

# **Analysis on the formation and development of college physical education to promote students' social skills**

Xing Xi, Huoqiang Wang

Nanchang institute of technology, Jiangxi, Nanchang, 330044

Nanchang city education school, Honggutan, Jiangxi, Nanchang

**Key words:** school physical education; students; social skills

**Abstract:** the students are in the critical period of growth and development, their outlook on life, values are not fully mature, social skills are still quite short, can not adapt to the rapid development of the times. The main content in this paper, the connotation of social skills, social skills, school sports to promote students' social skills formation and problems facing the development and solving ways and methods are described, to make full use of school physical education in promoting students' social skills in the formation and development of the, so that students can quickly adapt to society, the theory applied to the social practice, and to accept the practice test.

## **1 The connotation of social skills**

Currently foreign scholar's understanding of social skills mainly the following statements: foster and Ritchey will social skills as was shown in a particular situation is effective, or to maximize the estate, maintain or strengthen for communication of the results of those responses. Ladd and mize noticed behavior, result and cognitive factors, social skills that refers to the ability of children cognitive and behavior become an integrated course of action to achieve culturally acceptable social and personal goals. Hughes believes that social skills are likely to improve the behavior of others in the evaluation of the individual's social ability. Gresham, and Elliot thinks that social skills are heralds important social consequences of those actions in a particular situation, these consequences include peer acceptance and popularity, an important figure in the behavior of judgment, and peer acceptance, or an important person in judging the consistently related to other social behavior.

## **2 The main contents of social skills**

From the students, during the school period, such as the ability to use a variety of opportunities to develop their social skills, on their way to the community, to adapt to society, to create a good job performance will be of great help. Students in the school to master the social skills are mainly the following.

### **2.1 Correctly handle the emotional skills**

Including on emotion recognition, expression and control, understanding and correctly express their feelings and emotions, identify, understand and respond to the emotions and feelings of others, learning positive emotions properly deal with isolated, frustration, fear, disappointment, failure, boredom, anger emotion and victory, success, etc.

### **2.2 Interpersonal skills**

The to actively adapt to the others, pay attention to the existence of others, try the initiative in their dealings with others, understanding and choosing the way of communication, correctly handle the contradiction with the others, the society and communication object is shared, to cause to others in a proper way, express gratitude to others, to engage in cooperative play, expression and accept the

apology, giving and receiving praise, for help and give support and accurately express themselves.

### **2.3 Learn the skills**

Including in the school and classroom environment to the teacher for help, to comply with classroom discipline, focus on listening, and actively answer questions, in accordance with the requirements of the completion of the work, the reasonable arrangement and use of extra-curricular time, etc..

### **2.4 To adapt to the environment skills**

Its main performance is to create a good environment for their study, work and life. This skill mainly includes: the ability to maintain personal hygiene, the ability to deal with emergencies, the ability to survive in a variety of complex environment, to maintain the environment clean behavior habits, etc..

### **2.5 Correct evaluation of the self skills**

The main performance is to learn to self management, to establish a sense of responsibility, to establish a sense of citizenship. Including: bear personal responsibility, the courage to admit their mistakes, comply with social ethics, the correct expression of their emotions, effective self-management, etc..

## **3 Problems and Countermeasures in the formation and development of students' social skills in school physical education**

### **3.1 At present, the problems of school physical education in the cultivation of students' social skills**

#### **3.1.1 The PE Teachers' professional knowledge is weak**

Although the vast most schools equipped with full-time teachers, but generally did not required with foot and the majority of physical education teachers is graduated from technical secondary school or college, some teachers to be older, and even some schools only substitute teacher, their professional theoretical knowledge, basic skills are low, and even students in PE lessons learned a lot of knowledge, skills and social need to seriously out of touch.

#### **3.1.2 Physical education at random, only pay attention to the activities in the form of**

Although most of the school physical education into the teaching plan, but physical education has become the basic class of outdoor activities, most of the time is free, PE teachers only care, physical education classes optional sex is big. Can fully enhance students' physique, exercise students body broadcast, also due to lack of understanding of the school teachers and students. In a mere formality, lack of effectiveness and the value of exercise. Schools sports and recreational activities, it is difficult to give students have an effect, most of the students just had feast simply can not learn real skills.

#### **3.1.3 Venues, equipment shortage, the activity of single**

The school sports field is narrow, the student activity scope is small, cannot reach the education department to the student per capita floor space request. Sports equipment quantity is few, the variety is single, mostly is some basketball, soccer and so on, moreover some schools only have the equipment not to have the place. Old school sports teaching system and teaching content, physical education is still the traditional teaching of physical knowledge and skills, school extracurricular sports activities, still to simple basketball activities mainly, few organizations and arrangements in other sports, restricted the comprehensive development of students' social skills.

#### **3.1.4 The students' physical basis and generally poor physical quality**

Students of sports basic knowledge, basic technology, basic skills generally acquire less, ability is

weak, usually contact of sports is not much, for many sports items don't understand, not to be. Due to the lack of scientific physical exercise, lack of physical exercise, schoolwork burden overweight, body height and weight of students generally fail to achieve the required standards, development is relatively slow, which greatly limits the social skills of learning and development.

### **3.2 On the problems of school physical education in the cultivation of students' social skills**

3.2.1 Schools should take measures to expand the number and quality of physical education teachers, according to the current situation of school students, adjust the layout of the school, as far as possible with full-time physical education teachers. Also can through the organization of sports teaching and research activities, organization of sports teachers short-term training, arrange physical education teachers to observe the high level sports, to solve the "physical education teachers, sports teachers in the class.

3.2.2 Through the publicity to the significance and value of school physical education, to change the school leaders, teachers, students and their parents think PE is the traditional concept of "extras", raise awareness of the importance of school sports, so that they can realize school sports is the basis of national fitness sports and its development is conducive to the enhancement of students' physique, improve the level of physical and mental health, and to cultivate the cross century qualified talents has important strategic significance, let them in thinking and action of school physical education to attach great importance to, truly "moral, intellectual, physical," "three education" to pay equal attention to. Also at all levels of education, sports administrative departments should closely cooperate in the establishment of a complete school physical education management evaluation system, schools should is in charge of the headmaster, teach, director of the sports leader personally intervene, formulate feasible action plan, carry out different types of sports activities, to cultivate students' interest in sports activities and a variety of sports fitness ability, pay attention to the guidance of all students' sports activities, which provide the conditions for the development of students' social skills.

## **4 Ways and means to promote the formation and development of students' social skills in school physical education**

### **4.1 School sports promote the formation of students' social skills way**

School physical education mainly through the physical education, extracurricular sports activities, sports competitions and other forms of expression to complete the task of teaching and learning. In this process, school physical education can effectively promote the formation and development of students' social skills.

#### **4.1.1 Physical education on students' social skills training**

Physical education teaching is an important part of school physical education, they are important links to make students form the concept of lifelong physical education, but also an important way to realize the school sports. Physical education according to students of different age and different age stages of development law to organize various sports games, competitions and various test and score, can inspire and cultivate the students' interest in physical education, the cultivation of students' social skills created a lot of opportunities and good conditions.

#### **4.1.2 Extracurricular sports training on students' social skills**

Extracurricular activity is the extension and supplement of physical education, extracurricular sports activities, good and bad, a direct impact on the development of students' social skills, in the school

extracurricular sports activities of the time should be more than physical education time, in activities to guide students to classroom knowledge, skills and the methods of physical exercise to be used, in order to promote the development of their social skills and improve, so that the lifelong benefit. So extracurricular sports activities with distinct mass, spare, targeted to starting from the student's actual, according to different age, sex and physical strength compiled exercise group and flexible organized activities, to enhance the physical fitness of students, enriching the student's extracurricular life and full development of students' individuality and ability, make each student kinetic energy to be suitable for training and development.

#### **4.1.3 Sports competition on students' social skills training**

Sport competition is one of the basic ways to realize the goal and task of school physical education. It is also an important method of school physical education and sports training. It is also one of the important ways to cultivate students' social skills. The extensive development of sports competitions, so that the majority of students to understand the characteristics and significance of the movement, to cultivate the awareness and interest in participation.

### **4.2 Methods of school physical education to promote students' social skills**

#### **4.2.1 To enhance students' communicative ability**

Physical education "all", can mobilize the enthusiasm of students to participate in, make students have a strong interest in physical education, through a relaxed and harmonious atmosphere of teaching, interesting, game teaching method and diverse teaching means, to stimulate students interest in learning, change is for the initiative, let students experience exchanges in sports activities in the fun, and can take the initiative to participate in sports activities. Sports competitions, students must be in the students to establish an equal, democratic and efficient interpersonal relationship, in order to win the game (including various forms of competition). This undoubtedly promotes the formation of interpersonal skills. Practice has proved that those who have a certain expertise in sports enthusiasts, schools have good interpersonal relationships, easy to get the trust of the leadership and students.

#### **4.2.2 To improve the students' coping skills**

School physical education is an open dynamic system, it requires the movement of technology and the way to continue to pursue the best utility. Sports participation, asked the students according to their pursuit of the goal to select using the technology and type of exercise. At the same time, in order to make the pursuit of their own goals to be realized as soon as possible, they are bound to continue to create, transformation and adaptation has been the use of technology and form of exercise, in order to obtain the optimal function and utility.

#### **4.2.3 The cultivation of students' creative ability**

In a sense, innovation and practice is an important feature of sports, there is no innovation and practice, sports will lose its vitality. We can use the teaching method of the course of sports innovation, extracurricular sports activities content rich, such as let students their innovative change movement of the time, route, way and combination and so on, provide a rich imagination and practice development space for students and make their imagination to check and correct in practice, and improve the students' ability to create.

#### **4.2.4 To cultivate students' ability to adapt to the society**

Long term physical exercise, can improve health, enhance the body's various organizational systems to withstand external stimulation and coordination of the ability of the organization system. As winter outdoor exercise, cold water brush, cold bath, winter swimming exercise can enhance the body's resistance to cold. Through the position of the ball games in the winger, center, guard and

other various roles adaptation, can improve students' ability to adapt to the corresponding social roles. Sports and entertainment activities is for the students to adapt to the new life rhythm is an important auxiliary means, often engaged in sports of the students, the pace of life change have strong adaptability. This is because in sports activities and sports on human nervous system, cardiovascular system stimulation can improve the human body to adapt to the fast pace of life ability.

## **5 Conclusion and suggestion**

Social skills to a great extent in the social relationship is good or bad, career success and satisfaction to life. In modern society, interpersonal communication is not only individuals adapt to the environment, adapt to the social life, play role in society, formation and characteristic of the basic way, but also the learning and development of an important way. School education for a long time to ignore the cultivation of students' social skills, can not be said to be an important reason. School physical education is an important way to solve these problems, to all-round development of students' physical quality, school sports should arrange some comprehensive and diversified activities, let the students in practice continue to find their own shortcomings, to strengthen the exercise, continue to go beyond the self, and gradually formed and willing to accept new life experience and new way of thinking, develop and improve the social skills, and enhance the ability to adapt to the modern society. School sports on the role of the formation and development of students' social skills training is obvious to all, the majority of school sports workers should seize the opportunity of the reform of school physical education, through various forms of modern school sports for the formation and development of students' social skills and continue to explore and innovation.

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