

On the Reform of Physical Education in Colleges and Universities under the Background of Healthy China

Feng Gao

Pingdingshan University, Pingdingshan City, Henan 467000, China

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Abstract: With the rapid development of society, people's economic income level has been greatly improved. In addition to paying more attention to material life, physical health is also a topic that modern people pay more and more attention to. At the same time, the state has also put forward the strategic plan of "Healthy China". Based on the background of Healthy China, which affects the normal development of physical education in colleges and universities, physical education teachers should make innovative teaching objectives, comprehensively improve students' sports skills, effectively complete the current social sports teaching objectives, and promote the early realization of the strategy of Healthy China.

1. Introduction

As an important base for training and transporting professional talents to the country and society, colleges and universities should pay more attention to the teaching quality and combine it with the national development strategic planning to better meet the requirements of talent training quality proposed by the state. In the Report of the 19th National Congress of the Communist Party of China, Xi Jinping proposed a new development strategy for Healthy China to better achieve the goal of improving the health and life of the Chinese people. Based on the background of Healthy China, it is necessary to have more professional sports related talents as the guarantee for the realization of strategic objectives. Therefore, the teaching work of university sports colleges and universities should actively carry out innovation and reform, comprehensively improve the effectiveness of physical education teaching, and promote the early realization of the goal of Healthy China.

2. Analysis on the Current Situation of Physical Education in Colleges and Universities

With the continuous improvement of the country's comprehensive strength, the demand for comprehensive talents is growing. In addition to strengthening the education of students in professional skills, colleges and universities should timely adjust the teaching arrangements according to the needs of national development. Under the background of healthy China, the goal of physical education teaching in colleges and universities has changed, but there are still many practical problems in sports teaching activities at this stage, leading to the quality of sports personnel training can not be effectively improved.

2.1 The Teaching Concept is Relatively Backward

The teaching concept has a good guiding significance for the development of teaching activities. At this stage, the backward teaching concept in college physical education is one of the important factors that lead to the difficulty in improving the quality of sports talents training. With the development of society, the thinking of college students in the new era is more active. However, many colleges and universities are still deeply influenced by the traditional teaching concept in sports teaching activities. Teachers usually occupy the dominant position in the classroom, and students' enthusiasm to participate in the classroom is suppressed. After a long time, students' interest in learning will also decline, which will affect the overall quality of talent training. In addition, based on the background of Healthy China, many teachers are used to carrying out teaching activities by virtue of teaching experience, but not related to the learning characteristics of students and the new structure of sports knowledge. The boring and old theoretical knowledge is easy to make students tired of learning, so it is difficult to cooperate with teachers' teaching work in the classroom, which is not conducive to improving students' comprehensive sports quality.

2.2 The Evaluation System is Not Perfect

Scientific and standardized teaching evaluation system can effectively help teachers find problems in teaching activities and students' learning situation. However, many colleges and universities have not set up a perfect evaluation system in sports work, so that teachers do not understand students' sports learning motivation and interest direction, so the teaching methods can't be made improvements. Moreover, the imperfect evaluation system makes it easy for teachers to have one sidedness in the evaluation of students' sports learning achievements. They only pay attention to students' scores, but ignore students' learning potential in other aspects. This will lead to many sports talents losing the opportunity to play their own potential, which is not conducive to cultivating more sports professionals for the country to promote the realization of the strategic goal of Healthy China now. ^[1]

2.3 The Popularization of Healthy Education Knowledge is Weak

Physical education is a good method to strengthen physical fitness, and sports is closely related to health. Popularizing health knowledge in physical education teaching helps to strengthen students' cognition of physical education learning, so as to know how to determine their own learning objectives, and it is also of great help to the realization of Healthy China strategy. However, in the actual physical education teaching work, the popularization of health knowledge is weak. Students do not realize the importance of systematic learning of sports knowledge, and can not firm their belief in learning sports. Therefore, truancy and tiredness of learning often occur, which is a challenge to physical education teaching work. It leads to the difficulty in completing the talent training plan efficiently and can not meet the national sports personnel training requirements of Healthy China .

3. Exploration on the Reform Path of Physical Education in Colleges and Universities

To realize the strategy of Healthy China, we need to rely on more professional sports related talents as the support, and escort the improvement of people's health level and life expectancy level. In view of the common problems existing in the current physical education in colleges and universities, we should pay more attention to them and take corresponding measures to solve them. We should actively explore the path suitable for the innovation and reform of physical education,

and connect the talent training objectives with the needs of national and social development, so as to promote the healthy and stable development of sports in China.

3.1 To Innovate Teaching Ideas and Stimulate Students' Interest in Learning

In view of the current situation of students' slack learning due to the backward teaching concept, colleges and universities should carry out innovation and reform on the teaching concept, so as to better mobilize students' learning enthusiasm and promote the steady improvement of physical education teaching quality. Based on the background of Healthy China, teachers should guide students to have a more in-depth understanding of physical education, so as to facilitate the work of health education. First of all, teachers should fully grasp the psychological state of students when learning sports. For example, some students aim to pass the examination smoothly in the learning process, while some students hope to develop their own special skills, Then become professional athletes, so students with different learning objectives have different performance characteristics in the learning process, as a teacher should first cultivate students' interest in learning as a breakthrough, which is conducive to improving students' comprehensive sports literacy.^[2] For example, teachers can often use sports games in the classroom, and then gradually infiltrate sports knowledge in the process of students' participation in the games, so as to enable students to have a deeper understanding of sports learning, which has a certain positive significance for the realization of the goal of cultivating sports talents under the background of Healthy China.

3.2 To Perfect the Teaching Evaluation System and Make Clear the Physical Education Teaching Goal

Physical education teaching, like other teaching work, also needs scientific and perfect teaching evaluation system as support, which helps to clarify the physical education teaching objectives, timely correct the problems in the teaching process, and meet the requirements of diversified sports talents under the background of Healthy China. First of all, physical education teachers need to understand the students' physical learning ability, regularly detect the students' learning situation, grasp the dynamic changes of students' learning in real time, provide reference for the improvement and perfection of teaching strategies, and help to solve the students' boredom attitude and learning objectives in the learning process. The standard is not clear, but the purpose is to promote the overall level of physical education teaching quality. Secondly, teachers need to take the initiative to establish a good communication relationship with students. For example, they can use the social software commonly used by college students to carry out communication, so as to collect students' opinions and suggestions on physical education teaching. It can point out the direction for teachers' teaching reflection, and formulate a more perfect teaching plan to promote the realization of teaching objectives; at the same time, it can also lay a good foundation for the realization of students' learning objectives.

3.3 To Strengthen the Infiltration of Health Education Knowledge and Improve the Quality of Physical Education

Colleges and universities bear a very important responsibility of personnel training. After the goal of "Healthy China" is put forward by the state, colleges and universities need to complete the reform of physical education as soon as possible to promote the overall improvement of teaching quality and talent training quality. Physical education reform should pay attention to the integration of health knowledge. On the one hand, schools can expand the publicity of health education in the campus, which helps to create a good sports learning atmosphere, and then can effectively enhance

students' interest in sports learning. ^[3] On the other hand, schools should combine health education with theoretical teaching, practical teaching, psychological teaching and other teaching activities, which can not only promote the construction of good sports curriculum culture, but also guide students to establish sports learning thinking, so that students can realize the internal relationship between learning sports and the realization of national strategic goals, so that more students can take the initiative to learn sports and improve the consciousness of sports comprehensive accomplishment.

4. Conclusion

To sum up, the realization of the strategy of Healthy China needs more excellent sports related talents as the guarantee. Universities are the main battlefield for all kinds of professional personnel training, so we should actively complete the reform of physical education. For the problems existing in the current physical education teaching, such as backward teaching concept, imperfect evaluation system and weak popularization of health education knowledge, we can deal with these problems by implementing innovative teaching ideas, improving teaching evaluation system and strengthening health education knowledge penetration. It can better improve the comprehensive quality of sports related talents and realize the great strategy of Healthy China in the process of playing their own value.

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