

Development Factors and Countermeasure of Physical Education

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Abstract: With the continuous development of society, exam-oriented education and quality education have achieved a good integration. Sports teaching in colleges and universities in our country adheres to the principle of people-oriented and health-first, and constantly establishes and deepens the concept and strength of physical education, aiming at cultivating new talents with all-round development of morality, intelligence, physical education, beauty and labor. In order to meet the educational needs of the society, the number of colleges and universities is increasing. In college physical education teaching, besides imparting sports knowledge and skills to students, we also need to cultivate students' spirit of solidarity and cooperation, and help students develop good habits of diligent exercise. Therefore, in the education reform with the background of quality education, the development of physical education in colleges and universities has also attracted people's attention. It is especially important to analyze the development of physical education in colleges and universities. The paper discusses the problems existing in quality education in college physical education in China, and puts forward the countermeasures for the reform and development of physical education in colleges and universities.

1. Introduction

The quality education is mainly to make up for the lack of science and technology teaching and professional education. Specifically, the idea of quality education is mainly to cultivate the basic comprehensive qualities of students. Training and delivering a batch of talents for the society is the ultimate goal and fundamental task of education [1]. With the continuous development of society and the continuous progress of the times, the emphasis on quality education in schools is also increasing. However, there is still a certain gap between the actual needs and the current needs. Only an in-depth analysis of the factors affecting the development of physical education in colleges and universities can find an effective solution. Therefore, the reform and development of physical education in colleges and universities should be adapted to this task and requirements, and comprehensive quality education should be implemented for students [2]. In recent years, with the rapid development of society and the increasing importance of quality education, a new round of curriculum reform has been gradually launched and deepened, and the goals and requirements of college physical education have also changed [3]. The reform of physical education is in progress, but there are still many problems in many aspects, so it is particularly important to solve these problems and improve the speed of physical education development. For this reason, this paper summarizes and analyses the impact of the development of physical education in Colleges and universities, and puts forward suggestions and Countermeasures to improve physical education in Colleges and universities in China.

2. Factors Restricting the Development of Physical Education in Colleges and Universities in China at the Present Stage

2.1 Single Teaching Mode and Tradition

Although many universities have introduced western theories and information in the survey, it is only a simple package in the original physical education teaching, but it has not played a substantive role. Compared with the development of physical education in other countries, the development time of physical education in Colleges and universities in China is relatively short.

Although some achievements have been made, it has not got rid of the influence of traditional physical education mode. In College Physical Education teaching, because of the influence of traditional ideas, teachers do not attach importance to the teaching of students' sports skills, but only to the teaching of sports knowledge and skills. Examination-oriented education concept is relatively strong, not enough attention to physical education [4]. It is always one-sided emphasis on classroom teaching and teachers who teach sports knowledge and skills, which limits students' independence activities and neglects the cultivation of students' sports ability. The teaching structure is still basically in the past. The single and traditional mode of physical education in colleges and universities seriously restricts the development of physical education in colleges and universities. Moreover, the teaching mode is basically in the stage of infusion and cramming, which cannot fully reflect the student-oriented, and the center is often surrounded by classroom teaching that teaches students the physical knowledge and skills. If you want to test the results it brings, the time required is really long, so reducing the time to find the right teaching model is also a priority.

2.2 The Evaluation System of Physical Education Teaching is Unscientific

Under the background of exam-oriented education, the evaluation system of physical education teaching with scores and achievements still continues. Some teachers who carry out physical education work do not have practical teaching ability and comprehensive quality, which cannot have a positive impact on students' physical education [5]. Turning the physical education class into a training class not only reduces the students' interest in learning, but also makes students feel tired of learning, and gradually forms a single teaching method, which is incompatible with the current teaching objectives of cultivating students' exercise habits. Not fully aware of the role of sports quality education. In this way, the enthusiasm of students' physical exercise will be affected, and students can not fully participate in physical exercise. Each stage trains the students a skill. At the end of the semester, the students are required to meet the standard of each skill, but the students' personality differences are ignored [6]. So that many students can not enjoy the pleasure of sports in time, affecting students' interest in learning sports knowledge, and then affecting the implementation of sports teaching. Unable to fully understand the connotation of sports, resulting in students despising physical education classes, resulting in their social still cannot adhere to long-term physical exercise, physical fitness is gradually declining. This will affect the enthusiasm and initiative of students to exercise. If we do not pay attention to the cultivation of students' specialties, in the long run, it will depress students' personalized development.

2.3 There Exists the Phenomenon that the Emphasis is Neglected in the Course Setting, and the Update of Teaching Materials is not Timely

In the investigation of college physical education, it is found that many teaching plans and syllabus used in colleges and universities are carried out around social values, without considering the individual value orientation of students. In the current stage of physical education in China, the teaching environment is not very perfect. The competition is regarded as the main consideration. When evaluating the quality of physical education teaching, the number of awards is often considered. The comprehensive exercise has been neglected, and the students' comprehensive sports knowledge, fitness methods and sports awareness have not been vigorously cultivated [7]. In the new situation, the need for the cultivation of social talents is separated, and the irrationality of the physical education curriculum and the aging of the teaching materials all restrict the development of physical education in colleges and universities in China. Only a few top students are emphasized, while most students are neglected. Physical fitness is emphasized, while quality is neglected. Knowledge inculcation is emphasized, while ability and spirit are neglected. The teaching content is old and repetitive, lacking of innovation. Although it has been improved through many reforms and explorations, due to the limitations of sports courses such as venues and equipment, some modern sports activities can not be fully integrated into modern sports teaching. Colleges and universities should attach importance to the establishment of physical education curriculum, and also to the renewal of teaching materials. When choosing teaching materials, schools should base on the needs of the times and strive to achieve the practicability, scientificity and culture of the content of

physical education classroom teaching. Meanwhile, they should embody the idea of lifelong education in teaching materials.

3. Research on the Countermeasure of the Development of Physical Education in Colleges and Universities in China

3.1 Optimizing the Teaching Environment of Physical Education in Colleges and Universities

If we want to carry out the work of physical education in Colleges and universities normally, we need a good environment for making friends first. Attaching importance to the basic functions of physical education teaching, fitness and physical fitness, we must establish the goal framework system of physical education quality education in Colleges and universities. The key to the implementation of quality education is to change the concept of education. In many colleges and universities, the lack of sports equipment, while in some colleges and universities sports equipment has become furnishings, many equipment have become aging, lack of timely maintenance and update, for the old equipment students lack enthusiasm for use, affecting the development process of college sports teaching. Therefore, the demand for physical education equipment and physical education teaching venues is also increasing. Therefore, it is necessary to carry out physical education teaching in colleges and universities. First, the teaching venues and teaching equipment should be updated and updated so that students can have a good physical education environment. . The establishment of a student-centered "sports and health" curriculum system has aroused students' interest in sports learning, and cultivated students' awareness of physical exercise as a habit and ability to create a harmonious and relaxed sports learning atmosphere for students. . This will greatly enhance the students' enthusiasm for physical education and further promote the reform of physical education.

3.2 Organic Combination of "Three Ideas"

Under the requirement of quality education, the fundamental purpose of high physical education teaching is to train high-quality talents with health, moral, intellectual and physical development for the society. The idea of health first, people-oriented and lifelong physical education advocated by curriculum reform over the years. The fundamental purpose of university education is to cultivate high-quality talents with health, moral, intellectual and physical development for the society. Therefore, in College Physical Education teaching, it is necessary to combine and strengthen the three concepts of "health first, people-oriented and lifelong physical education". In the teaching, it is necessary to cultivate students' physical education habits and strengthen the cultivation of students' physical ability and physical quality. It is necessary not only to impart more physical knowledge and skills to students, but also to help students master the correct methods of physical learning and develop their consciousness. The habit of exercising. In the specific teaching, the teacher needs to help the students to establish a correct outlook on life and life, and to cultivate and edify the students' ideological sentiments. Therefore, in the future development of college physical education, the three should be organically combined, strong and strong, and moderately deepened. Strive to enable students to develop the habit of self-exercise, can consciously carry out the study of sports knowledge and skills.

3.3 Establishment of Diversified Physical Education Teaching Model

The single traditional physical education teaching mode has seriously restricted the development of physical education in Colleges and universities in China. Only by adding richer contents, setting higher goals and using more scientific and effective methods in physical education teaching, can a pluralistic physical education teaching mode be applied to reverse this situation. Therefore, before carrying out the work of College Physical Education teaching, we must innovate the teaching mode of College Physical Education and increase the interest of college physical education teaching and learning. Choosing appropriate teaching methods according to different teaching contents and actively using various new teaching techniques, such as using multimedia technology to display

teaching contents, can be more intuitive and visual, and can also stimulate students' interest in learning. Help students develop good sports awareness and exercise habits, and pass on a variety of sports knowledge and skills to students. Informed physical education needs to fully reflect the basic, subjective and comprehensive characteristics of quality education. It is necessary to focus on the students as the core, pay more attention to the feelings and experiences of sports, and relate the rich and colorful physical education content to the society and life, so as to meet the students' needs for physical education. The innovative teaching mode and innovative teaching content will be added to the current teaching curriculum, which will increase the students' interest in learning and further develop the reform of physical education teaching in colleges and universities.

3.4 Strengthen the Comprehensive Quality of Physical Education Teachers

As a teacher who introduces students into the physical education classroom, the quality of physical education teaching is very important to the students. In addition, we should pay attention to the rational allocation of teachers, because many physical education teachers are not decathlon, they all have their own characteristics, so we should strengthen professional pertinence in the allocation of teachers' resources. If we want to carry out the idea and policy of quality education and cultivate students' physical quality vigorously, we need the guidance and practice of physical education teachers. Secondly, to improve the professional quality of teachers and re-select physical education teachers, university management departments should select high standards according to specific conditions to improve the quality of physical education teachers. Encourage physical education teachers in colleges and universities to carry out further studies and improve their own sports professional skills. At the same time, they must also strengthen the study of educational concepts and teaching methods, and improve the ability of college physical education teachers to teach and educate. To strengthen the quality of physical education teachers, we can strengthen the quality of physical education teachers through various forms of seminars and trainings, and carry forward the ideas of dedication, innovation, and moral quality. For the comprehensive quality, teachers who can achieve physical education activities must be urged to carry out the reform of physical education teaching mode, increase the students' interest and enthusiasm for physical education and learning, and let more students go to the physical education classroom.

4. Conclusion

Nowadays, although the physical education teaching in colleges and universities in China is undergoing reforms, it is still unable to achieve the goal of comprehensive quality education. There are many constraints that prevent it from further development. This paper investigates and analyzes the factors that restrict the development of physical education in colleges and universities in China. On this basis, the countermeasures for reform are put forward, and the people-oriented concept is taken as a breakthrough, and the concept of quality education is continuously integrated to improve the teaching mode. At the same time, combined with specific conditions, improve the physical quality of students and help students establish a correct outlook on life and values. Schools are the cradle of cultivating innovative talents and must shoulder the heavy responsibilities of the times. School sports, which is an important part of school education, must also conform to the development of the times, further deepen reforms, and comprehensively promote quality education. In order to promote the development of physical education in Colleges and universities, we should constantly update the knowledge, ideas and methods of physical education teaching content, update physical education teaching equipment, promote the diversification of physical education teaching evaluation, improve teachers' professional skills and quality, and promote the improvement and development of physical education teaching quality in Colleges and universities. Through careful analysis and comprehensive reform of the existing problems in the process of teaching development, physical education in Colleges and universities will surely reach a new height of development, and students' physical quality will be improved, laying the foundation for the realization of other teaching development.

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