

# Research on the innovative concept and practice of PE in Universities

Daozhi Fan

Ministry of Sports, Jiangsu Maritime Institute, Jiangsu Nanjing, 211170, China

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**Abstract:** The significance of PE (Physical Education) not only lies in improving students' physical quality and shaping students' physical beauty, but also helps to cultivate students' willpower and endurance, team consciousness and team cooperation spirit. At present, the reform of PE teaching methods increasingly emphasizes the combination of educational theory and practice. Innovative education is the extension, expansion and deepening of quality education and an important way to cultivate high-quality creative talents. Under the concept of innovative education, PE teaching activities began to advocate innovative consciousness in the aspects of method theory research and curriculum practice research, and strive to improve the efficiency and quality of teaching. Closely focusing on the problems faced by PE in Universities, and motivated by exploring the conceptual innovation and practical innovation of PE in Universities, this paper comprehensively and systematically discusses the teaching and management of contemporary PE. This paper aims to explore the feasibility and effectiveness of the new model of college PE created under the concept of innovative education for improving students' physical literacy. This paper points out the principles that should be adhered to in the reform of PE teaching methods, and hopes that innovative educational ideas can play a greater role in guiding PE teaching.

## 1. Introduction

With the progress of society, China's economy is also developing and has made a qualitative leap. The economic foundation determines the superstructure, so reforming and improving education is also an important task of our country at this stage [1]. Education is the cornerstone of national education and the key stage of cultivating people. It shoulders the task of social development and talent training, which must be strengthened and improved. Healthy physique is the foundation of a nation's development, and PE (Physical Education) has become a basic part of national education [2]. The concept of PE in universities in China has experienced a process of continuous development and deepening. From the initial simple teaching of sports skill education to quality education to lifelong sports, until today's sports health education [3]. The concept of PE has been constantly improved, showing an increasingly diversified, multi-level and multi-type pattern trend. However, under the current "exam-oriented education" model, PE class seems to be a "marginalized" course, which is generally ignored by schools [4]. Many schools have insufficient PE classes, backward teaching mode, inability to teach students in accordance with their aptitude, inability to integrate with other disciplines, and emphasis on skills rather than theory [5]. Therefore, under the concept of innovative education, certain reforms must be made to the teaching methods of PE to improve the efficiency of PE, so as to achieve the purpose of improving students' physical quality and lay a good foundation for cultivating qualified builders and reliable successors for socialist modernization.

With the continuous development of society and the gradual improvement of national education level, people's understanding of PE is deepening day by day. They begin to make a complete study of the objective laws and systematic methods of PE process itself, examine the significance and value of PE from the perspective of people's all-round development and comprehensive quality cultivation, and establish its educational contents and methods [6]. The innovative idea of education is a kind of developmental education and open education, which is based on developing students' personality and embodying the characteristics of autonomy, spontaneity and self-consciousness of educating subjects [7]. Under the concept of innovative education, PE activities have begun to

advocate innovative consciousness in the aspects of method theory research and curriculum practice research, and break the traditional and single teaching mode. Enable students to participate in curriculum design more actively; Guide students to think deeply and practice actively, and finally improve the efficiency and quality of teaching. In PE, it is of great significance to build a harmonious campus and a harmonious socialist society to enable students to form a good physical and mental health through various physical exercises, starting from the actual abilities and conditions of individual students.

## **2. Teaching methods of PE under innovative educational ideas**

### **2.1. Defects of traditional PE teaching mode**

For many years, the PE in universities in China has mostly been simply imparting sports skills education. It seriously lacks the guidance of modern educational theory and thought, lacks the cultivation of college students' physical and psychological quality and lifelong sports consciousness, and neglects the attention to the improvement of students' physical and mental quality and ability level. And because PE is always regarded as a "dispensable" course, there is also a lack of systematic and theoretical discussion on the reform of PE [8]. This kind of PE mode and concept will inevitably lead to the abnormal development of PE in universities, and it will be difficult to achieve the goal of PE in universities.

On the one hand, in practice, teachers often can't teach students in accordance with their aptitude according to the specific situation of each student, which leads to remarkable teaching effect for some students, but lack of teaching effect for some students, and even causes some students to contradict PE class. Although teachers are teaching-led and external factors, their role is very important to students. When teachers implement PE teaching methods, they should not blindly do something new, find methods suitable for students and be comfortable with themselves, but also be good at transforming and processing the original methods. On the other hand, sports skills and sports theory are like two wings of a car, both of which are indispensable. Without the guidance of correct sports theory, skill training will fall into blindness [9]. At the same time, PE in universities is a comprehensive discipline, closely related to natural science and social science, and has its own unique theory and method system. Traditional teaching often makes each subject "go their own way", and there is a lack of integration and contact between them. We should integrate PE with other disciplines, which is conducive to the cultivation of students' comprehensive thinking.

### **2.2. Correctly positioning the innovative educational concept of college PE**

Innovative education is a kind of educational idea, which is rich in content and covers a wide range. It is embodied in innovative motivation and consciousness, imagination, creativity and so on [10]. In terms of orientation, the concept of innovative PE in universities must adhere to the principle of student-oriented, constantly develop and improve the overall quality of students, so that students can gradually love sports and get happiness from sports activities, and form a good social sports atmosphere, so as to promote the harmonious development of school PE. Education innovation, to some extent, can also be said to be the expansion of quality education. Both of them are the relationship between connotation and extension, and complement each other. They are all new educational ideas for cultivating talents needed by society in an all-round way, which are essentially different from traditional education. PE in universities should innovate educational concepts, pursue the perfect and unified idea of all-round development and coordinated development of PE in universities, so as to realize the sustainable development of PE in universities. The core composition of innovative education is shown in Figure 1.

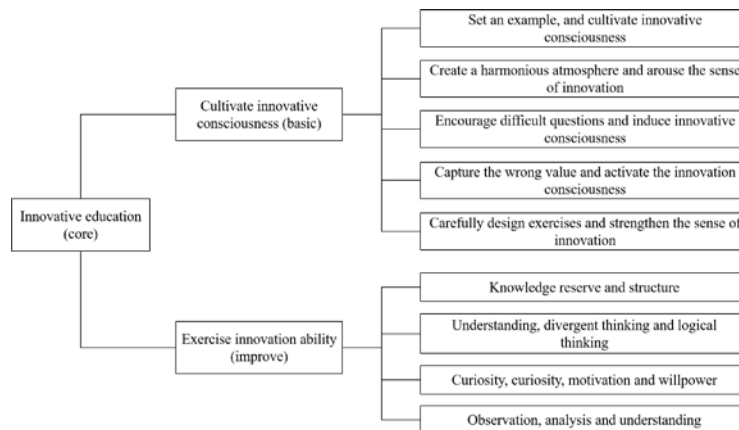


Figure 1 Core components of innovative education

Innovation has changed the traditional teaching mode, instead of blindly transmitting knowledge from textbooks to students, it encourages students to think actively and improve their innovative consciousness and practical ability. It pays attention to students themselves, implements the core idea of "people-oriented", and satisfies students' imagination, curiosity and thirst for knowledge. Innovation education is a new way to cultivate high-quality compound talents, a driving force to promote the reform of PE teaching methods, and provides the latest theoretical support for the practice of PE teaching. The idea of innovation requires innovative PE teachers to cultivate students' innovative consciousness and quality through innovative teaching environment, methods and organizational forms. Only when PE is conducted under the guidance of this concept can the teaching effect be improved and PE class be truly "alive". The correct orientation of PE in universities is of great and far-reaching significance for building a harmonious society, forming a good social sports atmosphere, raising the sports awareness of the whole people and strengthening the concept of lifelong sports.

### 3. Creation of a new model of PE teaching under the guidance of innovative ideas of education

#### 3.1. Reasonable arrangement of PE teaching methods under innovative educational ideas

Modern health education, as an important part of PE in universities, guides and influences PE in universities with its unique function, and puts forward higher requirements for PE in universities. Teaching method is an important element of PE teaching activities. It includes various teaching methods, teaching arts, teaching means and various teaching organization forms used by teachers in and out of class. PE teaching method does not exist in isolation, it needs good cooperation with other teaching resources and equipment, and organic integration and unification can maximize its teaching effect, so it also reflects the integrity requirement in innovative education concept. The key point of implementing innovative education in universities is to accurately position the concept of PE in universities, focus on cultivating students' innovative consciousness and spirit, and change the traditional educational means. The three levels of PE teaching methods are as follows.

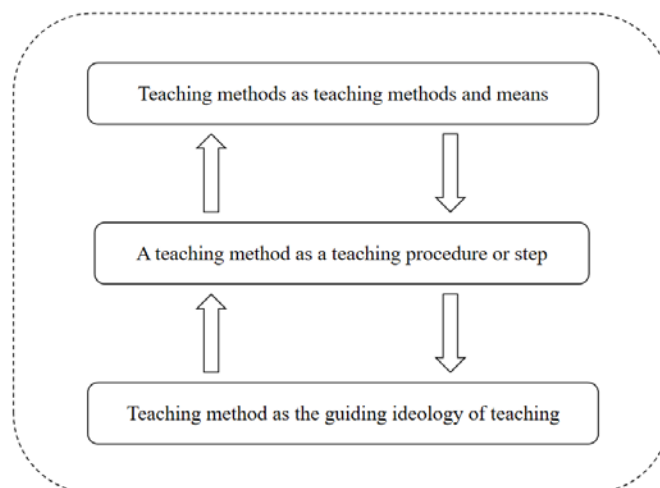


Figure 2 Three levels of PE teaching methods

The teaching method of PE is restricted by the course content, and the teaching purpose or effect can be achieved through the students. The two ends of the method are teachers and students. The evaluation of teaching effect is mainly reflected by the students, and the method can only be effective if it acts on the students. The subjects at both ends of the teaching method are the core to determine the implementation effect of the method, and the coordination between them is the key to produce good results. Teachers should change from one-way knowledge infusion to heuristic and discussion teaching methods according to different educational objects and teaching contents, and try to teach students how to think. Teachers can dig out the factors favorable to PE in pedagogy, psychology, literature and art, sociology, political science and behavior, as the innovation of PE, and strive to achieve the overall benefits of PE.

Under the concept of innovative education, the dominant position of students is increasingly emphasized. Teachers need to innovate teaching ideas to stimulate students' participation, and students need to innovate learning methods to exert their subjective initiative in classroom learning, improve the liveliness and interest of sports method theory from two aspects of "teaching" and "learning", and realize the innovation, optimization and progress of sports teaching method theory. Teaching should also embody the principle of people-oriented, which varies from person to person according to students' different gender, physical quality and development. Improving the teaching method of PE is based on the application of the original method, and the teachers summarize it, and then improve the deficiencies or derive new teaching methods. In fact, the improvement method is commonly used in teaching practice, such as the processing of organizational forms and the improvement of teaching means or tools. Under the requirement of integrity, it is also the requirement of quality education to better stimulate students' innovative consciousness, cultivate students' unique personality, and comprehensively develop students in five aspects: morality, intelligence, physique, beauty and labor.

### 3.2. Innovate the concept of PE in universities and reform the mode of PE in universities

Under the influence of innovative educational ideas, the research on methods, theories and practices of PE will be reformed accordingly, and the modernization level of PE will be comprehensively improved with more innovative teaching ideas and teaching means. From the theoretical point of view, innovative educational ideas require that students' dominant position should be considered in the design of PE teaching methods. From the practical point of view, it is necessary to adopt teaching methods that students are interested in and teach students in accordance with their aptitude. As a systematic curriculum system, the idea of innovative education requires us to do a good job in curriculum innovation and reform. On the one hand, we should fully consider students' curriculum needs and individual differences; On the other hand, it must have certain rules and unify interest and knowledge. The interaction between teachers and students and the rational

use of teaching methods are shown in Figure 3.

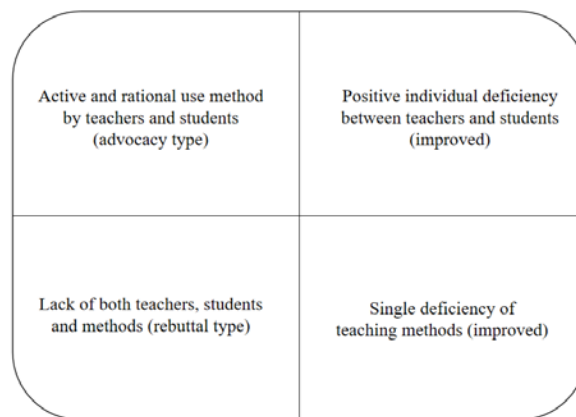


Figure 3 Teacher-student interaction and rational use of teaching methods

Under the background of innovative educational concept, the practical activities of PE emphasize the sense of participation more, so that students can participate more in PE, actively learn about the sports world and cultivate sportsmanship. PE teachers in universities should be good at discovering, cultivating and protecting students' interests and hobbies in PE teaching and extracurricular exercises, and from the perspective of cultivating the concept of lifelong PE, stimulate students' learning initiative and enthusiasm, so that students can form the concept of lifelong PE. There are two subjects in PE teaching under the innovative educational concept: PE teachers and students. Teachers are required to actively guide students, start from the heart, truly fall in love with sports, and have the enthusiasm of active participation and research and discussion. In the setting of PE curriculum, students and teachers should also be taken into account, with emphasis on students, focusing on students' interests and effectiveness. Innovation is the only way to cultivate high-quality creative talents, and it is also a concrete measure to deepen education reform. It plays an important role and position in cultivating high-quality compound talents.

#### 4. Conclusions

The idea of innovation is an educational idea, which emphasizes the cultivation of students' ability. Its core consists of innovative consciousness and innovative ability, and it plays a guiding role in the reform of PE teaching methods. The teaching method of PE under the innovative educational concept requires that PE should proceed from reality and analyze specific problems. The method, theory and practice of PE should keep up with the changes of modern educational thoughts, and under the guidance of innovative education and quality education, more emphasis should be placed on the innovation, flexibility, interest and activity of PE. Adhering to the idea of "health first, innovation first", PE educators should actively innovate teaching methods, use modern educational technology, implement the "learning-oriented" PE teaching concept, and carry out targeted PE classroom teaching. And educators should actively reflect, constantly improve PE teaching techniques and means, cultivate students' interest in PE class, attach importance to PE courses, and improve teachers and students' understanding of the importance of PE class. Only by combining theory with practice, teaching students in accordance with their aptitude, and integrating with other disciplines, can continuous innovation promote the all-round development of students' quality. So as to give full play to the foundation-laying function of school PE.

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