

Problems in the Reform of Physical Education Teaching in Colleges and Universities and Countermeasure Study

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Abstract. In China's higher education system, physical education has always been an indispensable part, with the continuous deepening and improvement of education reform, college physical education teaching must also adapt to the modern education trend and change the traditional teaching mode. In the contemporary society that strongly advocates quality education, the old college physical education teaching can no longer meet the needs of students, and cannot adapt to the development of the new era, in order to effectively keep up with the social progress, the reform of college physical teaching is an irresistible trend, it is necessary to create a college sports development system in the new era and establish a new teaching concept of college physical education. This paper explores the problems in the current college physical education reform, and analyzes and summarizes the specific feasible measures.

Keywords: physical education, teaching reform, problem, countermeasure.

1. Introduction

Physical education teaching in colleges and universities is an important part of higher education teaching in our country, due to people's insufficient understanding for physical education in colleges and universities, the quality and effect of physical education teaching are not good, and there are still places that are incompatible with the requirements of today's social development, the colleges and universities often ignore the problems of students' physical ability and lifelong sports awareness, and student lack awareness of participating in sports activities, students cannot develop the habit of consciously exercising after they enter into the workplace, thus affecting their physical health. This paper analyzes the problems in physical education teaching in colleges and universities, proposes new ideas and new measures to solve the problem, which is helpful to improve the quality and level of physical education teaching in colleges and universities.

2. Current Status and Problems in Teaching Reform of College Physical Education

In recent years, with the continuous promotion and improvement of the education system reform, the teaching reform of college physical education has also achieved certain results, the teaching contents and teaching forms of college physical education have become richer, and the educational connotation has become more profound. However, due to the influence of long traditional teaching ideas and teaching means, there are still some problems in the reform process of college physical education in our country, through the analysis of the current situation, these problems are mainly reflected in the following aspects.

2.1 College Physical Education Teaching Concepts are Still Relatively Backward

It is found from various investigations and studies that physical education teachers still occupy the dominant position of the classroom in many physical education teaching in colleges and universities today, they do not deeply understand and implement the "student-oriented" teaching idea, and they still adopt the physical education teaching, they still use indoctrinated and demonstrative teaching methods when conducting physical education teaching, only value the physical quality of students, neglect the psychological needs of students, and do not cultivate students actively participate in sports activities and physical education courses, they do not cultivate students' idea of lifelong sports and

lifelong health. This traditional backward teaching concept and teaching concept have hindered the reform of college sports.

2.2 The Teaching Contents of Physical Education in Colleges and Universities cannot be Updated in Time

At present, the contents of physical education courses in colleges and universities in China are basically the same without any novelty, ball games, dance, aerobics dancing, and martial arts are still the main contents of physical education courses in colleges and universities, although these physical education contents ensure diversity, but lack novelty, the long-term unchanged physical education teaching contents can easily make students feel bored and lower their sports enthusiasm. Moreover, with the progress of social civilization, students receive more and more information, and their hobbies are more and more extensive, they prefer to try new things and personalized activities, so the old teaching contents should be updated in time to better meet the sports needs of students.

2.3 There is not Enough Theoretical Guidance in Physical Education Teaching of Colleges and Universities

The theoretical research level of sports in China still lags far behind in comparison with other developed countries in Europe and the United States. It is not difficult to find that in the current college physical education, physical education teachers more carry out technical guidance on sports, seldom talk about theoretical knowledge, physical education teachers ignore the relevant theoretical teaching. However, with the progress of society and the development of science, sports in the future must be supported by strong theoretical knowledge to carry out sports in skills. The research of sports theory in our country is not perfect, which makes the theoretical knowledge level of physical education teachers in colleges and universities vary, in the actual process of physical education teaching, there is no scientific sports theory as a guide, and there is no systematic sports theory system, so students will have deviation in the process of sports practice, which is very unfavorable to the overall development of physical education reform in colleges and universities.

2.4 There are Defects in Evaluation System of Physical Education in Colleges and Universities

The physical education is a discipline with strong practicality in the education system of colleges and universities, however, due to the influence of exam-oriented education and traditional education, the evaluation system of physical education teaching in colleges and universities also has some shortcomings. In every semester's physical examination, physical education teachers conduct on grade the students' performance in the examination, although this method seems fair and just, it has certain chance. Different students have different physical functions and sports abilities, physical education teachers can't only rely on the students' performance in the final physical examination as the final scoring basis, different students are good at different sports forms, therefore, the teachers should evaluate the students' sports performance in many aspects, and combine the students' specific performance in ordinary physical education classes and various sports activities, and then make more accurate evaluation.

2.5 Students' Understanding for the Relationship between Sports and Health

In the eyes of students, there is no substantive connection between sports and health, if not necessary, they think that they do not need to participate in physical exercise, they think the definition of health is physical health without disease, therefore, most of the contemporary college students lack physical exercise. the sports events held in universities are relatively poor, most of them just are some ball games, and the overwhelming majority of students are not good at ball games, so that students can give up their favorite sports because they don't support them, these factors affect students' understanding for physical exercise.

3. Specific Countermeasures for Teaching Reform of Physical Education in Colleges and Universities

In the reform process of deepening teaching reform of physical education in colleges and universities, the direction of teaching reform must be established, it is an important content that can improve the teaching quality of physical education in colleges and universities in our country. According to the status quo and problems of college physical education proposed above, in order to better carry out the teaching reform of college physical education, the following countermeasures are proposed.

3.1 Enrich the Theoretical Knowledge of Physical Education Teaching in Colleges and Universities

Although college physical education is a discipline with strong practicality, in order to make the reform of college physical education carry out smoothly and truly conform to the development of the times, it is necessary to enrich the theoretical knowledge of college physical education and ensure the establishment of correct theoretical system of college physical education teaching. Any theoretical research is scientific and systematic, so the theoretical knowledge of physical education teaching is no exception.

3.2 Change the Teaching Concept of Physical Education and Update the Teaching Method of Physical Education

Quality education has become the mainstream education in China; therefore, the teaching concept of physical education in colleges and universities in our country should also take it as a benchmark, it is necessary to change the teaching concept and establish a "student-oriented" teaching concept, the teachers should allow and pay attention to the personalized development of students, train students' awareness of comprehensive development. In addition, both the government functional departments and the relevant leaders of the school should pay attention to the teaching reform of physical education, in the process of physical education classroom teaching, physical education teachers should try various teaching methods and combine the theoretical, interesting and diverse property of physical education, explore the teaching methods of physical education that are compatible with modern development, train students' innovative thinking, and ensure that the teaching reform of physical education China is developing toward a better direction in our country.

3.3 Supplement the Contents of Physical Education Courses in Colleges and Universities

With the progress and development of science and technology, the course contents of college physical education should be updated and improved, so as to cultivate more comprehensive talents. With the development of the reform of college physical education, the content and teaching form of college physical education have changed a lot. While passing on theoretical knowledge of college physical education and improving the physical quality of students, it is also necessary to pay attention to the psychological quality of students; the teachers should meet the needs of different students' physical education according to their different personality characteristics. Physical education teachers should reasonably arrange physical education teaching, and must ensure the planning and systematization of the teaching process, in addition, the teachers should also supplement the knowledge on students' mental health, so that students' physical and mental health can be paid attention to, and the physical education teaching of colleges and universities can be maximized, and improve the overall teaching quality of college physical education.

3.4 Train Students' Correct Attitude Towards Physical Education

Under the influence of exam-oriented education, students value scores in primary and secondary schools, which is also the normal situation in universities, college students only participate in sports activities to obtain credits, and they do not really realize the significance of the existence of college physical education courses, so students can not mobilize all their enthusiasm in the process of

participating in sports activities, so it is difficult for students mobilize their enthusiasm in the process of participating in sports activities, In this way, it is difficult for students to benefit from physical education. Therefore, when teachers carrying out physical education activities, teachers should consciously penetrate the value of physical education into students, train students' correct attitude towards physical education courses, and make the reform of college physical education teaching develop better.

3.5 Use Science and Technology to Enrich the Teaching Forms and Means of Physical Education in Colleges and Universities.

The new technology and new methods of physical education teaching should play an important role in college physical education classrooms, the most economical and effective one is the use of information technology. Through the use of information technology, students can visually see the skill mistakes in physical exercise. Physical education teachers in colleges and universities can also use other science and technology, equipment, such as suing pedometers and heart rate monitors to set the pace and heart rate goals for students, which can effectively guarantee the teaching quality of teaching. Projectors can be used to show students correct sports action or how to play certain sports games. The use of these technologies and equipment helps students learn and master the basic motor knowledge and skills of certain physical activities, which not only make students to become more capable and confident, but also enhances the flexibility, balance, coordination and other physical qualities of their bodies.

3.6 Offer Health and Nutrition Sports Courses in Physical Education Teaching in Colleges and Universities

While teaching students' sports knowledge and skills, physical education teachers can incorporate health and nutrition knowledge into the physical education curriculum contents. Most colleges and universities in China do not provide health classes and nutrition classes for students. At present, some colleges and universities have noticed the students' health maintenance and nutrition security issues, require students to learn the relevant health education and nutrition knowledge while learning the prescribed physical education content, and then students form a good health habit and living habits.

4. Conclusion

All in all, the reform requirements of college physical education should be related to the talent requirements of the future society. Teachers should change the teaching concept of college physical education, enrich the teaching contents of college physical education, enrich the theoretical knowledge of college physical education, create a new college teaching evaluation system, then better guide students to participate in college physical education curriculum and improve students' physical and mental health, make students establish a sports concept of lifelong fitness, while successfully implementing the teaching reform of college physical education, they also cultivate students to become comprehensive and high-quality talents that meet the needs of future social development.

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