

# Discussion on the Development Trend of College Sports Training and Physical Education Teaching from the Perspective of Comprehensive Fitness

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**Keywords:** Comprehensive fitness; Exercise training; PE teaching

**Abstract:** All-round fitness can promote the reform and growth of university physical education (PE). Universities are one of the important ways to cultivate and input national skilled, professional, academic and applied talents, and are related to the cultivation of successors in various fields such as national economy, culture, science and technology. Analyzing the existing problems of PE in universities from the perspective of overall fitness is conducive to promoting the reform of PE teaching concepts, teaching contents, teaching methods and teaching evaluation. PE in universities is a link between the past and the future in the process of realizing the comprehensive fitness program. To deepen the reform of PE teaching in universities, we should constantly improve the scientific system of PE teaching process, so that lifelong PE can permeate students' thoughts. This paper expounds the position and function of university PE in overall fitness, discusses the existing problems of university PE, and then analyzes the development trend of university sports training and physical education in the perspective of overall fitness.

## 1. Introduction

Comprehensive fitness is an important content to promote people's physical health, social civilization progress and spiritual civilization construction, aiming at improving national physical quality. PE in universities, as an important position of overall fitness, plays a positive role in improving the national physical quality [1]. The goal of all-round fitness is to strive to achieve the coordinated growth of sports and national economy and social undertakings, improve the physique and health level of the Chinese nation in an all-round way, and basically build an all-round fitness system with China characteristics. All-round fitness is closely related to university PE. As the key point of all-round fitness, university PE must carry out the guiding ideology of "health first" and take the overall improvement of students' physical and mental health level as the purpose of university PE [2]. The implementation of the overall fitness program is a huge sports project in China that benefits the country and the people, and marks the history of history [3]. How to know and understand the internal relationship between university PE and comprehensive fitness program, how to integrate university PE with comprehensive fitness program through comprehensive reform, and how to cultivate national qualified talents and social sports backbones simultaneously will have a far-reaching impact on realizing all people's participation in fitness, improving the national quality of the Chinese nation, establishing a scientific and healthy life concept, promoting social stability and peace, and promoting the building of socialist spirit and material civilization.

PE in universities is a link between the past and the future in the process of realizing the comprehensive fitness program. To deepen the reform of PE in universities, we should constantly improve the scientific system of PE teaching process, and let lifelong PE penetrate into students' thoughts, which will play a positive role in the in-depth growth of all-round fitness [4]. College PE is the foundation and focus of comprehensive fitness, which directly affects whether the comprehensive fitness plan can be implemented smoothly, and it also promotes the reform and growth of university PE. Analyzing the existing problems of PE in universities from the perspective of overall fitness is conducive to promoting the reform of PE teaching concepts, teaching contents, teaching methods and teaching evaluation [5]. College PE, as an institution of higher learning where students receive PE, should, on the one hand, deeply understand the spiritual instruction of "comprehensive fitness plan". On the other hand, the actual operation of PE reform in universities

should be carried out according to the strict requirements of the overall fitness program, so as to meet the needs of the growth of the social situation under the background of the overall fitness era [6]. This paper discusses the practical significance and existing problems of university PE reform in the background of comprehensive fitness, and puts forward some targeted measures to strengthen the educational reform in PE institutions, so as to meet the needs of sports talents of social development in the background of comprehensive fitness.

## **2. The position of university PE in the overall fitness plan**

College PE is the foundation of community PE and family PE. The growth of community sports is accompanied by the gradual improvement of social and economic life. The deepening of people's understanding of the function and role of sports is an important reason for the wide popularization of community sports and family sports. However, university PE aims at promoting the healthy growth of teenagers' body and mind and strengthening their physique, and its institutional and group characteristics are prominent. The comprehensive fitness plan requires the public, and university PE is the foundation of national sports. As the final stage of university PE, university PE must make students develop the habit of taking part in physical activities once a day, learn more than two physical fitness methods, and have the health awareness of having an annual physical examination [7]. The influence of college students' sports hobby and sports ability on their participation in sports activities after they take up their jobs can not be ignored. They are the main force of all-round fitness. Only when they improve their sports ability and develop the habit of sports can they have the requirement of lifelong fitness and promote the growth of all-round fitness.

Facing the rising trend of lifelong physical exercise in modern society, university PE should cultivate students' awareness and habit of lifelong PE, make physical activities the most basic living needs of everyone in modern life style, and extend the achievements of university PE to people's whole life, so as to improve the physical quality of the whole nation. In the process of implementing the comprehensive fitness program, people need methods and means to exercise, and it takes education and time to master them. Only university PE can make people receive good PE, and cultivate people's ability to engage in PE for life with purpose and plan [8]. PE in universities is a continuation of PE in primary and secondary schools, and plays a bridge and link role in the long chain of lifelong PE for the whole people. Therefore, as the main body of PE in universities, PE is responsible for imparting basic physical knowledge, technical skills, cultivating students' interest, and making students develop the habit of physical exercise and a healthy lifestyle in their leisure time.

## **3. Existing problems in school PE**

### **3.1. Backward teaching concept**

Under the new situation, the increasing number of college graduates and the limited number of jobs aggravate the severe employment situation and the competition among talents. In order to improve the employment rate of graduates in universities, there is a phenomenon that professional knowledge is emphasized over quality education of students in the teaching process, and PE is ignored. College PE must meet the requirements of social progress and development, and the rise of all-round fitness activities calls for the reform of university PE. In order to better implement the overall fitness plan, we must do a good job in the reform of PE in universities, so that students can feel the fun of PE and sports, and then improve their initiative in physical exercise. At present, PE teaching objectives in universities are excessively pursuing the cultivation and growth of students' physical technical skills in school, ignoring the connection with society, and there are obvious short-term behaviors [9]. As a result, many students with good grades in PE class have no obvious sports hobbies and specialties after going to the society, and they can't always take physical exercises, and their physical health level declines with time. At present, as far as PE teaching in universities is concerned, the traditional evaluation method is still used to evaluate students'

exercise effect, that is, through the test of students' sports ability. This method can only master each student's sports technology and skill level, but it can't truly reflect the actual effect of students' exercise, and it can't achieve the teaching purpose of keeping fit.

### 3.2. Single teaching method

Most universities still adopt the teaching mode of action demonstration and skill explanation in the process of PE, without effectively combining PE with fitness knowledge, health knowledge with hygiene knowledge, and paying insufficient attention to the cultivation of students' sports ability, exercise ability and fitness habits. Some students, even if they have mastered certain technical skills, often can't do physical exercises for a long time because of the limitations of venues, equipment and sports forms after they go to the society. Students are tired of listening to explanations, watching demonstrations and practicing repeatedly, but have no time to feel and experience the inherent fun of sports, so it is difficult to cultivate students' interest in sports. Furthermore, due to the influence of schools and students, PE teachers don't think well about comprehensive fitness, they don't combine comprehensive fitness plan with PE better, they pay too much attention to teaching tasks and short-term benefits, and adopt teaching organizational forms and methods to ignore students' main role.

## 4. The development trend of sports training and teaching in universities

### 4.1. Expand the flexibility and practicality of textbooks

Under the guidance of the idea of heroes based on competitive achievements, PE in universities ignores the cultivation of fitness ability, fitness awareness and fitness habits. Teachers, who play the leading and pioneer role in teaching, are the most active and main factor among many factors that affect students and the teaching process. If teachers themselves don't have a clear understanding of this, they can't play their leading role, and they can't complete the overall fitness cause. Universities should grasp the basic requirements of the new employment situation of college students, promote the relationship between graduates' employment rate, quality education and physical fitness, improve the ideological understanding of PE in universities through comprehensive fitness education publicity, and promote the precise positioning of PE. Teachers should actively promote the reform of traditional teaching mode and teaching methods. In the process of university PE, we should combine the teaching mode of action demonstration and skill explanation with interesting sports competitions and games, effectively combine PE with fitness knowledge, health knowledge and hygiene knowledge, and strengthen the training of PE teachers on the basis of increasing the emphasis on the cultivation of students' sports ability, exercise ability and fitness habits. The three levels of PE textbook innovation are shown in Figure 1.

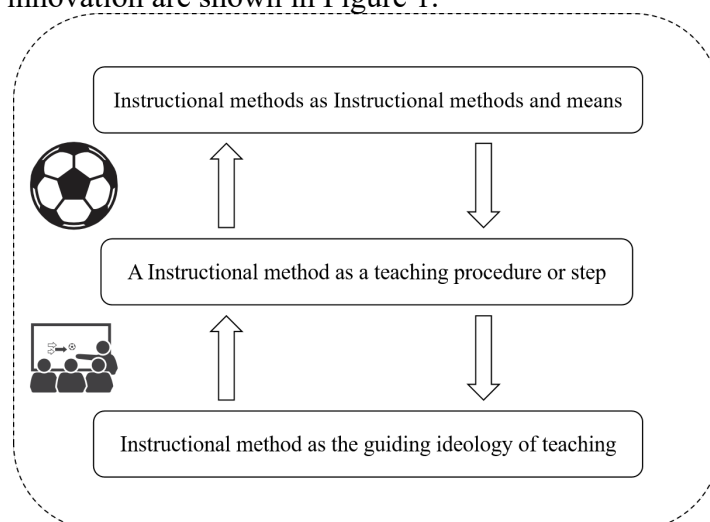


Figure 1: Three levels of PE textbook innovation

Theory of PE is an indispensable part of PE in universities. Its purpose is to help college students deepen their understanding of PE, establish a correct concept of fitness, enhance their awareness and awareness of participation, master the correct methods of physical exercise, and promote college students to actively accept scientific fitness knowledge. Therefore, the teaching of sports theoretical knowledge should aim at the characteristics of students' physiology, psychology and knowledge level, improve students' knowledge structure, select targeted and practical teaching materials, and improve students' cognitive efficiency and effect on sports.

#### 4.2. Promote the optimization of PE teaching mode

Ideological and behavioral guidance, cognition and practice guidance, and PE teaching ideas play a guiding role in the ways and means of PE reform. Under the background of all-round fitness, university PE should establish a new teaching concept, aiming at improving PE students' professional quality and sports skills, and establish a new PE teaching model that conforms to the learning rules and physical and mental characteristics of students in PE institutes. PE in universities should not only be satisfied with a good PE class, but also change teaching concepts, actively organize students to participate in extracurricular sports activities, and vigorously publicize sports culture, so as to form a good atmosphere for sports activities on college campuses. We will actively train sports backbones, sports ministers, sports commissioners and student sports activists in universities, and bring them into the ranks of the main force and organizers of extracurricular sports in universities. Through further professional training, they will become managers of sports organizations. The interaction between teachers and students and the rational use of teaching methods are shown in Figure 2.

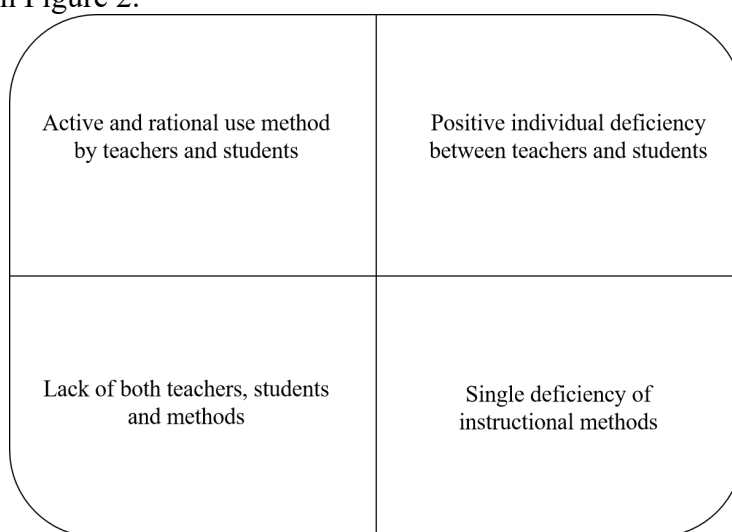


Figure 2: Interaction between teachers and students and rational use of teaching methods

Modern PE teaching mode not only focuses on teaching students basic knowledge, but also on cultivating students' professional knowledge skills and sports creativity. Therefore, China PE institutions should introduce some excellent teachers with advanced teaching experience and innovative consciousness to continuously inject fresh blood into the development and progress of China PE institutions.

#### 5. Conclusions

Promoting the in-depth integration of comprehensive fitness and university PE is an important measure to conform to the sports development situation in the background of China's comprehensive fitness era. PE in universities has a special position in the overall fitness movement, and it is the bridge between university PE and social mass sports. Therefore, PE in universities should take lifelong PE as the reform direction, improve the teaching target system, enrich the teaching content, broaden the organizational form of teaching, reform the teaching methods, and establish a PE teaching mode suitable for the overall fitness needs. Under the background of

all-round fitness, university PE should establish a new teaching concept, aiming at improving PE students' professional quality and sports skills, and establish a new PE teaching model that conforms to the learning rules and physical and mental characteristics of students in PE institutes. Universities should attach importance to students' main role, change teachers' outdated teaching ideas, change passive teaching into active teaching, give full play to students' enthusiasm, and let students become masters of the classroom, so as to truly achieve the purpose of PE.

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