

Reform of Physical Education Teaching in Colleges and Universities based on Lifelong Physical Education

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Abstract—With the change of social situation, the traditional physical education teaching in colleges and universities is facing a comprehensive and deepening reform. Cultivation of students' awareness of lifelong physical education makes students effectively improve their comprehensive literacy. This paper analyzes the differences between the traditional physical education teaching mode and the lifelong physical education teaching mode in colleges and universities, making educators be clear of the new teaching mode. By improving the teachers' professional accomplishment and combining the effective resources inside and outside the school, the thought of lifelong physical education is rooted in the heart of the students, so that the students can fully realize the good influence of lifelong physical education in their behavior consciousness, and that they can cooperate independently. Based on the existing teaching related problems, some suggestions are proposed from the aspects of guiding ideology, reform goals, organizational forms, teaching content, evaluation and assessment.

Keywords—Lifelong Sport; Physical Education; Teaching; Education Reform

I. INTRODUCTION

Physical exercise can be taken as the necessary consciousness by a person all his life, so physical education can be regarded as a lifelong acceptable educational behavior. From the standpoint of students, students can take physical exercise spontaneously. On this basis, if there is no teacher to guide and supervise the students who are taking exercises, it is the ideological requirement of lifelong physical education. At the present stage, the lifelong physical education ideology has been gradually cultivated in physical education of colleges and universities [1-2]. However, with the acceleration of social rhythm and the rapid development of economy, the society's requirement for talents trained in colleges and universities has also undergone a qualitative change. Talents trained in traditional education teaching cannot meet the requirement of society, which highlights the fact that the talents trained in traditional education cannot meet the requirement of society. Therefore, in the context of the rapid development of society, physical education teaching in colleges and universities should keep pace with the trend of the times, taking social needs as the ultimate goal. Students are cultivated into more comprehensive inter-disciplinary talents. Under these conditions, the current traditional education teaching reform is the inevitable trend of the times and teaching. Physical education curriculum is the platform of physical education teachers in colleges and universities. Teachers take their dominant positions, while

students play a role as a guide. In terms of teaching means, physical education teachers in colleges and universities should actively innovate, renew traditional education teaching concepts and lay an effective foundation for students to develop good habits of lifelong exercise [3-4]. Meanwhile, students should be promoted to form an attitude and behavior with lifelong sports thought in their own belief system.

II. SIGNIFICANCE AND CHARACTERISTICS OF THE LIFELONG SPORTS ANALYSIS

A. Significance of lifelong physical education

According to the needs of the public for sports, the reform of physical education in colleges and universities will take the idea of lifelong physical education as the basis of deepening physical education teaching. Its guiding ideology can effectively promote the development of physical education in colleges and universities, and has a very important significance. First of all, it is not harmful to take physical exercise. On the contrary, it will strengthen physical fitness, help metabolism, and the life quality of the public will be effectively improved. Secondly, lifelong physical education is taken as the basic idea of teaching for physical education in colleges and universities, and the teaching goal of physical education teachers in colleges and universities is to make students master skills, so as to help students establish good behavioral habits and take physical exercise as an essential part of life. After graduation, they can still exercise independently without anyone's supervision, which plays a good influence in students' learning autonomy and initiative [5]. To sum up, lifelong physical education is taken as the reform content of deepening teaching in physical education of colleges and universities, which can enable students to master various sports skills effectively, form good behavior habits in students' behavior consciousness, and establish good sports consciousness, so that students can still exercise independently without the supervision and management of people. The level of physical fitness of the public in our country is gradually improved through day-to-day exercises, followed by the improvement of the quality of life of the public.

B. Characteristics of lifelong physical education

1) Lifelong nature in time

In the concept of lifelong physical education, it has a lifelong nature in time, which focuses on the behavior of people to take exercise spontaneously and actively. In the traditional teaching concept, a person accepts physical education at any time, that is to say, it is more concerned about the width and breadth of physical exercise, which is different from the concept of lifelong physical education, but these can be summed up in the scope of lifelong concept.

2) Diversity of physical exercise

In terms of the content of lifelong physical education, it is not only presented to the public simply, but also has diversity. From the perspective of the public, there will be great differences between people. Lifelong physical education should take this into account. People can choose according to their hobbies and take interest as the first choice of sports items. From the perspective of an individual, life is a long and interesting process. Many uncertainties will affect every period of life, and groups of people at different ages will have great changes in physical and mental attitudes. Here, the public can choose sports items according to their own characteristics.

3) Diversity of Participants

In the characteristics of lifelong sports, it also contains the diversity of participants. The concept of lifelong sports is not simply to require sports-loving masses to participate in physical exercise, nor to require sports fans to exercise, but to appeal to the whole society, to take sports as a lifelong education exercise thought, which will also promote the national fitness exercises in our country, can effectively promote the sustainable development of sports in our country.

4) Clarity of lifelong physical education

The clarity of lifelong physical education is mainly embodied in the purpose of exercise. When taking the physical exercise, the public should have a clear goal to gradually improve the level of physical health, and the quality of life is also gradually improved.

III. ANALYSIS OF THE CONCEPTUAL RELATIONSHIP BETWEEN TRADITIONAL PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES AND LIFELONG PHYSICAL EDUCATION

A. A fundamental analysis of the relationship between physical education in colleges and universities and lifelong physical education

1) Differences in goals

Firstly, the goal of lifelong physical education is to take the level of physical health and quality of life as its concerned goal, and meanwhile, it is also a lifelong benefit in time. Therefore, the goal of lifelong physical education is to take the characteristics of lifelong, popularity and universal as the goal characteristics of lifelong physical exercise. However, for physical education in colleges and universities, sports activities are concentrated in the higher education stage, which means that students improve their physical fitness through physical exercise in higher education, thus promoting the all-round

development of college students. Therefore, there are certain differences in the goals between physical education in colleges and universities and lifelong physical education.

2) Differences in physical exercise items

In the choice of lifelong physical exercise, the public will be very free to choose the items according to their own minds. In the choice of exercise, the exerciser can adapt to their own inner choice, and free choice can be made combined with their own physical characteristics. Many exercisers can choose the items and contents of exercise according to their gender and age. Physical education teaching ways in colleges and universities are different. The content of physical education teaching will be set according to the physical education syllabus, plan and curriculum standard. Although there will be some flexible changes, or self-selection cases, the syllabus is still the selection standard of teaching contents in the process of physical education teaching.

B. The relationship between lifelong physical education and physical education in colleges and universities

The cultivation of students' lifelong physical education can be achieved by gradually infiltrating its idea through college physical education teaching, and taking lifelong physical education thought as the guiding direction of physical education teaching. At the present stage, the content of teaching reform is being deepened in respect of physical education teaching in colleges and universities in China, taking lifelong physical education as the direction of development. Students' thoughts and cognitive behaviors are gradually formed through the university period, which is a key stage. The scientific and reasonable development of physical education teaching in colleges and universities can effectively stimulate students' interests in sports. Students are cultivated to have good physical exercise behaviors through the rational development of sports items, so as to master a number of sports skills. It has a positive significance for students in all aspects. Therefore, as for physical education teaching in colleges and universities, the cultivation of exercise consciousness can also effectively promote the formation of students' lifelong physical education concept.

C. Mutual promotion and influence between lifelong physical education and physical education in colleges and universities

Firstly, in view of lifelong physical education, physical education in colleges and universities is a key stage. Assuming that individuals do not form a good habit of behavior and lack a good characteristic of exercise life in the learning stage of colleges and universities, then, it will be more difficult for students to develop good exercise habits and exercise consciousness after leaving colleges and universities and entering society, which will have a very serious impact on sense of physical exercise in the future, not to mention the formation of students' personal lifelong physical education consciousness. Secondly, at the present stage, the guiding ideology of teaching reform in colleges and universities is to include the lifelong physical education in it. Lifelong physical education plays a very important role in the process of teaching in colleges and universities. Without taking lifelong physical education as its core, modern physical education

teaching cannot be effectively linked with social physical education.

D. A link between lifelong physical education and physical education in colleges and universities, and the coordinated relationship between them

The above content can prove that there are many links between lifelong physical education and physical education in colleges and universities. Although there are some differences in objective conditions between them, there are many links between them, which provides convenience for their effective integration. The linking point between lifelong physical education and physical education in colleges and universities mainly contains the following four contents: Firstly, school physical education includes physical education in colleges and universities, and lifelong physical education includes school physical education. Secondly, lifelong physical education is the future development orientation of physical education in colleges and universities. Thirdly, to achieve physical and mental health of sporters and the goal of all-round sustainable development is a more consistent link between lifelong physical education and physical education in colleges and universities. Fourthly, although there are some differences between lifelong physical education and physical education in colleges and universities in sports content, to some extent, it is not entirely different.

IV. CURRENT SITUATION OF PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES

A. The content of physical education teaching in colleges and universities unable to keep pace with the times, and the traditional and single teaching method

In China, the materials used in physical education in colleges and universities are not uniform enough, and many traditional teaching materials are still prevalent in colleges and universities. These versions of textbooks are more traditional in contents and have a wide range of knowledge, but the problems arise at the same time, such as lack of focus, more chaotic content, and lack of curriculum system in teaching content. For example, the contents leaned by students at present are not added in many teaching methods in the actual teaching, such as yoga, aerobics and so on. Therefore, the teaching objectives of physical education teachers in colleges and universities are not clear enough and the control of key points is not clear enough in the process of teaching. Such physical education teaching will not be effective inevitably. In recent years, duck-filling teaching prevails in the mode of physical education teaching in colleges and universities. That is to say, teachers carry out education and students are responsible for passive learning. Teachers arrange teaching tasks and students are passive to complete. The main teaching line runs through the process of students' learning. Many physical education teachers still teach in this way, which has a very adverse impact on students.

B. Teachers paying attention to teaching tasks while neglecting students in the process of teaching.

At present, physical education reform has paid a lot of effort for our colleges and universities, so the teaching outlook has also been innovated. However, the teaching mode of colleges and universities is traditional to some extent, and there is no breakthrough in teaching ideas so far, so that the old teaching framework is still in use today. In the division of curriculum system, colleges and universities still take basic physical education course as the main direction of teaching, and many individual sports items only appear as elective courses. Inflexible curriculum setting has seriously hindered the development of students, so that students' interests, hobbies and potential cannot be concerned. Moreover, in the teaching process of physical education teachers in colleges and universities, teachers pay more attention to their own teaching tasks, regardless of whether the teaching content is understood and comprehended by students, so that teaching knowledge becomes formalistic. Many students in colleges and universities have not fully accepted and digested knowledge, so teachers have carried out the next assignment.

C. Lack of scientific and effective teaching evaluation

At present, teaching evaluation is indispensable in the process of teaching, and a more comprehensive and reasonable teaching evaluation can reflect the situation of physical education more appropriately, and the problems arising from teaching can also be corrected and solved in time. However, in the actual teaching, the content of the most physical education teaching evaluation in colleges and universities is relatively single, and the inadequate evaluation system has a great impact on students' learning conditions. Many teaching evaluation methods take students' performance as the standard of measurement. Although some teachers pay great attention to students' classroom performance, other situations of students will still be ignored by teachers, such as learning process, progress, sports emotion training and so on. These factors will have a very adverse impact on cultivation of students' lifelong physical education thought.

D. The promotion of the comprehensive level of physical education teachers in colleges and universities

Physical education teachers in colleges and universities play a leading role in the teaching process of physical education. Therefore, the comprehensive level of teachers will also have a great impact on students' learning conditions. At present, there are not many physical education teachers in colleges and universities. The quality of physical education teaching in colleges and universities will be affected by teachers' physical education level and teaching level, which limits the improvement of teaching quality.

E. Insufficient physical education facilities in colleges and universities

The improvement of physical education infrastructure in colleges and universities is the premise of physical education teaching. At the present stage, the smooth development of physical education in colleges and universities will be restricted and affected by various aspects. For example, inadequate funding, equipment, limited venues and so on will

greatly restrict the classroom teaching and students' extracurricular activities, and it is difficult to develop the students' habit of self-exercise under such conditions.

V. REFORM STRATEGIES OF PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES BASED ON THE BACKGROUND OF LIFELONG PHYSICAL EDUCATION

Based on the background of lifelong physical education, the reform of physical education in colleges and universities requires teachers to improve their teaching work and improve the quality of physical education more comprehensively and scientifically. Under the concept of lifelong physical education, colleges and universities should take physical education teaching as their guiding ideology, set clear and effective teaching objectives, and actively implement the content of teaching practice.

A. *Colleges and universities regarding the concept of lifelong sports as the core of education*

The lifelong physical education thought is an important thought in the reform of physical education in colleges and universities. Based on this, we should bring its value and guiding role into full play. In the relevant departments of colleges and universities engaged in physical education, the lifelong physical education thought is an important guiding thought in the implementation of physical education teaching. In this way, we can make the teaching content more scientific and reasonable. Firstly, physical education in colleges and universities should take lifelong physical education as the teaching goal of students. Students' participation in the process of physical education learning and physical exercise is its purpose, so that the lifelong physical education thought can penetrate into students' hearts and enhance their awareness of lifelong physical education. In the process of teaching, teachers should take the physical and mental characteristics of students as the reference basis, infiltrate the consciousness of lifelong physical education into students' hearts, make full use of the role models around students as the infiltration point of physical education teaching, guide students with more vivid and specific work contents, and establish the scientific concept of lifelong physical education for students. Secondly, while carrying out the reform of physical education in colleges and universities, teachers should grasp the students' ideas accurately, so as to ensure that students' thinking takes lifelong physical education as a solidified mode, so that students can exercise independently after leaving colleges and universities in the future. Thirdly, students' fitness awareness can be effectively cultivated through the reform of physical education teaching in colleges and universities. Whether to analyze from the perspective of fitness or to take aesthetic plasticity as a reason for exercise, this content can be taken as a starting point to enhance students' understanding of lifelong physical education, and make students take it as their own inherent thinking mode, so as to promote students to grasp basic physical education knowledge in the classroom and independently carry out more abundant exercise content as well.

B. *Taking lifelong physical education thought as the core goal of physical education teaching in colleges and universities*

The reform of physical education in colleges and universities starts from lifelong physical education, and highlights the key position of lifelong physical education. In this regard, physical education in colleges and universities should be regarded as an important teaching objective, and be fully and effectively implemented. Firstly, lifelong physical education should be regarded as the teaching goal. In the teaching process of colleges and universities, many teachers mostly teach by inculcation, which needs to be changed to fully integrate students' interests and hobbies, so as to gradually enhance students' awareness of sports, and effectively cultivate students' physical exercise behaviors. In the concept of lifelong physical education, good exercise behavior is the starting point of lifelong physical education. If students develop good exercise behavior, they will actively participate in physical exercise. At the same time, since lifelong physical education is regarded as the guiding ideology, the traditional assessment model should also be changed actively. The improvement of students' short-term physical skills is not a major concern of teachers, but attention should be paid actively to students' physical education awareness in the process of teaching, so that students can develop good habits of lifelong physical education. Secondly, a reasonable goal of lifelong physical education teaching can help the smooth development of teaching work, make physical education teachers in colleges and universities control teaching content more perfectly, so that students can form lifelong physical education consciousness through the close combination of curriculum content and sports skills. At the same time, based on the short-term effect of curriculum teaching, physical education teachers in colleges and universities take the short-term teaching target as the concept of cultivating students' physical exercise behavior and establishing the scientific goal of students' lifelong physical education.

C. *The implementation standard of physical education in colleges and universities based on the lifelong physical education thought*

The overall level of physical education in colleges and universities can be effectively improved by deepening teaching reform. In the traditional teaching mode, result is often the goal emphasized by teachers. It is necessary to set more diverse teaching goals, such as body shape, mental health, social quality and so on, to evaluate students' learning process from a multi-dimensional perspective. In addition, it is necessary to actively focus on students' attitudes to participate in sports. Taking the concept of lifelong physical education as the basis of physical education teaching in colleges and universities is an inevitable way to cultivate students' physical literacy. Firstly, teaching organization method should be diversified in the practice of physical education teaching in colleges and universities. Taking students' interests and hobbies as the combination point of teaching and taking physical literacy as the basis to organize teaching activities. Students' desire to actively participate in sports has been effectively stimulated through diversified teaching activities, influencing students imperceptibly, and then the ideology of lifelong physical

education is established. Secondly, three-dimensional teaching classroom design. Traditional teaching methods only take students' physical skills as the goal of improvement in the implementation of physical education in colleges and universities. It is difficult to effectively improve the students' physical literacy through the curriculum. Lifelong physical education is taken as the guiding direction of teaching, classroom design is more three-dimensional, and teaching cases, teaching activities design and classroom content are taken as the cut-in point of lifelong physical education, thus helping students effectively improve their personal physical literacy. Thirdly, diversified evaluation methods. In the past mode, the evaluation of physical education teaching in colleges and universities only emphasizes students' physical skills. In addition, it is the basic assessment of theoretical physical literacy. It is difficult to effectively cultivate the students to form lifelong physical education thought through these assessments. Based on this, the design of students assessment carried out by physical education teachers in colleges and universities should be more diversified in the evaluation. In addition to the assessment of students' physical skills as the assessment point, it is necessary to pay attention to the assessment of students' physical habits.

D. Relevant suggestions on teaching reform in colleges and universities based on the background of lifelong physical education

As the guiding ideology of physical education in colleges and universities, lifelong physical education deepens the content of teaching reform. In the process of teaching practice, it is necessary to pay attention to the optimization of teachers' professional quality, and combine all resources inside and outside the school to assist the development of teaching activities, so that students' awareness of lifelong physical education can be effectively improved.

1) Focusing on teachers' professional quality

In the concept of students' lifelong physical education, teachers will play a crucial role in actively cultivating students' lifelong physical education consciousness. Based on this, it is necessary to pay attention to the improvement of the professional ability of physical education teachers in colleges and universities. Firstly, with lifelong physical education as the background, teachers should deepen their theoretical contents and strengthen their own understanding of the theory, so as to better develop the physical education curriculum resources in colleges and universities, and the process of teaching will be more smooth. Secondly, with lifelong physical education as the teaching background, teachers should pay attention to the improvement of their own skills, strengthen the interaction between teachers and students, and make use of various teaching methods to fully play their own value and charm in physical education, so that students can take teachers as learning models and optimize their physical habits, so as to shape the consciousness system of lifelong physical education for students.

2) Fully integrating effective resources inside and outside schools in the teaching of sports items.

Based on the background of lifelong physical education teaching, the reform of physical education teaching in colleges

and universities should fully combine the effective resources inside and outside the school to carry out teaching. Firstly, it is necessary to take the campus resources as the conditions to carry out physical education in colleges and universities, create a better teaching environment for students, take a series of school competitions as the content of enriching students' physical exercise, stimulate students' strong interest in physical education, make them form behavior habits, and actively encourage students to fully integrate the theoretical knowledge and skills learned, and effectively apply them to practice. At the same time, some extracurricular sports items can be arranged through classroom teaching, and relevant extracurricular homework content can be set up for students. In this way, homework can be submitted by recording video for each other among students. Secondly, on the basis of carrying out teaching work, teachers can combine rich resources after class. For example, all kinds of sports activities such as hiking, climbing, swimming and so on are organized.

VI. CONCLUSION

At the present stage, under the background of lifelong physical education, there are still many problems in deepening the teaching reform in respect of physical education in colleges and universities in China, which limits the development of physical education in colleges and universities. How to effectively and smoothly carry out the physical education classroom teaching in colleges and universities, how to better guarantee students' extracurricular exercise, how to create a good physical education atmosphere, these contents are the problems that physical education teaching needs to face. Lifelong physical education does not only put forward relevant requirements for the teaching thought of colleges and universities, but also put forward higher requirements for the education system, education structure and teaching contents. Under the current concept of physical education curriculum reform of colleges and universities, lifelong physical education teaching is its core content, to create a good exercise atmosphere for students, stimulate students' interest in physical exercise and effectively cultivate students' lifelong exercise habits, so as to promote the deepening reform of physical education in China.

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