

Influence of Leisure Sports on Physical Education Teaching Mode in Colleges

Xiaobao Zhang and Fachang Chen

NanChang Institute of Science and Technology, Nanchang, 330108

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Abstract. With the advent of leisure time, leisure and recreation of sports have become a trend in some developed countries. In our country, the research on leisure and sports leisure started later because of history, and more limited to social sports and lifelong sports field. Colleges are the last leg of life education. It is the general goal of higher education to cultivate high-caliber talents suitable for the needs of socialist modernization. Leisure sports education is a new concept. Recognizing the importance of leisure sports education, including leisure sports as a physical education in colleges is an important part of improving the quality of physical education and promoting the physical and mental health of students.

Introduction

Leisure sports is the future trend of sports of our country and world sports. It is a manifestation of people's pursuit of quality of life. It is the product of pursuit of spirit and personal health after satisfying the material needs of the society. It is also the most primitive element of sports. It is the crystallization of the development of productive forces. The prosperity of a country can be mapped from the amount of leisure time and the degree of perfection of leisure consciousness. Physical education in colleges of China is a base for contemporary college students to establish awareness of physical fitness and lifelong physical education and incorporate leisure sports into university physical education so that students can understand the history of leisure sports and its development and social functions to help students to take the initiative to participate in physical exercise, at the same time, help to develop students healthy and progressive recreation and recreation, establish a good idea of lifelong physical education. By analyzing the leisure, health, game, education and other functions of leisure sports, this article explores the organic combination of leisure sports and physical education in colleges and universities, and finds out the teaching idea that is suitable for contemporary college PE teaching.

The Interpretation Leisure Sports

In narrowly speaking, leisure sports what we mean by leisure sports refers to leisure sports major and is an integral part of social sports major. But leisure sports and social sports are not the composition of relations, but a cross-overlapping relationship.

General leisure sports refers to people in their spare time in order to improve physical and mental health, enrich and create the taste of life, self-improvement for the purpose of physical activity. Characteristics are free, cultural, non-utilitarian and initiative. It plays an important role in promoting health, strengthening physical health, preventing disease and rehabilitation, improving cultural accomplishment and spiritual civilization, enriching the content of life, strengthening interpersonal relationships, and promoting the socialization and personality formation of people.

Leisure sports refers to the activities carried out by people in their leisure time. The project forms are eclectic. There is not much demand on the facilities of the venues. Leisure activities, sports activities and physical and mental activities are emphasized.

Problems Existing in Leisure Sports Teaching in Chinese Colleges

The Lack of Teachers and Equipment. The provision of hardware facilities is a necessary condition for a school's sports activities. Ample venues and facilities are conducive to the development of activities. However, the survey found that colleges in our country generally have problems of lack of venues. Teacher's awareness of leisure sports is weak, more emphasis are paid on the development of competitive sports. Lack of talent for leisure sports teachers.

The Organization of the Classroom Content Restrictions. The traditional way of teaching organization is not conducive to leisure sports, students are subject to the choice of items and time constraints. Students confuse the concept of competitive sports and leisure sports, and pay more attention to the credits in physical education. As long as the credits can be obtained, everything will be fine and the leisure of physical exercise will not be implemented.

College Physical Education Needs to be Increased. According to the survey, the content of sports in China has been unchanged for many years, and has always insisted on basketball, volleyball, soccer, athletics and aerobics. There are basically no recreational sports that include bowling, lawn golf, dragon and lion dances, beach volleyball, baseball and softball, and pulley boards, while only a handful of recreational sports offered by colleges and universities include billiards, rock climbing, orienteering, Fishing, roller skating and so on. The long-term movement is bound to diminish the enthusiasm and self-initiative of the students in sports participation. The concept of leisure sports itself is to require the active participation and freedom of the personnel participating in physical exercise

The Value of Developing Leisure Sports Education in Colleges

The university period is an important period in the development of human life and the stage of life's maturity. At this stage, the understanding of ourselves, others and society gradually stabilized, and the world outlook gradually formed. Leisure sports education in this period not only directly affects students' physical and mental health, but also affects the quality of life after entering the community in the future.

Promote "b Becoming a Person" and Realize Human's Self-worth. Leisure is a state of human life, a lasting and important activity. "When a person is a perfect person, he is definitely playing; man is a complete person only when he is playing." Leisure sports is a physical and spiritual experience, a fusion of people and the environment, is People's sociality, the meaning of life, the value of life and the feeling and expression of self-realization. Promote harmony between man and nature, man and society.

Form a Good Way of Life and Improve the Quality of Life. One third of college students each year, "free time", "spare time" issue is highlighted, the choice of sports as a way of leisure for college students, which can enhance students' physique, but also effectively improve and promote the human body Health status. At the same time, the amusement of interest and the unspoken rules of sports activities make people form a good life style, thus changing the rigid and monotonous life style and changing the unhealthy life style.

The Spiritual Pillar of the Culture, Guard Spiritual Home. The purpose of human leisure and the ultimate goal are the pursuit of a physical, spiritual relaxation and rest, sports and leisure can make people get healthy, full of happiness and happiness. However, the most significant and valuable one of them is the spiritual and cultural atmosphere in which people feel the leisure sports during their activities. They experience aesthetic, morality, creation and surpassing in their freedom. They are meaningful and non-utilitarian spiritual activities. It gives us a unique cultural heritage, support our spirit, guarding our spiritual home, so that our hearts have settled, have come to rest.

The Influence of Leisure Sports on College Education. Leisure sports in the implementation of quality education today, plays a very important role. Many scholars think that quality education is actually an education of ideal personality.

The Impact of Sports Teaching Philosophy. Physical education in colleges should carry out quality education. Physical education should embody the guiding principle of "people first" and

establish "health first". It is necessary to fully tap the fitness function of sports, carry out leisure sports education, strengthen sports leisure functions, emphasize the gameplay and entertainment of sports activities, weakening the competitive sports. At the same time, changing the teaching of sports skills in a pure sense changes the concept of sports fitness, health care and leisure into a conscious awareness of students. The behavioral model of cultivating students' lifelong physical habits and consciously exercising the body is placed in a systematic exercise Skills above, so as to better adapt to the needs of society.

The Impact of Physical Education Content. In teaching contents, leisure sports with higher fitness value and lifelong physical education should become the main body of college PE teaching content. Emphasis should be placed on the students' interest in sports, stressing the recreational factors of sports, pursuing the pleasure brought by the sport itself, highlighting the conservation and development of the body, regulating the state of mind, stressing the importance of education in physical education and health, focusing on sports and health The organic combination of education. Allow students to understand sports and leisure, to achieve the purpose of life-long benefit.

The Impact of Physical Education Organization Form. From the natural geographical environment to all social available sports fitness resources extension. However, while changing the form of teaching organization, the concept of sports and leisure should be infused into the teaching mode of "independent choice and scientific guidance distributed". On the basis of all-round development, students' individuality should be taken into consideration so that students can experience the feeling of "smoothness" in sports activities. The satisfaction degree of physical education class makes students take more leisure time to participate in sports leisure, so that the implementation of leisure physical education runs through the whole process of college education.

Conclusion

Leisure sports is the trend of contemporary sports development, but also the return of recreational sports leisure in China. It reflects the strength of a country's economy and technological development. At the same time, as a new industry, leisure sports has brought about the rapid economic development in our country and in the world. The integration of leisure sports into physical education in colleges is conducive to the students to establish a good exercise mode, help to cultivate the healthy and progressive lifestyles of contemporary college students and create a healthy body and mind, for the development of social sports in our country and very helpful for the establishment of lifelong physical education. At the same time, the development of leisure sports industry increases the demand for leisure professionals, increases the employment destination after graduation, and helps alleviate the current employment pressure in our country. Leisure sports into the physical education of colleges and universities in our country must go through continuous innovation and improvement, how to put this concept of sports is really used by colleges to play its maximum function also needs our university physical education teachers continue to explore and research.

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