

Research on the Teaching Reform and Optimization of College Physical Education under the Background of Quality Education

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Abstract: In recent years, with the improvement of the university education level and the comprehensive reform of the new curriculum standards, the university physical education should pay more attention to the quality education of students, focusing on improving the innovation ability and comprehensive quality of students. Through research, it is found that there are a series of problems in the current college physical education curriculum, such as the unreasonable concept setting of physical education curriculum, the disconnection with the quality education personnel training goal, the single teaching mode, etc. At the same time, combined with my actual work, this paper will focus on the problems in the college basketball curriculum, and on this basis, put forward measures to solve the problems in the current college physical education curriculum teaching. In this paper, we should combine the specific situation of contemporary college students to reshape the physical and mental health of college physical education curriculum objectives, optimize the training objectives of college physical education curriculum personnel, enrich the teaching mode of college physical education curriculum.

Keywords: Quality education; Physical education courses; Teaching reform; Basketball course

1. Introduction

College education, as a medium that directly delivers “talent cells” to the society, not only needs to impart knowledge and exercise their ability, but also needs to cultivate the core quality and comprehensive professional quality of talents. This requires comprehensive education, namely quality education, to be carried out on the basis of knowledge imparting, ability cultivation as the core and quality improvement as the focus. College sports plays an important role in the quality education of college students. College students, as talents for the modernization of the motherland in the future, need to have a healthy body and mind in addition to rich scientific and cultural knowledge and solid professional skills. Therefore, college physical education curriculum should conform to the requirements of The Times, carry out teaching reform and optimization, in order to promote the all-round development of college students.

2. Problems in the teaching of college physical education

2.1 Disconnection with the goal of talent training for quality education

At present, in the physical education courses of some colleges and universities, physical education teachers still follow the traditional education model, aiming at transferring knowledge to college students and teaching students the movement techniques and essentials of sports items. They ignore the cultivation of students’ independent sports and exercise consciousness, independent sports behavior and sports ability. Therefore, the university physical education curriculum needs to be reformed, with the cultivation of all-round development of talents with comprehensive quality as the course guide, change the traditional classroom teaching mode, stimulate the interest of college students in physical education, and finally achieve the goal of promoting the coordinated development of college students’ body and mind.

2.2 Single teaching mode

There is a single curriculum model in college physical education courses at present, which always follows the mode of

“compulsory course + elective course”, which cannot fully mobilize the enthusiasm of college students in physical education learning. Some college students’ motivation for learning physical education is just to complete the course tasks, and they do not have an intrinsic understanding of the importance of physical education courses. Therefore, both physical training and sports learning in physical education courses are carried out passively, and the content of the course is completed under the strict supervision of teachers. There is no clear understanding of the importance and significance of physical education courses. I don’t know the importance of physical exercise for my future career and life. Therefore, college physical education curriculum needs to carry out teaching reform, enrich the curriculum model.

2.3 Individual teachers’ understanding of basketball courses is one-sided

In the course of basketball teaching, some teachers think that basketball teaching is to teach students the prescribed technical movements, simple tactical cooperation, simple rules and referee law. This is extremely one-sided. Basketball course teaching should not only teach students basic basketball skills, tactics and basic theory of basketball, but also cultivate students’ good moral character and develop lifelong sports habits and abilities. Some teachers think that cultivating good moral behavior and sound psychological character is the problem to be solved by ideological and political course, which is the task of ideological and political course teachers. In fact, through the carrier of basketball class can better play the function of ideological and political education, including training students through training, not afraid of hardship, not afraid of tired spirit of hard work, through basketball games to cultivate students dare to fight incorruptably fighting spirit, in the face of the failure of the game to students frustration education, so that students correctly face setbacks and failures and so on. Only by improving the overall understanding of basketball courses, can teachers control all teaching activities, can education penetrate into every link of teaching, and can really play the role of educating people.

3. Countermeasures of basketball course teaching reform

3.1 Optimize the talent training objectives of college physical education courses

“Opinions on Strengthening School Physical Education and Promoting the Overall Development of Students’ Physical and mental Health” points out that the physical education teaching reform should be based on the basic principles of combining overall promotion with classified guidance, improving skills and cultivating interests, adhering to the connection between extracurricular activities and classroom teaching, and coordinating sports competitions with group activities. Finally determined to “cultivate habits, enhance physical fitness, shape personality, master skills” as the goal, give full play to the diversified education function of physical education courses, so that students through the edification of sports, to develop good sports habits.

3.2 Enrich the teaching mode of college physical education courses

In college physical education class, by cultivating the spirit of exploration and learning of college students, forming inquiring learning behavior, guiding them to actively participate in the classroom learning, deepening the understanding of knowledge points, strengthening the memory of learning content, and cultivating their ability to solve problems. As a basic discipline, the essence of college physical education course is to educate people, so it is necessary to integrate inquiry learning into the teaching of physical education course, encourage students to independently think, explore and practice the physical education course to learn, develop the behavior of learning the content of physical education course, in order to strengthen physical fitness, improve social adaptability and cultivate comprehensive quality. As a course of strong practical operation, physical education course requires college students to independently explore the intensity, frequency and length of exercise suitable for themselves according to the guidance of teachers, internalize the knowledge learned from physical education teachers, and actively think, practice and express the course content. Physical education teachers will clearly inform students of the course objectives of this class before class, so that they can understand what they have learned before class, and exchange and discuss with each other about the content of practice. For sports projects that need to be completed cooperatively, students need to form a team before class. After teaching the technical essentials of sports items and giving demonstration and explanation of movements, PE teachers devote class time to students so that students have sufficient time to think, explore and understand the technical essentials of movements. PE teachers only need to guide and correct the movements of students. Through students’ independent exploration and thinking, the cognitive system and knowledge system of college students can be rebuilt, so as to achieve the goal of stimulating interest, sports participation, skill improvement, physical and mental health promotion, and social adaptability improvement.

3.3 Change ideas and improve teachers’ understanding of basketball courses

With the rapid development of modern social economy and the rapid updating of knowledge, it is impossible for each subject

to exist independently from other subjects. Teachers should systematically understand the value system of modern basketball curriculum and understand the teaching purpose of basketball curriculum. Only by understanding the basic values and core ideas of basketball teaching, can we establish the correct target system, so as to change the traditional basketball teaching only attaches importance to basic skills and basketball theoretical knowledge, and ignores the function of basketball education and the formation of lifelong participation in sports activities. Teachers should strengthen their own learning. Through reading data literature, deeply understand the function of basketball course. Through the Internet to timely understand the subject frontier, in order to timely supplement the fresh content. Through communication with other teachers, correct the problems in the course teaching in time.

4. Conclusion

To sum up, in view of the deficiencies in the teaching reform of college basketball courses, teachers should change their minds, improve their understanding of basketball courses, adopt colorful teaching forms, improve students' learning interest, enrich and improve the teaching content, improve students' cognition of basketball courses, innovate teaching methods, improve students' interest in learning basketball and develop the habit of lifelong participation. Narrow the difference of students' basketball foundation, improve the teaching effect, improve the assessment and evaluation of basketball courses, adopt diversified evaluation methods.

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