

# Research on the Application of Personalized Education in College Physical Education

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**Keywords:** Application, Personalized Education, College Physical Education

**Abstract.** With the progress of society, people began to pursue individuality. The personalized talent can be able to work better in the job, to promote the development of various industries. As a training place for talents, colleges and universities need to pay attention to individualization, and physical education as a means to improve students' physical quality and psychological quality and it needs to apply personalized educational philosophy. This paper analyzes the application of the individualized educational idea in the current PE teaching in colleges and universities, and further points out how to apply the effective strategy of the individualized educational idea in the physical education teaching of colleges and universities.

## Introduction

The twenty-first century is a new era, the challenge of mankind greater demand for talent higher. In today's society, personalization is now a popular vocabulary. In the institutions of higher learning, the cultivation of talent should also focus on individuality. Especially for physical education, the students' physical quality, psychological quality, personality quality and so have an important role, institutions of higher learning need to do a good job of physical education, and better play a role. Therefore, colleges and universities in the teaching of sports, the need to apply personalized educational philosophy, attention to the growth of students' personality, highlighting the individual value of students, so as to improve the physical and psychological quality of students.

One of the key points of reform in our country is to strengthen the individualized education. Through education, students have the ability of independent thinking and independent innovation, and have the individual way of thinking. Personality is not a special character, but happy or good at thinking from different perspectives. The long-term examination-oriented education has deprived many students of the personality characteristics, and the rise of quality education requires the education sector from the emphasis on cultivating students to start the personality, so that students can fully blossom, each with its own characteristics. As a discipline that can play the individuality of the students, the physical education should make full use of the individualized educational idea in teaching, and can tap the individual characteristics of the students and realize the different value orientation of the students.

## The Application of Personalized Educational Philosophy in the Physical Education in Colleges and Universities

In the physical education of colleges and universities, the concept of personalized education is gradually introduced into the various schools in the process of physical education began to focus on the personality of students. But by the influence of the previous teaching ideas, as well as in the corresponding teaching philosophy under the influence of the teaching methods and means often used, the various institutions of higher learning still did not give enough attention to the personality of the students. And in the implementation of personalized educational philosophy, the implementation of the situation is not very optimistic. Many institutions of higher learning, although verbal and document called on us to attach importance to cultivate students' personality, in the teaching process of sports into a personalized educational philosophy, but in action did not do so, or the implementation of the effect is not very good. There are some schools in the sports aspects of teaching, is still teacher-led, physical education teachers in the teaching of a decisive position, and

students did not play their own role, students in a secondary position, and rarely through physical education To show their own personality and advantages, but only to suppress the personality. With the deepening of educational reform over the years, personalized education has been widely used in college physical education and teachers increasingly pay attention to discover the individual differences between students, from the common to find the personality of each student, and Targeted training. However, due to the long-standing, under the influence of deep-rooted examination-oriented education, many physical education teachers will still be bound by the traditional teaching philosophy cannot fundamentally break the old teaching methods, so the development and implementation of personalized education is not smooth. More universities only "personalized education" as a form or slogan, and did not implement this idea in physical education, but only in the form of it. Especially the attitude of many students to treat physical education is more casual, that sports and the future development of their own is not much relationship, and in the teaching process, the teacher did not let the students in the main position, still continued the traditional teacher-oriented teaching the way. The attitude of dealing with sports and unreasonable teaching methods, detained the development of students' personality, so that cannot truly reflect the meaning and value of physical education.

### **The Importance of Using Personalized Education Concept in the Physical Education in Colleges and Universities**

In the physical education of colleges and universities, the application of personalized educational philosophy, has a very big importance. Chinese rapid development in the development of various industries need to focus on human personality and value, and in the education industry, the individual needs of students in a more critical place, personalized educational philosophy should also be regarded as important education sector proposition. Especially in colleges and universities, the personality of college students is more prominent, they are eager to develop their own personality, they are in the potential to achieve value, publicity personality of the critical period, if higher education does not attach importance to this, did not help students develop them The personality, and even suppress their personality growth, it will hinder the progress of students. The teaching of sports in the institutions of higher learning, in revitalizing and the rise of the spirit of the Chinese nation, to establish the sense of cooperation of students to enhance the level of mental health of students, improve the personality of students, have an important impact, and in which included Personalized ideas cannot be ignored. If a lack of personality of the students is not complete cannot play in the future social construction creativity, and better build the motherland.

Secondly, in the college physical education, the application of personalized educational philosophy is to cultivate a new era of new talent requirements. New era of talent needs to be creative, with a positive spirit, with a strong ability to cope with change, with a relatively high level of moral and sense of responsibility, with a relatively deep level of knowledge and technical ability, with some personal good place. These requirements for the new era of talent, it reflects the importance of individuality. Colleges and universities in the teaching of sports, you can use personalized educational philosophy to help students improve their physical fitness, establish a good mental state, with a positive spirit of the face, with a strong and unyielding will quality, which are conducive to their Future life and work to get better performance. As long as the institutions of higher learning in sports teaching, the application of personalized educational philosophy, can be cultivated into college students meet the social requirements of individual talent.

Personalized educational philosophy applied to physical education, has many beneficial effects. China is the stage of rapid development and each industry began to pay attention to play the personality, pay attention to the realization of personal values. In the education industry, students' personality needs to be more important, and the concept of individual education needs to be the focus of education. If you do not pay attention to the development of students in the personality characteristics of education, and even hinder the development of their personality, they cannot adapt to the needs of the current situation. In the field of education, physical education is conducive to helping students to form a strong sense of cooperation, improve the physical and psychological

quality of students and improve the personality of students. And these beneficial effects are inseparable from the use of personalized educational philosophy. The new era of talent should have a strong ability to innovate, better adaptability, strong sense of responsibility, good moral quality, high level of knowledge, high skill level, and personal expertise. This shows that personalization must be one of the qualities of talent, in teaching should focus on training. In the teaching of sports, you can use the concept of personalized education to improve the health of students to help students form a better psychological quality, with the will of perseverance, with a positive spirit, so that in the step Society has a good job performance and life status. Only in the teaching of sports, the better use of personalized educational ideas, to be able to cultivate students in line with the requirements of the new era of individual talent. In carrying out physical education, the various stages of teaching requirements and teaching content is not the same. Under normal circumstances, in order to enable students to exercise through physical education to better physical and psychological, will carry out a series of sports activities, so that in the process of participating in activities to get exercise.

### **The Application Method of Individualized Educational Philosophy in the Physical Education in Colleges and Universities**

First of all, institutions of higher education need to respect the personality of students, pay attention to the dignity of students in the teaching of sports, the development of students' creativity, and allow students to realize their own value. In the educational philosophy, into the individual elements, the students as the center of physical education, teaching methods, means and other aspects should reflect the individual needs of students. Each student has the same rights and has the right to participate in a variety of sports learning activities while conducting sports studies. And physical education teachers need to be based on the individual preferences, sports base and other specific circumstances, and the implementation of targeted physical education. Pay attention to the physical health and mental health of students, reflect the vitality and vitality of students, so that students feel the importance of sports in sports learning, and realize the true meaning of the existence of life, so as to promote students in the personalized development and progress. Second, the individualized educational philosophy in the teaching of sports in colleges and universities in the application, reflected in the improvement of physical education. The content of the physical education curriculum should pay more attention to the individuality of the students, develop some frontier courses that can tap the individuality and value of the students, remove some backward sports courses, and let the students get real development in various sports courses. On the basis of respecting the physical characteristics and psychological characteristics of college students, colleges and universities need to set up a wide variety of physical education courses, so that physical education courses can meet the different levels of physical education students, and can meet the personal preferences and expertise are not the same of the student's request.

Teachers and schools should be based on the overall direction of education reform and universal policy, in practice to seek effective strategies to better use in physical education. First of all, schools need to pay attention to the personality of students, pay attention to tap the creative ability of students, and strive to help students through education to achieve personal value. In the concept of education to add personalized factors, the students as the main body of sports teaching, whether in teaching methods or teaching content, must meet the needs of students' personality development. Students participate in sports activities, regardless of the conditions, are in equal position, sports teachers should be based on the different abilities of students and different hobbies, targeted to carry out sports teaching. Physical education needs to pay attention to the physical quality and psychological quality of students, highlight the vitality of students, stimulate students' vitality, so that students learn sports through sports experience the fun, realize that life is the essence of movement, so as to help students develop their own personality.

The curriculum of physical education teaching needs to excavate some teaching materials and teaching methods which can exert students' personality, change and enhance the old curriculum which affects students' personality development, so that students can play their own unique characteristics in various sports courses. The school needs to combine the physical and

psychological characteristics of the students to develop a variety of physical education courses, while for different sports ability of students to develop their ability level of physical education courses, and taking into account the students' hobbies. Finally, physical education teachers need to understand the real needs and requirements of students for sports learning, as much as possible to meet them in order to make it in the sports activities to relax the body and pleasure, so as to achieve the best learning state. Some students have the dream of sports, they want to succeed in the future sports career, but they in the process of realizing their dreams and we must maintain the personality, to be able to pursue the dream of the road to keep me, to achieve the value of life.

## **Conclusion**

With the achievements of science and technology, more and more science and technology not only bring progress to human society, but also brought us some threats and problems, which requires us to realize that what kind of talents are needed in the next social development. Senior talent is a personality, not drift, with their ideas and characteristics, with creative and innovative thinking. Colleges and universities as a training place for personnel, physical education has an important role on the students' physical and psychological conditions. This requires the application of personalized teaching philosophy of physical education and pay attention to the cultivation of students' personality.

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