

Analysis on the Importance of Fitness Equipment Teaching to College Physical Education Curriculum Reform

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Keywords: Instrument Fitness Teaching; University; Physical Education Course

Abstract: The teaching reform of college physical education course should adhere to the guiding ideology of "health first", the idea of quality education and the main functions and objectives of school physical education. With the increasing attention paid to sports and physical education by the state, College students, as the main body of sports, have been extensively studied on how to improve their physical function in an all-round way. As a new sport item in college physical education, the teaching effect of instrument fitness is mainly based on human physiological function and human anatomy theory, and it takes a quantitative form of exercise for human body. According to the characteristics of the equipment fitness course and the needs of the society for the equipment fitness talents, the ability training of the students is particularly important. The practice teaching links should be especially strengthened in the curriculum design. Through the research on the new structure of the equipment fitness course teaching system, the framework of the course content can be more clearly understood, the interrelationship between the contents of each course can be understood, and the problems to be solved in the teaching should be clarified.

1. Introduction

With the increasing attention of the state to sports and health education, instrument fitness is being gradually carried out and continuously promoted in modern social sports [1]. The goal of "building a mass sports equipment fitness service platform integrating knowledge popularization, consultation and scientific research achievements of equipment fitness, actively creating a demonstration area of equipment fitness, and further promoting the transformation of equipment fitness achievements" should be set up. The guiding ideology of "health first" should be taken as the basic starting point to determine the content of the curriculum. It should be people-oriented, follow the laws of physical and mental development and interests of College students, develop and utilize various curriculum resources according to the time and local conditions, and give full play to the main role of students and the leading role of teachers [2]. The goal structure is changed from the traditional unity to the targeted, both the basic goal for most students, and the different development goals for students with some specialties, academic ability and poor constitution [3]. The fitness of the device is based on the body as the practice method, with the equipment fitness knowledge, skills and methods as the main teaching content, in order to exercise the body muscles, improve the body quality and shape the bodybuilding body [4]. Provide theoretical basis for the continuous improvement of equipment fitness teaching courses. Therefore, it is imperative to clarify the teaching objectives, rationally arrange the teaching content and the basic framework of teaching, optimize the equipment fitness curriculum, and establish a set of effective equipment fitness teaching system [5].

The reform of physical education is to serve all students and improve their quality in an all-round way. This requires that students should be the main body of teaching in order to discover more teaching contents and methods that can inspire students' interests and hobbies [6]. As a new item, equipment fitness has a wider coverage and a closer connection with social development and social needs than traditional physical education teaching system. These are determined by the characteristics of equipment fitness project [7]. Comprehensive understanding and mastery of all aspects of modern equipment fitness professional knowledge, and have independent equipment fitness teaching and training organizational ability and a higher level of referee practice ability.

Generally speaking, the teaching objectives basically conform to the orientation of the training objectives. Compared with other sports teaching, equipment fitness teaching needs relatively small space, and teaching organization and management is relatively easy [8]. The course is positioned in the province's first-class, national quality, the curriculum is both standard and university characteristics [9]. College students are the main group of sports. Applying fitness equipment to college physical education is an effective way to achieve quality education and health education for college students. According to the physical condition of the body, a reasonable prescription exercise is carried out, thereby exercising the body and enhancing the physical fitness [10].

2. The Role of Instrument Fitness in College Physical Education Teaching

2.1. Enriching physical education teaching content

Physical education in university stage is the education of physique, quality and skills, and the education of strengthening self-exercise ability, exercise method and lifelong sports concept. The main task is to improve the physical and mental health of College students. Instrument fitness teaching, while increasing the choice of boys and girls, but also can increase their interaction. Compared with other sports teaching, equipment fitness teaching needs less space to carry out, more people in the same space, and teaching management is also easy to carry out. Instrument fitness is related to everyone, contemporary college students, as successors and builders of socialist cause, should actively respond to and practice equipment fitness, improve their own quality, enhance their physique, and develop good physical exercise habits. Equipment training requires trainers to have certain willpower and need help from their peers. Things to be aware of, there are certain risks in the use of equipment, students need to strictly abide by rules and disciplines, and focus on training safety. Stimulate students' interest and enthusiasm for learning, so that students can lively and actively participate in classroom learning, and cultivate students' self-confidence and brave, decisive and tenacious quality through teaching, so as to achieve satisfactory teaching results.

2.2. Using simulated scenario training method

According to the characteristics of equipment fitness course and the needs of the society for equipment fitness talents, the ability training of students should be strengthened. In the process of talents, there will be a situation that students "can act without explaining". The main problem lies in the serious lack of practice in students' language expression. Students should also master some hot knowledge after class, and quantitatively assess the operation. Effective assessment of students' practice guidance will be divided into practical guidance assessment and theoretical written examination. Through this innovative examination method, students can enjoy the pleasure of learning and using. The simulated situational training method is used to strengthen students' practical ability and improve students' interest in learning and subjective initiative. The practice content, practice method, number of exercises, practice goals, and methods of protection and help are given. The teams practice under the leadership of the team leader. The teacher observes, inspects, corrects, etc. at any time in the classroom. Effective teaching of the number of students. The multilateral interaction between students and students, strive to improve students' enthusiasm for participation, maximize the creativity of students, and create a relaxed, harmonious, lively, lively and efficient classroom atmosphere for the teaching of physical education.

Sports fitness itself needs the assistance of certain sports venues and equipment, while scientific and reasonable fitness methods also need certain modern facilities to measure and calibrate. Instrumental fitness is a systematic exercise process, which requires scientific planning. By using the instrument fitness, students can get a full understanding of the body muscle structure and understand their own physical fitness. In shaping good body shape, using fitness equipment or equipment as a heavy load tool, exerting load on the exercise site, accelerating muscle protein synthesis, making the muscle more robust and developed, thereby eliminating excess fat and improving body shape. That is, the teaching content emphasizes fitness, entertainment, lifelong and effectiveness. Guiding students to develop the habit of regular physical exercise, master the

knowledge, skills and methods of physical exercise, learn to adjust mood through physical exercise, and cultivate the ability to resist setbacks. Focus on sports and health, sports and weight loss, nutrition, leisure sports and other content, to highlight scientific, practical, targeted, guiding and characteristics of the times, so that students understand the nature of sports and physical exercise for the body and psychology. The good influence can use the sports knowledge and methods in the classroom. Using simulated situational training methods, such as the simulation of private lessons, a classmate plays a coach as a member, and trains members in the club. This method not only enables students to master the process of private teaching content, but also enhances students' language expression ability and mobilizes students' interest in learning.

3. The Way to Cultivate Lifelong Physical Education in Instrument Fitness Classroom Teaching

3.1. Establishing a new and scientific evaluation system

The goal of the course should be set as a general goal and a sub-goal of each semester; the evaluation and assessment method of practice link should be individualized, and the evaluation of teaching quality is an important part of the teaching system, focusing on the positive evaluation of each student. Students should be evaluated on the basis of personal progress, not by comparison or by a unified standard. It is no longer confined to the traditional teaching mode, and closely links the healthy development of students with life, study and work. In this way, according to the fitness method, the fitness rules and the body principle, a variety of specifications in the fitness of the device are prepared. The analysis of test scores enables students to self-assess the learning situation of this time period and test the learning effect. The teacher can comprehensively analyze the test scores of the students, find the students' own reasons, and improve the practice of teaching methods. In order to improve the learning effect and achieve better results. The physical fitness evaluation of the fitness module of the device is based on the pull-up project in the national physical health test, plus the school equipment fitness teaching program barbell bench press, barbell squat, slanting plate sit-ups to form a device teaching evaluation.

3.2. Actively constructing and perfecting university instrument fitness course system

The purpose of the reform of physical education assessment is to improve students' active learning, and the selection of assessment content is the key to determine students' interest in learning and effect. Emphasis is different, some focus on improving students' physical quality; some focus on improving the moral quality of negotiation psychological quality; at the same time, when arranging exercise load reasonably, we should start from the different structure of equipment fitness sports curriculum. Instrumental fitness is not only a scientific and reasonable way of fitness in action, but also an understanding of and emphasis on the concept and thought of instrument fitness. Only in this way can the concept of lifelong physical education and instrument fitness be penetrated into the heart. In the process of developing and utilizing folk sports curriculum resources, government departments can issue normative documents and incentive documents to encourage grassroots schools to actively introduce folk sports programs, so that physical education curriculum resources can demonstrate their due role. The sports skill teaching system is the fitness content teaching system. The fundamental change is from the past sports skill education, focusing on the external technical form to focusing on the internal changes of the human body function caused by the load, and truly achieving the effect of improving health and enhancing physical fitness. Weakening competition, paying attention to fitness, and cultivating students' awareness of lifelong sports are the direction of our future efforts.

To perfect the physical education curriculum system, we should pay attention to the following important elements, including the evaluation of curriculum learning, teaching methods, teaching modes, teaching contents, etc., which are complementary combinations and gradually form an overall effect in the process of fitness equipment teaching. In terms of improving physical quality, equipment fitness is a systematic exercise, which promotes bone metabolism, improves body

muscle strength and muscle fiber endurance, and promotes the growth and development of joints and sewing belts. Propaganda is an indispensable link in the process of promoting the fitness exercise of equipment, so that students can fully understand the function of the fitness exercise of equipment and the charm of the fitness activity itself. In order to realize the goal of "health first", we must change the former teaching materials centered on sports technology and skills to fitness contents centered on cultivating students' sports attitudes, interests and habits. Guide teachers to change educational concepts and educational ideas, establish effective competition and incentive mechanisms, enhance teachers' awareness of reform and innovation, and stimulate their initiative and enthusiasm for participating in education and teaching reform. At the same time, it is necessary to improve the ideological and political quality and education and teaching ability of teachers. In order to stimulate students' innovative consciousness and exercise their innovative ability, it is not enough to rely on teachers' explanation and demonstration. It is also necessary to actively guide students to learn and study independently, leaving students with free space and independent thinking opportunities.

4. Conclusion

In this paper, the importance of equipment fitness teaching for college physical education curriculum reform is studied. In the process of teaching reform of college physical education, we must emancipate our minds, proceed from reality and optimize the curriculum structure. Raise awareness, understand the spiritual essence of the new outline, constantly renew ideas and change habitual thinking patterns. The reform of college physical education curriculum is guided by cultivating students' professional and applied talents to meet the needs of social sports. Every student participates in the module of practice teaching, and strengthens the construction of practice base. The content of practice teaching is related to social needs. Equipment fitness is an exercise based on increasing exercise load, and is an effective way to improve physical fitness. It is found in practical teaching applications that equipment fitness can arouse students' desire for challenge and is more active than regular physical education. From the perspective of equipment fitness, the problems and deficiencies in modern university physical education are reformed and improved, in order to provide a feasible teaching environment for cultivating college students' mastery of methods and methods of equipment fitness. Constantly reform the assessment methods of this course, continue to carry out relevant reforms and explorations, strive to improve students' interest in learning, and make the connection between theory and practice closer. The discussion of the reform of the discipline will promote the discipline in the university sports department Development in the middle.

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