

# Construction of Modern Physical Education Concept Based on “People-Oriented”

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**ABSTRACT.** The proposal of the “people-oriented” concept indicates that great changes have taken place in the development concept of human society. In modern physical education, the people-oriented view of physical education is also very important for the healthy and sustainable development of physical education. “People-oriented” has become the basic school-running concept of modern education, and physical education teaching will inevitably assume this responsibility. “People-oriented” will become the main theme of physical education in the new century and an important direction of sports reform and development. It has become an important guiding ideology for the development of sports in our country to construct the people-oriented modern physical education concept. Physical education must be integrated into the basic development concept of “people-oriented”, which is also the basic guarantee for the sustainable development of human society. From the point of view of modern physical education, this paper expounds the concept of modern physical education and points out the disadvantages of traditional physical education concept and the construction method of people-oriented modern physical education concept.

**KEYWORDS:** People-oriented, Physical education, Education

## 1. Introduction

The new round of curriculum reform in China's physical education, based on modern educational ideas, actively advocates the change of curriculum ideas, trying to change the long-term situation of relying on teaching syllabus and existing school facilities for teaching [1]. The idea of “people-oriented” reflects people's breakthrough in the process of social development and is also a major change in the process of sports development. With the continuous development of physical education, the promotion effect of “people-oriented” on physical education has been more and more obvious [2]. At the same time of the rapid development of education, various problems have emerged. These problems are all caused by the weakening of human status and the lack of human nature in education. Countries all over the world are studying how to meet the new challenges. In order to meet the needs of the rapid development of the times and the socialist modernization construction with Chinese characteristics, China's education sector has clearly proposed that education should be transformed from “examination-oriented education” to “quality-oriented education” [3]. Therefore, at present, China's physical education attaches great importance to the construction of “people-oriented” modern physical education concept. Sports concept refers to a guiding ideology and action direction of school physical education under a certain social background. Sports concept is the core of physical education in schools, which means that sports concept directly determines the school physical education [4].

Due to the limitation of the development level of curriculum theory research in our country's school of education theory, the school sports research in China only focuses on the level of physical education and rarely digs deep into the problems of physical education curriculum [5]. In the new round of school physical education curriculum reform in China, the tremendous changes in curriculum concepts require the improvement of the professionalization level of physical education teachers. “People-oriented” has become the fundamental concept of modern education and physical education is also inevitable to assume this responsibility [6]. To this end, the teaching concept of “people-oriented” should be reflected in the process of physical education. In physical education, the construction of the “people-oriented” education concept can not only highlight the main role of students, but also improve the quality of teaching and ensure teaching [7]. Physical education is an important part of the construction of spiritual civilization. A good physical education can not only make people healthier, but also enrich people's spiritual world [8]. Nowadays, the construction of a scientific and reasonable people-oriented modern physical education concept has become one of the important research contents of physical education reform. However, the construction of the people-oriented modern physical education concept is not achievable in a short period of time. It requires a scientific approach and long-term efforts [9]. From the perspective of modern physical education, this paper expounds the concept of modern physical education and points out the shortcomings of traditional physical education as well as its improved methods and countermeasures.

## **2. The Importance of Constructing Modern Physical Education View**

The major of physical education in physical education college is mainly to cultivate versatile and specialized physical education talents who are competent for physical education, teaching, training and competition in school, and can be engaged in scientific research of physical education in school, management of physical education in school, health care and rehabilitation of physical education. The students have relatively strong professional skills. As an important system to maintain the combination of human civilization and practice, sports not only marks the important direction of social development, but also has a greater impact on human health, needs and development. The training goal is the general requirement that the state puts forward specific quality specifications for the educated according to the educational purpose, and trains the educated into the people needed by the society. The training of high-quality talents is to meet the needs of social development and the aim of physical education activities. In every link of the training process, the training objectives and specifications of talents should be taken as the basis [10]. In the process of educational reform in the 21st century, it has been fully demonstrated that the modernization of education must follow the objective laws of social and educational development, which are mainly reflected in two main lines of development, namely "humanism" and "scientism". The whole system of physical education curriculum is the product of the long-term formation of China's planned economy. The traditional concept of physical education was formed to meet the needs of the planned economic development at that time.

The curriculum goal of basic education curriculum reform goes beyond the orientation of knowledge and skills, enabling students to learn and form correct values while acquiring knowledge and skills. It really unifies knowledge and skills, process and method, emotion, attitude and values, and pays attention to the healthy value orientation of physical education curriculum. For a long time, the traditional concept of physical education has transformed physical education into an activity in which physical education educators have a purposeful and planned educational influence on the educatees and transform the educatees for a long time so as to finally achieve one of the aims of the educators. Therefore, the research on the "people-oriented" concept of physical education is of great significance and is also the inevitable direction of the development of the times. It is of cutting-edge research significance to construct the concept of modern physical education, and the study of human culture in physical education is an inevitable requirement of the development of the times. The idea of "people-oriented" mainly emphasizes that people are the main center of all development, and all development should be centered around people. As the mother of the whole basic education, teacher education must realize teacher education and human culture to meet the needs of contemporary basic education reform and social development. The university pays attention to the all-round development of students when training the professional talents of physical education. Using modern educational concepts to train students to be competent for all kinds of physical education professionals in schools has the same goal as that of training physical education professionals in our country.

## **3. Scientific Integration of Humanistic Spirit and Modern Educational Ideas**

### ***3.1 Reasonable Optimization of Physical Education Content***

In modern physical education, schools should scientifically choose the contents and specific teaching methods of physical education courses according to the teaching objectives and development objectives of physical education courses. Physical education teaching environment is an embodiment of cultural spirit and value orientation, and is also an important factor in modern physical education teaching. Physical education teaching environment plays an important role in the smooth development of modern physical education and the quality of physical education teaching. Modern research on physical education holds that only by paying full attention to the connotation of "human" in physical education can we truly realize the modernization and human culture of physical education in our country, and can we truly make our physical education work step into a new field and connect with the world [11]. The implementation of quality education makes the educational thoughts and concepts of basic education. There must be changes in many aspects such as training objectives, school-running mode, curriculum, teaching materials, etc. With the development of modern society, higher requirements have been put forward for physical education professionals to broaden their professional scope and strengthen general education. Training compound sports talents is the dominant idea of current curriculum construction, and the professional knowledge structure of students should be adjusted appropriately.

Under the current situation that our country is vigorously reforming the work of physical education, relevant physical education workers should realize the importance of "human" in physical education and change the traditional emphasis on "material" into "human". The talent training mode is the knowledge, ability and quality structure that the school constructs for the students, and the way to realize this structure, namely the overall training goal of the specialty and the way to realize the training goal [12]. Therefore, the major of physical education should change the traditional education mode and take physical education teachers as the training goal. In general, psychological quality can progress together with physical quality in the environment of preliminary education, while high-level psychological personality

quality can develop in harmony with the quality of the next level. It not only radiates the latter, but also accumulates the latter, guiding people's self-education, self-development and self-improvement. In modern physical education, attention should be paid to the combination of in-school and out-of-school support, and more attention should be paid to the establishment of a good new relationship between teachers and students and the creation of an atmosphere in the physical education classroom. In the modern physical education teaching, the students' personality and specialty should be brought into full play.

### **3.2 The Improvement of Physical Education Educators' Humanistic Quality**

Physical education educators should have certain personality charm, which should be based on certain knowledge and moral sentiment, and is also an expression of social and cultural values and aesthetic feelings of physical education educators. Quality education is an education that faces all students, promotes their all-round development and measures the quality of teaching. It depends on the all-round development of morality, intelligence, physique and aesthetics of all students. To deepen the reform of physical education, we must form a correct view of students. Students have different physical and mental characteristics from adults. They have their own special needs and independent development methods. The physical and mental characteristics of students are all changing, and there are great possibilities for development in all aspects [13]. In the past, the teaching system did not consider the students' physical and mental endurance, but directly formulated the teaching guidelines and actions from the training objectives. This practice not only had a negative impact on the teaching results, but also made students have resistance to sports. Physical education teachers must have a correct understanding of the various difficulties and problems in students' learning and growth, and seek for the causes of these problems and difficulties from a self-perspective to help students overcome and solve them.

The student group is the main teaching object in physical education teaching. When teaching, we should attach importance to the prominence of the student's dominant position and design and plan courses according to the actual development needs of students, so as to comprehensively improve their comprehensive quality and promote their physical and mental growth. Only with advanced educational concepts can physical education teachers cultivate physical education talents suitable for social development. These talents are responsible for the reconstruction and transmission of social morality, spirit and culture and for the construction of a harmonious society. Modern education emphasizes the consciousness of the future. Modern physical education teachers should have the concept of the future. They should not only cultivate students' various qualities to adapt to the future social development, but also cultivate students' identification with the role of future masters through various physical activities.

## **4. Conclusion**

At present, there is a general lack of humanistic education in our country's physical education. This lack of humanistic education is not only reflected in physical education teaching methods and teaching methods, but also deeply reflected in the connotation of humanistic physical education teaching. The biggest difference between modern and traditional views on physical education lies in the addition of the "people-oriented" physical education ideology. In the specific physical education work, it is by no means possible to do this work well overnight. Staff need to face up to the connotation of the concept of "human text" and carry it forward in the cause of physical education. The construction of the "people-oriented" concept of physical education should be based on the personality characteristics and physical and mental development level of the educated, and encourage and encourage creative activities on the basis of respecting the development of subjective personality. In actual teaching, physical education teachers should pay enough attention to this idea and make it be implemented in the teaching process. Relevant physical education workers should correctly understand the connotation of the guiding ideology of "people-oriented" on the basis of assuming the responsibility of physical education, and carry forward its connotation in the cause of physical education. Only in this way can the teaching level of teachers be improved, the teaching quality be guaranteed, and the development process of physical education teaching can be promoted as well as the development of colleges and universities themselves.

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