

Research on the Construction of College Physical Education Innovation System

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Abstract—College students are in an important period of sound development of mind and body. The period in university is also a significant stage for college students to gain knowledge, realize self-improvement and learning about society. This paper analyzes the problems existing in the current college physical education in China and discusses the construction of an efficient educational innovation system in aspects of the essence, objectives, contents, methods and evaluation systems of physical education.

Keywords—Construction; College; Physical education innovation system

I. INTRODUCTION

With the rapid progress of society and the rapid growth of the economy, China's education system reform is also constantly advancing and developing. At the same time of education development, it also puts forward more requirements for college physical education. Traditional physical education has obviously failed to meet the needs of contemporary colleges and universities for physical education. At the same time, physical education in colleges and universities has far-reaching influence on students' physical fitness, psychological quality and life learning. Therefore, it is necessary to actively construct a college sports teaching innovation system [1-2]. Review the shortcomings and shortcomings of traditional physical education, and further propose corresponding solutions and suggestions for constructing an innovation system, so as to promote college sports to better cultivate all-round talents that meet the needs of the new era.

The main purpose of college education in China is to promote students to lay the foundation for future development under the condition of professional quality and perfection. Therefore, college education in China not only focuses on professional education, but also on the ability of students to adapt to social work. Therefore, students need to have high physical and psychological qualities. As an important course to help students improve their physical education skills, exercise and enhance their psychological quality, college physical education has attracted more and more attention in recent years. However, due to the influence of traditional educational concepts and educational models, it is difficult to achieve breakthrough progress in physical education in colleges and universities [3]. Therefore, it is necessary to pay attention to the construction of college sports teaching innovation system.

II. CURRENT SITUATION OF COLLEGE PHYSICAL EDUCATION REFORM

The guiding ideology cannot be effectively implemented. At present, in the process of physical education in colleges and universities in China, the idea of health education and quality education has been established, but in the actual teaching process, there have been cases where the guiding ideology has not been implemented. The guiding ideology ensures the achievement of the purpose of physical education and directs the actual teaching process. In recent years, the purpose of college physical education is to enhance students' physical fitness and improve student health. Strengthening the ability of sports, developing the habit of lifelong sports, realizing the development of students' personality and improving the overall quality of students is the goal of physical education in modern universities [4]. Such guiding ideology has pointed out the direction for the future physical education of colleges and universities, and has promoted the continuous reform and innovation of physical education in colleges and universities.

The lack of clarity in the reform of teaching content. At this stage, most college physical education is still focused on competitive sports. With the deepening of teaching reform in college physical education content, although the teaching content has improved, it still does not completely break the teaching concepts and means of attaching importance to technical theory. In the special teaching, technology is still highly valued, and there is no essential difference before and after the reform. At the same time, students' self-exercise awareness and habits have not been cultivated and improved in teaching practice. The teaching content did not truly reflect the purpose of innovative teaching, and the reform of teaching content failed to implement the policy of innovative education.

The reform of teaching methods and means is backward. In the teaching process, a single teaching method and method is difficult to meet the needs of students. From the perspective of teaching practice, the teaching process of many colleges and universities is taught by teachers and accepted by students. The development of students' personality has not been cultivated [5]. The subjective initiative of students has been greatly restricted. The teaching methods and methods have not been able to adapt to the development of the times, and it is impossible to cultivate high-quality talents in the new era.

The assessment and evaluation system is not comprehensive enough. The physical examination scores are one of the important criteria for assessing students' sports

performance. Teachers also evaluate students' sports level based on their physical examination scores. At present, in many college physical education courses, the evaluation of skills is highly valued, and the competitive evaluation method is a commonly used means in college physical education. Under the misunderstanding of the teaching concept, students often think that sports ability is the evaluation of physical performance in the classroom, which greatly dispels the classroom enthusiasm of students with poor physical quality. To some extent, for some students, it may be a Kind of blow.

Lack of venue facilities. The basic guarantee for physical education is the sports facilities. Because there are no professional venue facilities, the training places and projects are restricted, which has dispelled the enthusiasm of students to participate in physical exercise to some extent.

III. CURRENT PROBLEMS OF COLLEGE PHYSICAL EDUCATION

Influence of traditional teaching concepts Although China has strengthened the reform of quality education, exam-oriented education has a greater impact on China's education. Therefore, China's primary education to high school education pays less attention to physical education. In high-efficiency education, in order to enable students to meet professional requirements, the school has achieved a higher employment rate, and too much attention to the professional education of students, thus ignoring physical education. Although physical education can improve students' physical quality and psychological quality, on the surface, it has little relationship with employment. Therefore, it cannot get the attention of the school. In this environment, physical education cannot be reasonably carried out, which affects the improvement of students' physical skills, physical quality and psychological quality. Therefore, the traditional teaching concept has a great influence on the physical education of colleges and universities.

Imperfect teaching plans Many schools and teachers believe that physical education does not need to be paid too much attention, and its impact on student development is not great. Therefore, physical education teachers do not have a reasonable teaching plan. Physical education teachers only pay attention to the planning and arrangement of the content on the curriculum, which cannot satisfy the students' interest and comprehensive ability. The common physical education programs are mainly concentrated in the curriculum teaching and school year assessment. There is no reasonable planning according to the students' development and physical quality, which leads to students being forced to learn and affect their psychological quality.

Physical Education Model Problems Physical education has not received much attention in college education. Therefore, it cannot effectively help students improve their physical and psychological qualities. At the same time, the single problem of physical education model also affects the smooth development of physical education. Nowadays, the common teaching mode in China is mainly concentrated in outdoor activities, and most of the physical education courses are for students to freely move, which leads to the elimination

of physical education in the physical education curriculum if it encounters rainy weather. This teaching mode is mainly manifested in the fact that teachers and students do not pay enough attention to physical education curriculum, and at the same time, students are unable to receive a perfect education of sports concepts in physical education curriculum, and it is difficult to effectively improve the physical quality of students, and sports skills cannot be strengthened.

Single problem of teaching methods China's physical education, from the past to the present, from primary school to university, its teaching methods have almost never changed. Although the main purpose of physical education is to improve students' sports skills, in the teaching, students receive the same teaching method from small to large, and the teaching method is not scientific and reasonable, making it easy for students to lose interest in the teaching process. , affecting the quality of teaching. For example, the teacher will explain the teaching content before class, and the explanation will be in a uniform manner, which will not attract the attention of the students, making it difficult for students to understand the teaching content. Over time, students' interest in physical education courses is mainly concentrated in free activities, but there is no interest in sports content. The teaching methods are not flexible enough to seriously affect students' interest in sports learning, which may result in the physical education curriculum not being able to exercise the physical fitness of students.

The boring content of teaching The content of physical education in colleges and universities in China mainly focuses on basketball skills, football skills, jumping, running and so on. Most colleges and universities in China have almost the same teaching mode and requirements for these teaching contents, such as what standards are required for running, and the methods that basketball skills need to master. These are the content that students have been exposed to since childhood. Students have already been bored with these contents, but college sports Teaching still uses these elements, making it impossible for students to increase their interest in learning. At the same time, the content of physical examinations is similar. Students only need to conduct surprise training before the assessment, and they can achieve better results. Therefore, many students are not interested in physical education.

IV. HOW TO CONSTRUCT A NEW SYSTEM OF PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES

Establish a health education philosophy. In the "Decision of the Central Committee of the Communist Party of China and the State Council on Deepening Educational Reform to Promote Quality Education in an All-round Way", he pointed out that "school education should establish the guiding ideology of health first and strengthen physical education work" when describing the school health education. As an important part of education, school physical education also naturally accepts the ideological guidance of health first. In the past, because physical education was influenced by the examination-oriented education, the teaching philosophy of health first was not established, so that sports and health education were in the status of not being valued or even dispensable for a long time. The result will inevitably affect

college physical education. In addition, the biggest drawback of college physical education teaching is to teach for the past. The focus is on the latter. The physical knowledge and skills learned are only to understand the past and the immediate problems, rather than the needs of students for future lifelong sports. Obviously, this tradition of utilitarian teaching thoughts that are important and important in the past is very unfavorable to the health of college students and the new problems of solving future sports. Therefore, in order to meet the needs of the cultivation of high-quality talents in the 21st century, we should establish the health first teaching philosophy, cultivate and develop students' healthy behaviors and lifestyles, encourage students to participate in sports activities happily, cultivate students' fitness awareness, and teach physical fitness. Knowledge, methods and techniques are essential to integrate the past, modern and future of the knowledge and skills of physical education and health education and to shift their focus to future health. This is also the unification of the future-oriented reform thinking of higher education and the idea of "adhering to health first" in school sports. In short, establish the guiding ideology of health first, emphasize the organic combination and mutual penetration of physical education and health education, focus on cultivating and developing students' healthy behavior habits and lifestyles, and teach the ideas and methods of lifelong physical education, which is not only the objective requirement of the current situation of school education concept. It is also an inevitable requirement of the current situation. It is aimed at correcting physical education in colleges and universities, promoting the physical and mental health and comprehensive development of college students, ensuring the smooth completion of learning tasks, developing the habit of exercising, laying a good foundation for physical exercise for life and ensuring good health.

Strengthen the combination of physical education and health education. Modern physical education has shifted from the traditional sports-centered learning style to a new way of strengthening physical fitness and improving health. Sports enhances physical fitness and health from a biological perspective. It is highly desirable in the labor-intensive heavy labor era. However, in the era of knowledge economy, where labor intensity is declining in the future, it is extremely limited in overall health promotion. According to the modern health perspective, health includes three aspects: physical health, mental health and social health. Physical health is the foundation of mental health, and mental health is a necessary condition for physical health. The two are closely related to each other. Only those who are physically and mentally healthy may have good ability to adapt to the natural environment and social environment and achieve social health. Therefore, the establishment of a new model for promoting health education that is compatible with the modern concept of health should also be "stereo" and "multi-functional". It should include health education aimed at imparting health knowledge, cultivating healthy lifestyles, and physical education aimed at promoting physical and mental functioning and state improvement. This requires us to combine physical education with health education and to establish an educational model that combines physical education with health education. Through this educational model to achieve

the purpose of comprehensive human health. It can be said that this kind of education model is based on the modern concept of health, and it is in line with the needs of modernization for the development of human beings. It is also in line with the third national education work conference that puts forward the guiding ideology of "school education must establish health first".

Increase the content of fitness education. With the development of science and technology and the progress of society, people's concepts are also undergoing profound changes. A variety of extracurricular sports activities, mainly based on fitness, entertainment and leisure interests, have gradually become the fashion of contemporary college students pursuing self-fitness. National Sports is mainly based on fitness and has become a national policy. At present, there is not a complete fitness textbook in China for the teaching of physical education in higher schools. However, there are many projects and methods that can be used for fitness, especially the traditional Chinese health theory and methods, and the popular fitness methods. As long as they are sorted out, they can be applied to physical education. Combining the traditional health and fitness content of our country with the content of modern sports, we can ensure the organic connection between college sports and social sports, and make the value of physical education in colleges and universities beyond the student era and have a lifelong significance. Many sports technology projects have a lot to do if they are modified and innovated. For example, using basketball to arrange a series of game activities that are both entertaining and fitness, and cultivating students' various quality abilities, the fitness effect of the basketball program is more obvious. In addition, Chinese traditional sports have unique fitness and health effects, such as martial arts, Qigong, health massage and kicking, skipping, dragon dance, rollerblading, tug-of-war, wheelbarrow, etc., and some of the exercise effects are not achieved by modern sports. The benefits of health care are some that are beyond the reach of any drug. These have long-term exercise value and fitness value, we should fully explore and use.

Establish an examination system centered on enhancing physical fitness and improving health and effectiveness. In the evaluation of physical education curriculum, the system and practice of sports technology, technical evaluation and sports performance in the past should be reformed. In terms of thinking, it should be clearly recognized that the pursuit of sports technology, technical evaluation and compliance, and in order to regulate and drive physical education and guidance, to inspire college sports, in essence, with the intellectual education class to pursue the teaching or education of the scores One rationale, the same as one, is the specific performance of "test-oriented education" in college physical education. Here, we do not deny the role of sports technology, technical assessment and sports performance in the past in the physical education and teaching of colleges and universities; only that the "sports technology, technical assessment and compliance" is the only teaching goal. The pursuit will inevitably lead to the simplification of physical education. The utilitarianism of college sports and the surface of student development will inevitably have comprehensive, effective

and scientific evaluation. We should have "standards" rather than "standards", and integrate "standards" into the vivid process of teaching activities. It is integrated into the rich content of college sports and integrates into the overall development of students' bodies. Unsatisfactory, unexpected, is the most sensible attitude and the most correct measure of physical education for "sports technology, technical assessment and compliance". Care should be taken to closely integrate the evaluation of physical education process with the evaluation of the results of physical education, establish a three-dimensional comprehensive evaluation concept of body, mind and group, and establish a physical examination centered on strengthening physical fitness and improving health and effectiveness. It is necessary to change the physical fitness and exercise ability by simply using external behavior, and use it as an evaluation habit to measure the teaching effect and fitness effect. For all students, respect the students' innate conditions, hobbies and personality traits, and treat them differently. Students should be allowed to design and formulate goals that can be achieved according to their own characteristics, starting points and potentials according to their teaching goals. To protect the bottom but not to cap, because people teach, promote their optimal development in an unconventional manner. It is forbidden to neglect the teaching arbitrariness of individual differences, and to use the absolute indicators to force students to be "one size fits all", so that college physical education can really turn to plain education and achieve the goal of quality education. In the evaluation of health education curriculum, it should be combined with theory, behavior and practice to ensure that the curriculum evaluation is better for the teaching reform, construction and development of sports and health education.

Physical education in colleges and universities usually pay more attention to and pay attention to whether professional skills are up to standard. Usually, the evaluation of professional skills and physical quality assessment is used to evaluate the teaching. The final scores of the two assessments are important factors in measuring the performance of students. Even if the evaluation method is good for urging students to master the corresponding professional sports skills, it is not good for the development of students' mind and body in the long run. Physical education evaluation needs to pay attention to the status quo of students. It is best to evaluate in time. In the evaluation of the classroom, public praise or encouragement is given to students who have made great progress in the physical education classroom. The classroom results are recorded in time for the final teaching evaluation. . In addition, we must pay attention to the evaluation of students' attitudes and physical quality.

V. CONCLUSION

Physical education plays an important role in the study, growth and development of students, and is conducive to cultivating all-round talents to meet the physical and psychological needs of students. This paper discusses the education of the construction of college physical education innovation system, briefly analyzes the problems and deficiencies in the current college sports, and puts forward some suggestions for constructing the physical education innovation system, hoping to promote the better development of college physical education. .

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