

Exploration of College Physical Education Talents Training Mode

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Abstract. The rapid development of the knowledge economy, demographic changes, people's demand for sport is changing, recreation, rehabilitation, health career all will have a huge impact on physical education professional development and also provides excellent opportunities for development. Our physical education professional training model increasingly exposed its limitations. As the socialist market economy, social demand increasingly high standard of talent, then the traditional model train sports professionals, obviously cannot meet the needs of today's society sports talents, so we must change the concept of the establishment of the right sports talents values and ways of thinking, exploring new physical education professionals training mode.

Introduction

21st century society is "knowledge-intensive" society is the era of world science and technology revolution and the market economy further booming development trend of social, economic, technological, cultural 21st century compel us to deepen PE Teaching Content and Curriculum Reform for Education the process of reviewing its training model. Training model is the school for students to build knowledge, ability, quality structure and the implementation of such a structure, it embodies a deep thought and dominant direction of running schools, but also determines a general framework for the work of the school and the culture fundamental characteristic of talent, embodies the ideas and concepts of education. In the process of personnel training, training mode neither the content areas, nor purely formal category; neither object category, it does not belong to the scope of the results. The fundamental properties in that it is a process that category: it is a culture process for the design, the construction and management; it is the overarching statement of the personnel training quality state. Due to different era's social and cultural environment, science and technology, personnel quality structure for different requirements, and thus need to constantly optimize the training model. The 21st century is the era of economy, science and technology, the rapid development of knowledge, which is characterized by people-oriented, innovation as the soul, knowledge products to the global background. This requires professional sports training model of education reform must be carried out in a timely manner, whether to consider the culture of physical education in line with social development needs of talent, whether in line with modern society and modern sports talent requirements. Therefore, in times of popular higher education, deepening the PE teaching contents and curriculum system reform of education, to promote quality education in the process, strengthen professional training mode of adaptation of physical education in the 21st century research and discussion, in the new situation of Physical Education professional implementation of comprehensive reform of a breakthrough, but also improve the quality of teaching physical education teachers in core areas.

Physical Education Training Model

Recent studies concerning sports education training mode Different scholars have different views. Among them, Professor Paradigms proposed "interchange autonomous" training model, the core point is: offers a great variety of "interchange development space" for physical education majors, guide them autonomy in the "Basic Space" Interchange of development learning development and to independently choose development for everyone "flexible space." The basic structure of the model can be summarized as a basic training target, two kinds of alternative professional caliber,

three-dimensional interchange curriculum structure, the elastic limit of the election of four types of specifications, one of five training methods. Lizhen Bin, etc. On the basis of our Physical Education Personnel Training Model types and forms of studies on the classification discusses the necessity of sports talent training mode reform education. Zhang Hui red, Fengtian I think the culture in the 21st Century Sports Talents To reposition the training objectives, the implementation of flexible educational system, curriculum system, teaching content and teaching approach to reform and innovation. Wang et Luke Physical Education "Applied" training model has been constructed, the overall design concept of the proposed model, design principles, to explore its features, architecture and implementation. Mainly based Caoshi Yun on the basis of 50 years of characteristics of our education professional development for physical education were analyzed on to PE specialized training model of education constructed PE specialized training and education objectives, personnel specifications, integration and optimization of the course structure will be We discussed that the training "High Quality" of Physical Education personnel is the starting point and goal of reform of professional sports.

In short, the professional education reform field sports, currently in training objectives, curriculum and social evaluation have been some systematic research, but in the curriculum, employment tends to build respect, has not been proven, system theory research and practice patterns reported. Thus, according to the social needs of professional settings, and improving quality of personnel training to start, expand personnel training channels, optimize curriculum resources, build a Training Mode, and focus on improving students' humanistic quality, strengthen the integration of teaching and practice, do their own Education Features for cultivation of competitive high-quality physical education talents with great theoretical and practical significance.

The Necessity of Reform and Development of Physical Education Professional Training Model

The Rapid Development of Foreign Higher Physical Training Mode. Due to differences in the various aspects of the world of politics, economy, culture, education, professional training in the sport mode also exhibit different characteristics. United States, Japan, Britain, Germany and other countries after World War II major overhaul of teacher education, the abolition of normal universities set up independently, teachers mainly by universities, multidisciplinary university of Arts and culture, using / 2 + 20 on the school system, / 3 + 00/3 + 10/3 + 20/4 + 00/4 + 10 / + 20 4 and other training mode, this open (or non-directional type) training model, the advantage of culture target diverse and flexible, extensive curriculum and other maneuvers, facilities and equipment conditions are more favorable, higher student academic level and degree of specialization, a wide range of knowledge, a strong ability to adapt, potential students and professional way wide. While Europe, Japan and other countries in students' knowledge on the structure of developing a "generalist" mainly manifested in the curriculum focus on Arts and penetration, highlighting the basic, comprehensive, teachers, international and other characteristics, thereby enhancing the students learn to survive competitiveness. Thus, with the reform and development, and international outlook of international teacher education constant demand for professional sports complex talent, and this open-ended non-qualitative type training model has become the mainstream of contemporary international sports teacher training model of reform.

The Requirements for Physical Education Talents Training Mode of Social Development. Since the founding of our country because of the former Soviet college education mode by colleges and universities have been guided by the Specialist Education Training Mode. Under the planned economy system, the College Physical Education has long been the goal to train PE teachers, this single alignment type training model middle schools who have trained a large number of sports teachers in promoting basic education reform and development has made a great contribution. But with the rise of science and technology to develop new technology revolution is both highly differentiated and highly integrated, changes in social demand for talent concept, social and sport, life, accelerate the industrialization process, so that the orientation of talent fostering model inherent drawbacks increasingly exposed: the curriculum is narrow, relatively low degree of discipline; generous enough students basic knowledge, practical ability is not strong enough, lack of

innovation, poor ability to adapt other work; premature professional orientation, students and professional way by comparing source major constraints; cultivate a single channel, closed and difficult to adapt to modern social and technological development of many types, ability to adapt to a variety of PE teachers demand. Thus, the conventional "expertise Training Mode" cannot solve new problems today Physical Education Major deepening the reform process faced, requiring general training model sports education majors in colleges and universities in the new century, the culture of pluripotent follow a special type of compound basic sports training model general principles, not only to reflect the "education toward modernization, the world and the future," the guiding ideology, but also to promote quality education, cultivate students' innovative spirit and practical ability to develop students' individual efforts PE training model to achieve the diversification of education, rapid integration and development in the direction of similar international sports colleges.

The Measures to Shift Physical Education Professional Training

Change Personnel Employment Concept. Human consciousness determines people's concept, the concept is one of the general views of things, what kind of views on what kind of approach. At present, the concept of personnel training in sports, there are still problems with the times incompatible. Specific features: the talent values of understanding "the social value, light body values"; in the grasp of Talent Quality of "the knowledge level, light quality culture"; on the talent development concept implementation of the "heavy reality As a result, light long-term development." And to overcome these shortcomings, we must first establish the scientific concept of sports talents employment.

Set Professional Curriculum According to Social Needs. Meet the social development needs of sports talent and it is a fundamental rule of sports personnel training must be followed. Sports Specialties considered for admission to the market demand and the graduate employment market, two factors, according to the needs of society, timely adjustment of specialty structure and settings to solve some sports professionals "surplus", and some sports professionals and "shortage" of this structural contradictions. At present, the physical education major colleges and universities, sports training of professionals is already a surplus, physical education teachers in primary and secondary schools of the city is already saturated, and physical education teachers in rural primary and secondary schools, but a shortage, so we want to set up a professional-caliber expansion, to open up new job market, it should have the spotlight on rural primary and secondary development prospects. Structural adjustment programs expand professional courses, training courses to strengthen and increase education classes, the proportion of natural science, social science courses and tools. While expanding professional training objectives, clear freshman in personnel training program, specific tasks sophomore, junior and senior internship program.

Services have been included in the new sunrise industry countries. In recent years, sports services affected by the international environment, the rapid development of a variety of fitness and recreation service industry, health clubs, recreation hall, sports tourism has entered people's lives, the emergence of these commercial fitness industry will not only meet the needs of different sectors, also give physical education major, professional sports training to provide some employment opportunities. So, we have to set up different professional nutritionists, social sports instructor, sports and leisure, health and sports rehabilitation and so on according to market needs, in order to meet the social requirements for different sports talents.

Improve the Quality of Personnel Training. In the new environment, social and economic background, our education and sports personnel training, will face the challenge of knowledge economy and economic globalization. Therefore, personnel training to have a global vision, to cultivate knowledge structure is reasonable, comprehensive high-quality, strong practical ability to work with complex innovative talents in the first place, developing a "thick foundation to meet the needs of social development, the ability, high quality "talent. The curriculum decisions on the one hand knowledge structure of talent, on the other hand reflects the characteristics of talent cultivation. Therefore, to improve the quality of personnel training, we must first develop policies on

admissions policy, according to different training objectives focus on the assessment of different content. If we focus on developing integrated talent, knowledge and skills is focused on the time of admission and the technical expertise of both; if focuses on developing professional skills of personnel, when admission is focused on physical fitness and sports skills overall outstanding student; if focuses on developing the knowledge and skills of talent, they have the cultural achievement strictly.

Optimize PE Curriculum Resource Configuration. Optimize the allocation of resources Physical Education Curriculum problem actually it is to improve the efficiency and effectiveness of resource allocation programs to further enhance the power of physical education teaching, training to adapt to the social development needs of qualified sports professionals. Curriculum resources is a new concept by the new round of curriculum reform education colleges and universities need to put forward, according to this concept, Colleges Sports Course Resources can also be divided into creative resources and conditional resources into two categories. University sports curriculum material resources include five aspects of sports and health knowledge, methods and means of physical exercise, physical education organization and teaching methods, curriculum goals, feelings and values and other sports. Conditional resources college sports curriculum includes five aspects of human resources to implement this course, financial resources, time, resources, space resources and sports equipment supplies and other resources. At the same time, including the school curriculum resources and resources, including external resources.

Conclusion

Facing the new situation, changing concepts and re-examine existing sports professional training mode of education, training PE objectives as a guide to market-oriented to quality education as the core, to train teachers as the main sport, broaden Sports related fields, focusing on the ability of students, focusing on training to adapt to wide, strong adaptability, innovative spirit and practical ability of high-quality compound sports talents. By optimizing the curriculum system, to expand the knowledge capacity, outstanding professional characteristics, determine the core curriculum, strengthen the construction of basic courses, elective courses to broaden and improve the overall quality of teachers' ability to explore various forms of education pathways reflect Diversified Talent Training. Establish relying on local, regional services, for rural areas, towns, cities, radiation to the concept of national personnel training, construct professional education training mode.

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