

Research on the Innovation and Practice of Physical Education Content Structure in Chinese Universities

Yandong Qi

Inner Mongolia Technical College of Construction, Hohhot 010070, Inner Mongolia, China

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Abstract: The comprehensive development of my country's political economy has promoted the continuous progress of cultural level and educational concept. Nowadays, our country pays more attention to the quality education and training of students, so that students can develop in an all-round way in morality, intelligence, physique, beauty and labor. However, University PE is faced with new tasks and challenges. How to adapt to the society's requirements for University PE and cultivate talents with all-round development has become a topic for University PE workers. As an important part of the teaching system of Universities, PE teaching in universities has a great influence on the comprehensive development of university students' moral, intellectual, physical, aesthetic and labor aspects. Under the new educational concept, the all-round development of university students requires universities to lay emphasis on the innovation of university PE. By discussing the current situation of education reform in universities, this paper puts forward that quality education under the guidance of health education should be the purpose of PE in universities, and puts forward innovative countermeasures for the teaching assessment and evaluation system based on teaching concepts, modes, contents and means, which can be used for reference for the specific path of innovation reform of PE in universities. University PE should first innovate in ideology, and then innovate in teaching form and teaching content, so as to better promote the enthusiasm of university students to learn PE and improve the efficiency of university PE.

1. Introduction

With the continuous progress and development of society, people's material living standards are improving, and at the same time, the requirements for education level are getting higher and higher. Contemporary education should not only cultivate talents' cultural knowledge and professional skills, but also lay emphasis on students' morality, intelligence and physical beauty. All-round development of labor and implementation of the concept of quality education[1]. However, due to the particularity and limitations of the education system in our country, especially the cultural class is the highlight of the teaching tasks in primary and secondary schools, the PE class is often ignored, especially when the more important exam is approaching, the PE class is often suspended. Although under the current guiding ideology of bringing PE into the University entrance examination, the PE curriculum of primary and secondary schools in China has been gradually paid attention to, and has been improved to a certain extent, it is just some forms of emergency response[2]. Therefore, in order to ensure the comprehensive quality and all-round development of talents, Universities should pay enough attention to PE teaching. PE teachers in universities should be able to adhere to the guidance of the new curriculum standards, actively take measures and methods to further construct the innovation system of PE in universities, and take the research of the innovation system as an important task and focus of teaching[3].

PE refers to an organized teaching process with clear goals and objectives and taking PE as the main educational content according to certain plans and curriculum standards. Its main content is to make proper planning and carry out various activities beneficial to physical and mental health according to the development of students' psychological and physiological aspects[4]. This is the most basic and basic part of quality education. Innovative education is the basic way to cultivate high-quality talents, and PE, as an important part of education, should be innovated and reformed from its own point of view and based on all aspects of teaching[5]. At the same time, let students

actively participate, actively explore, provide opportunities for independent thinking to each student, and achieve the real realization of innovation and personalization in learning. Innovative education is the inevitable result of the continuous reform and development of PE in universities. The new field of PE teaching has also been opened up by innovative education concepts, playing an important role in PE in universities[6]. The education received by our University students in the course of PE is faulty. In this context, PE teaching in universities should abandon the disadvantages of current PE teaching, and actively carry out teaching innovation and reform, in order to improve the level of PE teaching, and improve the quality of PE. The good ones work hard to cultivate modern and comprehensive talents[7].

2. Construction of PE Teaching Content in universities

2.1. Current Situation of PE Teaching in universities

First of all, the concept of PE teaching is backward. At present, the ideas of health education and quality education have been established in the process of PE in universities in China, but the guiding ideology has not been implemented in the actual teaching process. These universities pay too much attention to the teaching of students' professional courses, thus ignoring the teaching of PE courses. This backward concept of PE teaching makes the PE activities in universities can not be carried out smoothly, and the physical and psychological quality of university students can not be effectively improved. Secondly, the focus of teaching content reform lacks clarity. At present, most university PE still focuses on competitive sports. With the deepening of teaching reform in university PE content, although the teaching content has been improved, the teaching concepts and means that attach importance to technology theory have not been completely broken. This makes the sports activities in this class lack of interest, can not effectively stimulate students' interest in learning, and leads to the inefficiency of PE teaching in universities. Again, the PE teaching model is backward. Due to the wrong educational concept of many Universities, the PE teaching mode of these Universities is very backward, and it is difficult to arouse the interest of students. From the perspective of teaching practice, the teaching process in many Universities is still taught by teachers and accepted by students. The development of students' personality has not been cultivated, the development of students' subjective initiative has been greatly restricted, and the teaching methods and means have not been able to adapt to the development of the times, so it is impossible to cultivate high-quality talents in the new era.

2.2. Principles of Content Construction of PE Courses in universities

The construction principle of university PE curriculum content innovation system must follow the training objectives of higher education, combined with the development trend of university PE, and be based on people and people's development. "PE courses should meet the requirements of quality education and highlight the guiding ideology of health first. The selection of teaching contents should be sports that have a broad mass base, are loved by everyone, are conducive to the participation of all students and are suitable for mass exercise, so as to avoid excessive competition and adulthood. Through effective PE teaching, students should master basic sports skills and develop good sports skills Adhere to the good habit of exercising[8]. First, the goal principle. Under the influence of the idea of PE focusing on lifelong PE and quality education, PE in universities should set up the idea of "health first" PE, and make sure that strengthening students' physique, improving students' physical and mental health and promoting students' all-round physical and mental development are the center. The goal principle is the fundamental principle of constructing the innovation system of university PE curriculum content and the guiding principle of university PE. Second, the principle of practicality. The fundamental task of PE in universities is to improve all students' physical and mental health, cultivate students' awareness and habit of taking part in physical exercise all their lives, and acquire good physical ability. To this end, school sports must take the road of combining exercise and maintenance, and strengthen the health education of students. Third, the principle of subjectivity. At present, the main needs of school sports have

undergone great changes. Students not only have the needs of fitness and fitness, but also the needs of entertainment and communication to survive and develop. In order to adapt to this change, students' self-subject development requirements must be taken into account. Fourth, the principle of regionality. Based on the above principles, the content construction system of university PE is proposed, as shown in Figure 1.

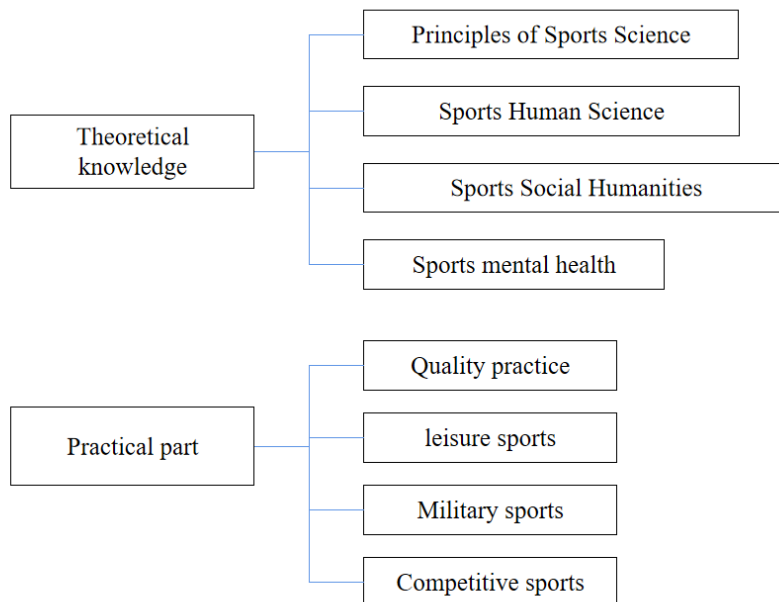


Figure.1 Construction system of university PE teaching content

3. Constructing the Innovation System of PE Teaching in universities

3.1. System construction

First, establish a comprehensive innovative education concept. In terms of school leaders, it is necessary to improve the awareness of innovative education, and at the same time, instill the awareness of innovative education into every teacher in the school, so that the policy can be truly implemented and implemented. Teachers should be aware of the nature of teaching and curriculum in the process of continuous understanding of innovative education. In teaching, to cultivate students' own subjective initiative, the premise of PE is to establish students' good learning concepts and habits[9]. Second, establish and improve the teaching material system. In terms of schools, we should constantly establish and improve the teaching material system, and constantly expand and extend the teaching content. Change the sports teaching in universities dominated by competitive events to the direction of health and society, and promote the all-round development of students. At the same time, establish a multi-functional, popular and multi-functional textbook system. The separation of traditional technical theory and classroom practice has been broken, and different theoretical elective courses are provided for students to choose, so as to combine theoretical knowledge with fields in society. Thirdly, the innovation of teaching methods. The key to constructing the innovation system of PE in universities lies in the innovation of teaching methods. China's third national conference on education put forward that the teaching methods in universities should be based on inspiration and discussion. This is an important basis for the innovation of PE teaching methods in universities, and it is also the basis for constructing the innovation system of PE teaching in universities. The innovation of sports teaching methods requires Universities to provide students with correct learning and training methods, so that students can not only master sports skills easily, but also help to cultivate comprehensive quality[10].

3.2. The Significance of the Innovation of PE Teaching in universities

Today's society is a modern society and an information society. Today, when the information is

so complex and the economy is so developed, everyone is facing enormous pressure in life. Under the protection of the school, University students have not yet stepped into the powerful competition in society, and will cause physical and psychological problems due to various things. For example, in the face of heavy academic burden and future work pressure, it is easy to have physical and psychological problems, and students' future growth and development have relatively high requirements on physical and psychological quality. Therefore, it is a new need for University PE Teaching in the new era to let University students learn to use physical activities and constantly strengthen their physical and mental construction while exercising. While exercising and learning sports skills, improve students' psychological tolerance and physical resistance, and grow into healthy, positive and optimistic contemporary talents. At present, there are some problems in University teaching, which makes it difficult to achieve the goal, which requires the innovation and development of PE in universities. The construction of university PE innovation system can make University PE meet the needs of education in the new era, abandon the disadvantages and shortcomings of traditional PE, and give better play to the role and advantages of PE.

4. Conclusions

PE in universities is an important foundation for cultivating students' physical and psychological qualities, and it has a significant impact on the future development of university students. PE teachers should pay more attention to PE, not only give full play to the exercise function of PE to students' physical quality, but also guide students to relieve negative emotions by means of PE, develop a healthy, positive and optimistic attitude and improve students' comprehensive quality and level. PE is not only for students to keep fit, but also for them to develop good physical exercise habits under strong social pressure, so that physical exercise can become a way to vent their negative emotions, thus forming good psychological and physical qualities and becoming the comprehensive talents needed by society.

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