

# How to Use Creative Thinking in the Teaching and Training of College Physical Education

Rui Wang

Jiuquan Vocational and Technical College, Jiuquan, 735000, China

**Keywords:** College Physical Education, Teaching and Training, Creative Thinking

**Abstract:** in Recent Years, Our Country Has Paid More and More Attention to College Physical Education. Only When Our Country Has Good Physical Quality, Can We Contribute Our Own Strength to the Development of Our Country. with the Continuous Advancement of the Level of Education in China, the Current Physical Education Teaching Methods in Colleges and Universities in China Have Also Changed. At the Same Time, There Are Some Problems. This Paper First Analyzes the Important Role of Creative Thinking in Physical Education Training in Colleges and Universities, Then Puts Forward the Problems in Physical Education Training in Colleges and Universities in China, and Finally Gives Specific Countermeasures for Other Schools Physical Education Provides Experience.

## 1. Introduction

In Recent Years, China's Economy Has Developed Better and Faster, Which Makes the Country Pay More Attention to the Development of Culture. Therefore, the Idea of “Cultural Power” is Put Forward, in Which Cultural Power and Sports Power Have a Very Close Relationship, Just Like “You Have Me, I Have You”, Especially the Continuous Promotion of Sports Power and Teaching Reform, Which Makes the Physical Education of College Students Get More and More Pay More Attention to, Abandon the Traditional Boring Form of Class, in Order to Stimulate College Students' Interest in Sports, So That College Students Also Move Up to Become the Top Priority of This Task.

## 2. The Physical Education Training of College Students Lacks the Concrete Expression of Creative Thinking

### 2.1 Neglect of Creative Thinking

Table 1 Analysis of Innovation Ability of College Students

Main points of view	Representative Scholar	Definition Description
Characteristic View	McClelland	Competency refers to the ability to distinguish the individual characteristics of a particular T-job with excellent performance from that of a share holder.
	Bowaz	Competence does not refer to knowledge and skills in a general sense, but to the use of knowledge and skills in a particular job.
Behavior View	Sandberg	Competence is the synthesis of all the characteristics related to knowledge, technology, competence and high performance in work.
	Mirabir	Competence is the synthesis of all the characteristics related to knowledge, technology, competence and high performance in work.

With the gradual deepening of the curriculum reform, although physical training has been concerned by people from all walks of life, but creative thinking in this practical classroom has not been concerned, this new teaching method has not been paid attention to. In the final analysis, the education department and the sports authorities did not pay attention to physical education, did not realize the great impact of physical education on a person, and did not think of improving the enthusiasm of students through innovative classroom[1]. But the teachers didn't get a real

understanding of the creative thinking, and didn't promote the innovative way of the classroom, the students just followed the teacher's method, the ideas are too traditional and conservative, there is no enthusiasm, it's difficult to innovate, resulting in the sports performance is not ideal.

## 2.2 The Form of Pe Class is Too Single

In the teaching and training of college physical education, the traditional process of physical education is warm-up, running, demonstration and explanation by teachers, observation and learning by students, and then group activities[2]. The teacher's classroom organization is too single and unchangeable to mobilize the enthusiasm of students, so that students can learn actively. After the teacher arranges group practice, most students are sitting on the side to rest, forming inertia for a long time, of course, it is difficult to stimulate students' innovative thinking[3]. On the other hand, the cultivation of innovative thinking is not achieved overnight. It needs to come slowly, step by step, and go through long-term trial and exploration. You can't do it too quickly, or it will be more difficult to achieve the desired results.

## 2.3 Constraints of External Conditions

The production of creative thinking in the teaching and training of college physical education also needs certain external conditions, such as sufficient venues, sufficient teaching funds, and rich teaching resources. In addition, we need to pay attention to some essential problems in the teaching process. For example, many students have not been exposed to football, have no understanding of football, and football will not be developed. On the contrary, if they have a solid foundation, it will be more conducive to cultivate students' creative thinking in sports. According to this situation, China is now vigorously promoting football.

## 3. The Role of Creative Thinking in Physical Education Teaching and Training

### 3.1 Stimulate and Activate the Thinking of College Students

Creative thinking is to get a new view of things through innovation and reprocessing on the basis of the original things[4]. The teaching method of creative thinking is brand-new and original. Compared with the traditional way of class in the classroom, physical education has many advantages. Students have flexible places, wide vision and unrestricted body in class. They can give full play to their imagination, adjust their mentality, help students solve problems, stimulate their innovative thinking and break the rigid and single way of thinking.

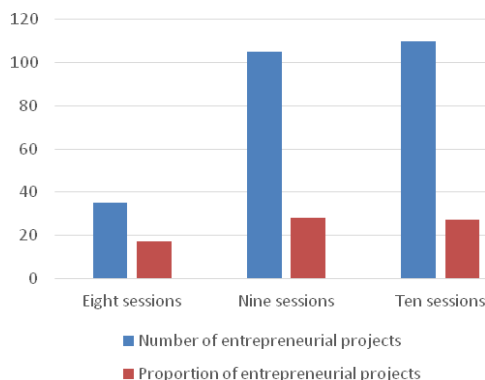


Fig.1 Number and Proportion of Entrepreneurship Projects of College Students

### 3.2 Improve the Effect of Physical Education Classroom Teaching

Creative thinking is also important in the daily physical training of college students[5]. Creative thinking makes students' thinking more active not only in traditional learning. Therefore, we can take more innovative measures in the physical education class to make the physical education class more active[6]. For example, we can let girls try to feel the basketball movement, feel the charm of basketball from the basic learning, try things that have never been tried, let students all move, and

make the class active. The way of mixing men and women can be used to kick shuttlecock, which can add to college students Add more fun.

### **3.3 Improve Students' Quality**

Creative thinking breaks through the shackles of students' thinking and enables students to walk out of their comfort circle and think about what they dare not think and do what they dare not do[7]. The impact it brings is not only ideological, but also their own quality. It not only enlivens the students' thinking, but also brings them more positive emotions and more upward mentality, so as to drive them to move more actively[8]. Promote the healthy development of students' body and mind, improve their ideological and cultural quality, bring more positive energy and self-confidence to students, and adhere to their own truth.

## **4. The Measures of Using Creative Thinking in College Physical Education Teaching and Training**

### **4.1 When Teaching College Physical Education Courses**

In particular, this kind of creative thinking is also a kind of divergent thinking, which can improve the students' sports potential[9]. In order to give full play to the creative thinking of college physical education curriculum, it is necessary to create a good curriculum atmosphere and strive to optimize the teaching environment. Foreign scholars have done a series of experiments and found that the learning efficiency of students in a relaxed learning environment is higher than that of students in a tense atmosphere. Therefore, it is necessary for colleges and universities to create a good and loose curriculum atmosphere, which is convenient to carry out various sports teaching activities. In principle, improve students' learning efficiency and optimize students' physical education curriculum. At present, physical education in Colleges and universities in China belongs to outdoor teaching activities, which guides students to actively participate in and experience the joy of sports in learning and learning in sports. In order to stimulate students' interest in learning, improve teaching quality and cultivate students' ability of independent thinking, teachers should mobilize the actual classroom atmosphere when teaching physical education courses. For example, many colleges and universities have to learn aerobics, which is a basic course of physical education. In actual teaching, the teacher will play a piece of pop music in advance. Students can also exercise freely according to the music, and then use preheating to carry out aerobics teaching activities conveniently. This kind of music teaching method can arouse the students' enthusiasm, let them concentrate their attention in the later study, facilitate the aerobics activities and improve the actual training effect.

### **4.2 Make Sports Training Content “Interesting”**

In order to cultivate creative thinking, the role of teachers and students is essential. When teachers treat physical education classes, they should also give play to innovative thinking and adopt novel methods to teach. Instead of starting with the traditional ice breaking game method, we can integrate with other subject teaching, and use the word one-stop form while training so that our physical education training class can more arouse the enthusiasm of students. Students in each sport can take a new combination method to improve their enthusiasm. Practice thinking ability from practice, and constantly improve the development of innovative thinking of college students. For example, basketball shooting training can be divided into two groups. First, the teacher says a word, the teacher throws a goal, and then the students behind the teacher say the last word, and then they can throw the ball. After that, the students behind the basketball shooting also do the same circulation, which not only achieves the purpose of training, but also stimulates the enthusiasm of the students.

### **4.3 Let Sports Training “Half”**

The formation of creative thinking needs a certain environment. In the physical training of college students, teachers should not blindly exercise. Teachers should master the classroom rhythm,

the combination of movement and stillness, and the combination of work and rest. In this way, students can be inspired to think about problems from many aspects and perspectives and break through the traditional thinking. To create a relaxed classroom atmosphere, we should focus on the theme, adapt to the teaching content, and let students get their own opinions from it, but the classroom should not be too loose, and play the role of the classroom. For example, in physical training, teachers can't arrange all the classes in the training, let alone half class and play half class like the traditional teaching and training. Such physical education classes are no longer popular. Students should rest while training. For example, teachers can combine work with rest and static activities as the principle. For example, teachers can disrupt and cross-border in teaching. It not only enriches the content, but also reduces the intensity of physical training.

#### **4.4 Make Physical Education and Training More “Regional”**

With the deepening of the curriculum reform, the school has paid more attention to the integration of regional culture into the curriculum. Many schools have begun to implement school-based curriculum with regional cultural color. Similar reforms should be carried out in physical training. For example, Wuqiao acrobatics in Cangzhou, Hebei Province is the most famous, so some acrobatic training contents can be introduced into the physical training of college students in Cangzhou. Let every college student go to his post with regional color after graduation. This creative use is not only a kind of enrichment of physical training, but also a kind of inheritance of culture.

### **5. Conclusion**

To sum up, we can see that creative thinking plays an important role in our life. By integrating creative thinking into college physical education teaching and training in a reasonable way, we can better activate the thinking of college students, stimulate their innovation ability, improve their enthusiasm, improve the teaching quality, activate the classroom atmosphere, and make students get more comprehensive development. The traditional physical education classroom is influenced by the traditional education idea, which makes it difficult to turn the situation back for a while. Only through long-term observation, trial, exploration, effort and cooperation can it be changed. Therefore, it is necessary to use the characteristics of creative thinking, strengthen the consciousness of creative thinking, carry out the measures of creative thinking, and adopt flexible teaching methods and teaching forms. In order to create a relaxed and pleasant classroom atmosphere, teachers should also be actively involved in the teaching work to promote the students to move actively, improve the quality of physical education teaching, and promote the overall development of students.

### **Acknowledgement**

Research on Multi-dimensional Training of Cross-border E-commerce Talents for Guangdong Province under the Policy of “The Belt and Road”, HLZ121906.

### **References**

- [1] SHI Cheng-yin. (2017). Value and Application of Expansion Training in College Physical Education. *Journal of Heze University*, vol. 55, no. 4, pp. 360.
- [2] Geng H, Zhao H J, Guo-Hui L I, et al. (2017). An Exploration on Step-by-Step Cultivation of Teaching Ability of College Teachers: Building and Practice of Teaching Ability Training Mechanism of Teachers in National University of Defense Technology.
- [3] Cai J Y, Zhang P P. (2017). The Support Environment Construction for Teaching and Research of Physical Education Based on Emerging Information Technology, vol. 14, pp. 4, pp. 2015-2020.
- [4] Zuosong Chen, Kaihong Sun, Kun Wang. (2017). Self-Esteem, Achievement Goals, and Self-

Handicapping in College Physical Education. *Psychological Reports*, vol. 121, no. 5, pp. 003329411773533.

[5] Shangguan R, Keating X D, Liu J, et al. (2017). Conceptual physical education course and college freshmen's physical activity patterns. *College Student Journal*, vol. 51, no. 2, pp. 249-259.

[6] Tawarah H M. (2018). The Degree to Which Teachers Practicing Teaching in Shobak University College by Using Creative Thinking Skills as Perceived by Students.

[7] Wang, Chao, Gao, Nan. (2017). Study of the Plural Evaluation Indicators System and Evaluation Model in Physical Education Teaching in Institution of Higher Learning. *Journal of Computational and Theoretical Nanoscience*, vol. 14.

[8] Sushil S. Chaurasia, Anna Frieda Rosin. (2017). From Big Data to Big Impact: Analytics for teaching and learning in higher education. *Industrial & Commercial Training*, vol. 49, no. 4.

[9] David B. Levy. (2018). The Letter and The Cosmos: How the Alphabet Has Shaped the Western View of the World by Laurence De Looze (review). *Canadian Journal of History*, vol. 53.