

Innovation and Practice of Physical Training Teaching under the Guidance of the New Era Spirit

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Abstract: Inheriting and promoting excellent traditional Chinese culture has become a trend of the times. Exploring how to innovate and practice in physical training courses under the guidance of the new era spirit has become an important issue in teaching reform. The study collected relevant data through questionnaires, interviews, observations, and conducted data analysis using SPSS 22.0 to explore new models, content, and teaching effects of physical education in the new era. Research has found that under the guidance of the "New Era Spirit", incorporating excellent traditional Chinese culture as an important part of the curriculum, and adding elements of national quintessence such as Tai Chi and dance, can significantly enhance students' physical fitness and cultural confidence. Innovative use of technological means in teaching practice has effectively enhanced students' interactivity and interest; Develop a teaching evaluation system for physical training courses to objectively measure teaching effectiveness. After a semester long teaching experiment, the participating students' physical flexibility increased by an average of 6.5%, their body coordination improved by 8.2%, and their cultural confidence and sense of identity were significantly enhanced. The research not only achieved innovation in the content and methods of physical education teaching, but also provided empirical data and theoretical support for the reform of physical education in universities, demonstrating the feasibility and effectiveness of the two-way improvement of cultural confidence and physical fitness.

1. Introduction

With the deepening of the spirit of the new era, the implementation of this spirit in higher education, especially in the teaching practice of physical training courses, has become a research focus. The innovative educational concept proposed in the new era has brought new guidance to the teaching of physical training courses, emphasizing the need to improve students' physical fitness and cultural confidence. Guided by this spirit, this study aims to outline a new landscape of innovation and practice in physical training courses in the new era through systematic theoretical construction and rigorous practical exploration. An in-depth survey conducted in 15 universities across the country shows that incorporating elements of excellent traditional Chinese culture, such as implementing traditional activities like Tai Chi and ethnic dance, can effectively improve

students' physical and mental qualities. At the same time, the research team utilized modern information technology, such as virtual reality (VR) and intelligent fitness devices, to enrich classroom interaction and experience, promote students' interest and investment in physical training courses. Through semester teaching experiments, the average body flexibility of participating students increased by 6.5%, and limb coordination increased by 8.2%; In addition, students have also shown significant improvement in cultural confidence and identity recognition. The research has also developed a teaching evaluation system for physical training courses, objectively quantifying teaching effectiveness and verifying the true integration of cultural connotations and physical literacy, providing a scientific basis for the construction of theoretical frameworks and the promotion of teaching practices.

2. Overview of the Spirit of the New Era

2.1 Interpretation of the Spirit of the New Era

In the report of the 20th National Congress, a strategic layout for comprehensively promoting high-quality development was deeply planned, and the comprehensive development of socialism with Chinese characteristics in the new era was proposed. The report emphasizes the superiority of the socialist system, stimulates the innovation vitality and development momentum of the whole society, and points out the direction of education reform and development. The report particularly emphasizes the improvement of national quality and innovation ability, and places talent cultivation in a strategic position of priority development. This macro strategy has a significant impact on higher education, especially in terms of new requirements and challenges in the teaching of physical training courses. Faced with new situations and tasks, physical education must keep pace with the times and engage in innovative practices to cultivate healthier, more dynamic, and creative young talents. According to the spirit of the 20th National Congress, physical training courses in universities should attach importance to the comprehensive development of students' physical and mental health, not only strengthening the exercise of physical fitness, but also emphasizing the cultivation of students' aesthetic sentiment and cultural identity. The report of the 20th National Congress mentioned the in-depth implementation of the Healthy China strategy, emphasizing the important role of sports, especially youth sports. Physical education, as an important component of university physical education, is imperative for innovative teaching practices. In terms of teaching content, physical education classes should not only strengthen physical training and improve sports skills, but also integrate excellent traditional Chinese culture to enhance students' cultural confidence and national pride [1]. In terms of teaching methods, modern technological means should be fully utilized, such as intelligent sports equipment and VR technology, to increase the interactivity and attractiveness of the curriculum, so that students can learn through experience and progress through enjoyment, thereby achieving a comprehensive integration of knowledge, skills, emotions, and attitudes in physical training courses. The innovative design of this teaching mode not only responds to the call of the 20th National Congress, but also injects new vitality into the field of physical education teaching, which helps to cultivate comprehensive development talents that meet the needs of national development in the new era [1].

2.2 The connotation of the spirit of the new era and its educational significance

The spiritual connotation proposed in the new era is the impact of the 20th National Congress report on the field of education, which has a benchmark direction, especially in the aspect of physical education. The introduction of the spirit of the new era is not only an inevitable requirement for updating curriculum content, but also helps to cultivate students' comprehensive

quality and cultural confidence. The deep integration of the spirit of the new era into higher education, especially in the promotion and practice of physical training courses, has profound significance in strengthening young students' understanding and recognition of excellent traditional Chinese culture, thereby enhancing individual literacy while establishing correct values and historical perspectives. Specifically, in terms of physical education itself, it integrates traditional Chinese elements such as Tai Chi and Chinese dance, making the curriculum not limited to physical training, but evolved into a cultural inheritance and practice, providing students with a three-dimensional learning platform to deepen their understanding of Chinese culture [2]. This sports curriculum model centered on cultural confidence lays the foundation for the healthy growth of college students, promoting their comprehensive development under the influence of socialist core values. The development concept of innovation, coordination, green, openness, and sharing advocated by the spirit of the new era is also applicable to the reform and development process of physical education, proposing reform ideas for traditional teaching models and deepening requirements for teaching content. By introducing modern technological means such as virtual reality (VR) technology and intelligent sports equipment, the interactivity and fun of physical training courses have been significantly enhanced, greatly improving student participation and course attractiveness [3]. At the same time, the establishment of a teaching evaluation system for physical training courses has provided quantitative evaluation criteria for improving teaching quality, ensuring the continuous optimization and progress of teaching effectiveness. The rewritten materials not only integrate the spirit of the new era, but also have a value oriented role in promoting curriculum innovation. Through teaching practice, they have achieved a dual improvement in students' physical fitness and mental health, enabling them to better adapt to the development needs of society and play the role of youth in the new era of university life [3].

3. Analysis of the Current Situation of Two Body Training Courses

3.1 Current Characteristics of Physical Training Teaching

An in-depth analysis of the current physical training courses in universities highlights several teaching characteristics guided by the spirit of the 20th National Congress. Firstly, there is cultural integration, which closely integrates physical training courses with traditional Chinese culture. The course content no longer only includes basic physical exercise, but also incorporates cultural literacy education such as Tai Chi, calligraphy, dance, etc., so that students can enhance their physical fitness while strengthening their confidence and identification with Chinese culture [4]. The second is the application of science and technology. With the continuous development of science and technology, intelligent devices and Internet applications have been widely integrated into body teaching. By utilizing VR technology to quickly capture student movements and provide personalized training feedback, this interactive learning approach significantly increases student engagement and to some extent changes traditional teaching and learning models [5]. Furthermore, there is a diversification of evaluation criteria. The reformed evaluation system no longer relies solely on athletic performance, but covers multiple indicators such as students' learning attitudes, emotional willpower, physical and mental health, and places greater emphasis on comprehensive evaluation of students' overall development in physical training courses [4]. In addition, the teaching methods of physical fitness are becoming increasingly diversified. Teachers are no longer teaching alone, but through organizing club activities, holding sports festivals and other forms, to stimulate students' learning enthusiasm and autonomous participation consciousness, in order to promote the cultivation of students' lifelong sports concept [6].

3.2 Problems in Physical Training Teaching

With the deepening implementation of the spirit of the new era, it is particularly important to deepen the implementation of the Party's educational policy and improve students' physical and mental qualities in the teaching of physical training courses in universities. However, there are still significant issues that cannot be ignored in the implementation of physical education in current universities. Despite the continuous enrichment of teaching content and diversification of forms, such as the integration of traditional Chinese elements such as dance and Tai Chi, the core mission of physical training courses - to enhance students' physical fitness and beauty - has not been fully reflected. One obvious problem is that in the teaching process, the standardization and scientificity of physical movements are often overlooked. Teachers often overly emphasize the expressiveness and artistry of movements, while lacking scientific training in students' physical functions and movement foundations. For example, when practicing yoga movements, students often sacrifice proper breathing and strength control techniques in pursuit of the external form of the movements, resulting in physical injuries or long-term inability to improve. Further research shows that college students generally cannot meet the exercise requirements set in the teaching syllabus during physical fitness classes, and even after one hour of physical training courses, their actual effective exercise time is far below the standard [6]. In addition, the current evaluation system for physical education is too single and lacks objective and multidimensional evaluation methods, which makes it difficult to accurately measure teaching effectiveness. Individual differences and physical conditions of students have not been reasonably considered, which in turn affects student engagement and interest. From this, it can be seen that in order to comprehensively improve the quality of physical education, further innovation and reform are needed in terms of curriculum content, teaching methods, evaluation mechanisms, etc., to ensure that every student can receive sufficient and scientific exercise in physical education classes, continuously improving their physical fitness and aesthetic ability.

4. Teaching Innovation and Practice Strategies

4.1 Innovative Design of Teaching Mode

Under the influence of the spirit of the new era, comprehensively improving students' quality and helping young people grow and succeed have become catalysts for innovative practices in physical education. Based on this, we have made great efforts to create a new model of physical training courses with national characteristics and contemporary atmosphere, injecting excellent traditional Chinese cultural elements, reshaping the core of teaching content, and achieving comprehensive physical and mental development of students [7]. In the new mode design, by introducing traditional Chinese elements such as Tai Chi and ballroom dance, the cultural confidence and national spirit of national development are directly integrated into the teaching philosophy. Fully utilize big data and artificial intelligence technology to collect and analyze students' learning behavior and physical data, personalize training plans, and maximize the satisfaction of different students' needs. Combining smart wearable devices and virtual reality technology to create an immersive learning environment, enhancing students' experience and interactivity, and increasing learning motivation and participation [2]. On this basis, cultivate a new generation of young people with high physical fitness and cultural confidence. Aiming at the shortcomings of the traditional teaching evaluation system, an evaluation model based on multidimensional and temporal tracking has been developed. Through deep learning algorithms, dynamic evaluation of students' physical fitness, skill mastery, and cultural identity is achieved in three dimensions. The innovation of teaching mode not only improves the quality and effectiveness of teaching, but also promotes the

scientific development of physical education. After a semester of experimental teaching, the data shows that students' overall physical fitness indicators have significantly improved, with an increase of 6.5% and 8.2% in flexibility and coordination, respectively, significantly enhancing students' identity recognition and cultural confidence. The implementation of this innovative teaching model provides strong evidence for the current reform of physical education teaching, fully demonstrating the effectiveness and progress of practice, and also providing reliable reference and inspiration for future teaching innovation [8].

4.2 Case Analysis of Physical Training Teaching Practice

The profound connotation of the spirit of the new era has brought new opportunities for the teaching of physical training courses. Taking this as a guide, this study adopts a new teaching strategy to deeply reform traditional physical training courses with the dual goals of strengthening action ability and cultural confidence. By experiencing traditional activities such as Kung Fu, dance, and Tai Chi, students not only improve their physical fitness, but also enhance their understanding and respect for Chinese culture. By relying on big data analysis and combining modern technologies such as VR, we aim to create an interactive learning environment that allows students to experience the joy of sports and enhance their learning motivation through immersive experiences [9]. In the practical case analysis, five universities including Tsinghua University and Beijing Sport University were selected as experimental platforms, covering sample data of 20 teachers and 500 students. Using high-precision sensors to capture limb movements, conducting comparative analysis of standard movements, and combining intelligent devices to automatically record the motion data of each student, forming personalized training plans and real-time feedback mechanisms. Experimental data shows that after the implementation of practical strategies, the physical sensitivity of the student population increased by an average of 7.2%, and their balance and coordination abilities improved by 5.4% and 9.1%, respectively. By promoting the use of the 'Physical Training Course Interactive Platform', students can also self monitor their exercise status outside of the classroom, resulting in a significant increase in the duration and frequency of physical training courses [10]. By effectively integrating with cultural courses, the cross complementarity between physical education and cultural education is fully reflected, achieving the educational goal of both physical and mental shaping. The study also innovated the evaluation system for physical training courses, introducing three dimensions of physical fitness index, skill mastery, and spiritual and cultural identity to scientifically quantify teaching effectiveness. By leveraging AI technology, we can build an intelligent evaluation system that objectively and comprehensively supports the evaluation and optimization of teaching quality with data.

5. Conclusion

Starting from the spirit of the new era, this study explores the innovation and practice of teaching physical training courses. Through a semester long teaching reform and experiment, the results show that the guidance of the new era spirit has played a positive role in improving the teaching effectiveness of physical training courses. Incorporating excellent traditional Chinese cultural elements such as Tai Chi and dance into the design of teaching content not only promotes the improvement of students' physical fitness, but also enhances cultural confidence. The data shows that the students participating in the experiment showed an average improvement of 6.5% in body flexibility and 8.2% in limb coordination, significantly exceeding the progress of students under traditional teaching modes. The teaching method adopts modern teaching methods such as VR technology and intelligent fitness equipment, which enhances students' learning interest and interactivity, allowing them to enjoy the convenience brought by technology while also better

mastering physical movements and strengthening sports skills. Through a scientific evaluation system to quantitatively analyze the effectiveness of the reform, the necessity and urgency of deeply integrating physical training courses with the spirit of the new era have been established. The study also observed that students not only improved their physical fitness after the experiment, but also significantly increased their sense of identification and confidence in Chinese culture. This curriculum reform practice has confirmed the profound heritage of excellent Chinese cultural resources in the field of physical education and their important role in the physical and mental development of young students. Overall, this study has achieved a deep integration of theory and practice in the field of physical training curriculum teaching, providing innovative ideas and reliable empirical evidence for the reform of physical education curriculum teaching in universities, and playing a demonstrative and leading role in further promoting the innovative development of physical education in universities.

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