

Research on Life Security Orientation in Modern College Physical Education

ZHANG Xinxin

Hainan Normal University

Haikou, China, 571158

GUO Chun

Hunan University

Changsha, China, 410082

Abstract—At the age of youth, college students are the future and hope of the country, so the students' life security education cannot be ignored. If only the basic theoretical knowledge is taught, and not pay attention to the cultivation of students' practical ability, then education will lose its fundamental meaning. Physical education is necessary for the development of students' physical and mental health. And adding the life security education into the physical education, can make physical education have more practical significance, enable students to respect life, and protect the healthy development of college students. Therefore, college physical education should take the life security education as the core activity, which is the current direction of the development of college physical education. In the process of physical education, "people-oriented" teaching philosophy should be implemented to ensure students' security, strengthen students' physique and improve the overall quality of students, which can train healthy and high-quality talents for the construction of socialist modernization.

Keywords—college; physical education; life security; orientation

I. INTRODUCTION

With the development of times and the progress of society, physical education has received enough attention in the contemporary education reform. College physical education has also constantly innovated in teaching reform to meet the needs of contemporary college students. Recent years, in the process of competitive sports, the phenomenon of sudden death of athletes occurs frequently, college sports education which sounded the alarm for college physical education. How to integrate the life security of students into the contemporary college physical education by combining modern college students' physical condition is the direction of the current research and development of college physical education. At the age of youth, college students are the future and hope of the country, so the students' life security education cannot be ignored. [1] Under the condition of rapid development of society and challengeable human existence environment, students' survival skills education, sports fitness awareness education, and life security education should be strengthened based on sports skills which will provide a solid teaching foundation for college students' physical and mental health.

II. CURRENT SITUATION AND NECESSITY ANALYSIS OF THE LIFE SECURITY EDUCATION IN MODERN COLLEGE PHYSICAL EDUCATION

A. Current situation of the life security education in modern college physical education

From the investigation of contemporary college students, the main direction of college physical education at present is to cultivate the sports skills of college students, and pay attention to the mastery of skills, while ignoring security education. The main problems are shown in Figure 1:

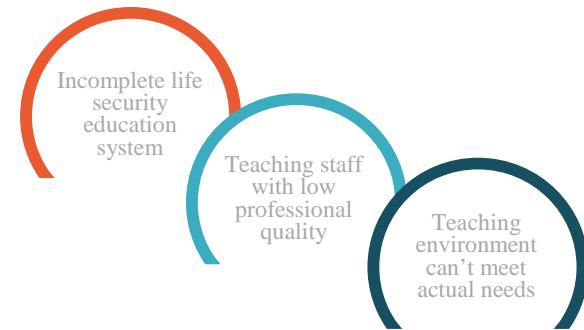


Fig. 1. Structure chart of current situation of life security education in modern college physical education

First of all, incomplete life security education system. The prerequisite and guarantee of the smooth development of Chinese universities and colleges is to improve life security education system. At present, most colleges and universities have set up life security education courses, and have organized security awareness training related to real life. However, in the actual teaching, due to there existed problems of lack of clear teaching objectives of life security education, single teaching form and boring teaching content and other issues, life security education isn't implemented smoothly.

Secondly, the professional quality of teachers is not good. In the teaching of university teachers, organizers and professional leaders directly determine the results of life security education. At present, there are some differences between the concept of "people-oriented" and "health first" and the actual curriculum arrangement of traditional Chinese university sports teachers. Traditional physical education is the teaching mode of "results oriented". Only loving sports, can complete the training of college students through the training

tasks, actively participate in sports activities and cultivate sports habits. However, the problem of transformation of physical activity into personal health is completely ignored [2].

Finally, the teaching environment cannot meet the actual needs. Some colleges and universities have gradually carrying on physical education and life security education, but because of the limitation of national economy and education investment environment, most of the college sports curriculum content development still cannot meet the actual needs. For example, traditional teaching materials are complicated and cannot meet the needs of society; education form is single and it cannot meet the needs of students; teaching system is not perfect and the ultimate goal of quality education is not allowed to master, and so on. The correct positioning of university sports and the development of the problem must pay attention to practical problems.

B. Necessity of the life security education in modern college physical education

In order to make college physical education adapt to current station of college students, life security is a necessity.

First, the unity of educational goals. The purpose of physical education in colleges and universities is to enhance the physical fitness of college students, and through carrying out a number of sports to make college students to establish a good concept of physical exercise, enhance the quality of life of students and promote the comprehensive development of college students. However, in the process of physical education, security education is a very important teaching task. The purpose of life security education is that physical education can be built on the premise of security, to help students establish a good sense of security, and master a certain degree of security knowledge by learning. Life security education not only trains students' self-rescue and others-rescue consciousness and skills, but also the courage and confidence to deal with difficulties. [3] Therefore, it can be said that there exists certain unity between physical education and life security education which both of them are a purposeful, planned, and conscious teaching practice process based on college students to help establish their physical value and life value.

Second, the integration of educational content. The content of college physical education is relatively extensive, involving sports theory knowledge, psychological quality training, sports skills training, social adaptability and other capabilities, which integrates with life security education. It can be said that life security education is an important teaching content in physical education. For example, sports education involves sports security awareness education, self-defense skills and psychological quality education, which are closely related with life security.

Finally, the operability of education. In practice, it is necessary to carry out physical education and life security education is very necessary, especially in college education. If only basic theoretical knowledge is focused, and do not pay attention to practical ability training, then any education will lose its fundamental meaning. Practical education should be as the main teaching method to cultivate students' strength, endurance, flexibility, sensitivity and other capabilities based

on pouring security awareness and sports knowledge into students. In addition, physical teachers need to teach in the process of the combination of physical education and life security education, making students feel happy when doing sports, understand the value of sports, and establish a correct outlook on life and self-awareness. Therefore, there is a certain openness for the physical education and life safety education process, and the integration of two has a great role in promoting students' sports skills and security quality. [4-5]

III. APPROACH ANALYSIS OF LIFE SECURITY ORIENTATION IN COLLEGE PHYSICAL EDUCATION

According to current college physical situation, life security education is carried on. The following physical teaching path is summarized in the view of life security to resolve the problems of current college physical education situation.

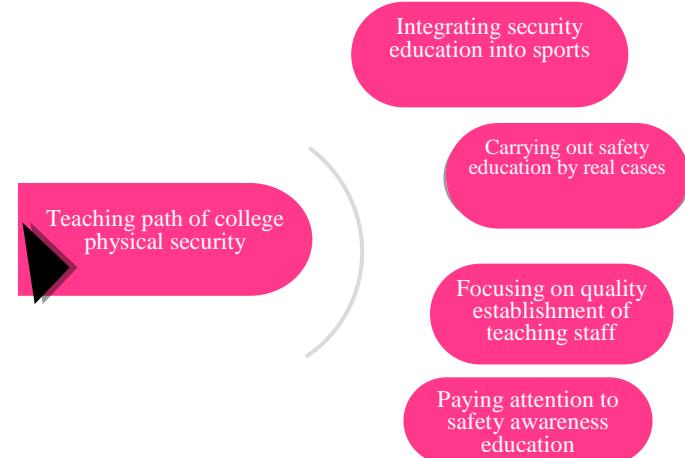


Fig. 2. Structure chart of approach analysis of life security orientation in college physical education

A. Cultivating life security awareness during exercise

A variety of sports activities are carried out in college physical education, as the implementation of life security education platform, through the teaching of safety skills and physical quality, life security education should be generalized to make students learn sports skills and master self-protection skills. [6] Strengthening the awareness of life safety. For example: in martial arts, such as taekwondo, the basic practice should be taught, and guide students to carry out basic defense and defensive skills; in football, basketball, badminton and other sports teaching activities, as the time teaching basic action and technology, physical skills and self-protect ability should be also taught; in the orbital shooting, javelin and other violent activities, according to teaching scientific and rational exercise skills, physical education should from the perspective of the entire process of life safety awareness, and guide students to take scientific action to avoid accidental injury and dangerous accidents.

B. Carrying out life security education through physical safety accidents cases

Through the development of college life security education curriculum, students' awareness of life safety has been enhanced, but the occurrence of students' sports safety accidents has not been effectively curbed, and the trend is increasing year by year. The reason is because life security education is mainly carried out through theoretical teaching, which students listened more, but learnt less. [7] Physical teachers should utilize security incidents to make students understand the urgency and serious dangers of accidents, and teach them the right way to deal with the danger, which is a warning of safety education.

C. Improving teachers' professional quality and setting an example of physical security

Through the integration of life security education in college physical education, the professional quality requirements of PE teachers are getting higher and higher. Based on original physical teaching contents, they are not only required to master a lot of special skills knowledge and rich life security education knowledge, but also good practical skills application ability. As the current life security education in college physical education is still in an initial stage of learning and exploring, and no previous experience can be learnt from. College physical teachers' professional quality and teaching competence still do not have the ability to face a new teaching challenge. The primary task of sports development is to build high quality physical teachers. [8] In the process of life security education, teachers must learn traditional physical teaching experience, innovate teaching modes standing on a new work perspective, actively transfer from the role of simple physical education to the role of sports life security teaching, set an example for students, and promote life security education to accumulate experiences and keep on forward in college physical education.

IV. CONCLUSION

In conclusion, in the construction of socialist modernization, college students' physical education and life safety are related to the future development of Chinese college students. Therefore, life security education is the core activity of

physical teaching, and it has become the development direction of college physical education. As a key teaching activity in colleges, physical education should implement the teaching idea of "putting people first", protect students' life safety, strengthen students' physique and promote students' comprehensive quality, which will cultivate physical and mental health and high quality talents for the construction of socialist modernization. College physical education is an indispensable education in college education, especially for college students at present stage, and physical education is necessary for the development of college students' physical and mental development. Integrating life security education into the college physical education can make physical education has more practical significance, enable students to realize the importance of life, and ensure the healthy development of college students.

REFERENCES

- [1] Wang Zipu, Li Xiaotian. Development Research on Life Security Education in Chinese School Physical Education [J]. Journal of Guangzhou Physical Education Institute, 2012(1):110-111.
- [2] Liu De, Wang Huaduo. Life Security Education: Discovery of the Origin Regression of Physical Education [J]. Journal of Beijing Physical Education Institute, 2015(7):112-114.
- [3] Wang Dongmin, Zhang Rui. Empirical Study of Life Education based on College Physical Education Fundamental [J]. Journal of Xi'an Physical Education Institute, 2013(2):249-250.
- [4] Huang Xiaoli. Life Security Orientation of College Physical Value [J]. Journal of Hunan Science and Technology University (JCR Social Science Edition), 2015(2):173-174.
- [5] Liu De, Wang Huaduo. Life Security Education: Discovery of the Origin Regression of Physical Education [J]. Journal of Beijing Physical Education Institute, 2015(7):115-116.
- [6] Shu Zongli, Wang Huaduo. Regression of the Deficient Phenomena of Life Education in Chinese College Physical Education [J]. Journal of Xi'an Physical Education Institute, 2015(4):502-504.
- [7] Liu Yayun, Huang Xiaoli, Chen Yingjun. Carrying out Life Security Education in Physical Teaching [J]. Journal of Hunan University of Technology, 2012(4):61-62.
- [8] Li Jingping, Cai Jingtai. Attaching Equal Importance to Health and Culture: Curriculum Idea and Value Orientation of College Physical Education [J]. Journal of Beijing Physical Education Institute, 2015(4):104-105.