

# On the Teaching Mode of Creative Thinking in College Physical Education Training

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**Abstract:** At present, with the rapid development and progress of China's economy and science and technology in all aspects, people's quality of life and living standard have higher requirements for the quality and level of education, not only in school education, but also for the content of courses arranged in class. In the process of college physical education teaching, students' physical quality is emphasized. Therefore, in the process of college physical education training, we should, like other college culture courses, devote ourselves to cultivating and improving students' creativity and creative thinking. This paper mainly expounds the function, significance, existing problems and solving strategies of the application of creative thinking teaching mode in the process of college physical education and training.

**Keywords:** Sports; Training; Creative Thinking; Teaching Model

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## Foreword

At present, our country pays more and more attention to the cultivation of students' comprehensive quality, especially college students. Therefore, in the process of college education and teaching, the emphasis on sports has also changed unprecedentedly. The teaching mode of physical education curriculum has also been constantly innovated. The traditional physical education teaching mode pays too much attention to a single physical training. However, the current teaching mode of creative thinking is gradually becoming popular. This teaching mode can not only make students' physical quality get a good exercise and improvement, but also has a crucial role and impact on students' daily behavior and thinking training.

## 1. The Role of Physical Education and Training in Colleges and Universities

### 1.1 Functions of physical fitness

In the process of college physical education and training, the most basic and key function is to strengthen the body. This function is mainly to carry out targeted exercise for students' physical activity and body movements, so that students can learn to strengthen their physical ability through different methods and actions, and finally obtain a healthy body, which is also the main purpose of physical education teaching.

### 1.2 Entertainment and competitive functions

The so-called recreational sports function mainly refers to the various sports competitions that currently exist. The appearance of these competitive sports can make ordinary college students feel the leisure and entertainment of sports activities. Different sports have different functions, which is a hobby and interest for those who love sports. It is also one of the main ways for them to have leisure and entertainment, and an important way to keep fit.

## 2. The Important Role of Creative Thinking Mode in College Physical Education Training

### 2.1 The application of creative thinking mode helps students stimulate potential thinking power

At present, the teaching mode of creative thinking is a kind of teaching mode that is more recognized and popular in to-

day's society. In the process of college physical education teaching and training, this mode needs to be fully and appropriately integrated into the specific teaching process, which can maximize the development of students' thinking potential, stimulate the students' own thinking potential, and the already stimulated thinking potential can also be spread and expanded. Students can learn to think about problems from different angles and at different levels, and learn to get different answers from the perspective of a problem, so as to fundamentally change students' past single behavior habits of solving and thinking problems. Therefore, the integration of creative thinking teaching mode in the process of college physical education training can cultivate and improve students' creative thinking and creative ability to the greatest extent, which also directly improves the quality and effect of college physical education courses.

### **3. Defects and deficiencies in the process of fully integrating creative thinking in college physical education training**

#### **3.1 Teachers lack corresponding theoretical knowledge**

Although at present, China has made many reforms in education, and students' dominant position in the classroom has been further improved, it is equally important for physical education courses that students actively participate in learning skills activities and teachers guide students' activities. Before class, physical education teachers must make full preparations. Only complete and scientific preparations can make the teaching process more smooth, pay attention to the problems of each student in the process of independent learning and exploration, and their most real state, and formulate personalized requirements based on the differences of different students, and carry out differentiated education on the basis of understanding, respecting and caring for students. And then launch the corresponding sports training activities. However, at present, teachers' mastery of the theoretical knowledge of creative thinking is relatively poor, and they can not understand or understand the profound connotation of physical education teaching reform. Under the guidance of such a thinking concept, teachers will ignore the development of students' personality, directly and simply impart theoretical knowledge to students, and have no real understanding of the teaching content. In the long run, the quality and efficiency of physical education teaching in colleges and universities will inevitably decline precipitously.

#### **3.2 Colleges and universities do not pay enough attention to the application of creative thinking in the teaching and training process of physical education for the teaching mode of creative thinking**

In the process of physical education training in many colleges and universities, it is only to complete a certain physical fitness test of college students, and does not take college physical education as a course to improve students' comprehensive quality. This problem can be seen that some colleges and universities need to pay more attention to physical education, which makes college physical education and training activities relatively remote in the process of college system development. There is deviation in the input of various facilities and equipment. In addition, it is also an important problem that the guiding ideology of college physical education does not conform to the current economic and social development. In particular, under the background that the whole society is focusing on building the concept of healthy sports and lifelong education, the concept of creative thinking has not been popularized in universities, and the physical education and training activities of college students cannot correspond to the needs of the current society. Finally, it is precisely because colleges and universities do not attach importance to physical education and training activities, which leads to their relative lack of investment in software and hardware facilities of the course. For example, teachers, capital investment, teaching facilities and equipment, teaching places, curriculum system, curriculum arrangement, etc. , all of which have more or less many defects and deficiencies.

### **4. Strategies for effective integration of creative thinking mode in college physical education training**

#### **4.1 Change teachers' teaching ideas and students' learning ideas**

First of all, there is no doubt that the whole teaching is student-centered. But as a teacher, we should realize that students' single skill training can not improve their comprehensive ability and quality, and we should attach importance to the comprehensive development of students' moral, intellectual, physical, artistic and labor. For students, there should be a concept of lifelong learning. The learning of sports knowledge is not to cope with a certain exam, but to be able to learn different knowledge in the process of training, broaden their thinking and vision, change their fixed mode of thinking and solving problems, and

improve their thinking power.

#### **4.2 Fully integrate creative thinking and constantly expand the content of physical education teaching and training**

The content that students learn in the course of physical education is often relatively monotonous. In addition, college physical education is not comparable to the cultural curriculum, which leads to that students and teachers should pay more attention to physical education. For physical education teachers, they should learn more advanced theoretical knowledge, fully and perfectly integrate the creative thinking teaching mode with physical education teaching, constantly enrich and improve their teaching content and structure, and make the past single, boring and boring courses that cannot improve students' enthusiasm and interest become more vivid. In addition, in the process of physical education teaching and training, students can also closely integrate and link this course with their cultural courses, so that students can not only improve their physical fitness, but also learn some knowledge that can only be learned in cultural courses in the process of sports training. For college physical education teachers, they should not only have the professional quality of sports, but also have other knowledge.

#### **4.3 Take the teaching mode of creative thinking as the guide to fully change the means of evaluation and assessment of physical education learning**

In the process of college teaching, the examination of the results of physical education teaching is often achieved through standardized examinations. Students can only pass the exam if they get the specified score, which neglects the physical education itself and only focuses on how to pass the exam. For example, in the university, there will be long-distance running tests for women's 800 meters and men's 1000 meters, standing long jump, etc. These tests are all related to the final results of students. Under the guidance of this thought, teachers will have cognitive errors about whether students are interested in participating in sports training activities, which ultimately leads to little effect of the creative thinking teaching mode embodied by teachers in the process of education and teaching, and the creative thinking ability that students can learn in the process of sports teaching and training is also very small. Therefore, for college physical education teachers, first of all, we should improve students' enthusiasm and interest in sports training and learning, so that they can more actively participate in the process of sports training, while teaching students sports training activities with creative thinking, so that students can understand the charm of creative thinking from the process of sports learning, and improve their thinking ability.

### **5. Conclusion**

Creative thinking has its unique role and value at any time and anywhere. No matter the development of a country or an individual, it can not be separated from creative thinking. As an important talent support for national development, it is also crucial and important for college students to cultivate and improve their own creative thinking. For college physical education teaching, physical education is an important way to enhance students' creative thinking. Both teachers and students should change their own ideas, and strive to make students feel the charm of creative thinking in the process of physical education learning and training, and also improve their creative thinking ability imperceptibly.

### **References**

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