

# On the Reform of Physical Education in Universities

Wang Jianfei

Institute of Physical Education, Jilin Polytechnic of Water Resources and Electric Engineering, Changchun, Jilin, China

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**Abstract:** The reform of physical curriculum in universities is also constantly promoted in the new era. The teaching methods and models of physical education should be further innovated and improved, and so that the innovation strategies in relevant aspects can be continuously implemented, in order to ensure that the physical education of Universities presents a new development.

## 1. Introduction

Sports can strengthen people's physical fitness and enhance their psychological quality, make their physical and mental development in an all-round way. In the process of physical education in China, it can be seen that the students' physique is relatively poor. Because of the high pressure of study and the tense time of study, the students often don't have time to participate in the relevant physical exercises, which leads to the continuous decline of the students' physical condition and the lack of strong will quality<sup>[1]</sup>. This has formed a huge impact on the construction of education and spiritual civilization in China. Impede. In view of this situation, it is necessary to carry out continuous reform for the physical education curriculum. On this premise, the physical education teaching methods in Colleges and universities can be continuously innovated and improved, so that the physical and mental health of students can be developed. In this regard, the following focuses on the analysis of the innovation strategy of college physical education methods under the background of physical education curriculum reform.

## 2. The Situation of Physical Education Reform

### 2.1 Various Kinds of Sports

Most colleges and universities offer 72 class hours of optional physical education courses in the first and second grade of each academic year, that is, to provide a number of sports items for students to choose, let students choose the same sports items to form a class, carry out collective learning and organization activities<sup>[2]</sup>. The optional physical education course provides students with independent choice space. Students can choose physical education courses according to their own interests and hobbies, their own physical conditions and sports level, so as to meet the needs of students' physical education learning and exercise. In the survey, it is found that most schools have set up sports elective courses, combining with their own teachers, venues and other aspects of conditions and the needs of students to set up a variety of courses, such as sports dance, taekwondo, swimming, tennis, etc., for students to choose. Through a variety of sports elective courses, further meet the students' diversified sports learning needs, and lay a good foundation for cultivating students' sports interests and habits.

### 2.2 Improvement of Teaching Methods

The most commonly used method is explanation and demonstration, which is mainly taught by teachers and imitated by students in the traditional physical education. In the context of the reform of public physical education curriculum in Colleges and universities, the teaching concept of physical education teachers is constantly updated, the teaching quality is constantly improved, and the teaching methods and methods are constantly improved. Many modern teaching methods, such

as multimedia teaching, game and competition, group cooperative learning, layered teaching, have been adopted<sup>[3]</sup>. Compared with the traditional teaching methods, these teaching methods are more flexible, more prominent in the main position of students, more attention to the improvement of students' physical literacy and physical health. In the aspect of teaching organization, most of the methods of PE optional courses are to break the class division and class restrictions, and to reorganize the classes according to the sports selected by the students. In addition, in class teaching, it adopts various organizational forms such as group, dynamic stratification and so on. In addition, some colleges and universities take the form of club sports teaching organization, and pay more attention to the development of students' comprehensive quality.

### **2.3 Students' Interest in Sports**

Through the physical education optional course and the physical education optional course classroom physical education teaching, enables the student system to accept the physical education knowledge skill study. In addition, through the Internet access to relevant information and field survey, it is found that most colleges and universities carry out extracurricular sports activities, such as campus sports meeting, sports culture festival, sports competition, interesting sports activities, sports association activities, etc. Group extracurricular sports activities let students out of the room, stimulate the enthusiasm of participating in sports, and create a good campus sports atmosphere. In addition, in addition to organized and collective extracurricular sports activities, students also spontaneously participate in physical exercises or extracurricular sports activities. In the survey, it is found that many students have formed regular physical exercise habits, some students with strong sports skills organize sports competitions after class, and some students participate in social sports activities, such as marathon, mountain climbing and other activities<sup>[4]</sup>. Through the combination of inside and outside class and the integration of school physical education mode, let students' physical exercise extend from inside class to outside class, cultivate sports interest, and promote the development of physical exercise habits.

### **3. The Significance of Physical Education Reform in Universities**

The traditional education mode has been unable to effectively adapt to the needs of the development of the times and the actual needs of physical education in Colleges and universities, so we need to further innovate the physical education teaching mode and methods in Colleges and universities, so as to fully stimulate the students' interest in sports and further help them to establish a sense of lifelong physical education. At the same time, different physical education courses and exercise programs can make students' will quality. Continuous innovation on the content and form of relevant courses can make students more willing to participate in them, and ultimately enhance their physical and mental quality in an all-round way, so that students' social adaptation and practical ability can be significantly enhanced, and also effectively improve their sense of competition, with the concept of team cooperation In order to improve the students' sense of suffering in the competition<sup>[5]</sup>. After the reform of physical education curriculum, we pay more attention to the people-oriented concept in the process of education and teaching, and pay attention to the individual differences and different needs of students, which can fully ensure that students absorb positive energy in the process of physical education teaching, and more effectively achieve personal growth and development. In addition, the reform strategy can more effectively tap the curriculum resources, make the curriculum form more abundant, more targeted, and further promote the innovation of college physical education teaching.

### **4. The Reform Strategy of Physical Teaching Methods**

As an important way to cultivate students' sports skills and good habits, it is imperative to promote students' sports quality by reforming the current public sports courses in Colleges and universities. In the aspect of physical education curriculum reform in Colleges and universities, many colleges and universities have made a lot of useful attempts and achieved important results.

This paper analyzes the current situation and development strategy of the current reform of colleges and universities in China, and provides reference for further promoting the reform of physical education curriculum in Colleges and universities.

#### **4.1 Innovation the Forms of Physical Education**

Under the background of physical education curriculum reform, we should focus on the innovation and optimization of physical education teaching form in Colleges and universities, so that students' enthusiasm, initiative and creativity in participating in physical education curriculum can be fully promoted<sup>[6]</sup>. For example, in the warm-up stage, teachers can integrate relevant music with teaching practice. Under the stimulation of music rhythm, students can further stimulate their interest in learning and eliminate fatigue. In the extension stage, teachers can play some soothing music to ensure that students can relax under the influence of beautiful music, and can feel the sound psychologically and physiologically. The aesthetic feeling of music makes the sense of fatigue go away, more effectively receive the knowledge explained by the teachers, and master the relevant skills. In addition, teachers can integrate suitable outdoor sports into the teaching curriculum in the indoor environment, and fully realize the organic integration of theory and practice. At the same time, it can also increase effective outdoor activities more effectively. For example, students can participate in outdoor climbing sports as much as possible, which can make students' vision more open. Sports in the real environment can significantly enhance students' physical strength, exercise their strong will quality, and at the same time, it can make students participate in outdoor climbing sports as much as possible. Students' independent inquiry spirit is fully stimulated, more actively and effectively integrated into sports, actively and voluntarily participate in sports, and more effectively grasp the relevant skills, which has a very important impact on students' long-term sports good habits.

#### **4.2 Strengthening the Construction of Physical Teachers**

In the process of physical education teaching in Colleges and universities, teachers are the leaders of teaching. In this process, we should further clarify the main position of students. Compared with other cultural courses, there is a great difference in the form of development. In the process of practice, the development of physical education courses should be guided and assisted by teachers, so as to ensure that students learn knowledge and enhance skills in a safer and better environment, whether from enhancing the teaching results of Physical Education courses or innovating physical education courses. From the aspect of form, it plays an important role in the construction of physical education teachers in Colleges and universities. In the specific operation link, schools can hire excellent provincial or national coaches to be full-time or part-time physical education teachers, which can effectively guide students to carry out physical education according to the most standardized standards, which can avoid many detours and learn from teachers' experience. To provide students with a more diversified and standard way of learning. In addition, we can train the on-the-job physical education teachers more effectively in our school, pay more attention to the quality and quantity of teachers, so as to provide students with better physical education services. For the inherent teaching and training methods and processes of physical education teachers to optimize and improve constantly, to ensure that students and teachers can improve teaching skills to a greater extent in the process of theoretical learning. In the process of theoretical learning, the school should employ excellent and authoritative physical education teaching personnel to explain the key points of different sports in detail. Then, the teachers should develop innovative ways to carry out various types of sports, and constantly improve new physical education teaching methods and methods through mutual evaluation and learning. Under the background of physical education curriculum reform, we should focus on the innovation and optimization of physical education teaching form in Colleges and universities, so that students' enthusiasm, initiative and creativity in participating in physical education curriculum can be fully promoted. For example, in the warm-up stage, teachers can integrate relevant music with teaching practice. Under the stimulation of music rhythm, students can further stimulate their interest in learning and eliminate fatigue. In the extension stage, teachers can play some soothing music to

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### **4.3 Standardize the Safety Protection of Sports**

In order to increase the number of students' sports experience and safety factor, we should focus on the continuous standardization and strengthening of sports safety management content, through in-depth and detailed management of sports safety management mechanism in different environments, so as to ensure that students' sports can be effectively carried out in a safe and orderly environment. After that, it is necessary to constantly refine and quantify the safety precautions for various sports events in schools, and gradually decompose and implement them into specific actions. In view of different types of sports, it is necessary to formulate corresponding emergency measures in combination with the actual situation. Before carrying out the new sports, teachers should carry out comprehensive professional exercises. Through such methods, students' life safety can be ensured to a greater extent. First, professional athletes and coaches should be invited to explain the knowledge of safety precautions, so that students and teachers can make clear the key points of safety precautions in sports, so as to ensure that students can implement some self-help measures in case of emergency. Second, the emergency rescue team should be organized. Before carrying out the new sports in Colleges and universities, the emergency team should always be ready to carry out the safety rescue work. In addition, schools should also prepare adequate safety equipment and emergency medicine boxes for emergency needs.

## **5. Conclusion**

We can see clearly that under the background of physical education curriculum reform through the discussion of this paper. There are more strict requirements for students' physical quality, psychological quality, comprehensive quality and other related aspects. In order to achieve the innovative development of physical education, it is necessary to innovate and improve the physical education teaching methods and teaching modes continuously. In the process of practice, it is necessary to carry out the innovation strategy effectively, so that the contents can be continuously decomposed and quantified, and implemented into the specific teaching activities, so as to improve the physical and mental development effect of students to the greatest extent, so as to ensure the significant improvement of the physical education teaching quality to a greater extent.

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