

# Thoughts on the Value of Physical Training in Colleges and Universities in the Age of “Internet +”

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**Abstract:** In this stage, the universities continue to improve the education system, the importance of sports training has become more prominent. From the perspective of philosophy to Probe body “Internet +” sports training colleges times, on Constructing Innovative PE teaching model has a positive meaning. On the basis of sports training colleges to explore the current situation on the on the “Internet +” times the value of physical training philosophy to analyze college sports, which made modern body Concept of Physical Education: To return to the body itself, water sports training college in the traditional philosophy of body heritage, correctly deal with the influence of Western philosophy on the body of university sports training, improve the diversification path of development of information technology sports training.

## 1. Introduction

In the context of the rapid development of information technology, the Internet + education model has been widely used in college education reform. At the same time, domestic education pays more and more attention to the cultivation of students' comprehensive quality. Among them, physical quality is one of the most critical quality contents in comprehensive quality. In the “Internet +” environment, from the perspective of physical philosophy, exploring how to effectively cultivate the physical quality of college students, and exploring the value of physical training in colleges, will not only help to further promote the overall quality of college students, but also for college physical education. The advantages provided by the project provide strong guarantees. In general, it helps to promote college education reform and comprehensively implement quality education.

## 2. Current Situation of College Physical Training in China

In the current social environment, although more and more people are very concerned about physical health, under the increasing social rhythm, many people have not really implemented physical exercise. In college education, the degree of emphasis on physical education is not high. The sports training methods used cannot be effectively matched with the environment of the times, and there is a certain lag. As a result, the results of physical training in colleges and universities in China are not good, and students' physical fitness is even more difficult to obtain Effective training.

As an important base for cultivating talents, colleges and universities cover a wide range of disciplines. Although in recent years China has paid more and more attention to the reform of the new curriculum and has implemented it at the practical level, the physical education curriculum has not received more attention. Especially for sports training, colleges and universities are often relatively neglected in this respect, and they are not regarded as a key part of the education system of universities. Therefore, the effectiveness of college sports training has not been effectively improved.

Affected by traditional training concepts, students' quality evaluation index is usually performance. And due to the impact of the examination-oriented education system, even though the Ministry of Education has already begun to implement quality education, colleges and universities still cannot get out of the strange circle of examination-oriented education, which leads to the neglect of training students' comprehensive quality, especially their physical fitness. With the advent

of the “Internet +” era, amazing changes have taken place in people's areas of study, life, and work. As shown in Figure 1, the application of Internet information technology in the field of education can effectively promote education reform and enhance the effectiveness of talent training. However, it is not enough to rely on innovative science and technology to carry out educational reform. The innovation of college physical training should also be innovative from the perspective of thinking. It is of great benefit to develop physical fitness in colleges and universities to train students' physical fitness. In view of the current situation of physical training in colleges and universities, the physical education curriculum should be combined with the development characteristics of the “Internet +” era and physical philosophy to promote the reform of physical education in colleges and universities.

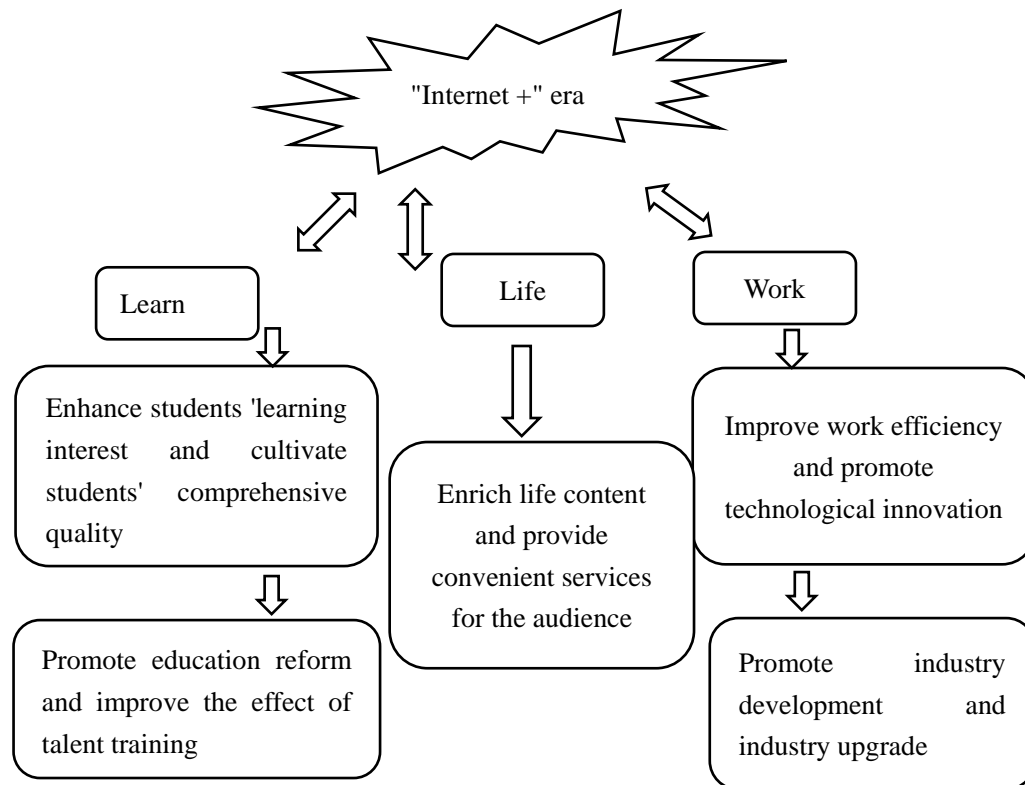


Fig.1 Changes in the Areas of Study, Life, and Work in the “Internet +” Era

### 3. Value Analysis of Physical Training in Colleges and Universities in the “Internet +” Era

In the “Internet +” era, physical training in colleges and universities is of positive significance for improving the overall quality of students. At the same time, it also means that college physical education teachers themselves should pay attention to the updating of teaching concepts, form a solid body philosophy, and then apply it to the process of physical training. Obviously, how to truly reflect the value of this philosophy of body in physical training in colleges and universities is a question that teachers need to think deeply about. This requires a deeper understanding of the value of physical training in colleges and universities in the “Internet +” era, and then transforming thinking into action to promote the reform of college physical education courses. Specifically, its value mainly includes four aspects, one is to realize the artistic conception of physical training through physical philosophy; the second is to awaken the professional consciousness of physical education teachers in universities; Promote the generation of body philosophy and culture. The following will analyze these points:

#### 3.1 Realizing the Artistic Conception of Physical Training through Physical Philosophy

Physical training for college physical education teachers is not just to enable students to get physical exercise, but also to train students in many aspects such as thinking ability, exploration spirit and emotional sentiment. Guide students from limited physical intuitive feelings to rational

speculation. Teachers themselves attach importance to physical training based on the philosophy of physical education, fully consider the relationship between the nature of physical education and the body, and then transform it into teaching practice to guide students to form a philosophy of body. The importance of body philosophy in physical training is self-evident, but in the teaching process of physical education curriculum, most teachers do not pay enough attention to it, and the concept of body philosophy is not fully communicated, resulting in students not combining the body with their own thinking. His philosophy of the body is even more impossible to form. Physical training based on body philosophical thinking has changed the way of traditional physical training. Teachers no longer only focus on the mastery of motor skills and physical load and intensity, but also pay more attention to training students to form a good will and cultivate their emotions. Pay full attention to help students form emotional and rational thinking through physical training, and better practice the philosophy of body through physical training.

### **3.2 Awakening the Professional Awareness of College Physical Education Teachers**

Physical training in physical philosophy in colleges and universities in the “Internet +” era has a significant effect on awakening teachers' professional awareness. This professional awakening is mainly reflected in the teachers' ability to convey their ideals, cognition and perceptions of physical education, as well as external sports forms of physical education to students, and in the setting of educational goals, teaching content selection, teaching organization forms, teachers and Implement the role of students and other aspects. At the same time, as teachers' professional consciousness is awakened, they will actively explore new educational theories when they conduct physical training. After forming a physical philosophy education concept, physical education teachers will actively think about physical philosophy, which has a value for physical training in colleges and universities. A deeper and comprehensive understanding, and the application of physical philosophy to guide students to understand the value of physical training. Under the influence of this professional consciousness, teachers' reform of the physical education curriculum will start from a more rational perspective, and from the height of body philosophy, implement teaching reforms with dialectical and critical thinking in order to better meet the actual needs of students and promote The effectiveness of physical education curriculum reform has been improved.

### **3.3 Promote the Generation of Body Philosophy Culture**

Students 'cognitive level and experience accumulation are closely related to culture, and college physical training based on body philosophy can't effectively improve students' cognitive ability and experience in sports without cultural cultivation and assimilation. At the same time that physical education teachers carry out physical training with the view of body philosophy, it is not only a process of cultural inheritance, but also a process of cultural formation of students forming body philosophy concepts and consciousness. At this stage, teachers carry out teaching activities to pay special attention to the education of intellectual knowledge. However, to cultivate compound professionals, we must not only cultivate their intelligence, but also consider the changes in humanistic spirit, values, thinking style, and behavior. Therefore, physical education teachers 'physical training to students is not just to improve students' sports, but also needs to help and guide students to form a personalized understanding of physical education through physical philosophy. In particular, it provides positive guidance for students 'attitudes, values, beliefs, and thinking in life. These guidance processes can gradually be transformed into the accumulation of students' cultural literacy, which can effectively enhance the cultural connotation of students, and cultivate their personality, and gradually form Sports culture full of the times.

## **4. Analysis of College Sports Training Innovation Strategies in the “Internet +” Era**

### **4.1 Return to the Body Itself**

Physical training in colleges and universities under the philosophy of body needs to take into account both the external movement of the body and the internal form and performance of the body.

In essence, the body is the most fundamental material carrier of physical training. Physical training based on physical philosophy should be loyal to the body. At the same time, under the philosophy of physical philosophy, it has a more comprehensive understanding of the body itself. During the development of physical education courses in colleges, the relatively lagging methods adopted by teachers for physical training cannot be adapted to the environment of the “Internet +” era, and only focusing on the training of motor skills will not allow students to have a deep understanding of the nature of the body, let alone understand To the positive effect that can be produced on the level of self-consciousness through physical training. Therefore, if teachers want to innovate physical training in colleges and universities in the “Internet +” era, they should fully study the body itself, re-examine the body culture, and return to the development of the body itself, so as to effectively promote the cultivation of students' physical qualities.

#### 4.2 Attaching Importance to the Inheritance of Traditional Body Philosophy in College Physical Training

As we all know, China has a development history of 5,000 years, which contains ancient and rich traditional Chinese culture. In traditional Chinese culture, there are many aspects of the philosophical thinking of the body (As show in Figure 2), for example, the social body view of Confucianism, the natural body view of Taoism, and the spiritual body view of Buddhist cultivation. Attention to the inheritance of traditional body philosophy in physical training in colleges and universities is actually a cultural heritage. Of course, teachers need to guide students to understand and treat body philosophy in traditional Chinese culture from a dialectical perspective. The purpose of physical training in colleges and universities is not only to improve the students 'sports skills. To take into account the cultivation of students' physical literacy, it is also necessary to train students from the perspective of physical philosophy to conduct moral training, personality cultivation, and correct values, world outlook, and life outlook through physical training. Of cultivation. Body philosophy in traditional Chinese culture combines internal and external cultivation methods. Teachers conduct physical training with the philosophy of body philosophy education. To maximize the value of body philosophy in it, it is necessary to deeply dig into the traditional Chinese body philosophy and apply it. After physical training, it is the traditional Chinese excellent culture that can be passed down and endlessly promoted. At the same time, it also promotes students to form a cultural self-confidence.

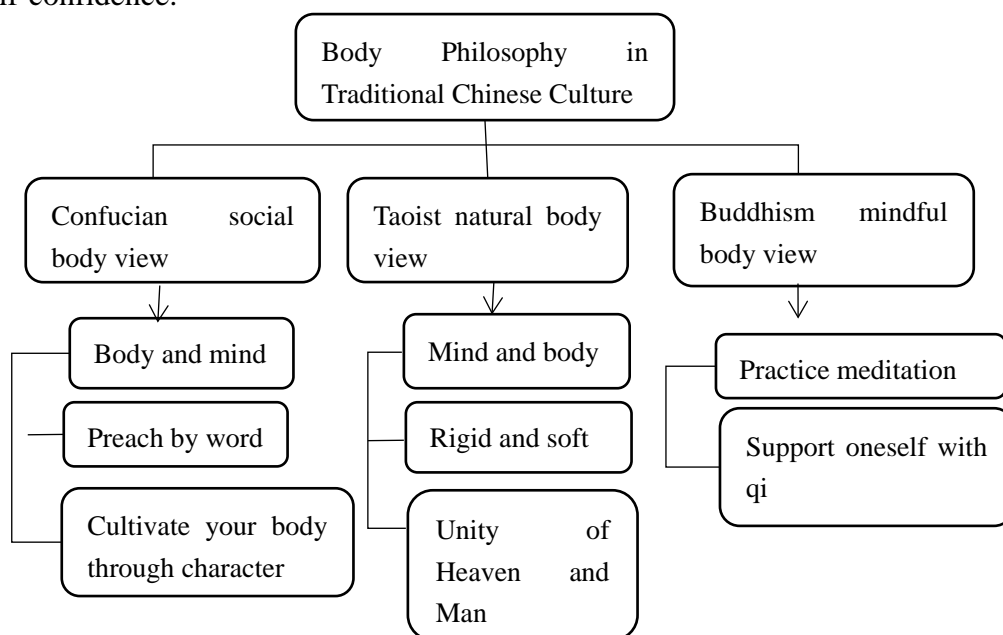


Fig.2 Body Philosophy in Traditional Chinese Culture

#### 4.3 Reasonable Innovation of College Physical Training with Western Body Philosophy

With the advent of the “Internet +” era, people's fast and simple lifestyles are becoming

increasingly neglected for their own bodies, as is the case for college students. There is a lag in physical knowledge and concepts, and the expansion of consumer desire and In the negative trend of hedonism and other negative thoughts, the body has also become alienated, and the body has become synonymous with consumption and desire. At the same time, due to the over-reliance on high-tech lifestyles, college students also have insufficient physical movements. They often have low enthusiasm for physical training in colleges and universities, and even rejection. Many college students have “civilized diseases”, “Health,” students' physical fitness is relatively poor. The body philosophy in the West is also rich in content. It differs in ancient Greek philosophy, medieval philosophy, modern philosophy, and postmodern philosophy. Teachers need to guide students to recognize Western philosophy from a dialectical perspective and apply it to physical training. First, guide students to deeply understand the aesthetic value of physical training from the perspective of physical philosophy. In terms of natural beauty, The body, shape, structure, and bodybuilding of various organizational functions should be understood, and the philosophical thinking of the body should be used to show the beauty of the modeling and the beauty of the process. In terms of social beauty, students gradually form beautiful thoughts and will through physical training. The second is to reflect on the humanistic value of physical training in combination with physical philosophy. Especially in the “Internet +” era, college students are eroded by Western thoughts such as consumerism and hedonism, but the students themselves have not formed the correct values. Therefore, teachers should use Western body philosophy to guide students to humanistic values. Be reflective.

## 5. Conclusion

With the rise of the nationwide fitness boom, it has provided certain help for the reform of physical education in colleges and universities. In the “Internet + era”, college physical training was carried out with the philosophy of body philosophy education, which realized the artistic conception of conveying physical training with body philosophy; Professional consciousness of college physical education teachers; promote the generation of body philosophy and culture. This fully shows that the application of physical philosophy to college sports training has very practical significance. At the same time, college physical training methods based on body philosophy will ultimately have a positive meaning in cultivating students' physical health and personality connotations.

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