

Study on the Content of Physical Health Education in Colleges and Universities and Its Implementation

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Abstract: Through summarizing and analyzing the issues of physical health education in colleges and universities in the implementation of teaching, this paper proposes the next step of reform from the perspectives of teaching concepts, teaching contents and curriculum systems, teaching methods and teaching evaluation systems and mechanism plan, which will provide a theoretical basis for future sports work in colleges and universities, thus integrating the reforms in all aspects of physical education teaching in colleges and universities, strengthening the systemic nature of reforms, and achieving the goal of optimizing sports and physical health education as a whole.

1. Introduction

At present, there are many problems in the health education of physical education majors in universities in China, which are mainly manifested in: The randomness of physical education courses actually set in each school is large; Teaching materials construction is lagging behind; Teachers lack business training and other conditions, and sports health curriculum standards The requirement that physical education teachers should have high professional knowledge and skills in health education does not match. To fundamentally strengthen and improve sports and physical education in colleges and universities, it is necessary to change the past sports teaching model that focuses on competition and lacks the ability to develop, and establish a new physical education target system centered on developing good exercise habits. There is a practical talent teaching model that integrates with social activities. In order to cultivate a series of student's sports ability, namely innovation ability, competitive ability, coping ability and field surviving ability, it truly realizes the organic combination of sports and health education. In order to achieve the above goals, physical education in colleges and universities should highlight the "three sexes."

The teaching content should be adapted to the development of science. It should reflect the new teaching content of the subject should be adapted to the scientific development. It should reflect the new content of the subject should be based on the characteristics of the students and the different conditions of the region [1], climate, venues and facilities to determine the course content. We should strive to diversify and provide students with more choices. Pay attention to the effectiveness of the course content in promoting the healthy development of students, and pay attention to the connection with the content of high school PE courses.

2. Reform of Physical Health Education Content

Under the unified requirements, students are allowed to choose some of their favorite items to practice, teachers perform tour guidance or participate together, and change "I want to learn" to "I want to learn" to improve students' interest in learning. At the same time, we have reformed and developed a number of competitive sports projects, such as walking, running, jumping, and investing projects in track and field events. The technical difficulties are difficult to master, and they are relatively boring and boring, reducing technical difficulty. Transformation into interesting throwing, fun walking, running, jumping, fun grab and stop; Another example is the technical movements of the three major spheres, action technology requirements and standards are relatively high, will be transformed into fun baskets, row, football and ball exercises. Under the guidance of the teacher, for these interesting, easy-to-learn, and easy-to-learn projects, the students have high

enthusiasm for learning and practicing [2]. At the same time, the number of teaching hours is not affected, and the purpose of physical exercise and physical and mental health can also be achieved. Finally, in the course of physical education, we also strengthened the teaching of sports knowledge and fitness methods. To achieve the ultimate goal of lifelong sports, students need to learn the skills, knowledge and attitudes they need to participate in sports for life. Therefore, we should pay attention to the relationship between fitness and the transmission and entertainment of sports culture. We must carefully choose both the fitness value and the lifelong means of exercise and the common sports in life as the teaching content of sports; At the same time, they have added different specialties and taught different fitness methods to enable students to master and use scientific methods to guide their own exercise so as to achieve the purpose of lifelong exercise and lay the foundation for lifelong sports.

Developing a student's learning motivation system, good psychological motivation is the biggest motivation for students to actively participate in learning activities. In order to stimulate students' curiosity and learning desires, students really understand why they learn and how they learn. In teaching, we use a variety of methods such as goal setting, situation setting, and value pursuit to motivate students to participate in physical education. Through the successful teaching method, pleasant teaching method, teaching "leading interest" method, etc., to cultivate students' interest in sports. In the preparation section of the class, music, dance, games, multimedia and other methods are used. For example, in a basketball lesson, students can be arranged to watch the highlights of the game and guide them to take these wonderful moves as an example and strive to learn this section. Basketball skills to be mastered in class should enhance students' desire for knowledge.

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The method of physical education teaching in colleges and universities should be closely linked with the modern development of people and society in terms of form and content. The implementation and operation of teaching methods not only focus on classroom effects, but also focus on the value and social benefits of students after they enter the society, and conduct social tracking surveys to understand the overall situation of students' social adaptation and health. Form a scientific link between teaching methods in the classroom and society. Employing people's sociality to analyze the students' comprehensive ability and the scientific method of teaching methods, fundamentally free from the traditional "people-oriented" form. Constantly innovate and continuously optimize the teaching methods of physical education in colleges and universities to meet the developmental health needs of people and society, and truly realize the optimal combination of two or more disciplines in the implementation and operation of physical education and health teaching methods. . Through the influence and role of people in the society, it is counteracting the improvement of teaching methods and guiding the development of teaching

methods to form interdependence and mutual promotion relationships. of course. The more important means to improve teaching methods is people, teachers. Modern teaching methods are inseparable from classroom teachers who are skilled in modern education technology. Therefore, it is imperative to train the majority of teachers in modern sports and health education techniques and fully develop the functions of advanced teaching theories and methods and build them as soon as possible. Teaching requirements of the faculty. The physical education theory level of the existing physical education teachers in colleges and universities is low. There are not many teachers with master's degrees, and the physical education teacher's knowledge system lags behind the development of the times. Most of the teachers only had several theoretical courses a year. Some college sports theory courses were far from meeting the 12% requirement of total physical education hours. There were problems such as tedium and lack of attraction in teaching. Therefore, according to the actual needs of teaching, new teaching content should be enriched, new information should be collected, and the curriculum content and depth should be set around social development, students' job-hunting needs and the construction of life-long sports knowledge. Physical education teachers must constantly learn new things, learn new knowledge, constantly update and broaden their knowledge structure, and master the basic knowledge and basic theories of the professional disciplines they teach. At the same time, the teaching of physical education theory and practice are organically integrated in teaching content so that the theory can be guided and practiced.

3. Methods to Improve Physical Health Education in Colleges and Universities

Many students will find that physical education teachers will not be able to teach anything other than physical education. As we often say in life, "Your math is taught by a sports teacher." And in our eyes, sports students are spokesmen with well-developed limbs and simple minds. It can thus be seen that in the consciousness of many students, sport is only a purely leisure activity subject, and there is no substantial connotation. Therefore, as a school, we should effectively improve the teaching level of teachers. A well-qualified physical education teacher must not only possess strong professional skills, but also possess a certain knowledge of sports health theory. While teaching students' sports skills, they can also pay attention to the development of students' sports mental health. The National Higher Vocational College Physical Education Teacher Teaching Skills Contest, organized by the National College Physical Education Teaching Steering Committee, is an effective way to improve the teaching ability and teaching quality of higher vocational college PE teachers. It can be seen from this The teaching level of physical education teachers is not only an important task of the school, but also an important goal of the national quality education in-depth implementation. Therefore, schools should be equipped with strong physical education teachers and regular training of physical education teachers so as to achieve the teaching goal of physical education [4].

Ordinary college sports curriculum syllabus is generally set according to the guidelines for physical education curriculum guidance in general colleges and universities in China. Although teachers cannot carry out physical education curriculum reform from a large aspect, in the actual teaching process, physical education teachers can pass the optimization course. Designing and arranging teaching content reasonably to achieve the goal of improving physical education teaching. According to a survey conducted by China Youth Online on physical education courses conducted by students at the school, some schools have only one physical class for a week, and teachers often let students conduct activities. Occasionally, they bring students to play games. This boring course made many students lose their interest in physical education. However, according to the survey, there are many sports activities in schools that are not only diverse in variety but also in sports equipment. For example, a student of the Guangxi Medical Vocational Technical College mentioned that: Tai Chi, Tai Chi (girls), Chang Quan (boys) Sophomores and juniors are elective courses. The programs include: football, basketball, volleyball, badminton, table tennis, body dance, yoga, anti-wolf techniques, etc. (Elective classes are once a year, each classroom is limited to 30 people, selected It is necessary to study the course for one year). The set items are reasonable and more humane. From here, it can be seen that setting reasonable physical education content is very easy to

inspire students' enthusiasm, and it can also promote students' all-round development. Therefore, both schools and teachers should use these institutions as reference to set reasonable physical education curriculum and teaching content. A complete evaluation system for physical education curriculum can not only effectively promote the development of students' physical health, but also enable teachers to understand whether sports education needs to be rectified. The perfect evaluation mechanism should be based on teacher evaluation and student evaluation. The evaluation of students' physical education teaching process should be the main focus. It should promote the development of students' physical health and also improve teachers' teaching efficiency. For example, the Shandong Provincial Department of Education and other six departments jointly issued the "Shandong Provincial Students' Physical Fitness Improvement Plan (2014-2018)" and clearly stated that it is necessary to establish and improve the student physique monitoring publication system and evaluation system to cultivate students' physical health. Awareness and exercise habits. Therefore, the school should combine the actual situation of students to establish a healthy curriculum evaluation mechanism, not only to examine the student's roll performance, more importantly, to assess the students' physical health [5]. Of course, the curriculum evaluation mechanism is not just a teaching method for students to simply evaluate, but an effective way to stimulate student learning.

4. Conclusion

Schools and teachers should pay attention to the "health first" guiding ideology in actual physical education teaching, and use this as the basic theoretical basis to implement the reform of college sports health education teaching system, and establish a set of perfection from the students' actual conditions. College Sports Health Education Teaching Model. This is not only an important part of the school education reform, but also an inevitable result of the thorough implementation of quality education. When physical education is carried out in schools, the theory of health should be deepened into the actual teaching process. Through reasonable teaching methods, the goal of improving students' awareness of physical health and improving the efficiency of physical education can be achieved. Of course, achieving this goal requires not only the joint efforts of schools and teachers, but also the active participation of students.

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