

To Explore the Countermeasures of Teaching Research and Reform of Physical Education in Colleges and Universities

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Abstract: At present, physical education in colleges and universities is facing many challenges. First of all, the traditional teaching mode is relatively simple, mainly relying on classroom teaching and simple physical training, lack of innovation and diversity, it is difficult to stimulate students' interest and enthusiasm. Secondly, the enthusiasm of students to participate in sports activities is generally not high, many students due to the study pressure or lack of exercise habits, resulting in the time and frequency of physical exercise is obviously insufficient. In addition, the physical education curriculum is relatively fixed and fails to fully consider the individual differences and interest needs of students, and the course content is difficult to adapt to the diversified needs of students. Starting from the analysis of the current situation of physical education in colleges and universities, this paper discusses the necessity of teaching reform, and puts forward some specific strategies such as innovating teaching mode, optimizing course content and reforming evaluation mechanism. Through the case analysis of sports such as football and aerobics, the implementation methods of individualized teaching strategy and diversified evaluation system are expounded.

Keywords: College sports; Reform measures; Status quo

Introduction:

The reform of physical education in colleges and universities is an important way to improve the quality of education and train high-quality talents. By innovating the teaching mode, optimizing the course content and reforming the evaluation mechanism, we can effectively solve the problems existing in the current physical education in colleges and universities, stimulate the students' interest and enthusiasm in sports, and comprehensively improve their physical quality and comprehensive literacy.

1. Analysis of current situation of physical education in colleges and universities

College physical education is an important part of the higher education system, which plays a key role in the cultivation of students' physical health, psychological quality and comprehensive ability. However, at present, physical education in colleges and universities is faced with such problems as single teaching mode, low participation of students and obsolete course content, and it is urgent to improve the quality and effect of education through teaching reform. In terms of teachers, although most physical education teachers in colleges and universities have high professional quality, the teaching methods and means still need to be improved, especially the application of modern education technology is still insufficient. In terms of the evaluation system, the current college sports evaluation is mainly based on physical fitness test and attendance, which lacks a comprehensive investigation of students' comprehensive quality and practical application ability, and it is difficult to fully reflect students' sports quality and development level.

2. The necessity of college physical education reform

2.1 Relationship between physical education and health literacy

First, health literacy refers to the ability of individuals to access, understand and use health information and services in order to maintain and promote their own health. Through systematic physical education courses and activities, college physical education helps students master basic sports skills and health knowledge, develop good living habits and health concepts, and improve their health literacy level.

Secondly, through planned and organized sports activities, physical education enables students to develop comprehensively in terms of physical quality, psychological quality and social adaptability. Regular participation in physical exercise can not only enhance physical fitness, prevent various chronic diseases, but also relieve study pressure and improve mental health.

2.2 The combination of social needs and physical education

First of all, China advocates national fitness and a healthy lifestyle, requiring educational institutions at all levels to strengthen physical education and promote the improvement of students' physical health. As an important base of talent training, colleges and universities have the responsibility to enhance students' physical quality and health consciousness through physical education, and promote the realization of the goal of national health. Secondly, with the increasing demand for talents with comprehensive qualities in modern society, physical education has unique advantages in cultivating students' comprehensive qualities^[1].

3. Strategies of college physical education reform

3.1 Individualized teaching strategies based on aptitude

In football teaching, the physical quality and technical level of students are uneven, so teachers should formulate personalized teaching plans according to the different characteristics and needs of students. Through hierarchical teaching and group training, differentiated teaching can be carried out for students at different levels to achieve individualized teaching and give full play to the potential of each student^[2].

Teachers can make a comprehensive assessment according to students' physical quality, technical level, learning attitude and interests, and divide students into different groups. For example, students can be divided into beginner, intermediate, and advanced groups, corresponding to students with weak foundations, intermediate, and higher levels, respectively. This grouping ensures that each student receives targeted training in the group that suits them^[3].

The junior group is mainly made up of students with weaker fundamentals, who may lack basic soccer skills and physical fitness. For this group, teachers should focus on basic skills and physical training. Specific teaching contents include: basic pass and catch training, ball control exercises, simple shooting skills, basic physical training (such as running, jumping, etc.).

The intermediate group of students has a certain foundation of football, but the technical level and tactical awareness still need to be improved. For this group, teachers should add technical and tactical training and teamwork exercises on the basis of basic skills. Specific teaching content includes: complex pass and catch training, small range of ball control and passing exercises, basic tactical training (such as offensive and defensive positions), simple coordination exercises (such as two-one).

The students in the advanced group have higher technical level, strong physical strength and tactical awareness. For this group, teachers should focus on high-intensity and difficult technical and tactical training, as well as competition simulation and tactical application. Specific teaching contents include: highly difficult pass and catch and shooting training, complex tactical drills (such as the combination of offensive tactics and defensive tactics), full-field confrontation games, high-intensity physical training.

3.2 Introduction of new sports

The optimization of the curriculum content is an important aspect of the reform of physical education in colleges and universities. By introducing new sports items, the content of the curriculum can be enriched and students' interest and enthusiasm can be stimulated. As a new kind of sports, calisthenics is favored and welcomed by more and more students because of its dynamic, rhythmic and remarkable fitness effect. The introduction of calisthenics in college physical education can not only enrich the diversity of physical education courses, but also cultivate students' healthy living habits and positive spiritual outlook.

First of all, aerobics courses should be designed according to students' physical qualities and interests, covering basic movements, dance combinations and fitness training. The course can be divided into three levels: elementary, intermediate and advanced, the primary course focuses on the development of basic movements and sense of rhythm, the intermediate course adds dance combinations and simple fitness training, and the advanced course emphasizes the complexity of movements and physical improvement. Each class should include warm-up, main training and relaxation three parts to ensure that the training is scientific.

Secondly, the teaching of calisthenics should pay attention to demonstration and guidance, and teachers can help students understand and master the essentials of each movement through personal demonstration of movements. In the teaching process, we can adopt the method of combining disaggregated action and coherent action, first decomposes complex action into simple steps, and then gradually coheres them, so that students can master them step by step.

3.3 Evaluation mechanism reform

Evaluation mechanism is an important part of physical education in colleges and universities. Through scientific and reasonable

evaluation system, students can be effectively encouraged to participate in sports activities and improve teaching quality.

The traditional sports evaluation standard is single, mainly focusing on physical fitness test, ignoring the performance of students in skills and tactics, participation and teamwork. To reform the evaluation mechanism, we should introduce diversified evaluation criteria, including physical fitness test, technical and tactical level, participation, teamwork spirit and health literacy. The process evaluation mainly focuses on the performance of students in daily training and learning, including attendance, participation, learning attitude and progress. The outcome evaluation focuses on the final examination and competition results, and evaluates students' physical fitness and technical and tactical level through specific assessment items. The combination of process evaluation and result evaluation can reflect students' learning achievement and comprehensive quality comprehensively and objectively. It should be noted that in addition to teachers' evaluation, students' self-evaluation and mutual evaluation mechanisms should also be introduced. Self-assessment can help students reflect on their own learning process and results, and find out their own shortcomings and improvement directions. Mutual evaluation promotes team cooperation and communication through mutual evaluation among students, and improves the participation and fairness of students' evaluation. Based on the reform of PE teaching evaluation mechanism, the establishment of a diversified, comprehensive and scientific evaluation system can reflect the comprehensive quality and practical ability of students more objectively and fairly, encourage students to actively participate in sports activities, and improve the overall level of physical education in colleges and universities.

Conclusion:

To sum up, the reform of physical education in colleges and universities is of great significance for improving the quality of education and cultivating high-quality talents. By innovating the teaching mode, optimizing the course content and reforming the evaluation mechanism, we can effectively cope with various challenges in the current college physical education, stimulate students' interest and enthusiasm in sports, and comprehensively improve their physical quality and comprehensive literacy. In the future, physical education in colleges and universities should continue to deepen exploration and practice, combine modern educational technology and social needs, establish a scientific and reasonable physical education system, and contribute to the all-round development of students and social progress.

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