

Research on Physical Education Teaching Mode Based on Lifelong Physical Education Goal

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Abstract: In recent years, the state's emphasis on national quality education has provided an important platform for the development of public physical education(PE) in colleges and universities. Colleges and universities have begun to effectively promote the concept of "lifelong PE" in specific public PE courses to help college students know the important value of lifelong PE and stimulate their enthusiasm for participation. This is also an important direction of PE reform in many colleges and universities. Physical education curriculum not only exists as a course, but should effectively realize the long-term educational significance for college students, and put forward different teaching objectives and requirements according to the different conditions of college students at different stages, so as to realize the cultivation of college students' comprehensive quality. It is necessary to cultivate students' lifelong sports awareness, habits and abilities, promote students to participate in physical exercises independently and actively, develop good sports habits and social adaptability, and improve the country's comprehensive quality requirements for vocational school students' employment. This paper expounds the orientation and goal of PE in colleges and universities in China by using the methods of literature and logical analysis. It suggests that through the reform of the overall design of in and out of class teaching, the selection of teaching content, the selection of teaching methods and the testing of teaching, all PE work in schools can be oriented to the goal of "lifelong PE", improve the teaching effect and benefit students throughout their lives.

1. Introduction

With the coming of the 21st century, people's requirements for health are constantly improving, and PE in higher vocational schools should meet the needs of students going to society in the future. As the guiding ideology of PE, under the background of educational system reform in recent years, it has been constantly put forward and developed [1]. The reform of PE in colleges and universities cannot leave the teaching goal of lifelong PE, and the growth of students is closely related to physical exercise. Compared with the long education process in primary and secondary schools, PE in colleges and universities is short-lived. Therefore, how to improve teaching efficiency, arouse students' interest in learning, give full play to the advantages and characteristics of PE, and let students truly appreciate the fun and importance of PE, so as to develop the habit of regular physical exercise, is the goal of PE reform in colleges and universities [2]. Its purpose is to further enrich the spiritual and cultural life of the whole people through the implementation of sports and fitness programs, guide the whole people to establish a positive and healthy attitude towards life, innovate a healthy lifestyle, promote the overall strengthening of the physical quality, quality of life and health level of the whole people, and promote the effective implementation of the strategy of strengthening the country through sports [3].

The public PE curriculum in colleges and universities is the highest level of PE that individuals receive at the student stage, and it is also the ultimate link of PE that college students can contact before entering the society [4]. In this period, the physical and mental development of students is relatively mature, so they can accept some difficult physical exercises, which has become a key period to cultivate the concept of lifelong sports for college students. The change of life style is people's sports consciousness, and sports demand is undergoing fundamental changes [5]. Modern society requires people to scientifically guide and constantly accept new PE, so that PE becomes a

life style that accompanies people all their lives. This process constitutes a lifelong PE system. Lifelong PE is the development trend of school PE and an important component of quality education. It can be seen that the competition of the world economy and national strength is ultimately the competition of talent quality. And the physical quality should be the first among the talents' qualities, because without body, there is nothing [6].

The all-round development of informatization not only provides important opportunities for social progress, but also places China in the fierce competition of global development. It is necessary to rely on the development strategy of strengthening the country with talents to enhance China's comprehensive competitiveness, which requires the strength of education to develop new education oriented to modernization, the world and the future, and to cultivate outstanding young people in the new era with all-round development. This will be the important mission of every educator [7]. The new round of PE curriculum reform requires students to basically achieve five major target areas, such as sports participation, sports skills, physical health, mental health and improvement of social adaptability. The "sports education model" of American educator Mr. Siedentopp, by analyzing its meaning, purpose, goal, content and characteristics, provides operational basis for the school PE curriculum reform in China, the diversification of sports participation goals and improvement of social adaptability, and the innovation and implementation of PE teachers in teaching practice [8].

This paper, guided by the new concept of lifelong sports development advocated by global sports at the present stage, and taking the public PE curriculum in colleges and universities as the starting point, advocates that the innovation of its teaching model should not be limited to the basic improvement of the teaching process, but should comprehensively consider the curriculum, teaching assessment, evaluation diversification and other elements, analyze the main direction of improving curriculum teaching, and promote the effective realization of students' overall quality and ability.

2. An overview of the teaching objectives of PE in colleges and universities

2.1. Renew and improve the teaching concept

To achieve the teaching goal of lifelong PE in colleges and universities, we must update and improve the teaching concept. First of all, the corresponding leaders and teachers should be clear about the requirements of lifelong sports goals for students, and make it clear that such teaching goals are for the long-term consideration of students, and also for their permanent physical exercise. What we need to discuss here is not the macro concept, but the practical application [9]. There have been many studies on theory, but how to apply it to practice and truly serve and benefit the people is the work that our PE educators should do. Strengthen the discipline of PE classroom teaching and do a good job in organizing teaching in PE class, because discipline is the fundamental guarantee to improve the quality of classroom teaching in PE class. It has a positive guiding effect on students' self-restraint after employment. Thirdly, strengthening standardized education will help to form their noble qualities of being loyal to their duties, loving their jobs, uniting and cooperating, bravely shouldering heavy burdens and struggling hard. Fourth, encourage students to struggle, and competition in struggle is the need of the times. In PE, let students release energy in the atmosphere of struggle, and lay a solid foundation for their entrepreneurial spirit after employment [10].

The renewal of PE content, the change of PE evaluation, the construction of sports venues, the track and field teaching and gymnastics teaching and other focus issues are important topics worthy of serious consideration by PE educators and front-line PE teachers. Because, in terms of teacher role positioning, the traditional teacher role has been unable to adapt to the requirements of the new curriculum. If teachers want to go with the new curriculum, they should achieve role transformation, and must become the facilitator of student learning and quality development, the participant of co constructing learning, the collaborator of the teacher community, the researcher and developer of the curriculum. For example, sprints can be selected for students to practice. Short distance running does not consume much physical strength of students. In addition, there is no too high demand for

students' speed in college sports classes. Therefore, such events are more suitable for the development of college sports courses and will be helpful to students throughout their lives. Communicate and exchange visits with other schools through the internet, broaden our horizons, or send them out to graduate classes, study and update the old knowledge for more than ten years, and accept more systematic and new knowledge. Only with the improvement of teachers' level can a new teaching model be realized; Only by realizing the new teaching mode can we really improve students' attitude towards sports, understand sports culture and plant the seeds of lifelong exercise in their hearts. Therefore, teachers should aim at the comprehensive training of talents, and realize the comprehensive training of students, so as to better ensure that college students can learn useful sports knowledge at the university stage, and then improve themselves better.

2.2. Carry out classified teaching according to students' interests

While improving the quality of teachers, we should reform the content of teaching materials according to the situation of our school. The content should be classified and sorted according to the requirements of students. Finally, we should determine the items that students are particularly interested in. Then, we should classify the classes of the same grade and teach separately. The realization of lifelong sports requires various conditions, the integration of school sports, social sports and family sports, and the establishment of a sound system and environment for the development of lifelong sports. However, in the current situation where it is not easy to establish a comprehensive system, it is realistic and positive to seize the key links and move the whole body to drive the development of the whole thing. The key link to realize lifelong PE should be school PE, because only school PE is a systematic and long-term PE for people, which has far-reaching influence on promoting a person to develop the habit of lifelong physical exercise. And college PE is the most important thing. College PE is the last stop for students to receive systematic PE at school, and it is also the highest level for them to receive school PE. The target of education is adult college students who have independent thinking and strong discrimination ability. Their learning goals are connected with the society, and they pay more attention to practicality. Let PE teachers enjoy class allowance balanced with other disciplines, which greatly mobilized the enthusiasm of the majority of PE teachers. However, according to the scale and level of our school and the development situation in recent years, PE and campus PE culture need to be further expanded and promoted compared with the first-class national key vocational schools, which is mainly manifested in the fact that the advantages of teachers and school-based resources of our school have not been fully developed and utilized. To reflect the characteristics of PE in our school, as far as the current PE manpower and material resources of our school are concerned, we can achieve the goal by adding some sports equipment, developing individual projects, changing teaching modes and organizing teaching methods, and integrating PE resources.

While playing its basic function of providing necessary space for college students' sports activities, college sports venues also need to fully respond to the national call, give full play to the social efficacy of college sports venues, meet students' sports needs, and provide open exercise venues for the public to alleviate the lack of social sports resources. And the basic situation of the residents' sports activities around colleges and universities also reflects the openness of the sports venues of colleges and universities to the public. In conclusion, the teacher points out their shortcomings and correction methods, so that students need to improve their ability to organize competitions in the next competition. In the past, we used the teaching form of class based group and group rotation. Although it was orderly and convenient for teachers to control, it was not conducive to the development of students' personality and ability. Throughout the world's developed countries in modern school PE, it was to develop students' individuality, diversify organizational forms, and give students more time and space for free and independent learning. In terms of teaching methods, observation methods Discovery method, discussion method, comparison method, etc., strive to develop students' thinking, and improve students' ability to analyze and solve problems.

3. Analysis of the current situation of PE model based on the goal of lifelong PE

3.1. Investigation on College Students' Cognition of Physical Education Teaching

Through the implementation of the new teaching mode, deepening the teaching step by step from Grade 1 to Grade 3, the students' sports consciousness is deepened continuously. The motivation comes from the deep understanding of sports, the enrichment and development of sports knowledge, and the students' correct sports consciousness is established, thus forming lifelong sports interests, abilities and habits. With sports consciousness, students are encouraged to give full play to their activity ability in the process of sports and form the habit of consciously taking physical exercises. Make students realize that they will persistently participate in physical learning and physical exercise all their lives, and turn their participation in physical activities into a purposeful and conscious pursuit that will accompany them all their lives. It combines PE class, extracurricular activities and intercollegiate sports, regardless of students' ability level, and provides students with the opportunity to experience the positive value of sports in a way similar to intercollegiate competitive sports. It is a new curriculum and teaching mode with good teaching effect, which provides innovative research on humanistic PE for the diversification of sports participation goals and social adaptation goals in school PE curriculum reform in China, as well as for the revision and improvement of new curriculum standards in China, teachers' PE operation and the concrete implementation of school PE curriculum reform. As shown in Table 1.

Table 1 Statistics of different subjects' understanding of the importance of lifelong sports

	Student (n=574)		Teacher (n=70)	
	Number of people	Percentage	Number of people	Percentage
Very unimportant	40	7%	0	0
Unimportance	155	27%	3	8%
Not sure	89	18%	0	0
Important	236	37%	2	40%
Very important	75	13%	40	52%

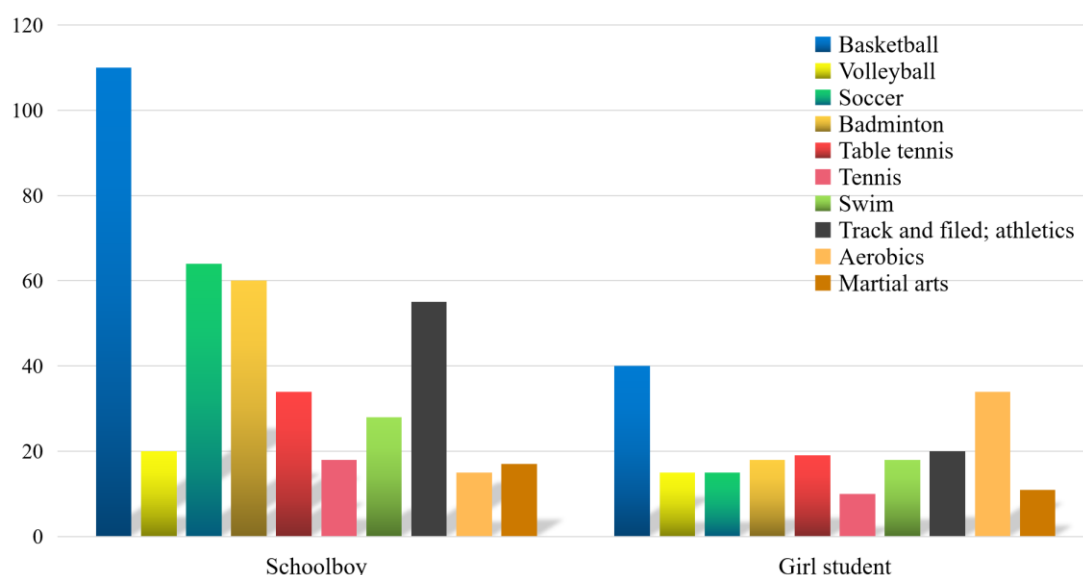


Figure 1 Favorite degree of college students' PE courses

At the same time, in the investigation of teachers' cognition, it is found that nearly 90% of teachers think that lifelong PE is important. It shows that at this stage, teachers and students in universities in Xi 'an are still very clear about the importance of lifelong PE. Generally speaking, teachers' cognitive level is much higher than that of students, and more than half of students have not yet established a correct understanding of lifelong PE. It also shows that in actual PE, teachers

lack the comprehensive coverage of lifelong PE extension ability, and simply emphasize students' mechanical practice, but ignore the effective guidance of internalizing what they have learned. As shown in Figure 1.

This shows that it is necessary to make full use of the development potential of students' favorite degree to promote the significant improvement of PE. Based on the limitations of objective conditions, we should innovate in teaching methods. We should suggest increasing the investment and use of sports facilities, and developing more antagonistic and interesting sports projects, which will help cultivate students' good will to compete and cooperate, Promote students to develop lifelong sports awareness.

3.2. Course teaching setting

Teaching content is the related content formed under the planning of teaching objectives, according to the needs of students' sports development, combined with the teaching environment. It is mainly the teaching of students' sports theoretical knowledge and competition-related systems. It is the main standard of PE teachers' teaching and the key element of school PE. School PE is an important means to promote the development of lifelong PE, and college PE, as the final link experienced by students before they step into social development, is a critical period for the transformation from school PE to social PE, and it is also a critical stage for students' independent personality and healthy physical and mental development. The implementation results of systematic organization of teaching, planning of teaching, provision of professional PE teachers, and construction of specific venues and facilities show that there are similarities between educational purpose, implementation purpose, educational content and PE in colleges and universities, which are all the goals of training students to form sports participation goals, sports skills goals, physical health goals, mental health goals and social adaptation goals in the process of school PE goals. From the mutual exchange of sports activities to the mutual influence of sports spirit, the common promotion of school and community sports culture can be realized. Because the effective extension of school PE to communities and families is a new concept of lifelong PE.

In the new era, school PE should pay more attention to and improve the education of sports, unify "fitness" and "mental health", constantly promote and improve the quality of life and quality of life, break the barriers of school PE, enable students to have good physical literacy and the concept of lifelong sports after going out of school, and develop the habit of lifelong sports. Learners compare and summarize the situation before and after self-learning stage by stage to find progress and shortcomings. If the evaluation of sports skill learning is too one-sided only through skill demonstration, skill operation will be affected by many aspects, such as the venue environment, students' timidity, etc., which will affect the exertion of skills. In the self-evaluation, the evaluation of the impact of scores and grades will be canceled, and students themselves will compare the completion of skills before and after, Issue a self-evaluation stating your satisfactory performance and the projects that need to be strengthened in the future, and write down your plan. The plan includes specific time limit, training methods, effects to be achieved, whether teachers' help is needed, etc. After the implementation of the plan, make a new evaluation of yourself against the previous self-evaluation, and constantly improve in the feedback and improvement. National fitness is not only for students, parents and communities, but also for the school itself. Lifelong sports must have the integration and interaction of school sports resources and community sports resources, and generate the concentration and efficiency diffusion of new resources in the interaction and integration, so as to achieve the sustainable development of human physical and mental health.

4. Conclusions

Driven by the upsurge of lifelong PE, the public PE curriculum in colleges and universities in Xi'an continues to be reformed and explored, and remarkable achievements have been made in some colleges and universities, which has played a good role in promoting the cultivation of students' lifelong PE awareness and the improvement of campus physical culture atmosphere in a certain area. The methods of students' learning and participating in sports have been obviously improved, and

students' awareness of sports, innovative consciousness and psychological quality have been obviously strengthened, which is conducive to the realization of sports participation goals, physical health goals, mental health goals and social adaptation goals advocated by the new curriculum standards. From the perspective of current classroom teaching, students with strong interest in sports have high learning interest and obvious teaching effect; It is difficult for students to be interested in boring sports projects, but these projects have strong practicality of sports technology, which requires our teachers to constantly learn, innovate, and comprehensively use teaching methods and teaching means to improve students' interest in learning and achieve teaching goals. Through the teaching reform experiment, the students' sports awareness has been strengthened and their enthusiasm has been improved. At the same time, the teaching level of teachers has been given full play and their professional ability has been updated.

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