

Research on Strengthening Strategies of Art Appreciation Ability in Physical Education of College Students

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Abstract: Physical education is an educational subject permeated with beauty. The core expression of art appreciation ability is the perception of beauty of external things, namely aesthetic taste. Therefore, it is necessary to strengthen the cultivation of students' art appreciation ability in the practice of college physical education. Each sport pays attention to physical beauty, posture beauty, etc. Through physical education, cultivate students' perception and understanding ability of beauty, and then stimulate students to recreate beauty, which is the process of enhancing students' artistic appreciation ability. Therefore, this article mainly through the analysis of the characteristics of college physical education, put forward the teaching countermeasures to enhance students' ability of art appreciation.

Keywords: College physical education; Art appreciation ability; Countermeasure

1. Introduction

At present, in the process of college physical education, teachers should constantly enhance their teaching ability and improve their comprehensive quality, so that students are willing to appreciate the courses of college physical education, experience the artistic beauty of the courses of college physical education, help students better shape, reflect the physical beauty; And change the traditional evaluation system, focus on training students' art appreciation ability, so that students not only master the movement of college sports courses, but also learn to appreciate the artistic beauty of college sports courses and the physical beauty delivered, so as to enhance students' art appreciation ability.

2. The necessity of cultivating artistic appreciation in the teaching of various courses of college sports

when students have a certain ability to appreciate art, they will put forward higher requirements on themselves and encourage themselves to set up lofty ideals. Therefore, enhancing the art appreciation ability of college students is helpful to cultivate comprehensive talents of morality, intelligence and beauty, so as to adapt to the needs of society and make up for the lack of the country. The necessity of cultivating artistic appreciation in various courses of college physical education is mainly reflected in the following aspects.

Firstly, improve the physical condition of students and enhance their aesthetic ability. Artistic appreciation is a necessary ability for sports learning. Only with artistic appreciation can we find the shortcomings in the learning process of sports, carry out targeted training, improve our physical foundation, change our physical condition and improve the flexibility of the body. At the same time, students' aesthetic ability will be continuously improved in the practice, and students will have more unique opinions on art. Therefore, it is very important to cultivate students' artistic appreciation ability in the teaching of various courses of college sports, which is a necessary way to improve students' ability.

Secondly, cultivating students' artistic appreciation in college sports teaching can enhance students' physical quality and enrich their spiritual life. in the process of cultivating students' appreciation ability, students can be changed by means of art to fully develop their physical potential, enhance their physical strength and flexibility, and enhance their physical quality in the process of sports training. By adjusting students' physical function, teachers can also find the problems in students' physical quality in time, correct and

adjust them, and effectively improve students' physical quality.

Thirdly, enrich students' emotional experience. Art comes from life but is higher than life. Only through emotional experience in life can art be endowed with appeal and charm. While cultivating students' art appreciation ability, students can better understand life and enhance their emotional experience of life.

3. Deficiencies in the cultivation of students' art appreciation ability in various courses of college sports teaching

3.1 Teachers do not pay enough attention to the cultivation of students' art appreciation ability

At present, some teachers do not pay enough attention to the cultivation of students' artistic appreciation ability in public physical fitness teaching, which is the key factor that makes it difficult to improve the quality and efficiency of teaching. In the process of sports teaching, some teachers pay too much attention to the learning and training of sports, emphasize the accuracy and beauty of sports movements, pay attention to the expressive force of sports and the expression display in dancing, but ignore the cultivation of students' ability in art appreciation.

3.2 Teachers have single teaching methods and backward teaching concepts

Influenced by traditional educational concepts, the teaching methods adopted by teachers are generally simple and lack of diversified elements when cultivating students' artistic appreciation ability in physical education. Teachers only show sports movements to students, and require students to examine the artistry from a single Angle. Some teachers even play a sports movement repeatedly for students. During this period, due to the single teaching content, some students lose their interest in sports art appreciation learning, which makes the teaching unable to achieve the ideal effect. In addition, due to the outdated and backward teaching concepts of some teachers, they rely on experience teaching and lack of understanding of cutting-edge information when cultivating students' art appreciation ability, resulting in their own aesthetic concepts and the continuous development of The Times, which ultimately leads to the difficulty in effectively improving students' art appreciation ability.

3.3 Not paying enough attention to the cultivation of art appreciation ability

At present, the lack of attention to the cultivation of students' artistic ability is one of the main problems in the teaching of various courses of college physical education. Teachers generally put the teaching emphasis on the learning and practice of the physical education course itself, pay attention to the correction of students' movement, students' expression and students' comprehensive expression, and tend to neglect the cultivation of students' artistic appreciation ability. There are two main reasons for this problem. First, cultivating students' art appreciation is a gradual process. In a short period of time, ideal effects cannot be produced and art appreciation ability cannot be quickly improved. Secondly, it is affected by the assessment method. In general, the assessment method of physical education courses is that teachers watch students' sports and grade them according to the accuracy, standardization and fluency of students' sports, without examining students' art appreciation ability, which makes both teachers and students neglect the cultivation of art appreciation ability.

3.4 Single and backward teaching methods

Art appreciation ability is an essential ability for students in the course of college physical education. Therefore, colleges and universities are actively cultivating it. However, in the process of cultivating students' artistic appreciation ability, the teaching method is relatively simple. For example, in the teaching of physical education, the teacher only presents a process of exercise for students, requires students to think about the advantages and disadvantages of physical education from several aspects, and gives appreciation to physical education. This method is boring and even requires repeated watching. Perfunctory, resulting in art appreciation ability can not be improved, can not achieve the ideal teaching effect.

4. The cultivation of students' art appreciation ability in various courses of college sports

4.1 Correctly guide students to discover the artistry in sports and enhance their art appreciation ability

To strengthen the penetration of beauty and the pursuit of art in college physical education. There are many teaching items in college physical education, such as aerobics, sports dance and yoga, which all exude artistic atmosphere and permeate the pursuit of beauty. As we all know, whether aerobics or yoga, they are not only a sport, but also a way for people to shape their physical beauty. Therefore, strengthening the penetration of beauty and the pursuit of art in college physical education can help students find and understand beauty in class, and thus enhance students' ability to appreciate art.

4.2 Continuous optimization of explanation methods and demonstration methods, combined with the characteristics of students to develop the ability of art appreciation

It is a phased process to cultivate students' artistic appreciation ability with various courses of college sports, which needs to guide students' aesthetic concept and value trend from shallow to deep. Students gain a lot of experience in the long time of contact with sports, which can greatly improve their artistic appreciation ability. This process requires teachers' correct explanation and demonstration, so that students can fully understand their own shortcomings and shortcomings, and reflect their appreciation of art, so that students can constantly improve their ability to appreciate art on the basis of mastering the key points of movement.

4.3 Highlight technical key points and difficulties in practice

It is also a technology to highlight the key points and difficulties of technology in practice and cultivate students' ability to appreciate art and art, which includes more appreciation skills and methods. Amateurs watch the scene while experts watch the way. In order to improve students' appreciation ability and level, it is necessary to start from the professional perspective, highlight the key points and difficulties of appreciating technology, so that students have a strong ability to appreciate art.

4.4 Play the role of explanation and demonstration

Giving play to the role of explanation and demonstration is the key to the effective cultivation of art appreciation ability. The cultivation of appreciation ability needs to be a gradual process. Students need to accumulate experience in the process of continuous practice and gradually improve their art appreciation ability. Active students' thinking, accurate guidance to students' learning, so that students grasp the essentials of action. The following points should be noted to play the role of explanation and demonstration:

First, pay attention to the way of explaining demonstration, in explaining demonstration, teachers need to use different ways to explain demonstration, increase the interest of teaching content, teachers can use multimedia, cases and other ways to explain, so that students have interest in learning, in demonstration can demonstrate themselves, can also find students willing to stage demonstration, even can make a mistake demonstration. Enable students to point out the problems in sports and enhance students' ability to appreciate art.

Second, when explaining and demonstrating, it is necessary to review the actions repeatedly, so as to facilitate the memorization of students and make them deeply impressed, so as to enhance the art appreciation ability of students, so as to avoid the memory deviation of students. Even if the problems are found, they cannot point out the errors existing in the problems, which cannot be effectively corrected and affect the appreciation level of students.

5. Conclusion

In college physical education, it is necessary to enhance students' art appreciation ability. Therefore, colleges and universities should pay more attention to physical education, strengthen the penetration of beauty in physical education and the pursuit of art, and guide students to understand the aesthetic art in physical education, so as to enhance the art appreciation ability of students in physical education.

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