

Research on the Interactive Mode of Physical Education Teaching and Sports Training in Colleges and Universities

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Abstract: Colleges and universities are a base for nurturing talents and shoulder the mission of cultivating outstanding young people. This paper analyzes and discusses the interactive mode of physical education and sports training in colleges and universities by means of literature and expert interviews. Studies have shown that colleges and universities should pay attention to physical education while cultivating knowledge. Students should be provided with a good physical education environment, so that young people have sufficient knowledge and ability to deal with the needs of society.

1. Introduction

Sports are produced in the process of human production and life. Like all other human cultures, its various characteristics are reflected in the way humans behave [1]. Therefore, different sports systems are practicing according to their different functional characteristics. There are different performances in the event [2]. The main form of school sports is physical education, and the main form of sports is sports training. The different characteristics of physical education and sports training in the process of practice reflect the different functional characteristics of school sports and competitive sports, and understand the physical education [3]. With the characteristics and interactions of sports training, it also grasps the characteristics and mutual relations of school sports and sports training.

Throughout the history of college sports development and the status quo of modern sports, it is not difficult to find that most of the research focuses on physical education and sports training [4]. This is because they are closely related to practice and are in the process of realizing the development of school sports and competitive sports. Although there are many kinds of activities in school sports and competitive sports, it is the most systematic way of physical education and sports training [5]. It is the best means to realize the functions of school sports and competitive sports. Unlike other sports activities that are full of school sports and competitive sports, physical education and sports training have a clear dominant role. Man-made management and control make their activities relatively concentrated, and the methods and contents of imparting knowledge and skills are relatively stable [6]. Therefore, they have unique advantages in theoretical development and organizational management. This makes physical education and sports training have an irreplaceable position in realizing the functional value of school sports and competitive sports, and is the best embodiment of its functional characteristics [7]. Their superiority in the realization of school sports and competitive sports determines that they can directly and truly reflect the current state of school sports and competitive sports, which makes them the focus of all research in school sports and competitive sports [8]. Therefore, physical education and sports training are the fundamental problems in the development of modern school sports and competitive sports. Studying and discussing their related issues will play a certain role in promoting the development of school sports and competitive sports.

The interaction model between physical education and sports has not been implemented in many colleges and universities [9]. Most colleges only pay attention to the knowledge education of students and ignore the physical health qualities of young people. As the saying goes, "The body is the capital of the revolution." In today's social development process, knowledge is important, but physical fitness cannot be ignored. It can imagine that a country's teenagers are only full of economics, but

they do not have a strong body, so how the country can develop rapidly. “You are strong, then the country is strong.” Juvenile strength here means that young people must have the knowledge, ability, and healthy body to guard the country and develop the country. Some scholars believe that colleges and universities can train young people to exercise through physical education; while others believe that young people should develop a good habit of exercising through the interactive mode of physical education and sports training [10]. If colleges and universities only awaken the attention of young people to sports through physical education, they will only cure the symptoms. College sports should achieve the win-win effect through the interaction of physical education and sports training to achieve common development.

2. Deficiencies in physical education in colleges and universities

2.1 Resource equipment, insufficient teachers

As the scale of enrollment expansion in colleges and universities continues to expand, the number of students in schools is increasing. Most campuses now carry students who exceed their capacity. At the same time, the increase in the number of students did not lead to the construction of sports infrastructure, which caused serious shortage of sports equipment and teachers. From the perspective of emerging tennis, in most colleges that offer tennis, whether it is a professional course or an elective course, each teacher leads too many students. It is difficult for each student to really learn from the tennis class. In addition to the deficiencies in the teaching staff, there are also big problems in the venue equipment. The quality and quantity of the venue is far from meeting the teaching needs. In order to expand the scale of the school, many colleges and universities are building new districts or branch campuses, and have made large investments in some new sports projects. Many schools regard tennis as a key sports construction project, and the state has given great support. This reflects the country's emphasis on tennis development. However, from the current development trend, although the tennis courts are growing, the various facilities and resources related to them need to be further developed.

2.2 Students cannot correctly position sports

Many college students now do not really understand the significance of setting up physical education courses at universities. One of the important reasons is that physical education teachers do not focus on the meaning of college students' learning of sports. On the one hand, it must be acknowledged that due to the problems of the education system, before entering the university, the education of primary and secondary schools was mainly focused on the requirements for the examinations such as the entrance examination for the students. Schools only focus on the rate of entrance to school and test scores, while school sports are based on the principle of being able to pass, and are often overlooked. Some schools even spend more time learning for students to directly remove physical education classes from the teaching curriculum. Since the lack of understanding of sports knowledge from an early age, this has also caused college students to pay little attention to sports. According to a survey of college students, many of them still only take credits in physical education classes and can graduate smoothly. In their view, they are not sports specialties, and they are not going to participate in sports competitions, so there is no need to spend a lot of time on sports.

2.3 Colleges and universities do not pay enough attention to sports

Through the study of college physical education, it is not difficult to find that although under the national call, colleges and universities pay more and more attention to the cultivation of college students' sports and physical quality, but the importance of college students' sports training is far less than that of other countries. All colleges and universities in the United States have a complete sports system, including rugby, basketball, volleyball, football, etc., and each project has a dedicated sports team. In contrast, our colleges and universities will have these sports teams, but they are not systematic. This will not be a good combination of physical education and sports training. From the current survey, the school's funds are mainly invested in the construction of scientific research

equipment and the construction of the school environment. There is very little investment in sports construction. Many colleges and universities still only stay in basketball courts, track fields, and football fields. There are relatively few feather courts and Table tennis venues, and even if they are, the equipment is relatively simple. In comparison, there are fewer swimming pools and tennis courts. The objective conditions caused by the low level of sports support in the school itself have become a key factor affecting students' physical exercise. In addition, due to the small number of festivals in some schools, the teaching experience and the teaching ability of teachers, the task of physical education teaching can not only be completed in time, but also lacks certain polarity and creativity. As a leader of student physical exercise, if you can't complete the teaching tasks with quality and quantity, then students can't really understand the teaching work.

2.4 Physical education content is unreasonable, lack of theoretical knowledge education

A large number of colleges and universities' physical education teaching programs are unreasonable. Because they only pay attention to sports skills in physical education, they ignore the teaching of sports theory knowledge. And most of the college's physical education textbooks are overdone. The textbooks focus on skills and professionalism, and are more suitable for students who specialize in sports. Most students have little practicality about what they have learned in physical education textbooks. Even some college students have never learned the knowledge of sports textbooks. This has also led to the inability of college students to truly master the physical skills of a daily life. This also makes it impossible for college students to continue their sports after leaving school. Starting from the humanistic value of sports, reflecting the values of sports, science, and theoretical knowledge, it is too old to be combined with physical training, which has made the theoretical activities of sports impossible.

3. Interactive mode of physical education and sports training

3.1 Colleges and universities should carry out comprehensive construction of sports facilities

Physical education is a very important part of the teaching task. The quality of physical education directly affects the development of the entire teaching activities of a university. At the same time, the development of a school is also inseparable from the development of sports activities. China pays great attention to the all-round development of young people, and young people are also in the stage of physical growth, so colleges and universities should pay attention to it. Due to the neglect of physical education in colleges and universities, there is very little investment in sports facilities, and there is also a lack of this. Therefore, for the comprehensive development of young people, construction should start from the perspective of sports facilities. The construction of sports facilities also requires a large amount of funds. Schools can support the funds through the state and also cooperate with social-related sports companies. At the same time, it is also possible to deliver excellent sports talents for sports companies.

The construction of school sports facilities also requires the support of the government. The government must not only support the school to invest funds in sports construction, but also prevent the school from charging fees on sports facilities. If the situation of arbitrary charges will seriously affect the enthusiasm of the students, this is contrary to the original intention.

3.2 Physical education should be combined with sports training

Although the two methods are different, they are indispensable in the implementation process. Physical education teaches students the theoretical knowledge to understand the importance of physical training and related knowledge of sports. Sports training should adhere to the combination of theory and practice. Because practice should be guided by theory, and theory can be realized through practice. Only when the two are combined can we achieve good benefits and develop sports spirit better. Sports training can be used to provide physical training for students through basketball, football, volleyball, and aerobics. At the same time, schools should increase the faculty of sports and the sports training of students. Students can be required to pass credits, which can not only supervise

them, but also strictly require students to develop good habits of sports.

3.3 Enhance students' awareness of sports

Everything is for students, so how to improve the physical fitness of students is extremely important. The primary purpose is to strengthen the students' awareness of sports. First, the school should develop a comprehensive physical education curriculum plan for students. In the process of cultivating students' quality, teachers should be good at innovation and stimulate students to participate actively and actively through novel ways. Many colleges and universities have sports special training students, and these physical training students are rewarded with the purpose to compete for the benefits, which leads to the enthusiasm of non-physical training students, which requires teachers to be reasonable, efficient, healthy and encouraging. Adhering to the teacher's responsibility for the healthy development of the students, the students are encouraged to develop a good habit of physical exercise. Schools can enhance their awareness of physical exercise by organizing sports clubs and club activities.

4. Interactive development of physical education and sports training

The preconditions for the interactive development of physical education and sports training need to establish the concept of interactive development. As the society demands the development of young people, a strong body is a prerequisite for entering the society. Colleges and universities should establish the concept of interactive development among teachers and students. First of all, the teacher is the performer, implementer and organizer for the students. The teacher's every move can have an impact on the students, so the teacher must master the concept of interactive development to better lead the students. Secondly, colleges and universities are teaching programs around students. On the contrary, students are dominant. Therefore, it is necessary to cultivate students' sports concepts and let them understand the relationship between the two.

The content of sports training is multifaceted. As far as the current situation of physical education is concerned, the content of sports training included in the teaching does not reach the point of replacing all the contents of physical education. At present, physical education is still based on the teaching activities of establishing teaching objectives, developing teaching tasks, applying teaching methods and receiving teaching feedback. Although this is similar to the sports training process, there are certain differences. At present, the competitive content used in physical education teaching is only a means of appropriating part of sports training. It has cast a cover on the sports training. The actual situation is not as terrible as some people think. Sports training has learned some relatively perfect scientific methods and methods to achieve better teaching and fitness effects.

Physical education and sports training are subordinate to the two categories of school sports and competitive sports. They do have certain differences in process and structure. But we should not ignore that the ultimate result of physical education is to pursue a healthy human body. Other moral education, aesthetic education, etc. are only accessories, which is very similar to sports training. The realization of a healthy human body lies in the development of the functions of the human respiratory system, the circulatory system and the digestive system, and this advanced scientific technology that uses exercise to improve the human body to improve the human body function is undoubtedly present in sports training. After long-term practice and development, sports training has mastered a set of exercise methods, methods and laws of human movement. More importantly, it provides a series of reliable scientific evidence for human exercise activities. At present, the imperfection of China's sports training system and its existing alienation phenomenon cannot deny the guiding significance of sports training as a special activity. Whether in practice or in theoretical understanding, we can easily find that the physiological principles of sports training and physical education are the same. Therefore, physical education can fully learn from the relevant content of sports training to solve their own physical exercise teaching.

According to the epistemology of complementary principle and the summary of predecessors in the practice of sports training, we can know that because sports training also contains teaching factors,

some methods and principles of sports training have similarities with general teaching. In the summarization of methods and principles, sports training also applies some teaching methods and principles. For example, the language method, the intuitive method, the practice method, the demonstration method, etc. used in sports training are all common basic methods in teaching, but the contents of the teaching are different. Another example is the principle of conscious positivity, the principle of intuitiveness, the principle of differential treatment, etc. These principles are also important principles in teaching. The basic principles are the same, but they are different in pertinence. It can be seen from this that the teaching principles and methods in physical education are consistent with sports training, which is determined by the “educationality” in sports training.

5. Conclusion

In the process of cultivating young people in colleges and universities, it is necessary to pay attention to the cultural education of students and the training of students' physical quality. It can enhance the youth's enthusiasm for sports through the interactive mode of physical education and sports training. At the same time, colleges and universities should adopt scientific and reasonable teaching methods to promote the overall development of students, so that their physical quality and learning ability are improved. In the end, the physical education and sports training mode will be promoted in an all-round way, and the level of physical education in colleges and universities will be improved.

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