

# Research on the Teaching Strategy and the Body-Building Method of the Modern College Physical Education

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**Keywords:** Modern colleges and universities, Physical education teaching, Fitness methods

**Abstract:** With the development of the modern education concept, the physical fitness activities are more and more important to the higher and higher institutions at all levels, and the rational development of the sports activities can effectively stimulate the students' interest in sports. In this paper, according to the requirements of the development of the modern college physical education and the training of the physical quality of the students, the paper discusses and analyzes the teaching strategy and the fitness method of the modern college physical education, and based on this, the actual effect of the physical education teaching is brought into full play.

## 1. Introduction

Physical education teaching has always been an important part of college teaching, and it is a solid foundation to help students improve their physical quality and adapt to the needs of society. Students' participation in physical education is also beneficial to the development of their own physical quality, moral cultivation and so on. Therefore, it is necessary to cultivate it through teaching reform, teaching innovation, and other methods, and to study its specific strategies and fitness methods.

## 2. Physical Education Teaching Optimization Measures in Modern Colleges and Universities

### 2.1 Changing the Thinking of Physical Education Teaching Reform

In order to optimize the teaching content in the process of the development of physical education in modern colleges and universities, we should first adjust and clarify the ideas of physical education teaching reform on the basis of the teaching guidance content, and formulate the corresponding plan. On this basis, through the overall vision, we should carry out the ideological reform and teaching mode reform practice of physical education teaching in colleges and universities [1]. Therefore, in the process of changing the thinking of physical education teaching reform in colleges and universities, we should first set up a long-term and reasonable ideal goal to ensure that in the reform of physical education teaching in colleges and universities, there will be no stagnation and satisfaction with the present situation because of the lack of objectives. Second, according to the development goal of physical education teaching reform in colleges and universities, formulates a long-term and effective teaching reform plan, and ensures that in the process of implementation, the various steps of physical education teaching reform in colleges and universities can be implemented stably. Thirdly, in the process of reforming the teaching idea of physical education in colleges and universities, it is necessary to put the innovation of teaching mode and talent training mode in the first place, and continue to develop under the guidance of related ideas, so as to ensure that the teaching mode and talent training mode in colleges and universities can follow the trend of the times and improve the effect of physical education in colleges and universities in an all-round way. Finally, in the process of carrying out and changing the thinking of physical education teaching reform in colleges and universities, we should pay attention to the teaching reform. On the basis of the coordination and unity with the students' ability accomplishment and the innovation of teaching mode, the reform of physical education teaching in colleges and universities is carried out. However, in the process of teaching reform in colleges and

universities, many teachers lack an accurate grasp of the reform of physical education teaching ideas in colleges and universities, resulting in the lack of the combination of ideas and practical teaching contents in the actual teaching process, resulting in the problem that it is difficult to unify and integrate in-class teaching and extracurricular fitness activities. Therefore, colleges and universities should deeply cultivate the concept of teacher education reform and innovation, and on this basis, realize the all-round cultivation of students and promote the development of students' physical quality and sports ability.

## **2.2 Develop Students' Interest in Physical Education**

The optimization of physical education teaching reform in colleges and universities should start with arousing and cultivating students' interest in physical education, so that students can really be willing to invest in physical activities, and take physical exercise as an important part of their own life in university, family and the future, so that they can work hard, be willing to exercise, persist in exercise, and realize the improvement and development of their own quality from physical exercise activities. As one of the important components of physical education teaching optimization reform in colleges and universities, it is necessary to strengthen students' physical learning experience and enrich students' physical exercise choice as the core goal in the process of cultivating students' interest in physical education, and on this basis to serve students. It is possible to regularly and regularly participate in the relevant exercise and development activities in the course of the study and life of the university. At the same time, it is necessary to pay attention to the cultivation of the habit of physical exercise of the students, because for the university students, the habit is the important content of guaranteeing the self-development effect, and can make the active enjoyment of the physical activity rather than the passive participation.

## **2.3 Creating a Sports Atmosphere**

With the development of education in our country and the continuous expansion of the enrollment scale of colleges and universities at all levels in our country, the construction of hardware and software and equipment for physical activities in colleges and universities is getting higher and higher. Therefore, in order to ensure that colleges and universities have enough places and conditions to meet the needs of college students for physical exercise, colleges and universities need to constantly strengthen their own hardware and software construction in physical education teaching in the process of physical education teaching optimization. In the hardware construction, it is necessary to strengthen the construction of stadiums and infrastructure in colleges and universities. In software, we should pay attention to the construction of teaching atmosphere, so that students can understand and master the life of colleges and universities under the influence of sports culture and good sports spirit, and on this basis, guide students to correctly apply physical education teaching hardware facilities in colleges and universities, and then use a variety of physical practice activities to stimulate students' enthusiasm to participate in physical activities and exercise, so that students can consciously and actively participate in physical activities.

## **3. The Modern University Physical Education Teaching Guarantees the Student Fitness Effect Method.**

### **3.1 Scientific Guidance of Physical Exercise**

Through physical fitness, students' own quality can be strengthened in the process of participating in fitness activities, and their personal will and character can be exercised to improve their comprehensive quality. Therefore, it is necessary for students to master the correct physical exercise and fitness methods through the guidance of teachers in class and after class in the process of physical fitness, so that they can achieve better results in the process of independent physical fitness exercise. In the process of college sports activities, it can be found that one of the main reasons why some students lack of participation in sports fitness activities is that students do not master the main methods of sports fitness. The appearance of this kind of situation will lead to

various unexpected situations such as muscle strain in the process of physical fitness exercise, which will not only bring negative effects on students' physical health, but also make students gradually resist physical fitness activities. In the process of teaching students to master the correct physical fitness methods, we should pay attention to the combination of teaching and students' independent fitness activities, so that students can gradually master the relevant methods in the process of exercise. And on this basis, combined with the personal physical quality of students to guide, let students scientific fitness and exercise [2]. For example, in the process of guiding students to do physical fitness, some students have insufficient strength. Therefore, teachers need to arrange targeted physical fitness goals for the corresponding students in class, so that their physical strength can be improved, so that students will not affect their physical fitness results and ability development in the process of participating in after-school physical exercise due to their own strength defects, and in order to implement individualized teaching into Teaching activities. In addition, in the process of teaching, we should also pay attention to teaching students the correct preparation and warm-up activities before fitness, so as to avoid the impact on students' health and safety in the process of fitness.

### **3.2 Fitness Guidance Based on Interest**

Through the scientific guidance, the students have the right to master the body-building method, so that the students can actively participate in the important premise of the body-building activity, and the enthusiasm of the students can be further improved, It is necessary to improve the interest of students' learning as an important point of entry for the optimization of physical education in colleges and universities, and to guarantee the effectiveness of the students' participation in the physical exercise. In the course of stimulating the interest of the students' physical fitness, it is necessary that the teachers have a comprehensive understanding of the students' interest and specialty, and on the basis of this, through the reform of the teaching method and the teaching mode, the further improvement and improvement of the students' physical ability can be realized. Enable students to participate more actively Go to physical fitness. For example, in the process of actual teaching, we can find that some students will actively participate in physical fitness activities after class, but lack of enthusiasm to participate in the classroom. The emergence of this situation is often due to the teachers in the process of developing the classroom, simply according to their own pre-class teaching plan to train students, ignoring the differences in the quality of physical education ability of students, as well as the understanding of students' personal hobbies, so that students lack the enthusiasm to participate in classroom physical fitness activities. Moreover, in order to make students participate in physical exercise in a more active study and understanding. Teach Teachers should guide students based on their personal interests and development needs through the corresponding teaching mode, so that students can master the methods of physical fitness activities that they are interested in, and quickly enter the corresponding physical education state before and after class to obtain psychological pleasure, so as to construct a virtuous circle model between the innovation of physical education teaching mode and students' interest in fitness.

### **3.3 Carry out Diversified Fitness Activities**

Strengthening the construction of sports atmosphere in colleges and universities and enriching students' physical fitness activities can effectively cultivate and enrich students' physical fitness methods and strengthen the effect of physical education teaching. The diversification of fitness activities can make students feel the sports atmosphere in the activities, stimulate students' interest in physical fitness, consolidate the effect of physical fitness, provide students with the opportunity to participate in sports competition, and make students learn from each other and progress each other in this process. Moreover, fitness activities can gradually master physical methods and techniques fitness in the process of watching sports fitness competitions through their own construction of sports atmosphere. Therefore, colleges and universities at all levels should pay attention to strengthening the publicity of physical fitness activities, according to the overall physical exercise of students, carry out corresponding lectures and competitions for students to design and provide a variety of fitness programs, while ensuring students' fitness effect, stimulate

students' enthusiasm to participate in physical fitness activities [3]. At the same time, actively organizing students to participate in and establish all kinds of sports fitness associations can enable students to improve their autonomous learning ability through mutual learning, the guidance of community teachers and the self-exploration of students' organization in the activities of sports fitness associations. And the community as a training student The interest of physical fitness, the important channel for students to communicate the effect of physical fitness and improve the ability of physical fitness of students can maintain and strengthen the physical fitness habits of college students through the influence of their own group environment on the atmosphere, so that students can master the methods of physical fitness correctly under the influence of each other.

#### **4. Conclusion**

In summary, in the course of the optimization of physical education in modern colleges and universities, it is necessary to take measures to change the way of physical education reform, to train the students' interest in sports and to create the atmosphere of sports. In this way, the students learn to master the correct body-building method and participate actively in this way through the scientific guidance of the body-building exercise, the body-building guide from the interest, and the sports activities, so as to improve the students' comprehensive physical quality.

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