercises" into the consciousness of "students are engaged in exercises independently". At the same time, it simplifies the method and difficulty of practice, but strengthens the number and time of practice, and gives them trust and encouragement. In a word, in order to improve students' physical quality, we must proceed from their interests and hobbies, reform the traditional teaching mode, make full use of students' initiative in practice, give full play to the advantages of physical education itself, transform the restrictive conditions into favorable conditions, face up to students' own feelings, emancipate their minds, broaden their thinking and make bold breakthroughs.

Creating a New Teaching Model.

As an important point in the reform of physical education, the curriculum of physical education skill teaching is divided into several stages in a planned way. Such a curriculum will not be as monotonous as before. For example, a 45-minute P.E. class is divided into four stages: the first stage uses some time for students to discuss in groups, and uses students' autonomous choice to select teams to study independently; the second stage is to let teachers regulate students' incorrect

professional actions; the third stage is to let students tell the reasons for their mistakes and correct methods; and the fourth stage is to use students' autonomous choice to select teams to study independently; the second stage is to let teachers regulate students' incorrect Teachers give students time to familiarize themselves with and consolidate what they have learned. During this period, students can ask questions to teachers or ask questions and their own opinions at any time. This can improve students' confidence, enable students to fully display themselves, and effectively learn sports knowledge and skills. In daily teaching, teachers can change the teaching methods, not only teaching by words and deeds, but also stimulate students' interest and motivation in various forms, such as competitions and games, so that students do not have any adverse acceptance of teaching, and earnestly learn basic knowledge and skills. After learning the basic sports skills, students can choose their favorite sports according to their hobbies or interests for professional exercises, so as to cultivate interest and hobbies, and make efforts for them, harvest sports skills and build their own good physical quality. During this period, teachers should integrate into students to solve problems they do not understand, correct bad habits in time, and integrate with students, so that students can get the greatest harvest in a pleasant classroom atmosphere.

Enjoy the fun of sports

In teaching, teachers should pay attention to using lively, interesting and competitive forms and methods to induce students to practice actively and actively according to the textbooks, students' characteristics and the actual situation of equipment and venues. At the same time, according to the specific items of physical fitness, basic training of students' physical fitness, scientific arrangement of teaching content, and selection of the most direct and effective items for training. For example, endurance quality training should choose middle and long distance running, basketball matches, football matches and so on. In addition, we should combine a variety of single basic training content reasonably in order to achieve better results and ensure the improvement of students' physical quality. Instead of a few lessons, they are rigid, mechanical, single teaching and learning methods. In the process of sports teaching, there should be an additional link, that is, after students have reached a certain depth of understanding of the corresponding sports skills, they should share and communicate with other students. In the teaching of sports skills, students can first watch multimedia courseware, have a perceptual understanding of this skill, produce a strong sense of imitation, and then carry out the decomposition teaching of skills and actions. Make students have strong interest step by step. Final mastery of this skill, to obtain a pleasant psychological experience. Discuss freely among students, correct each other, and achieve the effect of enjoying the happiness of sports and learning together, sharing their own happiness and making progress together. In addition, physical education teachers should constantly improve their own quality, strengthen professional learning, constantly improve their theoretical and professional level, improve their ability to control teaching, strengthen teaching research and teaching reform, and learn advanced physical education teaching concepts and teaching methods at home and abroad. Understanding the frontier of the development of physical education in today's world, following the pace of the times, broadening their horizons, renewing their views on education and teaching, boldly reforming, forging ahead, and actively exploring new ideas and new methods of physical education in the new era.

Quality Education in the Revision of Physical Education Teaching.

Quality education is also an important part of the cause of physical education in Colleges and universities. Therefore, in the reform of physical education, quality education should be integrated everywhere. The teaching achievement of physical education has always been aimed at educating people. It is necessary to strengthen the physical quality of college students and exercise their lifelong sports habits. The new content of physical education teaching should be developed from many aspects. At the same time, it should teach students the knowledge of physical health, physical and mental health, the ability to maintain physical exercise and many kinds of strange knowledge. At the same time, teachers should establish a strong sports culture atmosphere in class, making it an important part of campus culture construction. The construction of sports culture atmosphere can establish good fitness consciousness and perseverance character in college students' minds. It is not

easy to persist in physical exercise. After having their own sports hobbies in physical education class, they can persevere in physical exercise. This is undoubtedly a good way to train the will and perseverance of contemporary college students. Only when students love sports, can they better complete it. Reform of physical education teaching.

Data Sources

From September 2009 to June 2010, the physical health status of some college students in Southeast University, Suzhou University, Yangzhou University and Xuzhou Normal University was investigated. [17] The average height and weight of male and female college students were 171.7 cm and 159.95 cm, respectively, and 61.35 kg and 51.61 kg, respectively. Overall, the average body shape index of college students is unsatisfactory. The proportion of normal weight of boys and girls is only 33.27% and 38.97%, the proportion of low weight is 49.49% and 47.79%, the proportion of overweight and obesity of boys is 12.75%, which is significantly higher than that of girls'4.98%, while the proportion of malnutrition of girls is 8.26% which is significantly higher than that of boys' 4.49%. The results show that the physical health of college students is not optimistic: the level of endurance quality and speed quality is low, vital capacity index is low, and the proportion of obese or overweight students is large according to statistics.

Results and discussions:

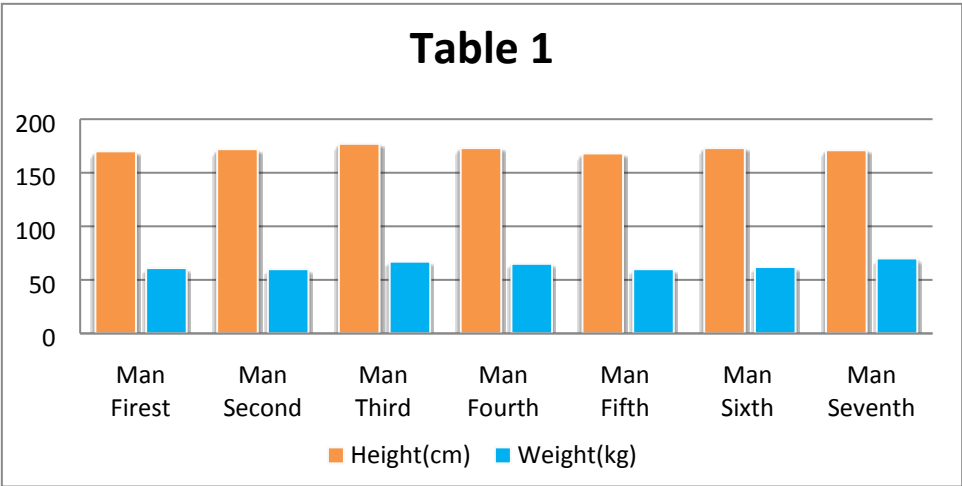


Figure. 1 Comparison of height and weight data of different grades

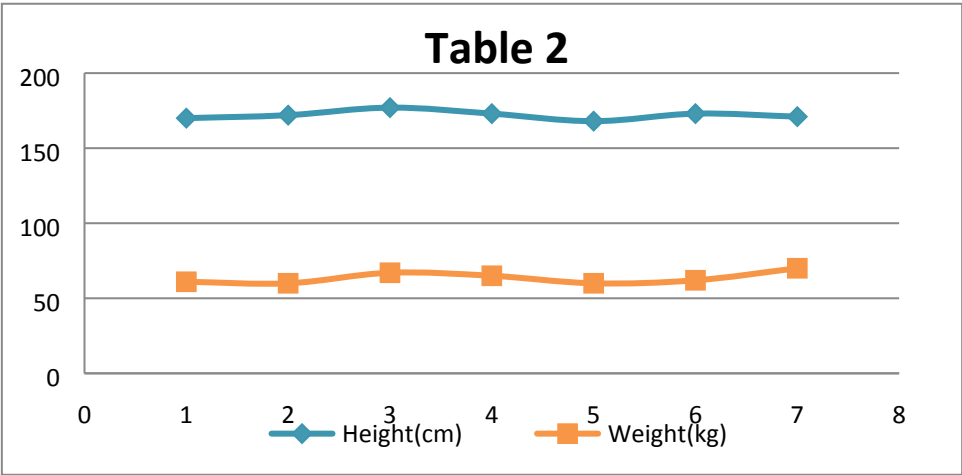


Figure. 2 Comparison of height and weight data of different genders

The reasons for the poor physical health of college students are related to heredity, nutrition, heavy pressure of study and employment, etc. However, physical education teaching shouldering the responsibility of strengthening students' physical fitness has an unshirkable responsibility. There are urgent problems to be solved in its teaching guiding ideology, process objectives, contents and methods, as well as the evaluation system[18-20].

The Students' physical Health Reflects the Problems Existing in College Physical Education Teaching.

Neglect the imparting of fitness knowledge

Physical education teaching process is not a direct physical exercise process, physical education teaching is not equal to fitness exercise, relying solely on physical education classroom teaching can not solve the problem of enhancing physical fitness. Fitness exercise is only a part of physical education. In essence, the process of physical education teaching is mainly a process of imparting and learning fitness knowledge and skills. However, some teachers neglect the strategic significance of the teaching of sports theory knowledge to "build up physique" and "lifelong physical education". In class, students are allowed to repeat 1 or 2 technical movements continuously. The exercise load keeps at a medium or high level. The repetitive mechanical movements frustrate students' enthusiasm for participating in sports activities. The neglect of the teaching of students' fitness-related knowledge and the cultivation of their fitness consciousness, fitness ability and fitness habits in physical education class results in the students' lack of understanding of physical education class, narrow knowledge and basic ability of theoretical guidance and practice, which gradually makes students lose the fun of physical education teaching.

Stereotypes of Teaching Contents and Methods

The current physical education teaching in Colleges and universities follows the tradition of teaching competitive sports technology as the main part, with single teaching content, more complex technology, poor interestingness and entertainment, ignoring the cultivation of students' personality, specialties and interests. Many college students have studied sports for more than ten years from elementary school to university, and have lost interest in physical education. The reason is that for a long time, a whole set of sports items, rules and methods have restrained school physical education and extracurricular sports activities, so that students with active nature are afraid, unable to obtain sports achievements corresponding to their talents, and the number of students who exercise actively has decreased or not increased. Although physical education teaching in Colleges and universities has been reformed for many years, teacher-centered teaching mode has not been fundamentally solved, which makes students tired of listening to explanations, watching demonstrations and practicing repeatedly under the unified instructions of teachers, without time to feel and experience the fun of sports; the teaching process is excessive. Emphasizing "unity", single teaching method, lack of initiative of students, lack of vividness of physical education class, classroom teaching appears mechanical and rigid, so that students lose interest in sports learning, and enhance physical fitness goals are impossible to talk about.

Single evaluation method

Under the exam-oriented model of Chinese education system, most of the sports evaluation systems are still the traditional evaluation indexes of exam-oriented education. The evaluation methods are single. Unified quantitative standards are adopted for students of different levels, and the results of learning sports skills and skills are overemphasized. That is, students' physical education courses are evaluated by their mastery of a certain sport technology and technical attainment at a certain period of time. Achievements, students learn to meet standards and technical examinations. Some students with good innate qualities will achieve fairly good results without much effort and energy. On the contrary, some students with poor innate qualities will have certain physical and athletic qualities even if they do physical exercises conscientiously and painstakingly during the period of technical study in each sport. To improve, it is difficult to achieve excellent sports results. This evaluation model neglects the individual differences of students, and the teaching objectives are far away from the students' "zone of recent development". It makes the students' input and output unbalanced. The repeated physical examination brings bad stimulation to

the students, inhibits the students' enthusiasm for physical exercise, is not conducive to the cultivation of students' physical ability and the formation of lifelong sports consciousness, and greatly affects the teaching effect of physical education and the improvement of students' physical health.

Conclusion

With the implementation of quality education in various disciplines of education in China, the reform of physical education curriculum in Colleges and universities has achieved certain results [21-25], but there are still many problems in the teaching of physical education curriculum in Colleges and universities in China. Although the reform of physical education in Institutions of higher learning has achieved initial results, the traditional physical education teaching system has formed a deep brand in the minds of College students, and the new physical education methods can not be well accepted by students, which also deserves the great attention of educators. Physical education in Colleges and universities not only helps students to strengthen their physical fitness, but also is the cornerstone of the development of physical culture in Colleges and universities, and is also the characteristics of training new talents. This paper probes into the reform of physical education teaching methods in Colleges and universities for the above reasons.

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