

Research on the Optimization Strategy of College Physical Education Teaching under the Construction of Healthy China

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Abstract: Under the strategic background of healthy China, the construction of physical education classes in colleges and universities can play an important role in improving the health level of the people. Improving the system of physical education teaching in colleges and universities can enhance the effectiveness of physical education teaching, promote the reform of physical education in colleges and universities, optimize the current concept of physical education teaching, help college students cultivate good sports habits, stimulate their sports awareness, and enable them to attach importance to sports. At the same time, colleges and universities need to optimize and reform the teaching according to the actual situation of the current physical education teaching classroom, so as to give full play to the role of physical education teaching in colleges and universities in promoting the healthy China strategy.

Keywords: Healthy China; College Physical Education; Teaching Optimization

Introduction

Under the influence of the healthy China strategy, colleges and universities are paying more and more attention to the reform and optimization of physical education teaching. In the practice of physical education teaching in colleges and universities, it is necessary to improve the education system, stimulate students' sports awareness, enable students to recognize the importance of sports, enable students to actively participate in physical education teaching in the classroom, improve students' personal sports ability, and exercise their physical literacy, Enhance the overall quality of students and promote the process of the healthy China strategy.

1. Healthy China concept

Health is the basis of human social activities in modern society, and it will also have a certain impact on economic development. With the improvement of people's living standards in modern society, people pay more and more attention to personal health. In the past, although colleges and universities attached great importance to the exercise of College Students' physical quality, there was no unified health assessment standard. In the process of assessing college students' physical quality, it may be affected by some factors. At the same time, there are certain differences in students' physical quality. When setting assessment standards, if a unified assessment standard is adopted, it may lead to inaccurate physical quality assessment, It is impossible to grasp the physical quality of college students. In the 19th National Congress of the Communist Party of China, healthy China was regarded as a national strategy, and great importance was attached to the promotion of the strategy of healthy China to improve the overall health level of the people. In practicing the concept of healthy China, we should not only pay attention to individual physical health, but also individual mental health. Therefore, in the process of physical education teaching in colleges and universities, we should not only pay attention to the improvement of students' physical quality, but also pay attention to students' psychological and spiritual health. The concept of healthy China justice can show the health awareness of our people, which will improve with the improvement of living standards. Therefore, when carrying out physical education teaching, colleges and universities should firmly adhere to the concept of healthy China, constantly reform and optimize teaching, achieve good teaching quality, adopt teaching programs that conform to the actual situation of students and social development, teach students, implement the concept of healthy China, improve the health

level of all students, and promote the process of healthy China^[1].

2. The present situation of physical education teaching in colleges and Universities

2.1 Overemphasize skills and neglect theoretical education

When colleges and universities carry out physical education classes, they constantly optimize the teaching system in the process of teaching. At present, when most colleges and universities prepare physical education lessons, they focus on training students' physical quality, lack of attention to students' health literacy, and can not achieve a certain effect. At the same time, some colleges and universities set relatively few physical education classes. Teachers pay attention to cultivating students' physical skills in class. In this process, students' physical quality may be improved to a certain extent, but they cannot have a deep understanding of the theory of sports. In this kind of teaching, which lacks health elements and only pays attention to them, most students think that sports is a subject to exercise their physical quality. They fail to integrate the concept of "healthy China" into their study and life, which can not effectively stimulate students' awareness of health care. Students can not correct their learning attitude in physical education classes, which greatly reduces the learning effect of students in the process of Physical Education Teaching^[2].

In addition, physical education teaching in colleges and universities is increasingly focusing on physical practice, ignoring the importance of theoretical teaching. Under the influence of this teaching method, students may learn certain physical skills and exercise their physical fitness. However, there is a lack of teaching of theoretical knowledge, which does not guide students to establish a healthy concept, and students can not integrate the concept of healthy life into their daily life. It has played a limited role in promoting the healthy China strategy. After learning the skills in physical education classes, most students in colleges and universities, even if they can master the professional skills of physical education, do not understand how to exercise reasonably in their daily life, and students will not realize the importance of daily exercise to their health level. It may occur that students operate improperly in the process of daily exercise, which will lead to some physical injuries, which will affect students' motivation for daily exercise, It will also affect students' learning in the classroom. Therefore, physical education teachers in colleges and universities should not only focus on the teaching of physical skills, but also pay attention to the guidance of theory, guide students to attach importance to the concept of healthy life, so that students can learn how to exercise scientifically and stimulate students' health awareness, so as to promote the process of the healthy China strategy^[3].

2.2 Attach importance to students' personal physique and despise talent training

At present, in the process of physical education classes in colleges and universities, students are regularly tested for their physique to have a certain understanding of their personal physique. Under the influence of physical fitness tests, schools will also pay more and more attention to the importance of physical education to students, create a good environment for students' physical education classes, and encourage students to actively take physical exercises. However, the physical quality of college students is constantly decreasing, which is precisely caused by the daily habits of students. At the same time, students do not know how to exercise scientifically and systematically in physical education classes. In order to guide students to continuously improve their personal physical quality, colleges and universities are paying more and more attention to system testing, so that students can realize the importance of improving their physical quality in daily learning. However, in the process of improving students' physical quality, formalism may appear in some schools. When facing students' physical fitness tests, some physical education teachers only deal with things, without measuring and evaluating students' physical fitness according to their actual conditions. Therefore, the results of students' physical fitness assessment do not conform to the objective facts of students^[4].

In addition, some schools pay too much attention to the evaluation of students' physical quality. Some colleges and universities regard the evaluation of students' physical quality as the standard of competition and the standard of evaluating teachers' teaching work. This standard is not objective and may have a certain impact on physical education teaching. Under this influence, teachers attach too much importance to students' physical fitness test and neglect the teaching of physical education knowledge. It will have a negative impact on the improvement of students' personal sports literacy. At the same time, some colleges and universities do not carry out teaching planning in advance and set certain teaching goals according to the development stage of students, so the teaching effect in class is not obvious. In order to improve students' physical fitness test results, teachers excessively let students exercise their physical fitness. Although students' personal quality will be improved to a certain extent, students can not realize the concept of healthy life, nor can they have a certain understanding of sports culture, resulting in certain restrictions on students' Sports literacy ^[5].

3. Strategies of College Physical Education under the background of healthy China strategy

3.1 The establishment of physical education teaching objectives in colleges and Universities

Under the strategic background of healthy China, college physical education needs to meet this strategic goal, optimize physical education teaching and set up correct teaching objectives, stimulate students' health awareness, students can feel the importance of healthy life in classroom teaching, and students will consciously take physical exercise in daily life to improve their health. Learn scientific exercise methods in class, Exercise the professional skills of physical education classes, let students learn the professional knowledge of physical education classes, and at the same time, they can also develop good exercise habits, so as to improve the timeliness of college physical education classes. Set up correct teaching objectives, and throughout the whole process of classroom teaching, design teaching plans for students according to their differences, improve students' personal core qualities, and improve the teaching system of physical education teaching. Under the concept of healthy life, students can play their main role to the greatest extent in physical education classes, respect the different characteristics of different students, have targeted classroom training for students, meet the personal needs of different students, so that students can be full of confidence in physical education teaching and sports, and be full of sports motivation and vitality in the classroom. Students are full of enthusiasm in the process of physical education teaching, the classroom will be more efficient, and students will also carry out scientific exercises after class, so that students can carry out the concept of health in their daily life and effectively improve the health level of all students ^[6].

3.2 The choice of the main body of College Physical Education Classroom

Students are the objects of physical education teaching, and should play a main role in daily physical education classes. Teachers need to leave sufficient free space for students, so that students can independently study physical education, assist students in class, and guide students to master scientific physical training knowledge. Taking students as the main body of college physical education classes can exercise students' subjective consciousness, enable students to learn sports knowledge independently and form good habits, and help them exercise in daily life after class and improve their health level. In addition, when choosing the teaching content of the classroom, teachers should not only teach the theoretical knowledge of physical education, but also practice physical education for students, so as to effectively integrate practice and theory. Maximize the effect of physical education teaching and improve the learning quality of students in physical education classroom. When PE teachers prepare lessons, they need to determine the goals and motivation of students' PE Learning in the teaching plan, so as to help students improve themselves. For example, some students are to improve their personal quality, some students are to entertain, and some students are to pursue this lifestyle. Therefore, teachers need to enrich classroom teaching methods and contents according to the differences in students' needs, meet students' needs, achieve the implementation goal of the concept

of health, enable students to develop in an all-round way, and constantly promote the realization of the strategic goal of healthy China. In addition, when designing physical education courses, college physical education teachers need to meet the development needs of students according to their differences and diversity, and formulate diversified physical education courses from the perspectives of physiology, psychology and society, so that students can adapt to optimized physical education courses, meet their own needs, and improve their core qualities. In this process, students' ability of independent learning can be improved, so that students can actively think in the process of learning, and meet the needs of students' personal development. Therefore, in the process of carrying out teaching activities, college physical education teachers need to guide students in time, guide students to establish correct health awareness, help students in stages in class, and set a reasonable exercise cycle. Slowly improve students' sports needs for themselves, constantly improve students' Sports literacy, and achieve the goal of promoting the strategic process of healthy China ^[7].

3.3 Optimizing the evaluation system of teaching

Under the strategic background of healthy China, colleges and universities need to optimize the evaluation system in the process of physical education teaching, so as to reflect the effect of physical education and health teaching. At present, most colleges and universities put the teaching evaluation system in theory, which can not meet the actual needs of evaluation. Therefore, colleges and universities need to improve the teaching evaluation system in time, diversify the evaluation system, attach importance to students' personal abilities, establish an evaluation mechanism for physical education courses and healthy life, and use the form of examination papers to test students' physical education knowledge and health knowledge, understand students' mastery of knowledge, and balance the proportion of theory and practice in the teaching system. In the practical evaluation, the evaluation of students' individual sports level in all aspects and the evaluation of basic exercise ability can be added. For example, in basketball, students not only need to skillfully understand and master the skills in basketball, but also need to understand the basic knowledge of basketball. Only in this way can we objectively and comprehensively evaluate the learning process of students, and in this process, we can also help students build up confidence in sports learning. In the context of healthy China, improving the evaluation system of teaching can promote the development of students' physical health and physical health ^[8].

Concluding remarks

Under the concept of healthy China, it can reflect the important significance of College Physical Education in the concept of health and optimize the teaching mode of college physical education. colleges and universities need to assume the responsibility of promoting the process of the healthy China strategy, enrich the teaching contents and forms in college physical education classes, improve the teaching evaluation system, so that students can find self-confidence in the process of physical education learning, develop good sports habits in daily life, improve the sports level of sports, promote the improvement of the health level of all students, and effectively combine physical education and health education, Achieving good results.

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