

Research on the Sustainable Development Strategy of Physical Education in Colleges and Universities in the New Era

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Abstract: with the Rapid Development of Economy and the Continuous Improvement of Living Standards, People Pay More and More Attention to the Health of the Body. the Chinese Government and Relevant Departments Have Actively Carried out National Sports Activities to Improve People's Sports Awareness. Since the Implementation of the Reform and Opening-Up Policy in China, the Education Concept of Sustainable Development Has Been Implemented Throughout the Country, and the Emphasis on Physical Education in Various Colleges and Universities Has Been Further Improved, and the Relevant Management System Has Been Continuously Improved to Promote the Overall Development of Students' Morality, Intelligence, Body, Beauty and Labor. However, in Many Colleges and Universities, There Are Still Some Difficulties in the Implementation of the Sports Health Education Program. This Paper Mainly Discusses the Sustainable Development Strategy of Physical Education in Colleges and Universities in the New Era and Analyzes It to Explore the Significance of Sustainable Development of Physical Education in Colleges and Universities.

1. Introduction

Looking back on the development of modern education in China, we can find that China's physical education and health education has been following the form of some western countries. I don't know what the reason is, the sports health education in our country has been in the backward stage. Although in recent years, China has a certain position in the world sports arena through the excellent achievements in the Olympic Games, there is still a certain gap between China's sports and health undertakings and some western countries. Through hard work and hard work every day, our athletes have made brilliant achievements and affirmed the importance of humanistic education. As an important part of education, college education has been concerned by all sectors of society. Therefore, colleges and universities should pay attention to physical health education, and actively carry out relevant teaching activities to promote the sustainable development of physical health education.

2. The Significance of Health Education

The main purpose of the implementation of physical health education in China is to cultivate people's awareness of physical health, improve their ability of physical exercise, and then develop the ability to consciously carry out physical exercise, enhance physical fitness and perseverance. Therefore, in the teaching of physical health activities, physical education teachers should choose scientific and reasonable teaching content which is in line with the development of contemporary students to achieve the basic purpose of physical education curriculum teaching.

2.1 Significance for Individuals and Society

It is believed that health is something that we all care about very much. It is a manifestation of the quality of living standards, a sign of people's all-round development, an inevitable condition for social and economic development, and also a basic condition for national development and social progress [1]. To realize the great vision of healthy China, we need the active cooperation of colleges

and universities to provide a good learning atmosphere and healthy concept for the developing students, so that the students can start from their own health awareness, change the existing bad habits, and adopt a healthy way of life and learning. Therefore, colleges and universities shoulder an important mission, which is to promote the continuous development of education and health.

2.2 Good for People's Physical and Mental Health

No matter what kind of social civilization, people are always the main body to promote the continuous development and progress of social economy. Nowadays, the extension and promotion of physical education can not only increase people's physical health, but also enhance people's mental health. Some experiments have pointed out that when a person is upset or sad, running can be used to relieve the current mood and pressure, which is beneficial to the overall development of body and mind [2]. Therefore, we need to constantly strengthen learning and build a healthy body.



Fig.1 Race

3. Analysis on the Restriction of Physical Health Education in Colleges and Universities in the New Era

The development of economy also promotes the continuous development of education. But in many colleges and universities, there is a certain degree of lack of physical health education. For example, offering swimming courses in Colleges and universities will be reported by the network media, which will lead to a lot of discussion and correct the right and wrong of the masses. In many colleges and universities, students have to choose a sports project because of their credits, so they have been perfunctory in the classroom and can get credits. In this case, the students feel that the course of physical health education is a waste of time and energy, which leads to the deviation from modern physical education [3]. On the other hand, in many colleges and universities in our country, physical education and health education courses are still taught according to the traditional teaching concept, the focus of education is on the near-term effect, not the long-term vision. According to the latest statistics, the physical condition of college students in China is in a state of continuous decline, especially in the past 10 years, the endurance, flexibility and speed of students are in continuous decline, and their physical function is relatively poor.

3.1 Challenges of Health Education in China

Since the founding of our country, especially in the policy of reform and opening up to now, people's health situation has changed dramatically. According to statistics, the average life expectancy of our country has been raised to 76 years old, but at present, the industrialization and disease of our country are relatively serious, which also brings some obstacles to the development of health undertakings and opens a new round of challenges. In China, hypertension, hyperlipidemia and hyperglycemia are more serious, and cardiovascular and cerebrovascular diseases are also increasing.

3.2 Students Are Not Interested in the Course of Physical Health Education

The purpose of the course of physical education health teaching is to make the students' body function strengthen continuously, and improve their body and temperament to a higher degree. At present, many college students are often in a passive state. They deal with things in class and put a lot of energy into games in their spare time. Therefore, we must use a scientific and reasonable way to strengthen exercise, and be able to persevere, at the same time, regular physical examination, so that we can find the problems of our own body [4].

4. The Combination of Health Education and Physical Education in Colleges and Universities

4.1 Improve the Teaching Form of Sports Knowledge

In most people's view, physical education is a course based on practice, thus neglecting the importance of theoretical knowledge, which is also the reason for the stagnation of physical education. Therefore, teachers can encourage and guide students to learn theoretical knowledge in teaching. Such a way can not only stimulate students' interest in learning, but also promote the development of education, as well as the longer-term trend. In the new era, the reform of college physical education is facing increasing psychological pressure, which leads to a series of psychological problems. It is an important aspect for physical education teachers to improve their mental health quality to carry out mental health education. It is the need of training innovative talents. On the basis of evaluation, we should maintain and promote the mental health of PE teachers from school and personal factors.

4.2 Create a Good Teaching Environment and Atmosphere

Many colleges and universities attach great importance to physical health education and carry out a series of sports activities, such as morning exercises, in order to better improve students' physique, but lack of strength in management. Exercise is a long-term process, which requires students to have certain willpower and teachers to constantly supervise and manage [5]. The far-reaching development of physical education needs the corresponding teaching environment and atmosphere. Therefore, teachers can carry out a series of physical education teaching activities in various forms. Compared with the activities of tights and rope skipping in childhood, they can also hold some competitive events, such as dance, street basketball, etc.



Fig.2 Playing Tennis

4.3 Improve the Teaching Consciousness of Teachers in Colleges and Universities

China has put forward the plan outline related to healthy China, which fully reflects the importance of physical health education. Therefore, higher requirements are put forward for PE teachers in Colleges and universities. In the process of teaching, teachers need to change the traditional concept of education, combine physical education with health, and improve their own

health education knowledge level. In combination with the basic requirements of the promulgation of the outline, in the process of teaching, teachers need to teach students health knowledge and importance, and improve students' enthusiasm. Combined with the analysis of the actual situation of physical education in Colleges and universities, regular training for teachers should be carried out to enhance the professional ability and comprehensive quality of teachers, meet the learning needs of students, make colleges and universities reserve professional teachers, comprehensively improve the level and quality of physical education in Colleges and universities, and lay a good foundation for the sustainable development of physical health education in Colleges and universities in the new era.

4.4 Choose Teaching Content Suitable for Students

Physical education is a very practical subject. First of all, it pays attention to the cultivation of skills and professional knowledge, and also exercises a healthy body. Therefore, it is necessary for physical education teachers to make relevant teaching courses according to the actual situation of students, innovate diversified teaching modes, mobilize students' positive personality and autonomy, and ensure that students' physical and mental development can be comprehensive. College students are the existence of a special group in our society. They are the pronoun of high quality and high level. They are the quasi talents of socialist cause construction. Their ability, quality, spiritual outlook and various behaviors affect the future of the motherland and the nation.



Fig.3 Skipping Rope

4.5 Set Up Scientific Evaluation Mechanism of Sports Health

Curriculum evaluation is the basis of reflecting the teaching quality of teachers and the absorption of students after the course activities [6]. Therefore, it is necessary to establish a scientific and reasonable physical health evaluation mechanism to stimulate students' interest and potential in the course and arouse their enthusiasm. On the part of teachers, according to the curriculum evaluation, we should improve the content of the curriculum in order to better promote the sustainable development strategy of physical health education in Colleges and universities.

5. Conclusion

According to the above analysis, we can understand that the perfect combination of physical education and health education in Colleges and universities can not only enhance the physique of contemporary students, but also make the reform of physical education innovative, cultivate talents with comprehensive abilities of morality, intelligence, physical, beauty and labor for our country, and promote the sustainable development of physical education in Colleges and universities.

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