

Research on Flexible Management Innovation of College Physical Education in the New Era

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Abstract—With the rapid development of economy, China's demand for high-quality talents is also growing. As one of the important processes of cultivating high-quality talents, college physical education will face new opportunities and challenges. This article mainly through the analysis university physical education management existence question, and discuss and introduce the new management idea of flexible management to break the rigid test-oriented education in the past, in anticipation of providing physical education reform proposals for the education departments and colleges and universities' physical education management departments. It is necessary to pay attention to the individual differences of students and strengthen the construction of school sports culture, accelerate the reform of physical education teaching mode, and establish a sound evaluation model for physical education.

Keywords—flexible management; physical education; student physique

I. INTRODUCTION

A. The Concept of Flexible Management

Flexible management is a people-oriented management. It combines the essence of behavioral science theory to strengthen the factors of flexible management. In flexible management, it not only pays attention to the physical quality of college students, but also pays attention to the long-term growth and development of college students and establish the concept of lifelong sports, more prominent student's subjectivity, more to stimulate and release students' enthusiasm and creativity. Compared with the traditional rigid management method, flexible management pays more attention to the spiritual and psychological aspects of the manager, starting from the real needs of the self, to stimulate the subjective initiative of the subordinate, so as to achieve the desired result of the manager, instead of using rules and regulations to enforce mandatory orders for all recipients.

B. Features of Flexible Management

The most important feature of flexible management is people-oriented or student-oriented. It emphasizes individual differences and individual complexity of students, giving students the opportunity to choose independently and respecting students' free choices. In management methods, traditional rigid methods Rigid management is shifting towards the flexible management of induction, service, and

stimuli; on the goal of management, from being forced to meet the physical standard of colleges and universities, students' physical exercise has changed to the direction of self-directed and self-directed physical fitness; in short, flexibility The management model pays more attention to students' self-management and self-development. Students have more free development space. The role of student work managers is the assistant, guide and server for students' self-management and self-development [1].

II. DEFECTS IN COLLEGE PHYSICAL EDUCATION MANAGEMENT

A. The Backwardness of the Physical Education Organization Management Model

The study found that the college sports teaching management model has the following drawbacks. First, the organizational management mode of physical education teaching is too loose, the students' awareness of self-exercise is relatively weak, and there will be “leading sheep” teaching in the physical education classroom. Second, the management of physical education curriculum is too rigid. Teachers and students do not have the right to choose the content of the class in both directions, ignoring the teaching management mode of teaching students in accordance with their aptitude. Third, the teaching effect is difficult to reflect in the process of university physical education management, which leads students to dissatisfaction and loss of their own sports scores, thus making students lose their interest in physical exercise, etc., in the current college physical education, there are many unreasonable phenomena and problems in the process, and the management strategy is directly pointed out, which hinders the rapid development of college physical education in the context of national fitness [2].

B. The Individual Differences of Students Are Neglected in the Process of College Physical Education Management

As a high-quality talented university student, in the future, he will work in all walks of life. Everyone has his own specialties and areas of expertise. Therefore, each person is an independent individual, and there are differences between people, including differences in growth environment, differences in cultural background, differences in moral

literacy, and differences in psychological quality and physical quality. However, colleges and universities ignore the differences in the subject of college students during physical education, and the management system is too singular, thus making the body quality of college students cannot be effectively improved.

C. Lack of Emotional Communication in the Management of Physical Education in Colleges and Universities

As an emotional animal, people want to be treated equally. As college students, they are more likely to be treated with respect and equal treatment. However, studies have shown that when colleges and universities are engaged in the management of physical education, managers often manage students with a high attitude, make students feel the level of hierarchy and greatly neglect the students' psychological emotions and personal subjective ideas. This rigid management system only uses the management system to educate and manage students, and does not recognize the role of managerial performance art and social emotions in college students.

D. The Construction of Sports Culture in Colleges and Universities Is Not Perfect

The construction of sports culture in colleges and universities includes spiritual culture construction, material culture construction and management system culture construction; modern university campus construction pays more attention to material culture construction and lacks deep sports spiritual culture. Many colleges and universities have the same campus culture style, which lacks different specialty from other campuses. With the increasing diversification of campus culture communication vectors, the direction of college sports culture construction has deviated, and students are not correctly induced to exercise.

III. INTRODUCING FLEXIBLE MANAGEMENT THEORY INTO COLLEGE PHYSICAL EDUCATION

Flexible management means creating a positive and healthy sports culture, enabling students to recognize the important role of healthy sports in their own way. Through the edification of the school sports culture atmosphere, students can spontaneously go to active sports; it is necessary for physical education teachers to actively change roles and treat each student equally. Teachers and students are not only learners of each other, but also good friends who exchange ideas.

A. Strengthening the Construction of Campus Sports Culture and Guiding Students to Establish Lifelong Sports Awareness

Sports facilities are the foundation of campus sports culture a sound sports facility environment can create a good sports culture atmosphere. Colleges and universities should strengthen the basic construction of sports facilities to ensure the physical and mental needs of teachers and students. On this basis, colleges and universities should also add new sports events, actively play the role of college sports

associations, and create a good sports culture environment. In the process of college physical education management, it is necessary to strengthen the horizontal connection with moral education, intellectual education, aesthetic education and labor education, give play to the unique functions of sports, highlight the charm of sports, cultivate students' correct sports outlook, and strengthen the vertical running of lifelong sports and happy sports. Education enables students to establish lifelong sports awareness and concepts [3].

B. Introducing the Concept of Flexible Management to Promote the Humanization of the Sports Management System in Colleges and Universities

The flexible management model is different from the consistent rigid management model, which pays close attention to the students' fundamental needs based on compliance with regulations. When formulating rules and regulations, we should fully consider the psychological development and teaching management of contemporary college students. The rules and regulations formulated should be consistent with the physical and mental development of college students. In the formulation of rules and regulations, students are allowed to actively express their opinions and suggestions, so that the rules and regulations are integrated with the students' ideas. The rules and regulations thus developed enable students to recognize and actively cooperate. In the process of system implementation, it should be different from person to person, and students should not be required to use the system rigidly. Students should be given full consideration of the different growth environments and educational environments, and specific issues should be analyzed. Recognize the individual differences of students in the student management work, and implement the system humanely to achieve effective management of students. In the process of formulation and implementation, the various rules and regulations of colleges and universities should fully respect the subjective status of students' self-management, and enable students to actively participate in the formulation and implementation of the system, so that students can find their own mission in the process of participation. Finally, college student management workers should actively demonstrate the correct understanding and full affirmation of students until they develop good behavioral norms, and then realize the process from institutional management to student self-management and self-value realization.

C. Breaking the Teaching Mode of Traditional Physical Education Teachers and Increasing the Emotional Exchange Between Teachers and Students

In the traditional rigid physical education, the teacher plays the decision maker of the class, the publisher of the order, the student is only obeying the teacher's command, and there is a significant hierarchical system in this physical education mode which greatly destroys the equal emotional communication between the teacher and student. As a teacher, he should change the role of management control to become a student's true "good teacher and friend", becomes an organizer of sports activities. While teaching physical education skills, physical education teachers must also

mobilize the initiative and enthusiasm of students, and guide students to participate in sports activities. Teachers are transformed from knowledge transferors into learning promoters from the Recipient of the course to the resource developers, from the practitioners of the teaching to the researchers of the curriculum, from a single manager to a comprehensive leader [4].

D. Implementing Flexible Teaching Management to Promote Students' Self-conscious Learning Behavior

In the management of physical education, students should give full play to their main body status, actively promote flexible teaching management, and make students realize the sense of responsibility and mission, so as to actively carry out physical exercise. The process of physical education management cannot be generalized. Different students should adopt different teaching measures, and teachers should carefully analyze the problems and achieve the common progress of students. In management activities, university administrators should cultivate students' self-management awareness and help students establish correct values. Flexible teaching management makes the teaching management works more humanized, and from the perspective of students, it greatly increases the results of teaching management. College education administrators should constantly improve themselves, pay attention to the cultivation of college students' self-shaping ability, and enable students to constantly improve themselves and establish healthy ideas [5]. The flexible management theory advocates people-oriented that is students are the main body. In the process of college physical education management, students should increase their self-management awareness, let students establish their own subjective consciousness and establish the concept of lifelong sports.

IV. CONCLUSION

Against the background of national fitness, the introduction of flexible management concept in college physical education management is an effective supplement to the new physical education management concept. It is a catalyst for promoting sports health in colleges and universities. Only by combining the flexible management management concept with the traditional rigid management concept, rigid and soft can effectively promote the management of college physical education. Physical education teachers should truly understand the concept of flexible management, play their own role as the organizer and skill transfer of sports activities, stimulate students' initiative, and let students feel self-exercise. As a cradle for cultivating comprehensive talents, colleges and universities should establish a people-oriented management concept in the process of physical education management, give full play to the subjective role of students, aim at effectively improve students' physical quality, and create a good sports culture environment so that to export and develop high-quality talents for the country .

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