

Analysis on the problems and countermeasures of current physical education in colleges and universities

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Abstract:In recent years, with the continuous advancement of the reform of teaching quality in colleges and universities, the concept of liberal education has been deepening the reform of teaching in colleges and universities. Cultivating comprehensive and high-quality talents with all-round development of moral, intellectual, physical, art and labor has become the educational goal of all major universities. As an important platform for students' all-round development, universities play a very important role in improving teaching quality and carrying out teaching quality reform. At present, physical education in colleges and universities has gradually achieved relatively ideal results, and the role of physical education in colleges and universities in cultivating comprehensive quality talents has also been gradually highlighted. However, there are still many deficiencies in the current college physical education process. So, this paper starts from the current situation of college physical education to explore and analyze the current problems of college physical education. In the light of the problems existing in college physical education, this paper puts forward corresponding effective countermeasures, so as to improve the quality and effect of college physical education and promote the all-round development of students.

College physical education, as one of the important components of college compulsory courses, can improve students' physical quality and help students strengthen their bodies, cultivate students' excellent qualities of perseverance and persistence, cultivate students' ability of cooperation and social cohesion consciousness, so as to improve students' comprehensive quality. As the cradle of cultivating high-quality talents, universities have become an important part of the teaching reform of colleges and universities to improve the quality of physical education and promote the reform of physical education in colleges and universities. So, starting from the current situation of college physical education, this article analyzes the existing problems of college physical education and puts forward practical countermeasures, promoting the healthy and sustainable development of college physical education, promoting the all-round development of students, and cultivating high-quality comprehensive talents.

1. The current problems in physical education in colleges and universities

1.1 The teachers and students do not attach enough importance to the physical education curriculum in colleges and universities.

Different from other specialized cultural courses, the physical education curriculum in colleges and universities is a course mainly in the form of practical activities. Under the influence of traditional teaching ideas and the pressure of professional courses, many teachers and students do not have enough understanding of college physical education courses, which tends to be "formalized". Many teachers only for the purpose of completing the classroom teaching task, limited in teaching the basic sports skills, but neglected to train the students' physical quality and sports Literacy, so, it is difficult to arouse the students' enthusiasm and interest in sports. However, many students have low self-consciousness in physical education. They only learn basic sports skills in physical education classes to cope with the final examination, and do not cultivate their interests and habits in physical education. As a result, college physical education tends to be more and more "formalized", resulting in insufficient attention to college physical education courses by

teachers and students, thus affecting the quality and effect of college physical education.

1.2 The teaching mode is single

The current college physical education is influenced by the traditional teaching idea, and it still follows the traditional teaching method to carry out physical education. The traditional teaching method is teacher-centered, taking the single teaching mode of “teachers' speaking and students' listening”. The teaching of physical education under this teaching mode makes teachers in the leading position in the classroom, and the students, as the recipients of knowledge, only passively absorb knowledge. This single and fixed teaching method greatly reduces the enthusiasm and enthusiasm of students' physical education study, which is difficult to arouse the enthusiasm of students' physical education, and is not conducive to the cultivation of students' comprehensive quality and individualized development. Due to the insufficient investment in physical education in some colleges and universities, the fields needed for physical education and sports equipment are not perfect, thus limiting the development of diversified physical education courses to a certain extent. The teaching content is single and the teaching content is dull, which can not arouse the students' enthusiasm and interest in physical education. It greatly reduces the efficiency and teaching level of physical education and is not conducive to the smooth development of physical education in colleges and universities. In addition, the final evaluation form of college physical education for students is relatively single. At present, College Physical Education evaluation still adopts the traditional evaluation form, then evaluates students' physical learning ability through the final examination results. This single and fixed form of evaluation will lead students to mechanically study physical education courses in order to make their physical education scores up to the standard. This will not only greatly reduce students' sports learning autonomy, but also is not conducive to the cultivation of students' comprehensive accomplishment of physical education and good habits of strengthening physical fitness, and can not cultivate students' cognition of the importance of physical education and physical education, thus making college physical education lose its own teaching purpose and teaching significance of improving students' physical quality and promoting students' all-round development.

1.3 Lack of individualized guidance for students' physical training.

In the process of physical education in colleges and universities, large classes are implemented because of the large number of students in most colleges and universities. In the course of teaching, teachers can not realize the specific guidance to each student because there are many students in the class, which will result in the phenomenon that some students do exercises blindly without the guidance of teachers, and it is difficult to cultivate the students' habit and enthusiasm of physical so that the teaching ability of some teachers is low, exercise. In the process of physical education in colleges and universities, some colleges and universities have not yet realized the important role that teachers' comprehensive quality and ability play in physical education teaching, and have not regularly carried out training of teaching ideas and teaching methods. As a result, some teachers' teaching ability is low and they lack guidance for students' physical training, which affects the level of physical education teaching and classroom efficiency. In addition, under the influence of the traditional teaching mode, some teachers pay more attention to the common education of physical education, and neglect the individual education of the students. However, the individualized instruction of the students of different physical and physical abilities is neglected, which is not conducive to the individual development of the students and the progress of the physical education in colleges and universities.

2. Countermeasures for the problems existing in physical education in colleges and universities at present.

2.1 Innovate educational concepts and improve teachers' quality

In order to change the present situation of physical education in colleges and universities and promote the reform of teaching quality of physical education in colleges and universities, it is necessary to innovate the concept of education first, and improve the comprehensive quality of teachers. Traditional physical education teaching concept is not conducive to arouse the enthusiasm

and interest of modern students. So, teachers should innovate the educational concept and optimize the teaching content ,pay attention to the improvement of students' physical and mental qualities on the basis of teaching the basic skills of traditional sports, train persistent, innovative and persistent, as well as team-working ability and spirit through systematic and orderly sports training, improve the overall quality of students and students personalized development through physical education, stimulate students enthusiasm and interest in sports, and promote students moral, intellectual, physical, art and labor all-round development

2.2 Innovate the teaching mode, realize the unity of the theory and practice of physical education

In the current reform of physical education in colleges and universities, the traditional single teaching mode should be changed .The physical education teaching mode in colleges and universities should be changed from “teacher-centered teaching” to “student-centered teaching”. Colleges and universities should strengthen the connection between sports teaching theory and sports practice, and help students master the basic sports theory and skills in the process of sports practice. Physical education teaching in colleges and universities should change from formal teaching to individualized teaching, create a good physical education learning atmosphere for students, optimize the evaluation form of physical education assessment, break the final achievement standard as a single evaluation form of students' physical education ability assessment, increase the comprehensiveness and diversification of assessment forms and standards, so as to realize the unity of physical education theory and practice and promote the efficient development of physical education in colleges and universities.

2.3 Arouse students' enthusiasm for sports, attach importance to students' individual development

As the subject of physical education in colleges and universities, the students are excited by the enthusiasm and interest of the students, and the improvement of the individual development and the comprehensive quality of the students is the main purpose of the reform of the physical education in colleges and universities. Therefore, attention should be paid to the design of classroom contents according to different students' physique, sports ability and interests in physical education. The P.E. teachers in colleges and universities should pay attention to teaching students according to their aptitude, giving full play to their advantages and provide space for their personality development, so as to arouse their enthusiasm and interest in sports and promote their individual development and comprehensive quality.

3. Conclusion

To sum up, despite the progress of physical education has been made in colleges and universities, there are still some deficiencies in teaching contents, teachers' quality and teaching methods. In view of the problems existing in the current college physical education, this paper finds out the countermeasures to carry out the effective reform, and realize the efficient solution to the problems in college physical education, thus promoting the students' physical quality and all-round development.

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