

The influence of sunshine sports policy on college physical education

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Abstract: at the present stage, the rapid development of society has led to the gradual increase in the demand for talents, and the social requirements for talents are also constantly improving. In college education, physical education is an indispensable course, which has a very important impact on students' physical growth and future employment. But currently, because of the traditional sports teaching method has already been not suitable for students' study life at the present stage, nor can play a corresponding positive influence for the students' interest in learning, the improper education method of physical education course will hinder the growth of students' physical education learning life and physical quality. In view of this, colleges and universities should actively implement sunshine sports policy to improve students' enthusiasm for physical education learning.

1. Introduction

Education career has also accelerated the speed of development and innovation with the development of society. Nowadays, most college students' poor living habits and irregular diet lead to the decline of physical quality, which will cause great harm to the information development and physical quality of students in the future. Although most colleges and universities have started to implement the education policy of sunshine sports at this stage, there are still some deviations in the daily education and classroom training of sports. In view of this, the physical education classes and teaching models of most colleges and universities still need to be improved and innovated.

2. Problems existing in traditional physical education teaching mode

2.1 Lack of sports facilities and teacher resources

At present, most of the colleges and universities can't correctly realize the importance of physical education teaching, in order to achieve the purpose of save the cost of education, most are reluctant to put into physical education teaching in colleges, the situation is led to the lack of physical education facilities in colleges and universities, however, the smooth development of physical education courses cannot be separated from the auxiliary teaching of physical education equipment^[2]. In addition, sunshine sports policy also puts forward higher requirements on the comprehensive quality level and professional skills of physical education teachers in colleges and universities. And most colleges and universities are very lack of professional physical education teachers, and most colleges and universities of physical education teachers have been aging phenomenon, some colleges and universities employ non-professional PE teachers, which has a great impact on the development of sunshine PE teaching policy. In addition, some PE teachers often neglect to teach students responsibly in order to complete their learning objectives as soon as possible.

2.2 Problems existing in the traditional physical education teaching mode

At present, most colleges and universities of physical education teaching mode only just stop on the traditional teaching methods, teachers simply explain the basic knowledge orally, but ignore the importance of physical education teaching demonstration. Such teaching mode cannot form good teaching for students, and cannot play a good role in the physical quality of students and their future physical and mental development^[3]. In addition, the teaching methods of physical education

teachers in some universities are relatively simple. Therefore, most students fail to realize the importance of physical education teaching. However, in the traditional physical education teaching model, teachers usually only explain to students, and students have very little time to practice independently. Therefore, students cannot achieve effective learning within a limited time.

2.3 Simplification of physical education teaching in colleges and universities

In the daily physical education teaching in colleges and universities, the physical education teaching goal is usually set relatively simple, only taking students' physical exercise as the goal, so that students can not get enough training in other related sports. For students' physical literacy such as: physical, psychological, cultural aspects of cultivation lack of relevant training. Therefore, the education level of sports in colleges and universities does not meet the requirements of the education policy of modern sunshine sports, and it cannot help students' sports learning ability and interest.

3. Influence of sunshine sports policy on college physical education

3.1 Sunshine sports policy is consistent with the goal of physical education teaching in colleges and universities

The education goal of sunshine sports carried out by colleges and universities pays more attention to the initiative of students' independent participation. By means of diversified physical education teaching methods, students' physical literacy and physical quality can be comprehensively improved, so as to achieve the integration and consistency with the education activity content of sunshine sports and effectively improve students' physical literacy.

3.2 Education policy of sunshine sports provides diversified paths for college physical education

Sunshine sports education policy not only attaches importance to students' physical quality, but also pays attention to students' psychological quality and physical quality^[4]. Therefore, through the diversified teaching paths provided by sunshine sports education policy, physical education teaching in colleges and universities can carry out student sports clubs, sports competitions and other forms to exercise students' physical quality, so as to provide more effective and feasible ways of physical education teaching in colleges and universities.

3.3 Sunshine sports education can transform the teacher-student relationship in college physical education

In the process of implementing sunshine physical education teaching policy in colleges and universities, physical education teachers should develop and select new physical education organizations for students according to their characteristics and interests, so as to transform physical education teachers from single knowledge transfer to course organizer. In the traditional physical education teaching process, teachers often play the role of managers. In the implementation of education policy of sunshine physical education, students' physical education knowledge has been diversified and their role has been changed from passive to active, so as to cultivate students to develop a better mental outlook and physical quality.

3.4 Change the traditional concept of physical education teaching

The concept of backward traditional physical education teaching management is no longer applicable to the process of college physical education development at the present stage, and the relevant management personnel of colleges and universities should also pay attention to college physical education, so as to change the concept of thrift in traditional physical education teaching through sunshine physical education teaching policy. Pay attention to the individuality of students, take students as the main body of physical education teaching in colleges and universities, so as to promote students to quickly adapt to the new physical education teaching, and develop good habits of physical education learning. College physical education teachers should guide students correctly,

mobilize students' enthusiasm to participate in sports, promote the growth and development of students' physical quality, and improve students' interest in learning sports.

3.5 Sunshine physical education teaching policy enriches the physical education teaching content of colleges and universities

At present, colleges and universities should pay attention to the education of college physical education seriously, and constantly develop, research and improve the physical education teaching resources of colleges and universities, and timely find the deficiencies to make up for them^[5]. In addition, colleges and universities can make full use of cultural resources in different regions. At the same time, innovation and reform should be carried out in the traditional physical education teaching mode in the past to enable students to pay attention to physical education in a timely manner. In addition, college physical education teachers should introduce popular fitness sports items or equipment into students' daily physical education to fundamentally promote students' interest in physical education.

3.6 Development and strengthening of extracurricular activities

During the implementation of sunshine sports policy, colleges and universities should combine students' time in and out of physical education classes, carry out regular sports activities for students, and create rich sports life for students. In addition, physical education teachers in colleges and universities should give corresponding guidance in students' extracurricular activities, take good protection measures for students, and avoid unnecessary harm to students.

4. Concrete implementation measures of sunshine sports policy in college physical education

4.1 Increase the publicity of sports knowledge

Colleges and universities should make full use of the existing physical education teaching resources, and at the same time, publicize the sunshine sports policy to students. In addition, teachers should make full use of the opportunity of class to indoctrinate students with the concept of healthy life, and regularly hold some simple sports competitions for students that can carry out basic physical exercise, so as to stimulate students' passion for sports^[5]. And set up some reasonable awards to commend the students who have achieved outstanding results in the competition, so as to enhance the sense of collective honor of students and create a good sunshine sports environment for students.

4.2 Reform the content of traditional sports knowledge

Colleges and universities should combine the traditional sports education concept with the modern sports education concept, truly implement the implementation of sunshine sports policy, attach great importance to the construction of physical education curriculum, and cultivate students' sports interest and potential. Teachers should be in time for students to provide more sports knowledge and learning opportunities, in the construction of physical education curriculum, teachers need to accumulate experience in the process of teaching, guarantee every link in the course of less than to be able to further processing, improve the quality of teaching, actively reform of physical education, at the same time to focus on cultivating students' interest in sports, encourage students to actively participate in various sports activities.

5. Conclusion

At present, the development of sunshine sports policy, prompting more attention to physical education in colleges and universities around the country, colleges and universities for students at this stage to create the atmosphere of a more appropriate physical exercise, at the same time, colleges and universities create a more suitable atmosphere for students to do physical exercises, and make up for the problems existing in the traditional physical education teaching process, which promotes the development of education cause of college physical education in China.

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