

Analysis on the Innovation of Teaching Model under the Background of College Physical Education Reform

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Abstract: With the continuous development and progress of modern quality education in China, colleges and universities are required to cultivate talents with all-round development of morality, intelligence, physique, beauty and labor in the actual teaching process. College physical education plays a vital role in students' physical and mental development, and is the main content of talent strategy training. Therefore, under the background of teaching reform, college physical education teachers should actively carry out teaching model innovation, improve teaching effect, and promote the further growth and development of students.

Keywords: College sports; Educational reform; Teaching mode; Innovative thinking

In the past college physical education teaching, teachers mostly help students improve their academic performance and complete their teaching tasks. The teaching methods used are relatively simple. However, this kind of teaching form will also have a certain impact on students' enthusiasm for sports learning, leading to students' unwilling to pay attention to participate in teaching activities. Therefore, college physical education teachers should actively carry out teaching model innovation under the background of teaching reform. Only then can we promote the improvement of teaching effect and cultivate more excellent talents.

1. Problems in traditional college physical education

1.1 Do not attach importance to the subject status of students

In the past college physical education teaching, many teachers lack the spirit of keeping pace with the times. In the actual teaching process, sports knowledge and skills is still mainly transmitted, resulting in students still being relatively passive in the learning process, which seriously affects the actual learning effect and enthusiasm of students. Some teachers did not reflect on their problems in teaching and did not adjust the teaching content in time. It leads to the lack of effective communication and exchange between teachers and students, which affects students' enthusiasm for learning and the development of college physical education.

1.2 Teaching mode

In China's current college physical education teaching, some teachers' teaching models are old and the classroom teaching atmosphere is dull. In the long run, it will cause students to lose interest in sports learning and affect the effect of sports teaching. In addition, each student's interests and learning styles are different. If the teacher adopts a single teaching form, it will have an impact on the personalized development of students. It violates the requirements of quality education and cannot help students to establish the awareness of lifelong sports.

1.3 Backward assessment form

In college physical education, teachers still use the former form of physical education assessment, focusing only on students' achievements, not on students' quality education. It violates the concept of physical education teaching and will have a certain impact on the development of students' physical education.

1.4 Backward teaching methods

In the university stage, students themselves have relatively mature ideas, and often have their own ideas. However, in the actual teaching process, many teachers still use the traditional teaching form and do not pay attention to the students' learning process,

resulting in the lack of time and space for students to think independently, which seriously affects the learning efficiency of students. In this kind of teaching, teachers only want to complete their own teaching progress and help students master sports knowledge, and do not really cultivate students' interest in learning. It will not be able to effectively implement the student-oriented requirements and fully reflect the main position of students in classroom teaching. It leads to the loss of enthusiasm of students, which is not conducive to the cultivation of students' lifelong sports ideology.

2. The Dilemma of Teaching Reform in College Physical Education

2.1 There are deficiencies in the concept

In the process of carrying out the reform of physical education, the main thing is to reform the concept of physical education, so that the concept of physical education can meet the current needs of talent training, and then adapt to the current teaching situation. However, this idea is not fully integrated into the current college physical education teaching. In the process of classroom teaching, students lack the main position. In addition, there is a certain deviation in teachers' teaching cognition, which leads to more efforts to improve Xu Sheng's interest. Therefore, it is impossible to carry out the college sports teaching reform smoothly and effectively improve students' interest and consciousness in sports. Students take it more as a course and cannot improve their comprehensive ability.

2.2 There are problems with the content

With the development and progress of modern society, students' spiritual life and material life are also gradually enriched. These students have a strong ability to accept new things, but they have a certain resistance to traditional things. If college physical education teachers do not actively carry out teaching reform in the actual teaching process, it may cause students to lose their enthusiasm and creativity in learning. However, there are still great problems in the current college physical education reform. The teachers only added some sports items, but the old teaching mode is still adopted in the end. If the combination of theory and practice is not really realized, it will not attract students' interest in learning and improve students' core literacy. In addition, in the process of carrying out physical education reform, many teachers believe that the innovative teaching mode has already completed the teaching reform. However, teachers still abuse the new teaching technology in teaching, and do not fully play their role, resulting in the students' physical practice ability can not be effectively developed.

3. The innovative strategy of teaching mode of college physical education under the background of teaching reform

3.1 Construct teaching objective system

Under the background of college physical education reform, if physical education teachers want to innovate teaching mode, they must first change their traditional teaching ideas. The Ministry of Education of the People's Republic of China has made it clear that in the process of carrying out university teaching, it is necessary to help students master sports items, exercise students' physical quality effectively, and promote students' physical and mental health development. But in the actual teaching process, most of the teachers are not very strict with the students. They pay more attention to the interests and happiness of students, and do not really understand the connotation of physical education. Therefore, this requires relevant teachers to study and confirm the objectives of college physical education and update the concept of physical education. Only by fully combining the actual teaching situation can we construct and design a more scientific and reasonable goal of physical education.

For example, college physical education teachers should fully combine teaching objectives and effectively plan teaching programs. First of all, teachers should guide students to use the time of physical education to carry out running exercises and help students improve their physical fitness. Secondly, the teacher should also lead the students to master the correct stretching action, so that the flexibility of the students' ligaments can be improved, so as not to affect the future sports training. Finally, college PE teachers should give full play to their guiding role to help students correctly use sports skills. Only in this way can students exercise in the learning process and improve their comprehensive physical quality.

3.2 Update teaching content

With the continuous development and progress of modern society, in the process of carrying out college physical education teaching, teachers should fully combine the development status of modern society and grasp the actual needs of society for sports. Only then can we update the teaching content in time and carry out more targeted teaching.

For example, many students' interest in football is not very high, resulting in their inability to truly recognize the value of football. Therefore, college physical education teachers should fully combine the actual situation in the actual teaching process and

organize students to play football sports. Teachers should patiently explain the value of football to students so that students can be more active in football. In the process of football teaching, teachers can boldly adopt game teaching method and task-driven method, which can effectively mobilize students' learning enthusiasm. When explaining football knowledge and skills to students, college PE teachers should also integrate football spirit into students and cultivate their competitive spirit. The teaching content should be updated according to the actual development needs of the sports cause, so as to ensure that more sports talents meeting the needs of social development can be cultivated.

3.3 Carry out practical teaching

In the process of college sports teaching, teachers should not only exercise students' physique and help students master sports skills, but also pay full attention to sports practice activities. Therefore, college PE teachers should pay attention to organizing and carrying out sports skills practice activities, and test the classroom teaching effect and students' learning situation. In the process of testing sports skills, teachers used to use the final physical fitness test. In order to make the test more scientific and reasonable, teachers can organize other sports events to test students' sports learning achievements. In addition, college physical education teachers should also pay attention to ball games such as foot-basket volleyball and organize everyone to watch relevant games together. Guide students to carry out competitions, improve students' sports skills in practical application, and also test teachers' teaching results. In this process, it can also fully mobilize the enthusiasm of students in sports learning, and really achieve the role of physical fitness.

3.4 Realize unity inside and outside class

In the actual teaching process, college physical education teachers should pay attention to making full use of the time in and out of class, encouraging and guiding students to participate in physical exercise, and cultivating students' interest in physical exercise imperceptibly, in order to help students improve their physical quality. In the university stage, there is not much time for physical education courses, and students have plenty of time. Therefore, teachers should make reasonable use of in-class teaching time. College physical education teachers should give full play to their leading role and lead students to carry out morning running. Through in-class guidance, knowledge explanation and extracurricular practice. It can better exercise students' body, fully mobilize students' learning enthusiasm, and meet the needs of curriculum reform.

Conclusion

In a word, in the reform of college physical education, teachers are required to change their teaching concepts in time and treat students with the perspective of development. College students have a strong ability to accept new things. College physical education teachers can promote students' physical and mental development through innovative teaching models and innovative thinking. Developing more flexible and diversified teaching can also promote the further development of China's sports teaching cause.

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