

Research on Strengthening Military Sports Teaching in Colleges

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Abstract: Analyzing the current situation of talent cultivation in many universities in China, we can see that the overall training effect is good, but the current situation in military sports teaching is not optimistic, there are more teaching problems, the effect of national defense education is poor, and it seriously affects students' national defense awareness. It is necessary to optimize and improve military sports teaching. Based on this, this article explores the current military sports teaching in colleges and universities and proposes several strategies to effectively strengthen military sports teaching. It is hoped that the application of these measures can significantly improve the effectiveness of military sports teaching in colleges and universities and make students have a sense of national defense.

1. Introduction

At present, China's college education and teaching work contains a lot of content, of which military sports teaching is the key teaching content. Through the integration of military teaching in conventional sports teaching, it can promote the enrichment of sports teaching content, improve students' physical fitness, and can give The systematic and comprehensive national defense education of college students enables students to have a deep understanding and grasp of the importance, necessity, and teaching focus of national defense education, build a systematic military sports knowledge system, and strengthen their patriotism and sense of mission and responsibility. When entering social work, you can make your own contribution to the good and orderly development of China's national defense during the period of doing your own job. Therefore, military sports teaching is of great significance to the training of talents in colleges and universities. It is necessary for colleges and universities to fully grasp the main points of military sports talents, use a variety of effective methods to complete the training of talents with quality and quantity.[1]

2. The Status Quo of Military Physical Education in Universities

First of all, military sports teaching is not valued. At present, many colleges and universities actively respond to the call of national defense education carried out by the national defense department, and carry out combined education of military sports in physical education, but research the actual teaching effect and find that the results are average and students have a low awareness of national defense. The reason is that schools and teachers lack awareness of national defense, military sports teaching, and do not pay attention to the teaching work of this link, which leads to teachers teaching in a perfunctory manner during military sports teaching, and outdated classroom teaching methods. Behind the scenes, the classroom atmosphere is dull and boring, the students are not interested in learning, and the military PE teaching effect is not satisfactory. Secondly, the military sports teaching plan and content of colleges and universities are incomplete. At present, some colleges and universities are still using conventional sports teaching plans during military sports teaching. The teaching content of national defense education, military and other aspects is less, and the military sports teaching lessons Short, the teaching content mostly focuses on theoretical knowledge, and students' physical fitness training is not taught from the perspective of national defense education.[2] Once again, the teaching method is backward. Most of the teachers who take on military sports teaching tasks in many schools are mostly physical education teachers.

They lack understanding of the contents of national defense education and military sports. They use the traditional teaching method to teach students theoretical knowledge. Sports exercises such as running exercises and ball games to train students' physical fitness, the teaching methods have not been improved in combination with military sports concepts, making the teaching results average. Finally, the teaching level of teachers is low. At present, many physical education teachers in colleges and universities lack physical education literacy and are unwilling to actively study and explore the teaching concepts and methods of military physical education for college students, which restricts the improvement of military physical education teaching in schools.

3. Analysis of Strengthening Countermeasures of Military Physical Education in Universities

3.1 Preparation of a Complete Military Sports Teaching Plan

First of all, all teachers and students of colleges and universities must actively study military sports teaching, improve the awareness of military sports teaching and national defense awareness, understand the connotation of military sports and the necessity of military sports teaching, so that university management can carry out military sports teaching of students in the follow-up. Give more financial and manpower support in the work and build high-quality teaching conditions for the effective development of teaching work. Teachers can combine the needs of military sports teaching in subsequent teaching activities to re-write the new teaching plan and optimize the teaching content. With reference to the teaching goals, we will enter the systematic education and training of high-military literacy college students. During the period of receiving military sports teaching, students will actively cooperate with various teaching activities, listen carefully, and actively participate in the physical training of military sports, so that they have their own military qualities. Greatly improved. Secondly, formulate a new military sports teaching plan for colleges and universities. After the college teachers and students have a deep understanding and cognition of this education and teaching work, and national defense awareness and military sports teaching awareness have been improved, teachers are required to prepare based on the goal of improving the military sports quality of college students. The teaching plan is to carry out specific student teaching activities under the guidance of the plan content to ensure that students' patriotism is effectively stimulated and improved, and military literacy and military skills are well cultivated. Specific analysis of the new military sports teaching plan, including military sports teaching rules and regulations, scientific and reasonable student military skills training programs and organizational planning, strict military sports teaching management plan and other aspects, based on the teachers in accordance with the above content Teaching activities can achieve the expected results of talent cultivation, make students enter the society with a strong ability to adapt to the environment, have a high personal quality, students can do every job with high quality and efficiency, for our country The enhancement of national defense strength provides a strong reserve force.[3]

3.2 Defining Military Sports Teaching Content

College physical education combined with national defense education requires teachers to clarify the actual teaching content on the basis of grasping military sports teaching goals and teaching plans, so as to promote the steadiness of student literacy in the specific implementation process of each teaching content Promotion. First of all, in terms of military sports theory teaching content, since theoretical teaching hours account for a small portion of the total military sports teaching total hours, it is required that teachers reasonably arrange teaching time. In addition to the regular physical education theoretical content teaching, it is more important It is to teach national defense education and military knowledge, so as to enrich students' military sports knowledge reserves, so that students have a deeper understanding of the development of China 's national defense cause and national military security; secondly, military sports practice teaching content On the aspect, the teaching content of this link is the key content of the entire military physical education teaching work, and there are many lessons. Therefore, it is necessary to pay attention to integrating relevant

content of national defense education in teaching, and design practical teaching content to promote students' physical fitness. Exercise, including multi-person coordination and confrontation training activities, such as basketball, football, volleyball and other sports activities should be carried out, and military swimming activities such as military swimming and weight-bearing cross-country can be added to encourage college students to undergo comprehensive training in different sports. from You can improve your physical fitness, military ability, and environmental adaptability, and through joint activities of multiple people, you can train students 'solidarity and cooperation, interpersonal communication, language expression, and leadership skills, and significantly improve students' military sports learning. The enthusiasm and enthusiasm for participation will ultimately enable students to master various skills in a variety of teaching activities.[4]

3.3 Applying Advanced Teaching Methods to Build a High-Level, High-Capacity Military Sports Teaching Team

First of all, make more use of new teaching methods. During the teaching of current college military sports teachers, they need to change their inherent teaching concepts as soon as possible. Based on the needs of military sports teaching, they seek new teaching methods suitable for the course to complete the teaching activities and ensure the final teaching. The effect is up to standard. Summarize the new teaching methods available in military sports teaching activities in colleges and universities, mainly including multimedia, group cooperation, and cases. These teaching methods will be implemented in audio and video, actual cases, and group member information. Mobilize students' enthusiasm for military sports knowledge and skills learning. In the end, with the wide participation of students and the active interaction between teachers and students, students will be interested in learning the course, which can effectively cooperate with teachers to complete teaching activities and achieve their own literacy, Significant improvement in abilities and skills. At the same time, teachers can organize and organize military sports lectures, national defense education lectures, and military sports competitions during the teaching period to stimulate students' enthusiasm for learning and enhance their physical and military qualities.

Secondly, the training of teachers. Teachers have a very important role in the development of military sports education in colleges and universities. Therefore, colleges and universities must absorb a large number of teachers who have a wealth of military sports teaching theoretical knowledge, strong military sports teaching professional abilities, and noble professional ethics.[5] Set up a dedicated team of teachers to carry out teaching activities, in order to create a positive teaching environment in the school with a strong military education atmosphere, under the influence of subtle influence to enhance students' learning enthusiasm, so that students in various military sports teaching, activities During his active participation, he has acquired a large amount of knowledge in national defense and military sports, and possesses strong military qualities.

4. Conclusion

Military sports teaching in colleges and universities is very important, but at this stage there are many problems that affect the realization of teaching value. Therefore, on the basis of fully grasping the importance of military sports teaching, college educators must The cause of the problem is studied, and effective methods for improving the teaching effect are put forward and used to promote the ideal teaching results after the launch of military sports teaching activities in colleges and universities, and the comprehensive quality of the students trained is high, which provides good development for national defense work.

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