

On the Strategies of Cultivating Students' Lifelong Sports Consciousness in Physical Education Teaching

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Abstract: With the rapid development of modern society, people's pace of life is accelerating, work pressure and mental tension are deepening, but physical exercise activities are decreasing day by day. In this environment, the concept of "lifelong sports" has been more and more widely recognized and concerned. At present, the thought of lifelong physical education also has a deep impact on the reform and development of school physical education, making a series of reforms in school physical education teaching thought, teaching content, teaching methods and so on. In the research process, this paper uses the methods of literature review, questionnaire survey and data statistics to investigate and study the current situation of students' lifelong sports consciousness, combined with the analysis results, puts forward implementable suggestions for physical education, and lays a good foundation for the publicity of lifelong sports consciousness.

1. Introduction

The 21st century is an era of rapid change. With the continuous progress and development of science and technology, the comparison of the comprehensive strength of various countries has also entered an era of talent quality competition. However, according to the survey data of relevant departments, the average death age of Chinese intellectuals in the 1990s was 53.34 years old, and more than 80% of them suffered from various diseases, the average life expectancy in China is 10 years shorter than that in the same period, which shows that the health of China's intellectuals is worrying. Madame Curie said: the basis of science is a healthy body. Then the lack of health consciousness, lifelong sports consciousness and sports ability of intellectuals are closely related to physical education in colleges and universities. The development goal of China's higher education in the new century is to face national education, lifelong education, educational democratization and educational modernization. As an important part of lifelong education, lifelong physical education is not only one of the main contents of modern school education thought, but also an important development direction of contemporary physical education. College physical education is the highest level and final stage of school physical education, and it is also a turning point for students to enter society from school^[1].

Physical education during this period plays a very important role in whether students can form lifelong physical education consciousness in the future. However, the current physical education courses in Colleges and universities in China are only based on the physical quality of students motor skills; Starting with teachers' teaching contents and teaching methods, this paper designs the syllabus, and continues to guide the current physical education teaching with the traditional physical education concept. In the long run, the cultivation of students' own ideology and sports ability are ignored in the physical education teaching in Colleges and universities. Students have a strong dependence on teachers. When they leave teachers, they can't carry out scientific physical exercise independently^[2]. Ignoring the cultivation of students' awareness of sports interests and hobbies also further hinders students from forming lifelong sports awareness, let alone improving students' personality.

2. Analysis on the current situation of College Students' lifelong sports consciousness

2.1 Understanding of lifelong sports

Through the questionnaire, we found that 13.5% of college students said they knew and understood lifelong sports, 22.8% knew but did not understand, 17.5% said they had only heard of it, and 46.2% had never heard of it.

Table 1 Statistical table of lifelong sports understanding

		understanding of lifelong sports					Total
		55Kg	know and understand	know but don't understand	know of	never heard of it	
Gender	Male	Count	102	116	78	161	457
		% of Total	9.7%	11.1%	7.5%	15.5%	43.8%
	Femal	Count	40	122	105	321	588
		% of Total	3.8%	11.7%	10.0%	30.7%	56.2%

2.2 Lifelong sports understanding channels

According to the survey, 23.3% learned about lifelong sports through the media, 13.6% learned about it through family and friends, 26.8% learned about it through school physical education, and 5.5% learned about it in other ways. Through data comparison, we know that the proportion of lifelong sports is similar through the media and physical education, but the proportion of school physical education is slightly higher than that of media publicity, which shows that we have paid some attention to lifelong sports in college physical education.

Table 2 Statistical table of understanding channels of lifelong sports

	Media	Relatives and friends	E class	other
Number of people	244	142	280	57
Percentage	23.3%	13.6%	26.8%	5.5%

3. Strategies of cultivating students' Lifelong Sports Consciousness in Physical Education Teaching

3.1 Educational units at all levels gradually pay attention to the cultivation of lifelong sports consciousness

The realization of lifelong sports awareness training cannot be separated from the attention of educational units at all levels. As far as the government and schools are concerned, they should fully realize the importance of comprehensive quality education, constantly reduce the pressure of examination oriented education in senior high school, and let students change from the traditional teaching mode instead of blindly learning various professional courses, Through effective observation and exploration, deepen the understanding of the cultivation of lifelong sports consciousness, and better improve their comprehensive quality from the perspective of enhancing their own physical quality^[3]. First, add relevant courses for lifelong sports awareness training, and turn the original physical education curriculum into a targeted lifelong sports awareness training curriculum. At the same time, as a school, it is necessary to clarify the importance of lifelong sports awareness training, enforce orders and prohibitions, and clearly stipulate that teachers of various professional courses shall not occupy sports training time without authorization, so as to effectively increase the effect of cultivating lifelong sports consciousness^[4]. The second is to deepen teachers' understanding of the cultivation of lifelong sports consciousness through lectures on the cultivation of lifelong sports consciousness, and effectively realize the steady growth of the cultivation quality of lifelong sports consciousness with the requirements of the new curriculum reform as the core. At the same time, it also makes students deepen their impression on the cultivation of lifelong sports consciousness, so as to guide students to actively participate in the process of lifelong sports

consciousness cultivation.

3.2 Innovate the training mode of lifelong sports consciousness and stimulate students' enthusiasm

The cultivation of lifelong physical education consciousness is different from the basic physical education curriculum. Teachers' teaching methods have an important impact on the effect of lifelong physical education consciousness cultivation. By constantly changing their awareness and training methods, teachers can not only effectively enhance students' understanding of basic knowledge, but also effectively stimulate students' learning enthusiasm and enable students to participate in the curriculum of lifelong sports awareness training with a positive attitude. First, through class confrontation, teachers can let students find the deficiencies in their own consciousness cultivation in the process of common consciousness cultivation with different classes, and let students carry out beneficial consciousness cultivation confrontation in the form of competition, so as to finally improve the effect of consciousness cultivation. Second, we can adopt the way of small games, mainly teachers and students, and further enhance the quality of students' lifelong sports awareness training through different confrontation methods and awareness training modes.

3.3 Formulate different awareness training methods according to different awareness training contents

In the cultivation of lifelong sports awareness, the awareness cultivation methods used by different sports training contents are also different. As a teacher, we should fully combine the current students' specific learning state and effectively guide different awareness cultivation contents through different awareness cultivation methods. As a condition to support the establishment of lifelong sports awareness publicity, sports venues, facilities and appliances are one of the essential direct conditions. For example, in the teaching process of ball games, the teaching methods, means and effects will not be the same because of the different area of teaching venues, sports facilities and the number of balls. Then it won't feel the same to students. Although China's domestic colleges and universities have also strengthened the construction of venues, it remains to be seen whether they really make the best use of everything and truly enrich the after-school life of college students. The construction of school sports facilities in Japan has always been recognized as a relatively good. Every school has a swimming pool and a gymnasium. Moreover, in the minds of Japanese educators, they have always believed that "without sports, there is no complete sports, and schools without stadiums and gymnasiums are not regular schools." After strengthening the construction of venues, the school should cooperate in hardware, give full play to students' initiative in the form of "clubs" and "associations", enrich after-school life and increase different physical exercise projects.

In recent years, the quality of education and teaching in China has shown an upward trend year by year, but in the continuous research and exploration, it can be found that there are still some problems in the current education and teaching, and the problem of consciousness cultivation faced by education and teaching is still relatively serious. As teachers, we should constantly change the concept of consciousness training, pay attention to the quality of consciousness training, and realize the importance of reform and innovation of sports training from multiple angles, so as to effectively give full play to teachers' subjective initiative and realize the steady improvement of the quality of lifelong sports consciousness training. In school teaching, we should form a joint force for the cultivation of lifelong sports consciousness, change the teaching concept of traditional examination oriented education, grasp the basic requirements of all-round development, and pay attention to the cultivation quality of students' lifelong sports consciousness, so as to cultivate high-quality talents with sound personality.

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