

Analysis on the Reform of College Physical Education in China from the Perspective of Lifelong Physical Education

Xiaoming Liu

Qingdao Vocational and Technical College of Hotel Management, Qingdao 266100, China.

Abstract: In the 1960s, the idea of lifelong sports was put forward, and in the 1990s, this idea became the main central concept of my country's sports reform and development. The idea of lifelong sports mainly refers to the basic idea that human beings have in lifelong sports training and physical education. At present, my country's economic level and science and technology are constantly developing, but people's own health is gradually declining. The reason why relevant departments put forward the idea of lifelong sports and comprehensive fitness is to advocate the people to develop the habit of physical exercise. In this way, the body of the people will be gradually healthy. In college sports, if the idea of lifelong sports can be incorporated into teaching, it can not only make college students aware of the necessity of sports, and then form a better habit of physical exercise, it can also help college students understand physical exercise. There are more long-term planning and development. This article aims to deeply analyze the teaching reform of college physical education in my country from the perspective of lifelong physical education.

Keywords: Lifelong Physical Education Thought; College Physical Education; Teaching Reform

Introduction

From the perspective of lifelong physical education, to complete the teaching reform of college physical education, we must first clarify the actual content of lifelong physical education and the actual meaning contained in the thought of lifelong physical education^[1]. According to the relevant data, in the current teaching of school physical education in China, the actual connotations mainly include physical education curriculum, sports technology, sports theory and sports common sense, etc. on the other hand, the thought of life-long sports is mainly connected with the internal and external factors of people's activities, social conditions, morality and art. The ultimate goal of the idea of lifelong sports is to hope that students can make use of lifelong sports courses and lifelong sports to integrate into the current society, so that the development of students' physical quality can keep up with the development of the current society. But in fact, although people are aware of the importance of physical exercise and lifelong physical education, few of them often exercise, which makes lifelong physical education become empty talk. But even so, the demand for human health and sports is one of the main cornerstones of the development of lifelong sports. How to make college students devote themselves to sports and continue the exercise to achieve the goal of life-long sports education, so that life-long sports education affects the future development route of college students? this is the main goal of physical education in colleges and universities. In order to achieve this goal, it is the main task of college physical education in our country to use the thought of lifelong physical education to carry out reform and let students form sustainable sports habits. It is also one of the main educational strategic decisions of college physical education in our country.

1. The idea of lifelong physical education

The idea of lifelong sports mainly refers to the awareness of physical exercise that runs through people's whole life. In addition, the idea of lifelong sports requires people to consciously form, independently execute and follow it all their lives^[2]. There are two main reasons for the birth of the idea of lifelong sports: firstly, with the increasing development of science and technology in China, the work that people used to do can now be replaced by machines; secondly, because of the fast pace of

life in our society and people. In many people engaged in mental work, the performance of lifelong physical education is particularly prominent, because these people engaged in mental work is very special, in the daily work is also very lack of opportunities for physical exercise, so this part of the people will urgently need lifelong physical exercise.

2. The relationship between college physical education and lifelong physical education

According to the current actual situation, there are still many problems in the concept of physical education in most universities in China, which makes the theoretical system of physical education not complete^[3]. However, if the college PE education is reformed at this time and the thought of lifelong PE is integrated into it, it will not only meet the requirements of college education under the characteristic development path of Our country, but also help college students form the consciousness and behavior habits of lifelong PE. Moreover, it can also accord with the characteristics of the current college students' psychological quality and physical quality, and is also the main aspect of the reform and innovation of the theoretical system of college physical education. Besides, lifelong physical education is not only the product of the continuous development of physical education, but also plays a mutually promoting relationship between the two. Building lifelong sports habits in college will also affect the career development path of college students after graduation. It can be said that the influence of lifelong sports thinking on college students is positive, scientific and positive.

3. The importance of lifelong physical education in college physical education.

For the physical education teaching of college students, the fundamental goal of using lifelong physical education is mainly the following two: first, to make the body of college students get exercise in the stage of college, and this exercise is scientific and healthy. Second, make college students form better physical exercise habits^[4]. In the process of college learning, the constant habit of physical exercise makes the body of college students stronger and healthier, and makes their personality and life attitude more positive, optimistic and upward. And the idea of lifelong physical education into the curriculum of college physical education can promote the school physical education to improve its own teaching theory system. It can make the physical education curriculum gradually transition from the original sports theory knowledge curriculum to the sports consciousness and sports spirit of the teaching recipient, so as to realize the purpose of connecting educational movement with social movement, which is the most missing part of the key content in the traditional sports teaching theory system of our country. To sum up, in colleges and universities sports curriculum of lifelong sports idea, you can let college students to develop lifelong sports consciousness, and can change the students original unhealthy living habits, and then in a certain range extension of the individual life cycle, make more healthy, efficient, durable high-level personnel make a corresponding contribution to society. This is also the most valuable teaching significance in college physical education.

4. The strategy of college PE teaching reform in China from the perspective of lifelong PE thought

4.1 Promote the support of teaching funds and the improvement of the management system

In order to improve the management system of university physical education, it is necessary to formulate a set of relatively safe protection strategies, and the leadership of the university must strictly implement this protection strategy^[5]. In the actual implementation process, the leadership of colleges and universities can mobilize in-service PE teachers and counselors, combine the participation and support of the society and parents of students, and extensively listen to good opinions and suggestions. At the same time, a comprehensive consideration of the impact of safety accidents and preventive measures. Secondly, the preparation of teaching funds is also particularly important. Only the leadership will own idea change, make their own concept innovation, boost spending to university sports education career, improve the environment of the university sports exercise, make the college students in sports exercise has perfect safety protection facilities, from the

aspects of complete material to cultivate college students' lifelong sports consciousness.

4.2 Change the teaching concept of university teachers

If college students want to have the idea of lifelong physical education, it is necessary to make university leaders and college physical education teachers change their own teaching ideas and concepts, and pay attention to the cultivation of interest of college students^[6]. Need to pay attention to the concrete has the following two aspects: first, college sports teachers should refocus its own responsibility and work planning, improvement and innovation of teaching methods, in the process of teaching, college sports teachers can also with some team project to make teaching atmosphere has changed, in addition, the project team can also make students have good cooperation and team consciousness. Secondly, college PE teachers should consider the differences between boys and girls comprehensively. In the actual education process, college PE teachers can change female students' sports into cheerleading or aerobics and so on, and male students' sports can change into football, martial arts and so on. This method can not only adapt to the needs of each student, but also make teachers' own courses more targeted, so as to cultivate students' interest and enthusiasm for physical exercise. In addition, targeted training can deepen students' interest and understanding of physical exercise, so that they will become a habit of exercise, and gradually implant the idea of lifelong exercise into every student.

4.3 Unremittingly promote the improvement of educational content

In the actual teaching process of college physical education, if students want to form a good habit of lifelong exercise and have good physical literacy, it is necessary to constantly reform the teaching content^[7]. In general, non-competitive sports are not limited by sports equipment, space, time and students' physical literacy, such as taijiquan, shuttlecock kicking, fun sports and so on. Therefore, compared with competitive sports, non-competitive sports will not cause physical damage to students, and non-competitive sports are also easy to carry out. Therefore, non-competitive sports can also be included in the school sports curriculum, and school physical education teachers can correspondingly include some other competitive sports after a period of non-competitive sports exercise. In addition, universities can also set up sports in the physical education curriculum and change it from the original single course selection mode to multiple course selection mode, so that students can choose one or two sports according to their interests, and achieve systematic learning and training.

4.4 The combination of theory and practice

In the context of the Chinese traditional sports teaching method, most of the teachers focus on practice, and the basic knowledge of sports is ignored, the way is still the non-computer majors or demonstration, it doesn't actually put the teaching function into play, and easy to make students conflict mentality for sports. Therefore, when PE teachers are teaching, they should arrange the process of PE project scientifically and reasonably, and combine the theory and practice of PE with each other, systematically explain the theoretical knowledge of PE for students, and then rely on advanced teaching auxiliary methods, such as multimedia demonstration teaching and so on. Physical education teachers should not only let students understand and master the correct training process of sports events and self-protection methods in case of emergencies, but also let students understand the inherent meaning and sportsmanship in sports^[8]. Only when physical education teachers are really integrated into students' physical education courses can they mobilize students' interest and enthusiasm in sports to the greatest extent. After the end of the physical education theory, the physical education teacher should quickly let the students carry on the physical education practice, the teacher should guide the students, and timely encourage and help the students to strengthen the sense of achievement of the students. In addition, the university course in setting up sports practice, deal with the cultivation of the student's physical quality and athletic ability, and each student should be mutual combination of specific circumstances and interests, to set up some convenient and can achieve continuous teaching of sports, such as, swimming, dancing, and so on. Only in the theoretical knowledge of sports to do a systematic explanation, combined with the practice of actual sports events, in order to let students have a more rational cognition of sports, in order to let students more interested in sports events and actively involved in physical exercise. Only in this way can we help students to form lifelong sports thoughts better.

Conclusion

In the teaching process of college physical education, the role of college physical education teachers is to do a good job of demonstration and guidance for students, and help students to improve their theoretical knowledge of physical education, improve students' physical professional action, so that students from the ideological affirmation and recognition of sports. As for the thought of lifelong physical education, it is of great significance to college physical education in China. To some extent, the thought of lifelong physical education can also improve the gross national happiness of Our country. Under the requirements of the new era, the university sports teaching have a certain degree of innovation, the university physical education teachers and students can at teaching more equal, harmonious, relaxed, and college sports teachers and students also can use positive attitude to professor sports and learning, which can help students form good exercise habits, Lay a solid foundation for college students to cultivate lifelong sports consciousness.

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