

Research on the optimization strategy of rural physical education teachers' professional training under the background of Rural Revitalization

Dongping Duan¹; Dongman Duan²

1.Changchun Normal University, Changchun, Jilin, 130032

2.Ningxia Vocational and Technical College, Ningxia Yinchuan, 750021

Abstract: under the background of implementing the Rural Revitalization Strategy, rural economy, culture and education have made great progress, rural school education facilities and teaching conditions have been continuously improved, and a large number of high-quality teaching resources have emerged. At the same time, in the process of sustainable development of rural education, how to strengthen the professional training of rural physical education teachers, promote the professional development of teachers, and effectively improve the quality of rural physical education teaching has become an important issue of rural education reform. Based on this, this paper, based on the background of rural revitalization, analyzes the opportunity for the development of rural physical education teachers, expounds the current situation of rural physical education teachers' development, and puts forward the optimization strategy of professional training, so as to promote physical education teachers' professional development, so as to change the face of rural physical education.

Key words: Rural Revitalization; Rural physical education teachers; Professional training; strategy

introduction

Under the background of Rural Revitalization Strategy, people should not only pay attention to economic revitalization, cultural revitalization, but also pay attention to education revitalization. The physical quality and health status of rural teenagers should affect the implementation of Rural Revitalization Strategy. In the process of accelerating the development of rural education, teachers occupy an important position. To fundamentally improve the quality of physical education teaching and deepen quality education, schools and relevant departments must vigorously cultivate professional physical education teachers. By seizing the opportunity of rural revitalization, colleges and universities can give full play to the social service function, provide training conditions for rural schools, organize a series of professional training activities for physical education teachers, help individuals find and solve the difficulties encountered in development, and improve their professional quality and teaching ability, so as to promote the quality of rural physical education teaching. In this regard, colleges and universities should be based on the background of rural revitalization, combined with the internal needs and development status of rural physical education teachers' professional development, reform the professional training program, and promote the equalization and fairness of educational resources.

1. Opportunities brought by Rural Revitalization to the development of Rural Physical Education Teachers

1.1 Rural Revitalization provides material conditions for the development of rural teachers

Under the requirements of the Rural Revitalization Strategy, relevant departments need to pay attention to agriculture and rural development, concentrate resources and forces from all aspects, give priority to the allocation of elements in rural areas, provide financial support, and meet the needs of rural public services. Whether rural physical education teachers' teaching or professional development, material conditions are the key limiting factors, such as sports equipment, venues and public sports facilities. Based on the principle of "priority development", the development of rural economy and education has ushered in new opportunities, and new changes have taken place in physical education and teaching and research environment.

1.2 Rural Revitalization promotes the interaction between urban and rural areas

In the context of rural revitalization, urban and rural elements show a trend of free flow and equal exchange. The increasingly close exchanges between urban and rural teachers provide favorable conditions for the development of rural education. The interaction and exchange between urban and rural areas provide a window for the development of rural physical education. Rural education will attract a large number of talents and science and technology, and better promote the development of rural economy. In the environment of interaction and communication between urban and rural teachers, rural teachers can get more in-service training opportunities, learn from excellent teachers, absorb advanced teaching experience, constantly improve the rural sports classroom teaching mode, and innovate teaching methods. In the continuous interaction and exchange, rural physical education teachers can accept the guidance of the practical level and better adjust the development direction of physical education.

1.3 Rural Revitalization promotes the integration of Internet and rural education

Under the requirements of the strategy, the infrastructure construction level of rural schools has been continuously improved, and each rural school has accelerated the informatization construction, actively developed "Internet + education", and built a digital and remote education resource service system. Coupled with the rapid development of modern network technology, the coverage of the Internet continues to expand, promoting the integration of rural physical education and the Internet. The space for teachers and students' sports activities is no longer limited to the outdoors, but also can enter the classroom to carry out sports teaching activities.

2. The present situation of rural physical education teachers' professional development

2.1 the importance of professional training needs to be improved

In rural areas, many schools lack physical education teachers. When carrying out sports related work, due to the limited number of physical education teachers, each teacher bears great work pressure, and it is difficult to take time to study and receive training, which affects the professional development of rural physical education teachers. Under such circumstances, some physical education teachers tend to pay more attention to whether they complete daily teaching tasks, and pay less attention to whether they have training opportunities. At the same time, due to busy with all kinds of teaching and management work, the school physical education teachers lack a strong sense of scientific research, coupled with the limitations of their own foundation, the sports scientific research ability is not strong. In addition, some school managers fail to recognize the value of sports discipline, ignore the construction of sports discipline and the professional development of sports teachers, and the ideology of parents and students will also be affected.

2.2 Teachers' weak awareness of self-development

The individual's sense of autonomy affects the future practice. Teachers' teaching ability, knowledge reserve and professional attitude affect the development of drilling field. In rural schools, the majority of physical education teachers recognize the importance of professional development, but pay more attention to teaching titles, devote more energy to solving teaching practice problems, lack enthusiasm for independent development, and can not actively improve their own sports competition organization ability, teaching ability, sports management ability, teaching and scientific research ability. At the same time, in rural areas of China, some PE teachers are not satisfied with the current professional teaching level, but fail to establish clear professional development goals and career planning. There are also teachers who lack the awareness of improving their professional level, can not actively reflect on the problems in the process of professional development, current educational ability, and teaching and scientific research are not strong.

2.3 the training content and form are unreasonable

From the perspective of training form, the professional training of physical education teachers is mainly divided into pre service training and post service training. The former focuses on training teachers' professional ability, while the latter is the charging station and gas station of in-service teachers. Due to the different admission methods and sports events of college entrance examination in various regions of China, there is a certain gap in the quality of students majoring in physical education. In terms of pre service training of physical education teachers, some schools set up training objectives that are lack of pertinence and focus more on training professional teachers. Some training contents are not closely related to post service work contents, and the training form is not normal. Under such circumstances, it is difficult for students majoring in physical education to change their ideas of job selection and employment, and they cannot actively participate in rural education, which makes the rural teachers insufficient. Post service training has an important impact on the professional development and career planning of physical education teachers.

3. Professional training strategies of rural physical education teachers under the background of Rural Revitalization

3.1 pay attention to teachers' professional training and improve the training guarantee system

Rural physical education teachers are the basis for the sustainable and healthy development of rural physical education. Only by paying attention to the professional training of rural physical education teachers can we establish an excellent and professional teaching team. Therefore, both rural schools and local colleges and universities should put teachers' professional training in an important position, especially to cultivate teachers' scientific research ability and lay the foundation for their future professional development. First of all, school administrators should recognize the importance of scientific research ability for teachers' professional development, and mobilize the enthusiasm of rural physical education teachers' professional learning and development by creating a strong scientific research atmosphere. Secondly, the evaluation mechanism for rural PE teachers should be established. In addition to normal physical education teaching activities, schools should include sports team training, physical fitness monitoring and extracurricular activities into the calculation scope of class hours to stimulate the motivation of teachers' professional development. In addition, in order to innovate and standardize the professional

training system of rural physical education teachers, schools should not only pay more attention to it, vigorously carry out in-service training and continuing education activities, but also establish and improve the professional training guarantee system. On the one hand, formulate assessment standards and management regulations during the training period. When organizing professional training activities for physical education teachers, schools should establish clear and standardized regulations, requiring teachers to strictly abide by the assessment standards, cooperate with assessment management and complete training tasks. On the other hand, we should establish an incentive and security system. As for the performance and assessment results of teachers receiving training, the school should take them as the basis for job promotion, professional title promotion and salary payment, and provide subsidies to teachers with good performance to promote the majority of physical education teachers to participate in professional training activities.

3.2 Give full play to the educational service function of colleges and universities, and implement the “double training” targeted

In order to solve the prominent problems such as less opportunities for rural teachers to go out for training, high cost, work study contradiction and so on, colleges and universities should give full play to the function of education service, organize college students majoring in physical education to enter the rural post training through the implementation of the “double training” mode, and attract rural physical education teachers to participate in centralized study visits in Colleges and universities. In this way, it can not only solve the contradiction between learning and training of rural teachers, improve the pertinence of rural physical education teachers’ professional training, help them to create a teaching scheme with the characteristics of rural education, but also provide vocational training opportunities for students at school and guide them to establish a correct concept of employment. First, individualized guidance is adopted. During the training period, colleges and universities should set up in school tutors according to the development of rural teachers, guide them to establish professional development goals, and promote more physical education teachers to have professional knowledge. Ability and theory of modern teachers to meet the needs of rural school physical education teaching posts. In order to improve the effectiveness of training, instructors should adhere to the people-oriented concept, choose systematic courses, and improve the skill level and cognitive level of rural physical education teachers. Secondly, we should vigorously carry out lectures and seminars. Colleges and universities should base on the local reality, invite experts in the field of sports to carry out training activities, carry out special training activities, or hold seminars to guide college sports experts and sports teachers to establish a teaching and research community, promote them to continuously exchange ideas, share experience, expand their horizons, form a long-term training mechanism, and lay a solid foundation for the lifelong development of rural sports teachers. In addition, sports teaching observation, exchange and observation activities are carried out. For the teaching problems of exercises and physical education, the school can show the real situation to visitors, so that visitors can analyze, observe, exchange and discuss sports work, find out problem solutions, and improve the problem-solving ability of rural sports teachers. Finally, colleges and universities can carry out school-based training activities, cooperate with rural physical education teachers to study traditional sports and cultural customs, and regularly exchange and display them.

3.3 grasp the weakness of teachers and carry out further study and discussion reasonably

In order to change the face of rural sports and deepen quality education, schools should understand the actual needs of rural sports teachers and reasonably carry out professional training activities. In order to speed up the reform process of rural physical education, schools should formulate professional training programs to guide rural physical education teachers to update their teaching concepts and improve their ability to adapt to the environment. In order to improve the quality of professional training, schools should understand the teaching reflection and feedback of rural physical education teachers, analyze their teaching weaknesses, and organize further study and discussion activities, so that college teachers can help rural teachers improve their professional skills. Among them, college tutors should combine the reality of rural education and teach advanced teaching methods and sports teaching skills, such as game teaching, information teaching and situational teaching, so that sports teachers can flexibly solve practical problems and make up for teaching shortcomings. At the same time, pay attention to experience sharing and discussion activities. There are differences in the teaching philosophy and teaching style of different rural physical education teachers. In order to improve their comprehensive ability and professional ability, schools should regularly carry out seminars and exchange activities, so that rural teachers can put forward teaching problems, and other teachers can share experience and solving skills. In this way, teachers can solve various sports problems and save training time through exchanges, discussions, and exchanges of views and opinions. In addition, rural physical education teachers are in the front line of teaching and have accumulated a lot of practical experience. Teachers can use the form of pairing to supervise and drive each other and embark on the path of professional development.

3.4 give full play to the advantages of “Internet +” education and innovate the form of teacher training

At present, many rural areas continue to speed up the informatization construction of class to class communication and build a basic network system. Based on the network conditions in rural areas, schools should give full play to the advantages of Internet + education, understand the development needs of rural physical education teachers, integrate distance training resources, and innovate teacher training

forms. With the support of the Internet platform, colleges and universities should carry out research work in advance, pay attention to the training needs of rural front-line physical education teachers, such as the use of electronic whiteboards and micro classes, reasonably collect materials, make distance training plans, and create resources that meet the development needs of Rural Physical Education teachers. At the same time, in the process of distance training, university instructors can integrate training materials and record face-to-face training content as video, which is convenient for teachers who cannot participate online to watch and improve the flexibility of training activities. In offline training activities, colleges and universities can adopt the scheme of centralized training + short-term training.

Concluding remarks

To sum up, optimizing the training strategy of rural physical education teachers affects the professional development of teachers and the quality of rural physical education teaching. Therefore, local colleges and rural schools should seize the opportunity of rural revitalization, strengthen the construction of rural physical education teachers, improve training efforts, and establish an excellent rural physical education teacher team. Specifically, the society, local universities and rural schools should stimulate the professional development power of rural physical education teachers by paying attention to teachers' professional training, giving full play to the educational service function of colleges and universities, grasping the weak points of teachers, and giving full play to the "Internet +" educational advantages, so as to promote them to change their educational thoughts and learn advanced ideas, and promote teachers to embark on the path of professional development.

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