

# *On the Reform and Innovation Strategy of College Physical Education under the Concept of “Health First”*

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**Abstract:** In order to change the traditional teaching mode, we should focus on the reform of physical education teaching mode, put forward new teaching theory, and explore the new ideas of Gaoling physical education teaching and health curriculum reform. In order to achieve the idea of “health first. Physical education”. Through the process of scientific physical education, we can stimulate students' interest in sports, cultivate students' awareness of lifelong physical education, impart health knowledge and sports skills, and achieve the goal of strengthening physique, improving psychology and improving personality. Pay attention to the development of students' personality, cultivate the habit of independent exercise, improve students' physical quality: through physical education to promote the harmonious development of students' body and mind. High ideological education, cultural and scientific education, life survival education and education to get along well with people in physical education course teaching, so that students can participate in sports, integrate eight sports, love sports, enjoy sports and even poison body sports. To become attractive talents to adapt to the development of modern society.

## **1. Introduction**

With the continuous improvement of China's sports technology level, sports has become an indispensable part of modern society. Therefore, higher standards and requirements are put forward for the basic concept, theoretical knowledge, sports technology and skills of sports. In the new standard of students' physical health, lifelong sports has been listed as the first. One of the main ways to achieve this goal is college physical education. Through the study of college physical education, students can establish the idea of “health first and lifelong physical education”. To cultivate students' concept of health education, to promote the overall improvement of students' quality, and to become a new type of innovative talents with social adaptability. This requires us to establish a new teaching system to adapt to the development of today's college students. All along, our physical education teaching idea is influenced by the traditional teaching mode. More emphasis is put on the leading role of teachers. The main line is teachers' help and students' learning. So students are in a passive state of learning. The idea of changing jobs is particularly important. It is an important link to realize the new goal of mathematics to change teachers' teaching students to teachers' teaching students. The task of teachers is to teach students how to exercise and make them benefit. They can really become the supervisors and guides of students' physical education learning.

This paper attempts to change the traditional teaching mode, put forward 30 new teaching ideas, and explore the new ideas of College Physical Education and the reform of health and motorcycle course. Roar to achieve “health first. Sports education”. The purpose of lifelong sports.

## **2. The Thought of “Health First”**

### **2.1 The Establishment of the Idea of “Health First”**

The World Health Organization (who) defines health as “health is not only the absence of disease or weakness, but also the sum of physical and mental health and good social adaptation.”?. This definition breaks through the traditional medical model of health, expands the cognitive space of health, and pays more attention to the overall comprehensive evaluation of the individual's existing status or quality of life in the real society. Therefore, the concept of health can be summarized as: physical health characterized by physiological function, mental health characterized by mental emotion and behavioral health characterized by social practice. As early as the early days of the founding of new China, Comrade Mao Zedong put forward the slogan of “health first”. Taking “health first” as the guiding ideology, especially as the guiding ideology of school physical education, has its special significance. Today, the party and the government put forward the slogan of “health first” once again, and wrote it as the guiding ideology of school education in the “decision of the CPC Central Committee and the State Council on deepening education reform and comprehensively promoting quality education”: “school education should establish the guiding ideology of” health first “, earnestly strengthen physical education, enable students to master basic sports skills, and cultivate perseverance Good habit of exercise. The essence of “health first” is to promote the development of quality education in physical education, so that students can participate in and develop actively.

From 1978 to 1995, we have carried out a large-scale survey on students' physical fitness, and the results show that the students' physical fitness has gradually decreased. According to the physical health survey in 1995, the endurance quality of students in our country has generally declined, their flexibility is poor, their vital capacity is stagnant or declining, the proportion of obesity and overweight has increased greatly, the myopia rate of primary and secondary school students has remained high for a long time, and some areas are still on the rise. All these have sounded the alarm for us, and it is a major task for us to further improve the national health level. In addition, there are some obvious weaknesses in the psychological quality of Chinese students, such as the ability to resist setbacks, willpower and the sense of competition and crisis, the spirit of cooperation and so on<sup>[1]</sup>. Therefore, “the decision of the CPC Central Committee and the State Council on deepening education reform and comprehensively promoting quality education” puts forward the guiding ideology of “health first” in school education. The purpose is to make education departments and schools pay more attention to students' health and put students' physical and mental health first in the process of promoting people's all-round development. At the present stage, with the development of society and the establishment of market economy, new requirements have been put forward for the cultivation of talents. School education must be transformed from exam oriented education to comprehensive quality education. We must not narrowly understand the meaning of “health first”. It can be said that now people have made a qualitative leap in the concept of “health”. The health problems of students are not limited to malnutrition And physical enhancement, but gradually extended to the body, psychology, social adaptability and moral quality of multidimensional integration. Therefore, putting forward “health first” at the present stage enriches the school physical education.

### **2.2 The Orientation of “Health First” in College Physical Education**

With the development of quality education, the idea of school physical education and health education is constantly integrated. In the process of integration, experts and scholars deepen the research and understanding of the essential function of school physical education. Although there are various explanations for the school physical education thought, the guiding ideology of promoting health and strengthening physique has become a consensus. The idea of “health first” has become the guiding ideology of school physical education and has been established, marking the formation of a new concept of school physical education ideological core. In January 2001, the national university sports work seminar held in Guangzhou issued the proposal of “deeply understanding the guiding ideology of health first and practically strengthening the school sports work” to the national universities. The new outline of school physical education, which began to be implemented on September 1, 2001, clearly points out: “school physical education should take improving students' health as the main purpose and physical exercise as the main means, so as to make students develop healthily, vividly and actively.” This is another negation of the traditional school physical education thought<sup>[2]</sup>. The new concept of “health first” has a great development compared with the positioning of school physical education thought in the past, which is more systematic and scientific. With the change of the new outlook on life, health, entertainment and leisure and life, the school physical education thought must take into account the change of the mode of production and life in modern society. The school physical education thought has been promoted to a new stage.

### **3. The Current Situation of Physical Education in Colleges and Universities**

#### **3.1 The Teaching Idea is Relatively Backward**

The backwardness of teaching concept is one of the important factors restricting the reform of college physical education teaching mode. Not only that, there are also some problems, such as ignoring the concept of health first, paying too much attention to the teaching of theoretical knowledge, and ignoring the development of students' comprehensive quality. Some teachers did not make more reasonable arrangements for the content of physical education, most of the teaching classroom is still dominated by teachers, and did not give full play to the leading role of students, the classroom teaching atmosphere is dull and rigid, so that students do not pay enough attention to sports learning, resulting in their low interest in sports learning, which is not conducive to cultivate more professional and skilled talents<sup>[3]</sup>. Therefore, the reform of physical education teaching mode in Colleges and universities should update the teaching concept and pay attention to the cultivation of students' thinking ability, professional skills and physical and mental health.

#### **3.2 Unscientific Curriculum Structure**

At present, the curriculum structure of physical education in most colleges and universities is still subject to a certain process and mode. The teaching atmosphere under this curriculum structure is too rigid to reflect the results of the reform of college physical education teaching mode. At the same time, some physical education teachers improve this problem by applying situational teaching method, cooperative learning method and other different teaching methods, but these teaching methods may lead to small group teaching, unable to carry out targeted teaching for students of different genders, thus unable to cultivate students' enthusiasm and initiative for physical education learning<sup>[4]</sup>.

### **4. The Strategy of College Physical Education Teaching Mode Reform under the Concept of Health First**

#### 4.1 Reform Teaching Content and Arrange Teaching Plan Reasonably

Physical education in our country has been reforming. The society and the country look at the all-round development of students from the perspective of long-term development. The goal of quality education is to cultivate excellent students with good physical quality and high-quality knowledge and ability. At present, the same teaching materials are still used in most college physical education classes, and many teachers are still subject to the traditional education concept, rejecting the use of innovative teaching methods, and their teaching quality is low. Therefore, colleges and universities must change their teaching ideas, select the teaching materials suitable for college students' physical and mental development and in line with the society according to the concept of health first, and constantly improve students' participation, so as to promote the renewal of our educational methods<sup>[5]</sup>. Colleges and universities should make different teaching plans according to the individual needs of different students, different genders and different majors.

#### 4.2 Constructing the Mechanism of Teaching Examination and Evaluation to Promote Teaching Reform

The traditional teaching evaluation system is mainly based on Teachers' evaluation of students, and only focuses on the evaluation of learning outcomes, ignoring the concept of health first, unable to give full play to students' subjective initiative. Therefore, in college physical education teaching, teachers can establish and improve the innovative evaluation mechanism, give full play to the role of subjective evaluation and objective evaluation system, pay attention to the evaluation of teaching process, and conduct comprehensive evaluation combined with students' classroom performance, skills mastery, ideological and moral quality, so as to integrate students' morning exercises, extracurricular club activities and other extracurricular sports activities The situation was included in the assessment system<sup>[6]</sup>. And teachers should set up a reasonable competition and comment link. The competition between groups will stimulate students' competitiveness and enthusiasm for learning. Teachers should score and evaluate students in time. This form of evaluation can not only test students' learning situation and consolidate students' skills, but also enhance students' physical and mental health and encourage them to grow up in communication.

#### 5. Conclusion

In the process of physical education teaching, through the optimization of psychological environment, students' learning style can be fundamentally changed, and students' autonomy, independence, exploration, initiative and creative learning can be guaranteed. The learning process advocated in the new curriculum standard is transformed into the exploration process of students constantly raising and solving problems, which is more prominent and conducive to improving the quality of physical education.

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