

Reform of Physical Education Teaching Mode in Universities Based on Core Area Function Training Mode

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Abstract: With the continuous promotion of teaching reform, in the current school teaching, we begin to attach importance to the cultivation of students' comprehensive ability and the comprehensive development of students, and good physical quality is the basis of students' learning. Function training is a good way to train university students' comprehensive ability, which can better improve university students' neuromuscular and physical quality. One of the key points of education is to cultivate the core literacy of university students and lay a solid foundation for students to fully adapt to social life. Physical education (PE), as a key course to improve students' physical quality, needs more attention, and its teaching and training mode should be improved to make it play its due role. How to reform school PE teaching to meet the demands of social development is a question that all PE theory and practice workers must seriously consider and answer. This paper studies the reform strategy of teaching and training mode of university PE curriculum under the background of core literacy, and analyzes the current situation and influencing factors of teaching and training mode reform of university PE curriculum.

1. Introduction

In recent years, the reform of PE teaching mode has become the focus of PE teaching research. Teaching mode is the expression of educational concept and the bridge between teaching theory and teaching practice. The concept of functional physical training is in line with the requirements of personnel training put forward in the new era, which is to effectively optimize PE teaching and improve learning.

Effective methods to improve physical quality and physical fitness [1]. Since China launched the course of PE and health, "entertaining" has always been the guiding ideology of the teaching course of PE and health, and functional training in the core area can reflect the significance of the course to a greater extent.

With the development of the times, functional physical training is more and more in line with the trend of physical training, and the field of sports is also developing and expanding. More and more experts and scholars attach great importance to this training. The effective application of functional physical training in university PE can further improve PE and let university students really improve their physical quality and ability in PE class [2]. With the implementation of the comprehensive education development strategy, the course of PE and health has gradually entered the public's field of vision. This course combines the harmonious development of body and mind, ideological and moral education, cultural and scientific education, life and sports skills education with the educational process, which is an important way to implement quality education and cultivate all-round talents [3]. With the development of social economy and the continuous improvement of people's living standards, the life and exercise methods of university students have also changed to some extent, and the traditional teaching concepts and models are difficult to adapt to the physical and mental characteristics of students in the new era, resulting in a sharp decline in the physical quality of university students in China [4]. In the process of education development in China, students' core literacy has been paid more and more attention. In recent years, the education department of China has issued a variety of strategies to improve core literacy. Under this support

strategy, the road of core literacy education in China has gradually moved towards a new development direction.

Great changes have taken place in the goals and tasks of PE. The core literacy education and personalized pursuit in PE are increasingly more important than the standard of PE. The traditional single structure of PE teaching methods and paths in universities has also been broken, and the theoretical system and practical system of PE reform in universities have been fully upgraded [5]. In-depth analysis and research on the reform of PE teaching is not only the need to improve the development of PE teaching, but also the expectation of greater progress in PE teaching practice. Functional physical training plays an increasingly important role in improving university students' daily life and quality of life, and its function is indispensable in university students' daily PE course.

2. The Content of Core Literacy and the Current Situation of Reform

2.1. Core Literacy Content

The contents of core literacy are specified in the Outline related to PE teaching in universities. This policy supports the construction of core literacy system, and the core literacy framework is shown in Figure 1.

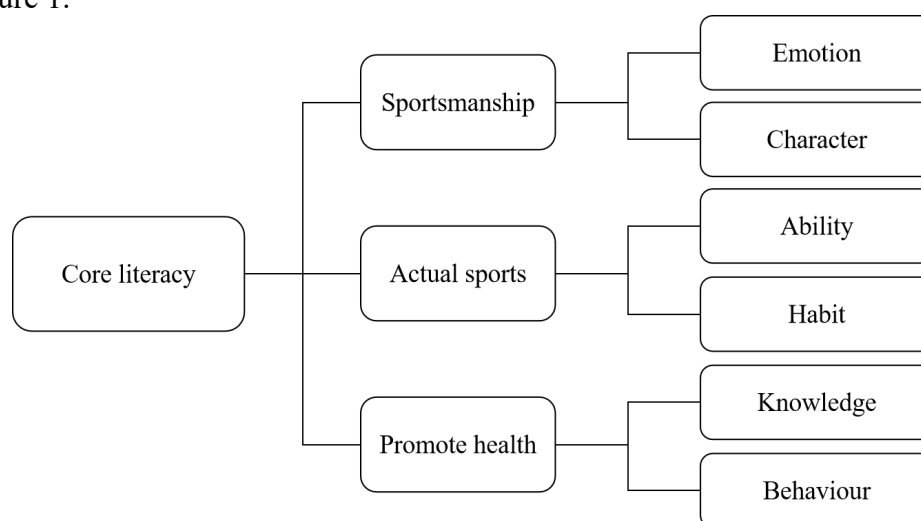


Figure 1 Core literacy framework

The core literacy mainly includes three dimensions, namely, sports spirit, actual sports, and promoting health. With the core literacy as the background, the reform strategy of teaching and training mode of university PE curriculum is explored from multiple perspectives. As the new force of building a moderately prosperous society in an all-round way, especially in the decisive stage of building a moderately prosperous society in an all-round way, university students need to meet the requirements of the core literacy of sports discipline, take a healthy body as the foundation, take the professional knowledge learned as the driving force, and strive to play their role in the work position, achieve personal goals and ideals, and actively contribute to and repay the society [6]. Sports spirit is the connotation support of the overall image of sports, the reflection of the principles of fairness, justice, openness and the cohesion, appeal and appeal of the team, the symbol of the ideal and belief of sports, sports theoretical knowledge, sports ideology and morality, and sports aesthetic level, and the pillar and soul of sports. Sports practice, as the most substantial manifestation of students' sports literacy, is not only the reliable guarantee of students' lifelong participation in sports and exercise, but also the basis of students' physical and mental health development, which is prominently displayed in various forms of sports activities in different time and space. The cultivation of healthy and good behavior is mainly to cultivate students' ability to obtain health promotion. Through the study of health knowledge and health behavior, strengthen the cultivation of healthy and good behavior of university students, and promote them to acquire the ability of "lifelong sports".

2.2. Current Situation of Reform

Through the statistics of the work related to the reform of PE teaching and training mode in many universities at the present stage, it is found that most of the reform work in universities is superficial and not really implemented. All universities have set the goals of PE teaching and training in accordance with the relevant provisions of education and PE curriculum standards, and have gradually formed a perfect mechanism in the long-term teaching process, but the PE curriculum has not been taken seriously in universities [7]. In the teaching process, teachers are the main body, students' enthusiasm is also poor, and the details of teaching and training reform have not been promoted. In universities, the importance of teaching and training of PE courses is poor, and PE teachers have not put all their energy into teaching and reform. The teaching and training modes used by universities are also not uniform. The statistical results of the teaching modes used are shown in Table 1.

Table 1 Current situation of teaching mode

Teaching and training mode	Use probability/%
Procedural teaching method	29.35
Master teaching method	13.26
Comprehension teaching method	11.92
Discovery teaching method	2.3
Case teaching method	1.56
Game teaching method	2.78
Competition teaching method	32.49
Situational teaching method	3.25

It can be seen from Table 1 that the teaching mode most commonly used by university PE teachers at present is mainly the procedural teaching method and the competition teaching method. These two teaching modes are also common teaching modes. Teachers first explain the theoretical knowledge of PE teaching and training, and then conduct actual training through competitive methods. But this is just to instill knowledge and ignore students' practice.

3. Reform Strategy of Teaching and Training Mode of PE Course

3.1. Exploration on the Reform Strategy of Teaching and Training Mode of PE in Universities

The main body of the actual teaching content of the PE class is teaching and training. Generally, teaching and training is a carrier. Based on this, the specific teaching content of the course is designed. The ultimate goal of teaching and training is to improve the core literacy of PE teaching. Therefore, in teaching and training, it is necessary to change the existing mode, infiltrate the new teaching content, and improve the teaching effect [8]. In the course of curriculum design, PE teachers combine the content of the syllabus to infiltrate the core literacy into the teaching content. At the application stage of the specific teaching content and teaching mode, it is necessary to take into account the students' cognition of PE teaching and training, respect the students' current planning of PE training, teach students a new teaching and training mode, help students gain a sense of achievement in teaching and training, and experience the fun of PE courses from it.

From the current teaching experience, the main teaching interactions are the interaction between students and students and the interaction between students and teachers, which are applicable to various teaching classes. During PE teaching and training, due to the particularity of the PE discipline, teachers play the role of partners more. They will carry out sports with students at the same time during teaching, guide students during sports, and guide students' sports training results [9]. The interaction between students and students is generally in the form of group learning mode or students' spontaneous cooperation learning mode. Teachers play a leading role in this process. Students master sports skills through communication and experience the fun of sports.

3.2. Reform Strategy of Teaching and Training Mode

The teaching and training effect of PE courses in universities is directly affected by the teaching ability and core literacy of teachers. During teaching and training, teachers are responsible for guiding students to carry out teaching and training activities. Therefore, PE teachers in universities need to have a relatively strong core literacy and professional knowledge of PE, master basic psychology and first-aid knowledge, and be familiar with the current relatively advanced teaching methods. PE teachers can enhance their theoretical understanding and literacy level by learning PE and teaching theory, and examine the effect of PE from the perspective of overall PE and teaching activities [10]. At the same time, teachers should strengthen their reflection in education and teaching activities, constantly improve the guidance of PE philosophy through the overall reflection of PE theory and teaching practice, and provide internal driving force for improving the teaching efficiency of PE teachers. Take core accomplishment as the basic idea, establish the goal of PE teaching and training in universities, and improve the teaching and training system by referring to the current psychological endurance and psychological quality characteristics of university students. PE learning in universities is selected by students themselves. Therefore, when selecting courses, students' hobbies and wishes should be fully taken into consideration, and the learning content should be defined according to students' interests in PE. Only from the perspective of interests can students' enthusiasm for learning and enthusiasm for sports literacy training be stimulated.

Almost all students in universities are adults, with high ability of judgment and imitation. Teachers play a leading and exemplary role, provide sports learning equipment, and students fully participate in teaching and training to improve their comprehensive physical quality and core literacy. In actual teaching, it is also necessary to pay attention to the students' enthusiasm for participating in sports teaching, understand the contents of students' extracurricular activities and their demands for sports projects, and build a management mechanism for extracurricular sports activities. In order to enhance the participation of university students in the process of PE teaching, we should fully understand university students' sports demands and preferences for extracurricular sports activities, improve the management and guidance mechanism of extracurricular sports activities, and make the overall connection between the PE class and the PE class. As the main body of PE teaching activities in universities, students' expression of PE teaching content reflects the quality of PE teaching process to a certain extent, and promoting PE teaching content to take root in students' life and enhancing the effective penetration of PE on students is conducive to improving this expression.

4. Conclusions

At present, there are still many problems in PE teaching in universities, which need to be explored by relevant educators to optimize teaching. With the continuous development of education reform, universities have put forward new goals for PE. The reform of PE teaching and training is mainly to cultivate university students' core literacy, and at the same time help university students form regular sports habits and establish interest in PE courses. PE teachers in universities must accurately understand the value of functional physical training, and choose scientific and appropriate training methods in combination with the actual situation of students during PE classroom practice, so as to effectively combine traditional training methods with functional physical training. PE in universities should seize the opportunity and practice reasonable and scientific teaching reform, starting from three aspects: cultivating university students' good sports spirit, improving the formation of university students' sports practice and strengthening the cultivation of university students' healthy and good behavior. The design and implementation of teaching reform strategies in universities in the new era should attach great importance to the reform of content, technology and resource integration, and gradually complete the reform tasks and objectives of deepening the reform of teaching content, accelerating the introduction of teaching technology and improving the sharing and integration of resources.

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Reform and practice of Core area training Method in higher vocational physical education curriculum (22TY028)

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