

Application of Social Practice in College Sports Training Teaching

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Abstract: With the improvement of education, the demand for social practice in teaching is getting higher and higher, and sports training teaching is no exception. Through social practice, we can improve students' practical ability and make full use of the knowledge they have learned; understand the current situation of social development, find out the advantages and disadvantages of knowledge, broaden their horizons, recognize their own shortcomings, and objectively evaluate their own value. Therefore, in college sports training teaching, social practice has gradually become a mainstream trend. How to make this trend become a teaching advantage requires continuous summary, discovery and growth in social practice. This paper takes the students in the physical training teaching of colleges and universities as the research object, analyses the importance of social practice and the reasons why social practice has not been fully developed in the physical training teaching of colleges and universities, and puts forward the strategies and methods of implementing social practice, hoping to contribute to the development of physical training teaching in China.

1. Introduction

With China's economic development, the state attaches more importance to the national health. Modern sports industry covers a wide range of areas, can be said to be all-inclusive, the main industries are competition, fitness, entertainment. From the Asian Games, the Olympic Games and other sports events, to the gym, fitness club, bowling, Golf and so on are the scope of the sports industry. [1] It can be seen that sports in China involves a wide range of national fitness began to become popular. Colleges and universities also pay more attention to physical education and strive to cultivate more high-quality social sports talents.

Because the modern society pays attention to the comprehensive quality of the staff and the practical ability, which determines the importance of college sports training and teaching to social practice, colleges and universities are more focused on cultivating the talents needed for social development. Nowadays, many enterprises pay more attention to social practice than physical quality training in recruitment, because most enterprises think that it is a rare ability to use the knowledge reasonably. The importance of social practice is not only reflected in sports training and teaching, but also in various fields. Social practice can improve a person's ability of temporary response, find their own shortcomings, and how to make up in practice. Social practice has trained a person's communication ability. In the melting pot of society, there are all kinds of people. In any enterprise, they are not alone, they need to unite. Therefore, communication ability is the key to a person's foothold in society.

2. The Significance of Social Practice in College Sports Training Teaching

2.1 Adapting to the Development of Society

Any subject has its social background, and physical education is no exception. Today, when the full name movement is carried out in our country, the education industry has been paid more and more attention, which is the embodiment of conforming to social development. However, although more and more attention has been paid to physical education, there is still no clear direction for the development of physical training and teaching. Sports training and teaching should take social needs as the goal and direction, so that professional students can adapt to the needs of social

development. Today, with the rapid development of economy, the demand of society for college students is more comprehensive. How to train social talents has become a new problem in education and training teaching.

2.2 Regulating the Boredom of Sports Training

Single training and teaching can easily lead students into fatigue and can not feel the charm of sports training and teaching. Join social practice, increase the diversity of training, make students grow up in practice, also improve the interest of students' training. It can make students feel that physical education teaching is not only devil-like training, but also rich social practice, which increases the fun of teaching and training, and provides convenience for teachers to better teach.

2.3 Developing Communication Ability

In the information explosion today, the processing of information reflects a person's knowledge literacy and ability, and the development of enterprises can not be separated from communication and communication, so modern society attaches great importance to communication ability. Communication ability is very difficult to cultivate in simple training, and needs to be cultivated in social practice. In the process of social practice, students can cultivate communication ability, understanding ability, adaptability and constantly improve themselves by communicating with each other.

2.4 Satisfy students' various needs for sports and fully develop their personality

Social practice is a good cultural and recreational activity. Through various forms of social practice, students' life outside of training has been enriched to a great extent, and students' various hobbies and needs for sports have been met. It is conducive to the full development of students' personality and talents, and the emergence of various types of talents for socialism. Construction services. [2]

In addition, through social practice, students' personal abilities can also be promoted and self-confidence can be strengthened. Make students understand their abilities and shortcomings, give them what they like and avoid their shortcomings.

3. Current Situation of Physical Education Training in Colleges and Universities

Since the 1950s, sports education in some developed industrial countries has changed from simple sports technology teaching to emphasizing the development of students' bodies and strengthening their physique. In order to ensure the effectiveness of physical fitness, many countries have formulated national unified physical education syllabus and textbooks, increased class hours, improved sports venues and facilities, improved the level of physical education teachers, strengthened scientific research in physical education, and gradually made physical education scientific. [3]

In recent years, with the development of economy, our country attaches more and more importance to sports. In universities, physical education courses have been offered in all specialties, and the diversity of courses has been increased. Various teaching equipments have been introduced. But there is still a dull and tedious teaching situation in sports training teaching, because the lack of attention to social practice makes teaching lack of innovation, and also makes students' thinking not open, interest not mentioned. This is also the limitation of my physical training teaching at present.

At present, many colleges and universities in China have made some changes in this regard, such as: setting up associations or joint ministries in schools, allowing more students to participate, cultivating students' sports interests and hobbies, and improving students' literacy. However, no matter which way, in many cases, the teaching of physical training still remains for the purpose of teaching and training. Many students still hold the purpose of passing the examination and have poor initiative contact with the teaching of physical training.

4. Factors Influencing Social Practice in College Sports Training Teaching

4.1 Insufficient Attention to Social Practice in Colleges and Universities

Influenced by traditional Chinese education, physical training teaching also adopts traditional teaching methods, lacking social practicality. Most of them are guided by the results of training, and most of them pursue the ultimate goal, ignoring the cultivation of interests and hobbies. Many students begin to relax their attitudes after they enter the university. In addition, the supervision of schools and teachers decreases, which makes students take part in training just to complete their tasks. This will make students take part in training with negative emotions. The training method leads to the decrease of students' enthusiasm, let alone the practical application.

Long-term neglect of teaching has led to the weakening of teaching ideas, because no one has proposed innovation, laziness has made the development of this field worse and worse. In recent years, our country has begun to attach importance to physical education, but due to the influence of long-standing traditional ideas, the direction of development is not clear, the speed of industry development is slow, and the social practice system is imperfect, all of which affect the social practice of physical training teaching in Colleges and universities.

4.2 Physical Education Major Students' Self-Quality is Lower

With the popularization of education in recent years, a large number of college students have flooded in, making students' abilities and accomplishments uneven. The uniqueness of teacher's teaching makes students unable to get their own learning style, which enlarges their scope of ability. As a new major, many students know little about it. Because of the low average admission score and the low cultural literacy of students, it is difficult to manage social practice. Sports popularization in a few areas is not comprehensive, some may only have basketball, football, long-distance running, and students' hobbies are not very clear. As a result, college students can not choose their major according to their real interests, and lose interest in the future, let alone participate in social practice. Modern young people, because of the invasion of the network, occupy most of the time of students, in addition to daily training, more lazy to use time in social practice. Lack of social practice ability, coupled with the lack of physical quality training of students in normal schools, makes social practice limited.

4.3 Limitations in the Development of Sports Work

Because of the singleness of sports practice, many students have no clear direction when they start college. Some just want to go to college, not really like it, let alone want to engage in this industry. Long-term development makes physical education not develop.

The development of sports work has more affected social practice, making students' social practice more monotonous. It is nothing more than to practice in sports colleges, but as college students, it is difficult to find sports colleges for practice.

4.4 Teaching Model of Physical Education Training in Colleges and Universities

Influenced by the traditional Chinese education, college sports training education, like other education, has obvious purpose. In order to cope with training and participate in training, in order to finally graduate and participate in training, the lack of social practice, the lack of hobbies and interests. It makes students lack of innovation in their study, especially for the major of physical education, which requires high practical requirements.

In the training process, most of them are unified training and lack of flexibility. Students' inertia thinking will affect their subjective ideas, which will often lead to students' habits of working in a step-by-step way and lack the ability of independent innovation.

4.5 Question of Teachers' Strength

For a long time, the shortcomings of the development of sports industry have led to insufficient reserve of teachers. Teachers have been receiving regular training and education, so the importance

of social practice will be greatly reduced. It is difficult for students to extend what they have learned from the teacher's routine training and education, and they lack the process of observation and thinking by themselves. Teachers' uniqueness in teaching also makes social practice not be taken seriously.

5. The Strategies to Strengthen Social Practice in Physical Education Teaching in Universities

5.1 Strengthen the School's Attention to Social Practice

Schools should change the existing teaching mode, strengthen the importance of social practice, so that students can grow up in social practice. Some simple examples are:

(1) Participate in competitions of a social nature

In addition to participating in training, students can also participate in some social competitions. Combine training with social practice, and make full use of time and ability. For example, you can take part in some marathons. On the one hand, you can enhance your body, but also cultivate a sense of social responsibility and integrate into the community.

(2) Exercise between classes

Inter-class exercises can improve students' fatigue in training, combine work with rest, cultivate students' feelings and increase their solidarity. Inter-class exercises can include rope skipping, games, dancing, etc.

(3) Family Sports

Family activities can not only cultivate students' quality, but also strengthen family feelings. This is very important for the modern life with faster and faster rhythm of life. It also makes parents of students integrate into it and relax their life. They are also more closely connected with schools and children.

(4) Group sports activities

Group sports activities can include mountain climbing, group development, real-life CS, etc. These not only strengthen students' physical quality, but also improve students' communication and collaboration ability.

(5) Holiday internship

During the winter and summer vacation, you can go to universities and specialty training courses for practice. On the one hand, you can understand the social needs, on the other hand, you can find your hobbies and interests, and prepare for future employment.

5.2 Cultivating Students' Social Practice Consciousness

Because students have been educated by the traditional mode for a long time, they have gradually adapted to this mode of teaching and are not bothered to change the status quo. They seldom want to know their profession and abilities through social practice in the past. At this time, it is necessary for schools to guide students' thinking, for example, schools often organize some social practice activities; or cooperate with enterprises and institutions to provide social practice platform for students; and often engage experts in professional fields to give speeches in schools to improve students' literacy.

5.3 National Guidance to Sports Industry

Although the state attaches great importance to sports nowadays, there is a lack of practical landing strategies. The state should invest in the sports industry and lead the whole people to participate in it. For example, put in fitness equipment and sports equipment in schools and districts; carry out more social sports activities in various places so that the whole people can participate in them; pay more attention to the development of physical education industry, often understand the situation of physical education; invest in schools and carry out competition activities in some colleges; care about the employment of sports students after graduation. Questions, etc. I believe that the guidance of the state can make the sports education industry develop faster.

5.4 Establishing a Diversified Teaching System

At present, the teaching of physical education institutions is too single, most of which are based on single training, lack of diversification, and it is difficult for students to cultivate other qualities. Schools should often hold some competitions to cultivate students' thinking and adaptability, and also enable students to understand themselves and learn to innovate in the activities. For example, debates can be held, sports competitions such as basketball and football can be held jointly between colleges and universities, and exchanges between teachers and students can be conducted to establish a diversified teaching system so that students can integrate into it.

5.5 Strengthen the Training of Physical Education Teachers

Because of the development of sports industry in China, the society's requirements for it are gradually improving, and it is difficult for teachers to meet the needs of society. In order to cultivate the talents needed by the society, it is very important to train the teachers in sports colleges. While paying attention to the cultivation of College students, the state should also pay attention to the reserve of teachers. The state should regularly train teachers in physical education institutions in order to instill the latest teaching methods and improve the overall level of teaching. In order to avoid the imbalance of teaching ability, the state can require on-the-job teachers to undergo regular physical and ideological double examinations, so as to achieve top-down changes in physical education. The change of teachers' teaching concept will be the only way to improve students' social practice ability.

6. Conclusion

Under the environment of contemporary social development, social practice teaching has become an indispensable part of sports training teaching. The teaching methods that simply stay in training teaching will inevitably be eliminated. Therefore, how to integrate social practice into training and teaching faster and better is an urgent problem to be solved by the state and universities. This paper puts forward five resolving strategies from the three levels of students, schools and the state, and puts forward suggestions for strengthening the social practice in the teaching of physical training in Colleges and universities. It is hoped that the social practice can guide the better development of physical training and teaching in Colleges and universities, provide more sports talents for the country and the people, and develop the sports industry in China. Lay a good foundation.

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