

Research on the Present Situation and the Development Countermeasures of the Physical Education in China

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Abstract As one of the important components of higher education, the importance of physical education in colleges and universities is beyond doubt, and physical education in colleges and universities can not only improve the physical quality of students, but also exercise the minds of students. However, physical education in colleges and universities has not been given due attention, most of the students do not have sufficient interest in physical education, there are serious obstacles to the development of physical education in colleges and universities in China. This paper mainly analyzes and studies the problems existing in physical education in colleges and universities in China, and also puts forward some countermeasures for the development of physical education in colleges and universities in China.

1. Introduction

The development of physical education in our country has also been influenced by the historical factors to some extent, and the physical quality of most people in our country is very poor, and the education department is also beginning to pay attention to this problem and start to launch the series of broadcasting gymnastics. But after the college is out of high school, there is no teacher's supervision, and the study is heavy. There are also a lot of things to be treated in life, and the sports will be forgotten slowly, leading to sub-health. Therefore, the physical education in colleges and universities must be constantly developed, and the guiding ideology of the colleges and universities should be adjusted constantly, so that the students can strengthen the physique, and from the beginning of the teaching of the sports skills, the university sports begin to develop the life-long sports. So far, it has been transformed into a healthy sports goal. The physical education of the university is mainly the service for the long-term development and the health of the students, and the development of our economy has been greatly improved at the present stage, whether the facilities of the physical education or the site of the physical education are basically complete, Even in some colleges and universities, the swimming pool and other venues are built to meet the students' learning needs and interests as much as possible, and the level of physical education in colleges and universities has also been greatly promoted in such a background.

2. Problems existing in physical Education in Colleges and Universities in China

2.1 backward educational ideas

With the deepening of education and teaching reform, more educational ideas and ideas appear in front of people, and the concept of physical education is constantly adjusted with the development of the times and the deepening of the reform. Under the background of quality education, what physical education needs is to help students improve their comprehensive quality, and students' physical and mental health and students' physical awareness are also included. The education department of our country has pointed out that students' sports thought should be based on students' health and students' health, but this kind of health not only refers to physical health, but also refers to mental health. Only when students are physically and mentally healthy can they get more long-term development. It's going to be a student. In addition, the school should develop lifelong physical education, and let the life-long physical education be rooted in the students' mind, because only the short practice of the students during the school is far from meeting the goal of making the

students healthy, the students can only keep the long-term exercise habit, To really enhance your body's body. After graduation, the student will enter the social post, many students after entering the social post, because the busy of the work will lack the exercise, but if the student keeps the life-long physical education thought, the student will adhere to the exercise even after entering the post. The education of physical education in colleges and universities is a lot of learning The students have the good chance of life-long physical education, but there are still a lot of problems to be solved in the present stage of physical education in colleges and universities. For example, as a good time to help the students to set up the concept of life-long sports, in many colleges and universities, there is not a very clear concept for the quality-oriented education concept, and some people believe that the quality-oriented education has no meaning for the physical education of the university. In the study of sports, the students often lack the related sports instruction, while the physical education of the university should surround the students' healthy development, but should also teach the way of the proper sports of the students, so that when the students get out of the school, And the exercise can also be carried out using the correct exercise mode.

2.2 The shortage of teachers' power

At present, most of the physical education teachers in colleges and universities in our country graduate from undergraduate course, and some physical education teachers are special enrollment of physical education. Although these teachers have certain physical education skills and understand the best way of exercise, the ability of education and teaching still needs to be improved. Under the background of educational reform, our country has begun to pay more and more attention to the cultivation of comprehensive quality, but because the cultural literacy of physical education teachers has not reached the ideal level, it is difficult to capture the demand for education and teaching in modern colleges and universities sensitively, and therefore it is difficult to adapt to the reform of education and teaching. Physical education teachers in colleges and universities should constantly strengthen their own educational and teaching ability, although These teachers are teachers with physical education ability, but only have professional ability, do not have educational and teaching ability, will also bring a lot of problems to teaching, and most of these teachers are teaching through their own experience, class hours are also relatively small, so many problems to be solved in teaching have always been to be solved.

3.Countermeasures for the Development of physical Education in Colleges and Universities

3.1 Establishment of the concept of physical education

In the process of the development of physical education, the educational idea is the only direction mark, but at present, the physical education teaching idea in colleges and universities is too complicated, so many teachers choose different teaching ideas when carrying out physical education teaching, but each teaching idea is not perfect, has its existing defects, and is difficult to meet the needs of the development of physical education teaching in colleges and universities, so it is necessary to promote the development of physical education teaching in colleges and universities. First of all, it is necessary to improve the concept of physical education teaching in colleges and universities. Physical education in colleges and universities should cultivate students' lifelong physical education thought, but in the actual physical education teaching in colleges and universities, students can choose their own interests and hobbies to study, so teachers also teach. Not all of the physical knowledge is taught to the students, but to the students' preferences, they are taught the knowledge of the sports that the students choose. At the same time, the teacher also guides the students to insist on the physical exercise, and can not abandon the physical exercise after entering the society, and only the continuous exercise can be carried out to enhance the students' physique.

3.2 Teaching mode reform

At the present stage, the mode of physical education in colleges and universities is very single. Therefore, it is necessary to reform the physical education teaching model of the university, for

example, in the basic knowledge education of the low-grade physical education in the university, the content involved is too general and should be refined. The basic knowledge of sports is refined into different sports. The popular sports program can open a special course to teach the teacher. The student can also choose the sport of interest to study, so it is not only to satisfy the student's needs, also to enable the student to strengthen the physique. In the related investigation of the physical quality of the college students, most of the students are The physical quality of the students is getting worse and worse. This is because the time of the student's exercise is not enough, and the study is too heavy. Therefore, the university should extend the teaching time of the physical education, and let the students have sufficient time to exercise and strengthen the physique.

3.3 Improve the comprehensive quality of the teachers

After the deepening of teaching reform in our country, the construction of teachers has been paid more and more attention by colleges and universities, because colleges and universities began to realize that teachers can directly affect the quality of teaching and the development of education, and the cultivation of talents is also related to the quality of teachers. Therefore, colleges and universities should actively improve the comprehensive quality of teachers, begin to change from management, from simply relying on administrative means to management according to law, for the appointment and assessment of teachers, to establish a set of perfect management system, combined with competitive reward and punishment mechanism, so that teachers have a certain sense of crisis, promote their own continuous progress, constantly improve their own teaching methods, improve reality. The teaching effect of the international teaching. For the current physical education teachers, we should pay attention to the work of continuing education, strive to improve the quality of teachers, organize teachers to visit colleges and universities where physical education work is carried out well, study, change their traditional concept of physical education, and contribute their own strength to the development of physical education in colleges and universities.

4. Conclusion:

In the education and teaching of colleges and universities, physical education is an important part, and the development of physical education and the consciousness of lifelong physical education can help students to strengthen their physique to a great extent. However, at this stage, there are still many problems in physical education teaching in colleges and universities, so the urgent task is to promote the development of physical education teaching in colleges and universities and solve the problems still existing in physical education teaching in colleges and universities.

Brief introduction to the author

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