

# The Predicament and Reform Direction of College Physical Education Management

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**Abstract.** At present, the reform of quality education in our country is advancing continuously, and the position of the management of physical education in Colleges and universities is becoming more and more prominent in the teaching management system of all disciplines in Colleges and universities. It can be said that the quality of the management of physical education in Colleges and universities is directly related to the implementation of the concept of quality education and the healthy development of students' body and mind. Therefore, in the new era, the physical education management workers in Colleges and universities must adapt to the new form and innovate the old traditional concept of physical education management. At the same time, it is also necessary to carefully comb the connotation of college physical education management, summarize the characteristics of college physical education management, and then follow the laws of physical education, recognize the current problems and dilemmas faced by college physical education management. This paper takes college physical education as the research object, through the analysis of the dilemmas faced by college physical education teaching at this stage, explores the development strategies of College Physical Education at this stage.

**Keywords:** New era; college physical education management; dilemma; countermeasures.

## 1. Introduction

Physical education is an important part of college education, which has an important impact on students' physical quality and physical skills. Under the requirements of quality education, colleges and universities actively carry out physical education. However, at the present stage, there are some problems in the aspects of school, teaching, teachers and so on, and the teaching reform is facing great difficulties. In this case, colleges and universities must strengthen the exploration of physical education and find a scientific way of physical education. Research on Physical Education in Colleges and universities can not only optimize the quality of physical education and improve the physical quality of students, but also has profound significance for college education and student development.

Physical education is an indispensable part of the whole education and teaching system in Colleges and universities. Physical education teachers in Colleges and universities carry out the teaching of relevant physical education theories in accordance with the physical education syllabus of colleges and universities. The purpose is to comprehensively improve the physical quality of students, cultivate the noble moral quality of students, and help students to establish a correct idea of strengthening their bodies. In order to achieve the above objectives, it is particularly important to manage the whole process of college physical education scientifically and effectively.

## 2. Connotation and Characteristics of Physical Education Management in Colleges and Universities

### 2.1 The Connotation of College Physical Education Management.

The so-called college sports teaching management refers to the process of scientific management of college sports teaching by college sports managers, which makes the whole college sports teaching process more institutionalized and standardized. Its purpose is to improve the quality of college sports teaching, successfully complete the teaching task of college sports teaching, and finally achieve the goal of College sports teaching.

## **2.2 Characteristics of Physical Education Management in Colleges and Universities.**

First of all, the management of physical education in Colleges and universities is very comprehensive. Because of the comprehensive management of teachers, students, teaching sites, teaching equipment, teaching documents and teaching progress, the management of physical education in Colleges and universities is very comprehensive. If any of the above elements of teaching management is not well managed, it may directly affect the smooth development of the whole college physical education, thus affecting the quality of teaching. Secondly, the process of college physical education management has a strong consistency. The process of physical education in Colleges and universities is a complete and coherent system, so the management of physical education in Colleges and universities must also comply with this system, that is to say, the management must be kept step by step, not out of line, otherwise it is difficult to ensure a better teaching order, not to guarantee a good teaching process. Finally, the management of physical education in Colleges and universities has the characteristics of timely feedback. Efficient feedback is a significant feature of college physical education management. Because the physical education teaching in Colleges and universities is basically carried out outdoors, involving many teaching elements, such teaching activities are affected by many factors, so in the whole process of physical education and teaching in Colleges and universities, teachers and managers must get feedback information from all aspects in time, and then adjust it in time according to the actual situation, so as to ensure colleges and universities The smooth development of physical education and teaching can greatly improve the utilization efficiency of human, material and financial resources as well as sports venues and sports equipment.

Table 1. An analysis of College Students' sports ability quality

	Male		Female	
	M	SD	M	SD
Motor Skills	1.98	3.441	10.42	2.828
Physical Fitness	13.87	2.789	13.37	3.321
Motor Cognition	14.27	3.168	13.47	3.518
Total Score of Sports Ability	39.92	6.887	37.06	8.592

## **3. Analysis of the Difficulties Faced by the Management of Physical Education in Colleges and Universities**

### **3.1 The Management Concept of Physical Education in Colleges and Universities is too Traditional and Backward.**

The management of physical education in Colleges and universities is an important component of the teaching work in Colleges and universities, which is related to the normal and efficient development of physical education, and thus directly affects the quality of teaching in Colleges and universities and the implementation of quality education for students. However, at present, most of the education management ideas of the PE teaching management practitioners in Colleges and universities still stay in the traditional ideas, or even stay in the backward physical education ideological level. The result is that it directly leads to the conservatism of college physical education teaching management, thus affects the effect of physical education teaching classroom, affects the enthusiasm and initiative of students' learning, not only reduces the efficiency of college teaching management, but also cannot make the physical quality of college students steadily improve.

### **3.2 The Degree of Attention Paid to the Management of Physical Education in Colleges and Universities is not Enough.**

Many colleges and universities' teaching management departments are biased against physical education. There is certain discrimination in the distribution of teaching facilities and the use of teaching elements. Many education managers even think that physical education is dispensable, and the teaching management departments of colleges and universities lack necessary communication

with specific physical education managers, which leads to serious disconnection. This phenomenon leads to the lack of management of physical education in Colleges and universities, which affects the actual effect of physical education. In addition, it is the reason of the sports teaching department itself. Many colleges and universities pay more attention to the teaching management, but ignore the evaluation and analysis of the teaching results, so it is difficult to find and solve problems in time in the specific practice of teaching.

### **3.3 The Management of Physical Education in Colleges and Universities Lacks Sound Management System and Evaluation and Monitoring System.**

Many colleges and universities sports teaching quality management system are not perfect, or even not, especially the lack of scientific teaching quality monitoring and management system, so it is impossible to monitor and manage the college sports teaching process. Since then, the process of physical education teaching has lost its due supervision. Without supervision and management, it is difficult to find and solve problems in time, which not only affects the enthusiasm and initiative of PE teachers, but also affects the quality of PE teaching

## **4. Measures to Improve the Management of Physical Education in Colleges and Universities**

### **4.1 Actively Change the Concept of Physical Education Teaching in Colleges and Universities, and Innovate and Practice New Teaching Management Mode.**

Physical education administrators in Colleges and universities must keep pace with the times and follow the new development of physical education management in the new era. Learn and master the teaching methods and models of physical education in the new era in time. At the same time, we should actively think and explore, and integrate all kinds of efficient teaching management models at home and abroad with our own specific work practice, so as to boldly innovate and practice new teaching methods and management models, and try our best to combine the excellent teaching management models at home and abroad with the physical education teaching reality of our school and the quality development reality of students. Thus, through the management to achieve efficient physical education, and constantly enhance the enthusiasm and initiative of physical education teachers, strengthen the physical education practice ability of students, and finally achieve the goal of constantly improving the level of physical education and management.

Table 2. Analysis on the general evaluation of College Students' Sports Management

		M	SD
Gender	Male	116.17	15.759
	Female	118.40	18.535
Source	City	116.70	18.079
	Countryside	117.63	15.898
Grade	Freshman	118.92	16.625
	Sophomore	117.15	17.226
	Junior	113.83	16.720
	Senior	111.52	15.521

### **4.2 Constantly Strengthen the Communication and Exchange between the Teaching Management Department and the Department of Physical Education, so as to Improve the Effect and Management Efficiency of Physical Education.**

First of all, the teaching management departments of colleges and universities must attach great importance to the teaching of physical education. In the teaching management, the teaching management departments should work together with the teaching management departments of physical education, because the two are general and special relations, which cannot be separated and

separated. The educational administration departments of colleges and universities should make physical education teaching plans in line with the physical quality of students and the situation of the school, so as to carry out specific physical education activities and constantly improve the enthusiasm of teachers and students. Secondly, the educational administration department of the university must pay attention to the comprehensive evaluation of physical education teaching in Colleges and universities, set up scientific comprehensive evaluation indexes of physical education teaching, find out the problems in teaching management through evaluation, listen to the opinions of front-line teachers and students, and actively seek solutions to the problems. Then, the specific sports teaching management department should also strengthen the supervision and management of teaching management in the actual sports teaching, combine the personality of students, explore their own characteristics of the sports classroom teaching mode, so as to continuously improve the efficiency and level of college sports teaching management.

#### **4.3 The Management of Physical Education in Colleges and Universities Must be based on the Actual Situation of Physical Education and Follow the Laws and Principles of Physical Education.**

For the management of physical education in Colleges and universities, we must not only follow the rules of physical education, but also conform to the principles of physical education in Colleges and universities. For example, for the arrangement of Optional PE courses in Colleges and universities, the managers of PE teaching must fully consider the feasibility of students' age and gender, as well as the level of students' physical development and the mastery of basic sports knowledge and skills. In addition, we should fully consider the teaching ability of the teachers, the specialty of teaching, the matching of teaching facilities and teaching equipment, and even consider the actual situation of the local seasonal climate characteristics. Only in this way can we ensure the smooth development and implementation of the physical education teaching plan and teaching arrangement.

#### **4.4 Actively Introduce Modern Education and Teaching Management Means, and Constantly Improve the Quality and Management Level of Physical Education and Teaching Management.**

The purpose of all the behaviors of college physical education management is to improve the quality and level of college physical education teaching. However, in order to improve the management level and optimize the necessary elements in the process of physical education, we must rely on advanced technology and adopt modern management means and methods. For example, the more popular and effective teaching management mode recently is to introduce ISO9000 standard into the teaching management of physical education in Colleges and universities. It is of great significance to introduce ISO9000 standard into the teaching management of physical education in Colleges and universities. On the one hand, it can help college physical education management practitioners to establish a systematic idea of management, so as to continuously improve the old management system of physical education; on the other hand, it can also achieve the adherence to the full membership, comprehensiveness and continuous improvement and improvement of education quality management. The most important thing is to make the management of physical education more scientific, more standardized and institutionalized, and finally to effectively guarantee the effective implementation of all physical education and teaching work in Colleges and universities, so as to continuously improve the quality of physical education and teaching management in Colleges and universities.

In a word, the management of physical education in Colleges and universities not only has the characteristics of management, but also plays a very important role in the implementation of physical education classroom. Therefore, the college physical education administrators should not only actively study the most advanced physical education teaching concepts and management methods, but also actively carry out innovative integration. Of course, college PE teachers should also actively cooperate with PE teaching managers, change the traditional teaching ideas and models, actively

adopt advanced teaching methods and models, keep up with the development of the times, and cooperate with PE teaching managers. Only in this way can we achieve the goals and tasks of PE Teaching in Colleges and universities.

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