

# Research on the training of PE ability of normal professional talents under the background of the construction of sports power

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**Abstract:** The report of the Party's 20 points out that to build a sports power, to promote the overall development of school sports is a top priority. However, in the road of powerful sports construction, normal students as a mainstay of teacher team, a wide range of public, influence is large, normal professional talent is an important motivation and source for the development of education in our country, only by strengthening the training of physical education ability of normal students, enhance sports consciousness, can effectively improve our country's sports modernization construction level. Therefore, it is urgent to strengthen the training of the physical education ability of normal professional talents. Through a systematic analysis of the current situation and reasons of the PE ability of normal professional talents, this paper puts forward some countermeasures to improve the PE ability of normal professional talents.

**Key words:** sports power; Normal major; Athletic ability

## 1. Research background

### 1. Lack of sports ability of professional teachers

Lack of awareness of physical exercise: some college students lack the awareness of physical exercise, thinking that sports is only a kind of entertainment, or just to cope with the exam to exercise. Lack of time and energy: College students usually have to deal with heavy studies and various examinations, and do not have enough time and energy to do physical exercise. Lack of physical exercise facilities: Some colleges and universities lack physical exercise facilities. Lack of guidance: Some colleges and universities lack professional sports guidance, do not know how to do scientific physical exercise, or do not know how to make a reasonable exercise plan. Inadequate physical education curriculum: Some colleges and universities do not have enough physical education courses for students to choose from, or the content of physical education courses is not rich and diverse enough to meet the needs of students.

### 2. The importance of physical education ability of normal university students

Improve the physical quality and health level of teachers: the physical and mental health of teachers has a direct impact on the smooth development of teaching work and the level of teaching quality. Better guide students to do physical exercise: teachers with physical ability can better guide students to do physical exercise, help students to improve their physical quality and health level. Promote students' physical and mental health: teachers' physical ability and healthy lifestyle can affect students, form a healthy lifestyle and exercise habits, and promote students' physical and mental health. Improve teaching quality and teaching effect: By having physical ability, teachers can better understand and master students' physical conditions and sports needs, better adjust teaching plans and teaching methods, and improve teaching quality and teaching effect.

## 2. Analysis of the reasons for the lack of physical education ability of professional teachers

### 1. External causes are the problems existing in public physical education curriculum

#### (1) Teachers are the center of the classroom

Taking the teacher as the center of the classroom will undoubtedly inhibit students' learning initiative, especially in physical education. Sports class should be based on sports, emphasizing that students move more and practice more, as the saying goes, it is better to see ten times than to do once, so that students can improve in physical practice and grow up in continuous trial and error. Teachers to "teach with textbooks" teaching concept to play a role in guiding and correcting, should not be too much use of teaching method will not only reduce the classroom atmosphere and may eliminate students' interest in learning.

#### (2) The training goal is not clear

The key question of who to cultivate in the "three questions of education" has always revolved around us. How to train people without understanding the important question of who to cultivate. This educational concept needs to be carefully thought about today, always around the cultivation of who to set training goals, so as to be a real sense of educational success.

#### (3) The teaching method is not scientific

In the process of physical education teaching, we should pay attention to teaching methods and use the most appropriate education methods in the face of different students. In the face of different educational objects, teaching methods should be adjusted timely. Normal students should have certain physical education ability, so more reasonable, efficient and appropriate education methods should be adopted when teaching their physical education courses.

#### (4) The evaluation index is not perfect

The traditional evaluation index obtains the score through the assessment, whether this evaluation index is really in line with the needs

of social development deserves our deep consideration. OBE education concept is properly integrated into the traditional evaluation system to help students carry out overall evaluation in an all-round and multi-dimensional way.

(5) The curriculum is not professional

On the journey of building a powerful sports country, we need the full cooperation of all sectors of society. The traditional physical education curriculum can not achieve the expected effect, clear teaching objectives, set up physical education courses that can master physical education skills, understand physical education knowledge, have physical education willingness, have physical education teaching ability, and train a group of normal students who can play a role in school physical education in order to better contribute to the construction of sports power.

2. The internal cause is the problem of normal students themselves

(1) Students' desire for sports is not strong

Interest-led is the basis of doing everything well. The current status of public physical education courses in colleges and universities has not reached the expected effect, the reason is that students have low interest in physical education courses and do not have strong enough interest in participating in sports. Most of the students do not know enough about the public physical education courses, and still stay in the degree of obtaining credits and successfully graduating. Only a few students have a high desire for sports or master several sports and love to participate in them.

(2) Students lack of sports ability

With the continuous improvement of living standards, life is gradually rich, material security is gradually sufficient, the rapid development of electronic products leads to students addicted to indoor and do not participate in outdoor sports. More and more students suffer from excess nutrition and obesity. Long-term non-participation in sports leads to uncoordinated development of physical functions, poor athletic ability, and even never participate in sports.

(3) Students lack of sports awareness

Participation in sports is a habit but also an attitude, and consciously participating in sports is the formation of habits. Under the current point-only college entrance examination system, students have almost no extra time to participate in other activities in the tense learning environment of high school, so it can be said that they have no time and energy to develop sports habits. Under the huge learning pressure, students lose the right to sports, it can be said that there is no awareness of sports.

### 3. Under the background of sports power, professional teachers should have sports ability

1. Sports organization and management ability

The organization and management ability of PE teaching is the external comprehensive performance of PE teachers' knowledge, quality, operation and other basic conditions. PE teachers occupy a dominant position in the process of PE teaching, and need to communicate and cooperate with several students. Most of the work often needs the cooperation of students to complete, so the strength of PE teachers' organization and management ability affects the teaching quality.

2. Ability to deal with sports injuries

First of all, they should keep a clear head and do not get in trouble. When encountering unexpected situations, teachers should stabilize the overall situation and have a strong psychological bearing ability. If teachers cannot calmly cope with it, it is not conducive to the on-site treatment. Secondly, they should judge the danger quickly and take decisive measures. Timely judge whether the situation is serious or not, and make corresponding treatment plans in time. It is also necessary to master rescue means and improve rescue efficiency. Teachers with the ability to help will be better able to deal with emergencies, and will not miss the best processing time by waiting for professionals to arrive. Strengthen organization and coordination, form a joint force as soon as possible, and have the ability to coordinate with organizations and establish contact with multiple departments when seeking help to deal with emergencies.

3. Sports independent innovation ability

Innovation is the inevitable development of things, but also the key to building a team of high-quality teachers. Independent innovation is manifested in the development trend of advancing with The Times, finding problems, daring to explore and solve problems. Sports independent innovation ability is the core of sports competitiveness. Only by constantly improving the ability of PE independent innovation can PE teachers motivate students to think and explore. Only with innovative thinking and adaptability can PE teachers cultivate new PE talents.

4. Sports technology demonstration ability

To guide students to participate in sports, teachers need to master correct technical movements, and make correct movements for students to imitate when teaching demonstrations. They should also have the ability to judge where the students' movements are wrong, what are the reasons for the mistakes, and what methods to correct the movements. The standard of the teacher's movements directly affects the height that the students can reach in this sport, and it is extremely important for the teacher to have a high technical ability.

### 4. The countermeasures to improve the physical education ability of teachers

1. The combination of public sports courses and conventional teaching

Compared with conventional teaching, the teaching focusing on cultivating "physical education ability" in college public sports courses is more conducive to the improvement of students' physical education ability. The integration of students' physical education ability

not only enables students to have a new understanding of themselves, but also changes the traditional mode by using diversified teaching contents and methods. In the process of learning, stimulate and improve students' interest and habit in sports activities, and correct students' understanding of the required ability to master sports.

#### 2. Build a scientific and systematic discipline system

As the saying goes, nothing can be accomplished without rules. Building a scientific system is an important part of cultivating students' sports ability. In the process of learning physical education courses for normal students, it is particularly important to construct different curriculum systems for students with different foundations, from basic to difficult, from simple to complex, from theoretical learning to practical practice, from learning to teaching. What courses are offered, the opening time of different courses, and the setting of credits and hours of courses have a great impact on students' learning. Therefore, in the process of cultivating students' physical education ability, it is extremely important to build a scientific and systematic subject system.

#### 3. To promote the comprehensive development of multi-level ability

To cultivate the sports ability of teachers' professional talents requires not only the training of sports ability, but also the training of theoretical knowledge and organizational ability, which is the joint cultivation of multiple abilities. The ability cultivation alone can not meet the social demand standard. To know, understand, can do, can speak, can teach, can demonstrate, can correct mistakes, can organize, have experience, know how to deal with multiple levels of ability. Only on the basis of multi-layer sports ability, can we better and more effectively carry out sports work, can we better lay the foundation for the development of sports, and can we better contribute to the construction of sports power.

#### 4. Set up more reasonable teaching courses

First, increase the teaching courses. Increasing PE courses is an effective way to improve the PE ability of normal university students. More PE courses can not only increase the time of physical exercise, but also increase students' understanding of the diversity of sports, improve their physical exercise ability, but also increase the theoretical knowledge and skills of sports. Secondly, enrich the content of the course. The richer the content of the course, the better the learning efficiency of students. Students' gains in class account for most of their learning time, and how much they gain in class plays a crucial role in students' mastery of the course.

#### 5. Reform the evaluation system of teaching evaluation

Students' physical ability should be taken as the main basis for evaluating students' physical achievement, and the ability to speak, practice and organize should be taken as one of the assessment standards. Oral examination, written examination, practical operation and other forms should be adopted to assess students' physical ability. Change the way of evaluation only by teachers in the past, increase the evaluation among students, let students participate in the evaluation, and exercise students' ability to observe, judge and appreciate sports actions. The evaluation standards should be formulated, which should be evaluated jointly by teachers and students, and comprehensively evaluated by teachers.

(1) Double combination of self-evaluation and other evaluation. Emphasize the mutual respect and cooperation between the evaluators, and take the object of evaluation as an important part of the evaluation content.

(2) Increase the diversity of evaluation methods. Quantitative evaluation and qualitative evaluation are combined through discussion, observation, testing and other methods.

(3) The evaluation result is not based on the level of performance. Teachers and students find out the shortcomings of each other for reflection and improvement, so that students can master the correct knowledge, so as to make the correct evaluation, and finally better complete the teaching task requirements.

## 5. Conclusion

The current situation of physical education ability of normal university students is not optimistic, which is embodied in the lack of self-exercise consciousness, the lack of organization and management ability, the lack of sports health knowledge and independent innovation, the low level of sports skills, and the little practice of physical education activities. The factors that lead to the unoptimistic sports ability of normal university students include single curriculum, imperfect teaching content, non-standard performance assessment, etc. Colleges and universities can improve the cultivation of physical education ability of normal professional talents by combining public sports courses with conventional teaching, building a scientific and systematic discipline system, promoting the comprehensive development of multi-level abilities, setting up more reasonable teaching courses, reforming the evaluation system of teaching evaluation, etc.

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This paper is a research project on undergraduate teaching reform in Liaoning Province in 2022; Project name: The results of research on reform of public physical education teaching mode of normal major in universities from the perspective of "three whole Education" (project No. SJG202222). Translation Project: This paper is a research project on university undergraduate teaching reform in Liaoning Province in 2022. Project name: Results of research on the reform of public physical education teaching mode of pedagogic specialties in universities from the perspective of "three-wide education"(Item number: SJC202222).