

Cognitive and Practical Research on Exercise Load of Public PE Courses in Colleges and Universities

Wenshan Wei¹, Juntao Zhuang², Lixin He^{3*}

Shandong Agricultural University, Shandong, China, Taian 271000

Abstract: With the deepening of the “Internet +” era, the emergence of high-tech products is also an endless stream, people travel, entertainment has changed, in the students’ daily life gradually enriched at the same time, but also to their physical quality brought many disadvantages. According to domestic statistics, through literature review, it can be found that the physical health degree of teenagers in China is declining year by year. Due to comprehensive reasons, in order to ensure the safety of students and the pursuit of a relaxed and pleasant atmosphere in sports class, the exercise load of students is greatly reduced. “Healthy China 2030” plan outline clearly put forward “strengthen health education in schools. Health education shall be incorporated into the national education system and made an important part of quality-oriented education at all levels of education “ The content and method of load research, and finally draw the conclusion that reasonable exercise load has practical significance under the background of the current students physical quality decline.

Keywords: College physical education; Exercise load; Its implementation; Teaching

Introduction: With the continuous development of The Times, the progress of science and technology, people use in high-tech products (such as mobile phone, computer) more and more time, basically no exercise after class, and with the national curriculum reform further, many colleges and universities physical education teachers change the traditional PE teaching consciousness, in the guiding ideology of “health is the first” new type of physical education teaching^[1]. It has been proved that this experimental reform has achieved fruitful results but also brought many corresponding problems. Emerging sports teaching change always serious traditional PE teaching, teachers are more inclined to for students to build a relatively more relaxed and happy classroom atmosphere, the relaxing teaching atmosphere to a certain extent, improve the learning enthusiasm of students of physical education curriculum, physical education, but also produced many new problems. While ensuring that students have a more pleasant course experience, many students basically cannot achieve the amount of exercise they should in PE class, and the exercise load is not up to the standard, which leads to a significant decline in students’ physical health quality.

1. The significance of exercise load

Sports load is to point to in ordinary sports process, the physiological load that human body place must bear. In short, it is the tension and exertion of the body. The load size is measured by physical data and data, among which physical data refers to the speed and distance of running in our daily life, the height of high jump and the distance of long jump, etc. Another kind of physiological data refers to the heart rate, vital capacity and blood lactic acid level of the exerciser during high-intensity exercise^[2].

Exercise intensity is defined as: the amount of exercise completed per unit of time, the tension of the body and the strength of the muscles of the whole body. Speed and negative weight are the main factors affecting exercise intensity in practice. For example the student is in after jogging 3 minutes, its heart rate is in 128 / minute left and right sides, give a little bit faster than usual only, and if be to be in undertake 100 meters fast after running instantly heart rate will achieve 180 times/minute above, can feel the acuteness beat of the heart apparently, this shows the difference of both sports intensity.

2. Classroom situation of public PE course in colleges and universities

Relevant departments of the students’ physical fitness survey results found that college students in all aspects of the physical quality of the level of continuous decline, such as lung capacity, muscle, endurance and other aspects of the presence of an obvious decline. On the contrary, the number of myopia and obesity continues to increase^[3]. College students have weak will, fear hardship and worry about being involved. In the physical education class, many students have a psychological resistance, slow and inflexible action, sports ability plummets, in the general training is still prone to sports injuries such as fractures, sprains and so on. In the current physical education teaching, most of the teachers as the center of the safety first, to build a relaxed and happy classroom atmosphere for students, think that as long as the students in the classroom can play happily, a most of the teachers therefore ignore the amount of exercise, largely reduces the exercise load, lack of physical exercise.

3. Set up reasonable exercise load thought the meaning of school physical education teaching is a process with the longest teaching.

From the moment when students step into primary school, until they enter the classroom in college, no matter what their physical condition is before entering college, when they step out of school, they should have a rich knowledge mind and a strong body to face the next social tests. Using reasonable exercise load in teaching is one of the characteristics that physical education teachers should have. Whether the Ministry of Education can skillfully arrange reasonable exercise load is the symbol of evaluating the success of PHYSICAL education. Based on the analysis to our country in recent years of youth physical quality report found that the obesity in

adolescents, and vision problems of students is growing rapidly at a furious pace, physical quality tests have a downward trend for 20 years, the most painful is, the conscription examination qualified rate is also our country declined year by year, this will affect the development of the military in our country in the future. After considering the influence of many aspects, the country carried out the reform of physical education curriculum, and further implemented the state about strengthening students' physique, which makes the teaching of physical education curriculum a heavy task.^[4]

4. Ensure the reasonable exercise load way

Physiological load and psychological load and teachers need to pay attention to the students' degree of physiological load and psychological load, and the content of textbooks should be based on the teaching material and students' actual situation, analysis of the combination and then determine reasonable sports load. (1) when the student movement load exceeds the reasonable range, easy to make students feel tired, the more serious will cause harm students their own safety, make students produce psychological resistance to sports^[5]. (2) when the load is lower than the reasonable scope, no effective exercise, students' body constitution will not strengthened, at the same time make students lose interest in sports also. Therefore, teachers should also pay attention to the students' degree of physiological load and psychological load, implementation "health first" principle, to promote the healthy growth of students better^[6].

Reasonable sports load to students to develop the degree of sports load as the key to give priority to with students actual feeling. In the process of sports, teachers should pay more attention to students' subjective feelings, and appropriately use the method of inquiry, observation to master the situation of students. On the basis of the data, teachers can summarize, gradually enrich their experience, accurately grasp the range of exercise load that students can accept, and make timely adjustment, so that the exercise load of each PE class is within the reasonable range that students can accept.^[7]

5. Conclusion

Under the background of the current students' physical quality decline, the reasonable sports load has a realistic significance. Therefore, teachers should pay close attention to students' physical condition and firmly establish the guiding ideology of "health first" in the curriculum of public physical education in colleges and universities. Adjust classroom contents and teaching methods in time to enhance students' practical ability; Improve students' awareness of fitness and strengthen the function of fitness education. At the same time, the teacher must pay attention to the students' physiological and psychological load, to students' development as the center, to understand individual differences, and use some methods to understand students' exercise load can withstand, and make timely adjust, make college sports load related knowledge in practice in place, promote the students' health quality, achieve the goal of physical education curriculum, the education reform deeply, We will promote the development of public PE courses in colleges and universities.

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- [7] To fly on Monday. Evaluation and Practice Ability of College STUDENTS majoring in PHYSICAL Education.

About the author:

First author: Wenshan Wei , male, associate professor, born in Qingdao, Shandong province, 1966.01 Research direction: Physical education teaching, physical training.

Second author: Juntao Zhuang

Third author: * Corresponding author: Lixin He. Female, professor, in Lanling, Shandong province, 1966.09, research direction: physical education teaching, sports sociology.