

Research on the Reform Path of College Physical Education under the Background of Sports Education Integration

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Abstract: Physical education teaching reform is helpful to improve the quality of college physical education. In order to further promote the integration of sports and education to the in-depth development, promote the construction of characteristic specialties in colleges and universities, at the same time for the innovation of college sports personnel training mode, training more high-quality sports professionals. Therefore, this paper summarizes the reform path of college physical education under the background of the integration of physical education, hoping to optimize the classroom teaching content and provide help for college physical education teachers to carry out corresponding teaching activities.

Keywords: Physical education integration; College sports; Teaching reform; The path

Introduction

The integration of physical education is of great significance to improving the quality of physical education and talent training. The reform plan of undergraduate physical education teaching not only improves the professional quality of physical education teachers in colleges and universities, but also promotes the professional level of college teachers.

1. The practical dilemma of “integration of sports and education” in the course of college physical education reform

1.1 Lack of integration of learning demands leads to learning identity dilemma

In order to meet the needs of students' sports learning, promoting the “integration of sports and education” is the basis of carrying out high-quality teaching under the background of sports reform. However, the current colleges and universities do not carry on the construction of physical education curriculum from the perspective of college students, it is difficult to cause college students to have a correct understanding of physical education. The first is “teacher-led” thinking. College sports rely on teachers' guidance from planning to teaching evaluation, ignoring students' realistic thinking. Second, lack of physical education inside and outside the classroom integration, effectively cultivate students' interest in sports. At present, there is a lack of overall integration of physical education teaching, extracurricular training, competitions and club activities in schools, thus affecting the overall education effect [1].

1.2 Lack of teaching evaluation mechanism innovation

At present, the evaluation system of physical education in colleges and universities is relatively simple and lacks all-round educational function of physical education. Physical education evaluation is still based on physical test results and sports skills, lack of effective training on sports learning attitude and spirit, thus restricting the realization of diversification of sports education. On the other hand, there is no school-based curriculum system in line with the characteristics of the school, and there is no sound “ecological chain”. In addition, at present, Chinese colleges and universities have not established a complete school-based curriculum system in the process of implementing physical education integration, which affects the orderly promotion of physical education reform.

2. The reform path of college physical education under the background of sports education integration

2.1 To “educate people comprehensively” as the goal, promote students to generate sports literacy

Sports literacy covers many dimensions such as students' sports morality, sports skills and healthy habits. It is a major way to break through the barriers of school education integration, carry out the idea of “integration of sports and education” and implement diversified educational objectives. First, the construction of in-depth sports education system, improve the athletic ability of college students. Among them, based on the construction of in-depth physical education classroom, we should give full play to the advantages of smart teaching such as micro class and multimedia, reasonably change physical education knowledge and skills, let students understand the rules of physical education, and discover the diversity of physical education learning. Second, the construction of daily sports mechanism to cultivate students' good sports habits. Extending physical education activities to life is an effective way to improve college students' concept of physical fitness and make it more prominent^[2]. Thirdly, in the process of comprehensively practicing the “integration of sports and education”, physical education should deeply explore the various educational functions contained in physical education curriculum, create the teaching situation integrating “German and physical”, train students to experience and feel the logic of sports ethics, so as to improve individual sports ethics in an all-round way.

2.2 A shift in problem-oriented teaching methods

In the curriculum reform, it is proposed to change the teaching method of physical education with the orientation of problem, design the teaching content with the orientation of problem, and realize the change of students' learning mode through the improvement of students' independent learning experience and practical ability. The training of sports talents should be problem oriented. In class, teachers should actively advocate and help students to use existing knowledge and constantly explore new ways to solve problems. In teaching, teachers can adopt the way of discussion teaching and group cooperation to realize the communication and interaction between teachers and students, and fully mobilize the enthusiasm and initiative of students in learning. Before class, the teacher will carefully prepare for each class content; With teacher-student interaction as the core; Classroom learning content and practice form use interactive, heuristic and other ways to carry out teaching practice; Let students design their own exercises. Using flipped classroom to teach, improve the level of courseware making and teaching effect.

2.3 With teacher-student interaction as the core, improve the efficiency of classroom teaching

The role of teachers in the classroom is not omnipotent, it is not the only factor that determines the interaction between teachers and students. Teachers should give timely responses and guidance to students' problems, encourage, praise, criticize and other ways to help students solve problems and cultivate students' team spirit. This team spirit should contain three aspects: first, teachers should have enough time to guide students to self-reflection; Secondly, in the classroom, teachers should pay attention to whether there is a conflict between the content and discussion, so as to find the best teaching strategy; Students participate in the discussion, so that students can better use the knowledge they have learned in class, so as to improve learning efficiency.

3. Peroration

Because the integration of physical education involves relatively more teaching content and difficult teaching tasks, colleges and universities must constantly strengthen the construction of physical education teachers and professional construction, improve the quality of teachers and teaching level. This needs to fundamentally improve the quality of talent training and increase investment. This is not only the need of improving the quality of colleges and universities, but also the inevitable requirement of their development.

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