

Reform of college Physical education teaching mode based on the concept of physical fitness

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Abstract: The major of Physical education(PE) in university is the "cradle" for training school PE teachers, and also the "machine tool" for training organizers and directors of social sports. It undertakes the important task of training and exporting sports talents. Different from traditional cognitive education, outward bound training is a kind of experiential education mode. It relies on sophisticated scenario design to enable participants to understand their ideas in a specific environment in the way of outdoor activities, and acquire knowledge in the process of self-examination, so as to change their own behavior habits and ultimately achieve the goal of a tendentious education mode. This paper points out that to cultivate innovative talents, we should reform the closed PE teaching mode, adopt the open teaching method, and cultivate students' innovative ability, practical ability and exploration ability from all directions, angles and levels. Strengthen teacher training, vigorously improve teachers' teaching level and skills, strengthen the cultivation of students' innovative spirit and innovative personality, create an environment and atmosphere for the growth of innovative sports talents, and take innovative consciousness and creative ability as the important contents of students' assessment, so as to ensure the realization of the training goal of innovative talents.

1. Introduction

After the founding of the People's Republic of China, our school PE mainly copied the teaching model of Soviet Union's Karlov, and combined with the thought of great unity in Chinese social politics at that time, which made the school PE thought form the standardized trend of education [1]. Nowadays, all countries attach great importance to the basic education curriculum, especially the humanities curriculum and natural science curriculum, and emphasize the "GENERALEDUCATION". The idea of sports reform has also changed from a simple biological sports concept to a three-dimensional (biological, psychological, social) sports concept. "The basic characteristics of school sports facing the 21st century, whether the western sports culture is dominated by" competition "or the Chinese sports culture is dominated by" health preservation ", are sports. The main body of sports is people. As the main body of sports practice, people need natural science to solve the problem of" truth "; The essence of culture is "humanization", which is the externalization and objectification of human essential power. At the same time, social humanities are also required to solve the problem of "meaning" and "value", that is, "goodness"[2]. However, this teaching method has led some students to fail to maintain enough confidence to accept the pressure and challenges, and even lack the courage and courage to cooperate with others, showing the characteristics of passivity [3]. Therefore, in order to meet the needs of students to better adapt to social development and talents, it is necessary to create a more advanced and scientific sports teaching method, namely, outward bound training [4].

Physical education is a comprehensive activity that enables students to participate both physically and mentally. It has irreplaceable advantages in cultivating college students' innovative ability and plays an important role in cultivating high-quality innovative talents in the new century [5]. The goal of national fitness is to strive to achieve the coordinated development of sports and national economic and social undertakings, improve the physique and health level of the Chinese nation in an all-round way, and basically build a national fitness system with China characteristics; By the end of this century, the number of people who often take part in sports activities should

increase in various areas with different levels of economic, social and sports development, and the people's physique will be obviously enhanced [6]. Humanism makes modern competitive culture have a new era content, more humanization, more respect for the long-term development of individuals, and more emphasis on friendship and moral norms in competitions. People have already recognized the role of humanism in promoting the development of sports culture, all of which will surely promote the sound development of sports culture [7]. In the new period, sports culture will serve the improvement and development of human beings. "With the development of national fitness as the core, the physical development of teenagers as the key, and competitive sports as the goal, we should cultivate the humanistic spirit of sports through mass sports activities, school PE and competitive sports" [8]. As one of the sports cultures, track and field sports have many uses, both for physical exercise and for sports and entertainment. Different purposes have different moving targets. Different materials extracted from sports culture have different principles, methods and requirements for sports. Track and field sports material, it is neither sports, nor athletics and entertainment. When we choose the content of track and field sports culture and deal with track and field sports according to the principles and methods of physical exercise, track and field sports culture is one of the fitness means of sports.

2. Reform strategy of college PE teaching model based on the concept of outward bound training

2.1. Clarify teaching objectives

Physical education in university is based on the needs of students and the development of society. Therefore, the teaching mode must be constantly updated with the development of society, which requires the education management department to design and plan the requirements and ideas for students' all-round development in the reform of PE in schools, so that PE can have more room for development and innovation. First of all, the curriculum should meet the needs of practice [9]. Courses should be designed according to the changes of the situation, the development of practice and the needs of the society, so that students can apply what they have learned to practice. Secondly, textbook compilation should closely follow practice. Thirdly, teachers' classroom explanation and demonstration should be multi-ways, multi-means and multi-angles [10]. Based on the long term and focusing on the current situation, we should make the content of the book specific, vivid and vivid, pay attention to both ability training and practical operation, pay attention to both classroom lectures and field demonstrations, and pay attention to both theoretical explanation and practical practice. The 13th Five Year Plan issued by the central government calls for vigorous promotion of national fitness. At present, the national fitness campaign in China is also in full swing. Because of this, the PE teaching in university in China should be more consistent with the requirements of social development, the trend of social development, and the goal of social development, so as to make contributions to the training of specialized sports talents required by social development.

Education can make people's physique strong and their physical ability develop in an all-round way. At the same time, sports can not only promote the healthy growth and development of human body, but also greatly improve people's adaptability to various environments. Physical education can regulate people's psychology, make them no longer depressed and full of vitality, so as to achieve mental health. In addition, through proper sports, you can also train a person to form a tenacious will, enhance the quality of making progress, cultivate students' collective consciousness and team cooperation spirit, and make people broad-minded, so that they can more easily adapt to various jobs in the future. In these sports, through competition and enterprising, you chase after each other, or win or lose the competition and struggle, so that students can get experience and at the same time, it is easier to adapt to the competition in the future society. First of all, teachers of outward bound training courses need to start from themselves, fully explore their abilities in outward bound training, and scientifically plan and plan the objectives, contents, modes and class hours of outward bound training, and fully combine the contents and objectives to make outward bound training more targeted.

2.2. Pay attention to teaching safety

The outward bound training projects in college sports should be gradual. Because the outward bound training projects are more complex, university should gradually carry out outward bound training, giving priority to projects with lower requirements for venues and facilities and less potential safety hazards. After the conditions in all aspects are gradually improved, more challenging and difficult outward bound training projects should be introduced, while increasing the investment in funds, In order to expand the training venues and improve training equipment, so that the expansion training more security. It is said that "sports ability is a special ability, which refers to a combination of individual physical and mental qualities composed of individual sports wisdom, sports knowledge, sports technology and skills", including six basic components, namely "basic physical activity ability, sports ability, self exercise ability, self health care ability, self-evaluation ability and self adaptation ability". Physical education teaching does not exclude the factors of cultivating students' PE ability, but does not define the concept of PE ability. These all inclusive definitions and classifications mentioned above, then the guiding ideology of PE teaching, which focuses on cultivating students' ability, can only be an empty slogan.

In China, it is difficult to arouse people's enthusiasm for track and field in a short time because of the wrong inertia formed by people's long-term understanding of track and field, which is one of the main reasons why Chinese people are reluctant to participate in track and field activities. They all make use of the most basic activity skills of the human body. Although they belong to different subsystems in the track and field system, they are qualitatively different in sports subjects, purposes, requirements and usage methods, but they are interrelated, mutually influenced and mutually promoted. As shown in Table 1.

Table 1 Differences between two attributes of track and field sports

Competitive attribute	Fitness attribute
For athletes, with the aim of improving sports performance and winning the competition	Facing the masses, aiming at exercising, promoting health and strengthening physique
Pursuing maximum technology and excellent sports performance	Master basic skills and pursue the best effect of physical exercise
Have special training principles, principles and methods	There are special fitness principles, principles and methods
There are special competition events, forms and methods	Different contents, forms and methods are determined according to age, gender and health status
There are strict competition rules	Obey the requirements of improving health, physical fitness and education
There are strict requirements for the specifications of sports venues and equipment	There are no strict requirements for sports venues and equipment, but safety and hygiene should be ensured

In the process of PE learning, we advocate the time and space for independent learning and independent activities, so that students have the opportunity to innovate. In the process of learning, students are not restricted by the teacher's "preconceived" concept, have enough time to think, enjoy a broad space for thinking, and burst out of innovation from time to time. In today's world, whoever has an advantage in science and technology competition will take the initiative in the competition of economy, science and technology and comprehensive national strength. Therefore, schools should make full use of this situation to educate students to fully understand the pressure and challenges, not afraid of difficulties, forge ahead, study hard and explore boldly. Therefore, colleges and departments of PE in university should educate students to establish a strong sense of mission and responsibility, build ambition, boldly explore for the development of the country, and boldly innovate for the revitalization of the nation.

3. Problems and Solutions in Track and Field Teaching of Physical Education Majors in Colleges and Universities

3.1. Investigation results and analysis of track and field courses for PE majors in university

At present, the content system of track and field teaching for PE majors in university still hasn't got rid of the traditional concept of technical teaching, overemphasizing the learning and mastering of competitive sports techniques, ignoring the guiding ideology of "health first", the requirements of quality education and the lifelong role of sports, and not enough knowledge and methods of introducing track and field as a fitness means to students; With the orientation of values of means theory, students can master the required uniform skills. Teaching aims at imparting sports skills and improving the level of sports skills, and training PE teachers by training athletes. This kind of value orientation first affects the formation of students' correct view of teaching quality. In the 170-hour general class stipulated in the syllabus, every student is required to learn all kinds of technologies, not only to talk about theories, but also to improve the technical level of several projects, which is difficult to achieve ideal results. This can not fully develop students' personality, but also because of too much content, students can't really digest it, which reduces the learning effect and makes it difficult to complete the teaching task well. This outdated teaching method restricts the students' subjective role, suppresses their inner potential, and leads to poor students' autonomy, thus failing to give full play to their subjective role.

With the development of the times, humanization has increasingly become the mainstream trend of education development. It requires that the teaching organization form be more in line with the physical and mental development of students. At the same time, in view of the weakness of the class teaching system, teachers should pay special attention to individual differences in teaching, strengthen individual guidance, attach importance to the principle of teaching according to materials, and fully mobilize students' learning initiative. It is precisely because of such shortcomings of the class teaching system that many improvement plans have been proposed for a long time. In the survey of the tendency of understanding the track and field course, 91.3% of the students think that the track and field course is very important as the main course of PE in university; The overall evaluation was 84.4% good. 70.8% agreed that the guiding ideology of track and field curriculum reform was "health first". 67.1% of the students agreed with the mastery and application of fitness theory, means and methods in track and field course examination. 60.7% of the students agreed that it should be emphasized in the technical teaching of track and field course. 57.6% of the students agreed that the technical teaching of PE should shift from emphasizing competition to emphasizing the teaching of fitness means and methods. As shown in Table 2.

Table 2 Statistical Table of Investigation on Which Track and Field Events Should Be Offered in Physical Education Classes by Students Majoring in Physical Education

Sprint	Middle distance race	Hurdle	Long jump	Raise	Three-step jump	Shot-put	Discus	Javelin	Pole vault	Hammer
Number of people	685	445	556	598	525	489	450	473	262	232
%	91.2	60.3	75.1	78.6	74.5	65.3	65.2	63.2	29.5	29.6
Sort	1	8	4	2	3	5	6	7	10	9

In the investigation of the events that should be offered, the top six events are: sprint, long jump, high jump, hurdles, triple jump and shot put. Sports events and syllabus are the materialized conditions of track and field teaching. All teaching conditions and activities should be designed to meet the needs of students' bottom-up development and future teaching, and make students have the autonomy to choose teaching content. Only in this way can students' dominant position be improved, instead of placing them in the subordinate position of the syllabus and textbooks. In the classroom teaching of track and field, we attach importance to the "discipline structure" of sports technology and neglect the "learning structure" of students. As a result, track and field teaching is basically to train junior athletes, rather than teaching students how to teach. The choice of teaching methods and

the use of teaching means are aimed at learning sports skills, improving sports performance and tapping sports potential. Through the practice of off-campus education of students in our college, it is found that the students we cultivate can't meet the current needs of PE teaching in colleges and middle schools, which mainly aim at keeping fit.

3.2. Solutions to the problems existing in track and field courses of PE majors in university

At present, the track and field teaching content of PE major in university in our district is still arranged mainly based on competitive events, designed based on the rules of sports technology, and fails to effectively explain the health principles and cultural connotation of track and field events that adapt to PE teaching in ordinary colleges and middle schools. What's more, it lacks the excavation of interesting, entertaining and other characteristics of track and field events. Encourage and advocate students to actively participate in various academic activities and PE reform; To strengthen the practice of PE, in addition to the design and research of experimental teaching, graduation practice and graduation thesis, we should also promote open education, create conditions to encourage students to go out of school and participate in social sports practice activities, such as the organization and judgment of various sports competitions, the guidance of sports activities and amateur training in primary and secondary schools, and participation in observation classes and seminars related to the reform of PE in primary and secondary schools. In these activities, students can combine theoretical knowledge with practice, enhance their perceptual knowledge and sensitivity to sports practice, and lay a foundation for creative work in the future.

In this sense, college PE teachers should not only pay attention to the cultivation of students' physique and the shaping of students' personality, but also pay attention to letting students experience the fun of sports and make students love sports activities consciously, so as to form the habit of lifelong sports, thus laying a solid foundation for "lifelong sports" and enabling students to consciously practice "lifelong sports" after going to the society. The specific performance is as follows: in PE teaching, we should respect students' dominant position, promote students' individualized development, and make students exercise in a stress-free and relaxed teaching atmosphere, so as to acquire sports skills; Guide students to learn independently, explore and cooperate, but there are some extreme ideas in the micro-platform. For college students with weak judgment ability, it is easy to be misled by such ideas and distort the original core values. In this regard, relevant institutions should strengthen network information management, purify the network communication environment and create a good atmosphere for the dissemination of core values. Morality can restrain college students' daily behavior. When cultivating college students' moral concepts, teachers need to make college students know what they can and can't do, so that college students can safeguard social interests and improve their ideological consciousness in daily life. Besides, in the cultivation of core values, various ways can be taken to broaden the horizons of college students, so that they can make correct judgments when faced with temptation and improve their comprehensive quality.

4. Conclusions

Introducing the concept of outward bound training in college PE teaching can effectively conform to the development direction of college PE curriculum reform, make the curriculum more abundant, and make students' abilities develop in an all-round way. Great changes have taken place in the curriculum concept, curriculum content, teaching methods and teachers' behaviors of PE courses in colleges and middle schools. They emphasize the guiding ideology of "health first" and "student development-oriented", attach importance to the times and local characteristics of curriculum content, and pay attention to the diversification of teaching methods, especially the important function and value of PE courses in promoting students' health and all-round development. Only in this way can the trained PE teachers play a better role in the field of public PE teaching and health curriculum; Only when PE majors in university establish the idea of serving PE and health courses in colleges and middle schools, can a new round of reform and development of PE courses in colleges and middle schools be fully guaranteed. To sum up, as an important part

of college education, PE should not only cultivate students to have noble ideology and morality, so that students can master sports skills, but also actively explore or broaden effective ways that have an important impact on students' physical and mental development, aesthetic concepts, habits and other qualities.

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