

Research on Innovation and Development Path of College Physical Education under the Background of Sports Power Strategy

Liping Qin

Southland Business College of Guangdong University of Foreign Studies, Guangzhou Baiyun 510000

Abstract: The strategy of sports power is an important part of the national development strategy, which is of great significance for improving the national physique, enhancing national pride and cohesion. As the cradle of cultivating future sports talents, the innovation and development of physical education in colleges and universities are directly related to the implementation effect of sports power strategy. This paper analyzes and explores the innovation and development path of college physical education that ADAPTS to the strategy of sports power, in order to provide effective reference for physical education teaching.

Keywords: Sports power; College physical education; Innovation and development path

Under the background of sports power strategy, colleges and universities have begun to reform the teaching methods of sports courses. However, by observing the current teaching situation of physical education courses in colleges and universities, we can find that some physical education courses in colleges and universities only focus on physical education skills themselves, ignoring the needs of college students' mental health and social development, which requires colleges and universities to change the past competitive and subject-oriented physical education teaching into the overall teaching goal of "health first, lifelong physical education". While teaching students sports skills, students form the idea of lifelong sports and are willing to participate in sports. Therefore, the teaching reform and innovation of physical education in colleges and universities is particularly key, which should reflect both the practical value of sports and the value of strengthening the body and cultivating the humanistic spirit of students.

1. The correlation between the construction of sports power and physical education course teaching

There is a close correlation between the construction of sports power and the teaching of physical education in colleges and universities. The construction of sports power not only involves the development of competitive sports, but also includes many aspects such as mass sports, sports industry, sports culture and sports technology. As an important way to cultivate sports talents, popularize sports knowledge and skills, and inherit sports culture, the teaching of physical education in colleges and universities plays a fundamental and strategic role in the construction of sports power.

First of all, in terms of personnel training, the teaching of physical education in colleges and universities is an important channel to train high-level athletes, coaches, sports administrators and scientific researchers. These talents are the cornerstone of the construction of sports power, and they play a key role in their respective fields and promote the development of sports.

Secondly, in terms of the inheritance and development of sports culture, the teaching of physical education in colleges and universities plays an important role in the inheritance and development of sports culture. Through sports courses, students can come into contact with the rich sports history, traditional sports events and modern sports concepts, so as to deepen the understanding and identification of sports culture. The teaching of physical education courses in colleges and universities is not only for students majoring in physical education, but also for all students. Public physical education courses can popularize physical education knowledge and improve students' physical literacy and health level, which plays an important role in improving national physique and strengthening national physical education strength.

Third, in terms of sports scientific research and innovation, colleges and universities have strong scientific research capabilities. Scientific research activities in sports curriculum teaching can promote the innovation of sports science and technology, provide scientific and technological support for sports training, competition and management, and help the construction of sports power. In addition, through international exchanges and cooperation, the teaching of physical education in colleges and universities can introduce advanced foreign physical education concepts, methods and experience, improve the internationalization level of physical education in China, and at the same time show the world China's sports achievements and culture.

2. Innovation and development path of college physical education

2.1 Deepen the reform of physical education and improve the curriculum system

Physical education in colleges and universities should be closely combined with the strategy of national sports power, deepen education reform and perfect curriculum system. Physical education in colleges and universities should not only be based on teaching materials, but also organically combine the content of teaching materials with actual teaching, and rationally arrange the content of teaching materials according to the psychological characteristics and physical quality of college students. In addition to theoretical explanation, in practical training, teachers need to connect theory with practice to guide students to master sports skills and complete standard and skilled movements. In the actual teaching, PE teachers should follow the principle of gradual and orderly teaching. According to students' physical quality and ability to accept, movement training from easy to difficult, layer by layer of scientific collocation, in college physical education textbooks, not only sports overview and basic theory, competition rules and other theoretical knowledge, but also the grasp of posture, competition arrangement and other practical guidance. Therefore, physical education teachers should adjust the difficulty of movements according to the level of students, lay a good foundation and do not rush to succeed in order to improve the level of physical education training under the premise of ensuring the safety of training. In the teaching process, PE teachers should pay attention to the integrity of students' movement completion, and should not overemphasize the quality of a certain decomposition movement completion, but should pay attention to improving the overall level of students' movement ability. The combination of students' special abilities, such as the combination of sensitivity and speed, can improve the ability of students in all aspects, so as to make students more coordinated and more comprehensive development.

For example, according to the requirements of the "Outline for Building a powerful sports country", universities should vigorously promote the popularization of the three big balls of football, basketball and volleyball, and establish a "three big balls" training, competition and reserve talent cultivation system with the government as the core, multi-department cooperation and social participation. In addition, according to the grade division of physical education teaching focus, the first grade physical education compulsory courses can be set as aerobics, Taijiquan, three big ball (choose one), endurance running and swimming as compulsory sports courses, so that students in these sports items to obtain the most basic sports knowledge. Starting from the second grade, aerobics and ball games can be used as optional content of physical education class, highlighting the training of students' sports skills in sports projects, making students' sports level to a higher level. Since the third and fourth grade, the focus of physical education teaching lies in cultivating students' cooperative spirit, self-learning ability and other comprehensive abilities in sports, so as to enhance students' core qualities.

2.2 Strengthen sports scientific research and carry out diversified teaching

If college physical education courses are taught through theoretical explanation and students imitate the teaching method of practice, students will lose interest in learning quickly, and it is difficult to guarantee the teaching quality for daily training, not to mention the transmission of lifelong sports ideas to students and the completion of the strategic goal of sports power. Therefore, table tennis teachers in colleges and universities should optimize teaching methods according to teaching objectives, carry out diversified teaching modes, and improve students' participation in order to ensure teaching quality, so as to further achieve comprehensive teaching. For example, the situational teaching mode is adopted in the teaching mode, so that students can fully practice and master the sports method through the game situation, so as to improve the efficiency of classroom teaching.

Taking table tennis teaching as an example, according to the characteristics of college students who are in adolescence and love to play, teachers can create sports game teaching situations for students and make use of multimedia equipment demonstration so that students can understand the game rules in advance. For example, train through the cave situation, exercise students for ping-pong ball dribbling ability, the use of hula hoop to make a "cave", students after hearing the starting command, one side of the ball quickly from the starting point after several "caves" to reach the end, the ball landed the least number of times, the shortest time students win. Through the "cave" game situation, students attract students' attention, improve students' enthusiasm for sports, and exercise students' ball control ability, improve the efficiency of table tennis classroom teaching in colleges and universities, and pass on lifelong sports

ideas.

2.3 Strengthen the construction of teaching staff and improve teaching quality

Under the background of sports power strategy, strengthening the construction of teaching staff is one of the key links in order to realize innovation and development of college physical education. Excellent teaching staff is the basis to ensure the quality of teaching, but also the core force to promote the reform and innovation of physical education. Therefore, in the construction of teachers, colleges and universities should actively introduce PE teachers with high-level sports experience, profound academic attainments or rich teaching experience. It can attract talents by offering competitive salary package, good working environment and development space. For current physical education teachers, colleges and universities should encourage and support physical education teachers to participate in various forms of continuing education and professional training, such as domestic and foreign research, academic seminars, special lectures, etc., in order to continuously improve teachers' professional knowledge and teaching skills. Establish interdisciplinary and interdisciplinary teaching teams, promote the exchange and cooperation between teachers with different professional backgrounds, jointly develop courses, and improve the comprehensive benefits of teaching. In addition, we should strengthen the professional ethics education of PE teachers, set up good teacher ethics, influence students through the power of example, and cultivate students' sportsmanship and moral quality.

2.4 Expand the physical education platform and carry out practical teaching

College students face the dual pressure of employment and study, especially with the development of the Internet era, communication with people and solving problems mostly rely on the Internet, resulting in many students unwilling to communicate with people in real life, unable to improve their comprehensive ability, and unable to adapt to social development. Therefore, physical education should allow students to go outdoors through sports, let students feel the social situation in the process of sports, learn to communicate and cooperate with others, promote students to follow the idea of lifelong sports and lifelong education through practical teaching, and improve the comprehensive quality of students.

For example, colleges and universities can hold various sports events to improve the popularity of physical education; It can strengthen cooperation with surrounding schools and communities, share sports education resources, and establish cooperative relations with amateur teams and sports organizations in society. Since the members of these organizations come from all walks of life, they can guide students to understand career development prospects and get employment advice in sports, so that students can establish correct ideas and concepts. Thus enlighten students' health consciousness and promote the popularization and development of physical education

3. Conclusions

In short, under the background of sports power strategy, college sports education should be based on the training of high-quality talents and competitive sports reserve force, college sports education should be reformed in the course content, teaching methods, teachers and social practice in various aspects, only in this way, can contribute to the realization of sports power strategy goal.

References:

- [1] Liu Zhiguo. Exploration of innovative thinking in College Physical Education under the background of "Internet + Education" -- Review of the Construction of Physical Education Teaching System from the Internet Perspective [J]. Chinese science and technology papers, 2022 (5)
- [2] Chen Jing. Higher vocational Physical Education Curriculum Reform under the background of "Healthy China 2030" Planning Outline [J]. Journal of Shandong Vocational and Technical College of Commerce, 2019 (1)
- [3] Yan Shuqin. Research on Innovation of physical education teaching in Higher vocational Colleges under the background of Healthy China Action [J]. Journal of Qiqihar Teachers College, 2019 (5)
- [4] Chen Xi. Research on Physical education teaching Reform in Higher vocational colleges under the background of health literacy [J]. Youth Sports, 2020 (9)

About the author:

Liping Qin(1993-), female, Tujia, Laifeng County, Enshi Prefecture, Hubei Province, master student. Research direction: Physical education and training, sports psychology.