

Talking about the Reform Strategy of Open Physical Education in Colleges and Universities

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Abstract: Physical education is an important discipline in colleges and universities that cultivates students' comprehensive qualities and plays a very positive role in promoting students' physical and mental health. In order to adapt to the development trend of modern education, PE teaching in colleges and universities gradually develops towards the direction of open PE teaching, which makes PE teaching more flexible and open and helps to improve PE teaching quality. Open-style physical education advocates people-oriented, emphasizing the comprehensive and healthy development of students, to a large extent, solve many problems of traditional physical education. With its rigorous teaching attitude, efficient operation mode and scientific education concept, the open teaching mode has gradually become the mainstream teaching mode in major colleges and universities. This article will further exploration and research on the strategy of reform in open physical education in colleges and universities.

1. The Necessity of College PE Reform

The ultimate goal of physical education in colleges and universities is to improve the physical fitness of college students and let them form good physical exercise habits. In the process of teaching, we should not only attach importance to students' training in sports knowledge and skills, but also increase their interest in physical education curriculum and sports activities. At the same time, they should also be able to stimulate students' initiative in physical exercise. However, due to the influence of traditional education, teachers are not able to adapt to the curriculum changes in time. Teaching emphasizes the results of PE teaching and lacks the timely feedback of comprehensive evaluation and information, thus affecting students' interest in sports learning. The current PE teaching mode in colleges and universities is based on the "teacher as the center", through the action to explain and demonstrate the physical education mode. This teaching model has more restrictions on students, but also can not highlight the students' own personality. Although the contents of the classroom syllabus can be guaranteed to the maximum extent, enthusiasm for students' enthusiasm for participation is not high and the effect of learning is not satisfactory. The concept of open teaching is accompanied by the development of social economy, conforms to the trend of the times. With the rapid development of quality education in national colleges and universities, the traditional teaching model can no longer meet the current teaching requirements and teaching reform is imperative. Therefore, applying the open teaching mode in PE teaching is an inevitable trend of teaching reform. By teaching reform to give students more initiative, the right to interact and encourage their active participation, you can make the physical education classroom become more democratic and vivid. At the same time, advancing with the times to select some of the teaching content of interest to students, students can really love sports classrooms, to maintain a high enthusiasm for participation in sports classrooms in order to "happy sports, health first" philosophy in the end to develop lifelong sports Habits, and constantly improve the physical and mental quality of college students.

2. The Existing Problems of College Physical Education Teaching Mode

First of all, inculcating education ignores the cultivation of students' creative ability. There are different degrees of problems in the reform of open-style physical education in colleges and

universities. For a long time, the concepts of physical education are regarded as students who passively accept knowledge. In the physical education classroom, teachers make demonstrative actions and instill in the minds of students all the teaching contents according to the principle of qualitative. This teaching mode mainly emphasizes three points: one is to highlight the basic knowledge of sports and the other is to teach in class. The main task is to enable students to learn the basic movements, the third is the basic goal of teaching is to enable students to master the basic skills of physical education. This model focuses on the teacher's explanation, ignoring the student's own creative power. Second, the old and monotonous teaching methods are not conducive to stimulate students' interest in learning. The enrollment of colleges and universities has been expanding continuously. The number of college students has been increasing year by year, resulting in an increasing number of students in every class during the teaching process. It is inevitable to neglect the individual differences among students in the setting of physical education teaching programs and teaching processes. Learning needs, teaching methods of a single, serious formalization, obsolete teaching guidelines, teaching content, which to a certain extent, reduce the enthusiasm of students. Finally, infrastructure construction lags behind, lack of teaching resources. In terms of infrastructure, in order to save money on education, insufficient physical education teaching facilities, outdated supporting facilities, and most of them are outdoors, students are unable to carry out normal physical education in the event of rain and snow. In terms of teaching resources, teachers not equipped, the school allocated to physical education teaching human resources is not sufficient. In short, the teaching concepts are monotonous, the teaching methods are too simple, the facilities are not enough, the teachers are not in place, and other reasons are all the important issues facing college physical education.

3. College Open Sports Teaching Strategy

The self-awareness of physical education teachers in colleges and universities should be continuously improved under the circumstance of more and more teaching resources, and the teaching concept of "people-oriented" should be perfected. Adequate student-centered, emphasizing the positive interaction between teachers and students to enhance each other's feelings. In this teaching mode that respects the spirit of students, the teacher's role gradually changes from the knowledge transferor to the mentor, and the teacher who is the leader of the classroom should firmly establish the student-centered open teaching philosophy. Through the induction and summarization of individualized needs of students, the teaching ideas are continuously updated so that students can master the sports knowledge in an equal and harmonious teaching atmosphere and enhance their overall quality. Students from passive recipients of knowledge into active constructor of knowledge, as the main body of the class students should focus on improving learning efficiency, based on a correct understanding of their strengths and weaknesses, and promote their own personal development. Through effective communication between teachers and students, we will improve the people-oriented open teaching philosophy so as to create a harmonious and democratic classroom atmosphere and enhance learning efficiency and quality. Open sports teaching concept, that is, building a harmonious and equal relationship between teachers and students, through diversity and a variety of open teaching model, and strive to cultivate students' creativity and self-learning ability, open physical education to complete the teachers and students in Changes in the role of teaching activities, teachers and students to become more harmonious relations, communication is also more harmonious.

Open concept of teaching can not only promote the change of class position in both teaching and teaching, but also promote the diversification of teaching forms, which is the most intuitive manifestation of open physical education.

First of all, from the perspective of teaching content, give up the content of competitive teaching course, get rid of the traditional sports teaching mode, pursue the open teaching mode, and provide the conditions for the students' innovation and individual development. The teaching curriculum should change the single teaching form of the traditional teaching, combine the extracurricular teaching with the teaching in the classroom, combine the training with the teaching, set up

diversified physical education curriculum according to the students' actual demand and the characteristics of the curriculum, make the teaching idea become more For science, rigorous, to adapt to the development trend of modern society, encourage students to carry out sports. Teaching process, we must respect the individual differences of students and meet their individual needs, through the analysis of the individual physical fitness of students, to develop targeted sports training, truly individualized. On the basis of mastery of basic knowledge, action and skills, teachers should encourage students to creatively design knowledge points and motions of teachers to develop, develop students 'thinking and cultivate students' subjective initiative in physical exercise. Open Education in Colleges fully respects the opinions and freedom of students, has the right to choose the content of the class, and arranges the students' physical education courses reasonably. According to their own interests and hobbies, choose their own sports or skills, choose what they think reasonable and advanced teaching content enhance students' enthusiasm for learning and the practical content of the class.

Secondly, from the teaching space, the students' class time is no longer confined to the period of studying in school. In addition to the class hours prescribed by the school, students also have the freedom to choose their own space for skills training without being bound by others. Open teaching atmosphere, so that students get rid of the goals and rules required for regular physical exercise, so that students feel happy for physical activity.

Finally, from the aspect of organizational form, different from the traditional teacher-centered teaching mode, under the open-type physical education mode, students can choose their own favorite physical education teachers and change the passive situation that students can only receive the content taught by the teachers. Such open and diverse teaching atmosphere fundamentally changed the students' form of mechanical body exercises in the classroom, placed the students in the dominant position of the classroom, and encouraged them to carry out autonomous learning cooperative learning and then teaching enhance the effect.

Physical education teaching hardware resources in colleges and universities mainly include college gymnasium facilities, sports teaching equipment and teachers, which are the basis of teaching and the guarantee of teaching quality. Only with excellent hardware resources can we better carry out sports teaching activities to ensure that college sports improve the quality of teaching. However, for the moment, most of the colleges and universities in our country do not meet the actual needs of teachers and students because of the existing conditions and environment of PE teaching facilities and environment, which restricted the smooth implementation and development of open PE teaching to a certain extent. Colleges and universities should increase investment in physical education and teaching according to the specific needs of teaching, to build modern sports venues for students and teachers to cope with rain and snow weather. Configure the equipment required for teaching equipment, as soon as possible to improve the internal and external environment for physical education in order to enrich college students' PE classes. In addition, we should keep up with the trend of the times and keep pace with the times to launch some physical education programs that are in keeping with the interest of contemporary students such as billiards, fencing, climbing, skating, hip-hop, etc., and building appropriate teaching venues. In addition, we will provide special personnel to repair and manage these facilities and facilities, carry out regular safety inspections and replace substandard and aging facilities in time so as to prevent accidents and ensure that teachers and students can teach in a safe and orderly environment.

Teachers are the communicators of the concept of open sports teaching. The overall quality of teachers plays an important role in the smooth implementation of open sports teaching. In the process of teaching, teachers should do their analysis of the physical and mental quality of students, develop a corresponding training method. The innovative development of student development also plays an important role in teaching teachers' teaching. By responding to the individual needs of students, teachers are encouraged to think about teaching methods so as to achieve a good teaching model. In the actual teaching process, we should pay attention to improving the physical quality of students, rational planning of physical education content, perfect physical education, and then lay a good foundation for the students to learn and develop. In addition, on-the-job teachers are regularly

assessed and teachers are trained in professional knowledge, teaching skills and other aspects of learning and training to promote mutual communication between teachers and teachers, so as to complement each other.

4. Conclusion

All in all, to realize the reform of open sports teaching in colleges and universities indicates that the teaching of physical education in colleges and universities in our country has entered a brand-new stage and is of great significance to colleges and universities. Open teaching reform is conducive to the overall development of college students, it respects the individuality of students, so that students take the initiative to participate in learning, effectively stimulate students' interest in sports learning. Changes in the past, backward teaching philosophy and teaching methods, improve the quality of physical education and promote the healthy development of students. The reform of open physical education in colleges and universities is a gradual process. We must break the shackles of traditional concepts, actively explore ideas and strive to improve students' comprehensive quality education so that students can enjoy lifelong sports happiness in a relaxed environment.

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