

# *Exploration on the Reform of Public Physical Education in Colleges and Universities in the New Era*

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**Abstract**—The reform of Public Physical Education Teaching in Colleges and universities is to train and bring up socialist successors who are physically and mentally healthy, have comprehensive quality and are red and professional. By means of literature and other methods, this paper makes an analysis and study of Public Physical Education Teaching in Colleges and universities in China. It is found that there are many problems in college students' physical and mental health and sports consciousness, and school management and public sports teaching need to be improved urgently. The results show that the three teaching objectives of "whole-person education", "lifelong sports" and "protecting the country by strengthening species" must be clearly defined in the teaching of Public Physical Education in Colleges and universities. The teaching principles and concepts should be constantly updated and the ideas of "people-oriented" and "health first" should be promoted so as to cultivate new talents for the future. The innovation of this paper is to clarify the main objectives of Public Physical Education Teaching in Colleges and universities, and change the teaching concept to health and educating people.

**Keywords**—The new era; China's ordinary colleges and universities; public sports; teaching reform; road exploration

## I. ANALYSIS OF THE PRESENT SITUATION OF PUBLIC SPORTS IN COLLEGES AND UNIVERSITIES IN CHINA

### A. Undergraduates' weak sports consciousness and backward sports concept

The rural population accounts for about 80% of our country. College students from the vast rural areas and remote and backward areas have poor physical education conditions in primary and secondary schools. Therefore, their sports consciousness is weak, their sports concept is backward and their sports quality is low. Many college students have superficial sports knowledge, discriminate against and prejudice against sports and physical education teachers. They think that sports is a "small three doors", while sportsmen are "simple-minded, well-developed limbs" rough people. Many college students lack sports knowledge, for example, they do not know why old China was called "sick man of East Asia" by the West; who is Zhang Sanfeng (master of Taijiquan); who originated from China (football originated from Song Dynasty as "Cuju"); who do not know that bridge, Go, chess and national standard dance are also sports; and who do not

understand that sports are comprehensive science. It has multiple educational functions and humanistic values. Investigate its reason, the so-called ignorance, ignorance, no, can't, do not love and can't, all because of laziness, because today mobile phones and the Internet have been highly popular, learning has become an easy thing, want to have a good body must exercise more sweat, not afraid of suffering and tiredness. Laziness is the first thing to stop, because the days of mixing diplomas and playing college will never come back.

### B. Lack of Individualization in Public Physical Education Teaching in Colleges and Universities

Traditional public physical education classes in Colleges and universities are divided into classes according to specialties, departments and grades. Once a week, physical education classes are offered. Elective courses begin in the second grade. Due to the limitations of venues, equipment and teachers, it is difficult to meet the needs of College Students' physical activities. College students are adults, they are more pursuing individualization, and most of the University Public Physical Education Teaching individualization is insufficient. The undergraduate four years, two years of physical education, students from physical fitness and skills, or from interest and habits, physical education teaching is facing a situation of time-intensive tasks. The two-year physical education class is essentially a kind of throwing a brick to attract jade, and the expected results depend on the students' own efforts. It can be seen that how to stimulate students' sports enthusiasm and enthusiasm, how to lay the foundation of "lifelong sports" in university, how to make sports become students' love and lifelong good, this is the top priority of public sports teaching in Colleges and universities. In addition to the credit system, sports club system and sports associations, college physical education should also make articles on its individuality. This "individuality" includes the characteristics of environment and climate, regional culture, school physical education, physical education teaching and students' personal characteristics. The exploration of the characteristics is a kind of teaching innovation.

### C. *Inheritance of Traditional Physical Education and Inadequate Innovation*

Many colleges and universities follow the tradition and lack the spirit of pioneering and enterprising. The traditional public physical education teaching in Colleges and universities is mostly teacher-centered, attaches great importance to the "three bases" of physical education, ignores the enthusiasm and creativity of students, aiming at "preaching, teaching and solving puzzles", and lacks "educating, becoming and innovating". Deng Xiaoping has long pointed out that education should face modernization, the world and the future. In the new era, we should keep pace with the times, adapt to the market and keep in line with the international standards. Today, opportunities and challenges coexist, inheritance and innovation coexist, system, mechanism and teaching reform, as well as concept renewal, are full of pain and fun. At present, despite the reform of credit system in many colleges and universities, the change is still true rather than true. How to further reform and innovation will be the future development direction of public sports in Colleges and universities.

### D. *Insufficient Attention to Public Sports in Colleges and Universities*

There are objectively reasons why colleges and universities do not attach enough importance to public sports. Firstly, public sports is a popular course and occupies a subordinate position; secondly, it needs money to pay attention to sports, but the funds are relatively short; thirdly, some leaders do not know enough about sports and even have discrimination. Of course, ordinary colleges and universities have three difficulties: difficult to fund, difficult to land, difficult to run schools, which can be understood. Nevertheless, we can't retreat from the difficulties. Because many colleges and universities create conditions without conditions and make good use of limited resources according to local conditions, they have developed their own sports characteristics.

### E. *Talents "Come in, go out" is not in place*

"The stone of other mountains can attack the jade". The practice of "borrowing doctrine" and "borrowing chicken to lay eggs" deserves our reference. Education should be practical, value-oriented and talent-oriented. For sports teachers, we can't only "bring in" but also "go out". That is to say, we can continuously improve the level of teachers' education and teaching by going out to train and study. Many colleges and universities lack efforts in strengthening the construction of physical education teachers, increasing the improvement of sports sharing resources, and strengthening the quality management of physical education teaching. For example, many colleges and universities still do not have the credit system reform in place. Credit system was first implemented in Universities in western developed countries. Compared with the academic hour system, it has greater advantages and advantages. To make foreign things serve China is to make use of western educational ideas and public resources. Because teaching innovation must stand on the shoulders of giants, otherwise it will become a blind person.

## II. REFLECTIONS ON THE REFORM OF PUBLIC PHYSICAL EDUCATION TEACHING IN COLLEGES AND UNIVERSITIES

### A. *Define the Three Major Objectives of Public Physical Education in Colleges and Universities*

#### 1) *Establishing the goal of "whole-person education"*

"Whole-person education" refers to the harmonious development of students in moral, intellectual, physical, aesthetic, labor and other aspects. As early as the Spring and Autumn Period, Confucius advocated the "Six Arts of Gentlemen" (rites, music, shooting, imperial, books, numbers). Among them, the comprehensive development model of ethics, music, sports, calligraphy and mathematics had been integrated, and the beginning of the whole-person education showed. Wang Guowei, an educator, once said, "The purpose of education is to cultivate the "perfect person" who can make the spirit and body develops in harmony. Correspondingly, education should be divided into two aspects: mental education and physical education." [1] It can be seen that Wang Guowei believes that physical education is an indispensable part of education leading to "harmonious development" and "perfect person". Some scholars have said that the traditional culture of our country "always has the idea of emphasizing the road over technology, emphasizing the road over equipment"[2] emphasizing the road is emphasizing people that are, emphasizing "whole-person education". Mao Zedong once pointed out in the article "Research on Sports" that "the body is the boat of knowledge and the house of morality... Nobody is no virtue and wisdom." [3] As early as in his youth, Mao Zedong had made a purposeful exercise. He often stood up against the wind, walked in the rain, swam in rivers, and actively engaged in physical exercise. Later, with his strong physique and wise mind, he led the Chinese people to overthrow three mountains in the years of fierce war, and established a new China, which has made a generation of great men and models for the Chinese people. It can be seen that public physical education teaching in Colleges and universities is indispensable in "whole-person education".

#### 2) *Establishing the goal of "lifelong sports"*

In 1986, the UNESCO International Commission for the Promotion of Adult Education discussed the proposal of Paul Langrang, a famous French expert on adult education, on lifelong education, which gradually developed into a set of theories and formed the most important international trend of thought on education. In the early 1970s, American scholars proposed to cultivate students' interest and ability in lifelong sports activities. In 1972, Japan emphasized at the Health Sports Review Conference that "Sports is the life content that runs through people's life." In the 1990s, Chinese scholars also put forward the view that "school physical education should be an important part of lifelong physical education, and school physical education should lay the foundation for students to engage in lifelong physical activities". The view of lifelong physical education holds that school physical education is a short-term behavior, but it must focus on people's life. Therefore, the teaching tasks of school physical education should be arranged in advance based on people's life, including:

a) Cultivating college students' self-exercise habits and sports ability, and building a healthy lifestyle.

b) To cultivate college students' enduring interest in sports and indomitable spirit, so that sports can become a tool for survival.

c) To cultivate college students' self-health consciousness and happy sports thought, so that they can adapt to the society. Because college physical education is the last stop of students' sports career and the last link of cultivating "lifelong sports" ability, we must pay attention to it.

### 3) *Establishing the Goal of "Protecting the Country with Strong Species"*

Strong seed protection is the general plan of any country from ancient times to the present. It has been prevalent since ancient Greece to use sports to strengthen seed protection. In Chinese history, only in the Song Dynasty did we place more emphasis on literature than on military force and show weakness to the outside world (although there were still many famous generals such as Yue Fei and Yang Jia-jung, who came out in all directions of Megatron). In addition, all previous dynasties showed a strong state of literary strategy and brave fighting. However, Chinese sports have been presented in the form of Wushu since ancient times, because Wushu is very important in wars in the cold weapon era. However, for many reasons, such as geography, culture and social ideology, China can't produce sports forms like the ancient Greek Olympic Games. If the country wants to prosper and develop, it must improve the national sports health level. In the past, our country has put forward slogans such as "developing sports, strengthening people's physique" and "raising vigilance, defending the motherland", which seem to be outdated today. In the old China, because of our weakness and weakness, it was called "sick man of East Asia". Today's Chinese people can no longer be bullied. Our country also needs to "show muscles" or "light sword" frequently. Sports have undoubtedly become an important way to "strengthen species and protect our country". It can be seen that the public physical education teaching in Colleges and universities shoulders the sacred duty of strengthening the body and protecting the country.

## B. *Changing the Traditional Idea of Public Physical Education in Colleges and Universities*

### 1) *Cultivating New Talents of "People-oriented" and "Facing the Future"*

In the past, the backward concepts such as teacher-centered, blindly focusing on sports skills and heroes based on score theory only highlighted "teaching" while neglecting "educating people". In the new era, we should cultivate people in line with Comrade Deng Xiaoping's "three orientations", that is, "facing modernization, the world and the future". Under the guidance of the policy of "rejuvenating the country through science and education" and "strengthening the country with talents", we should keep up with the pace of the times and constantly carry out teaching innovations in order to adapt to the prosperity and development of society. To highlight "people-oriented" in public physical education teaching in Colleges and universities, teaching means should be "two-pronged" (specialization of physical education plus generalization of physical education), with "characteristic sports" as the innovative thinking and "sports for the people" as the teaching basis. Sports

"specialization" is mainly to develop "elite sports" talent echelon, to transport high-end sports talents for the country. Because our country's sports professional teams under the "national system" specialize in reserving talents for the Olympic Games, unlike the western developed countries, the selection of athletes is a temporary team, which is selected from various sports clubs and sports teams in universities and colleges throughout the country. Therefore, the main task of Public Physical Education Teaching in Colleges and universities in China is to develop mass sports and promote the health of the whole people.

### 2) *Focusing on "lifelong sports" and highlighting the idea of "health first"*

In 1984, the World Health Organization defined health as "health is not the absence of disease and weakness, but the complete state of physical, psychological and social adaptation." In the United States, an estimated one million people a day are unable to work because of stress-related illnesses. In China, according to the survey report of the State Education Commission in 1997, 20.33% of the 126,000 college students surveyed had different degrees of psychological disorders. [4] Other studies have shown that the overall level of mental health of college students is lower than the national norm, the incidence of psychological problems among college students has reached 30%, and the number of people with mental disorders is increasing at a rate of 10%. [5] Chen Zhonggeng (1992), a famous psychologist in China, believes that among the factors that have been found to reduce psychological stress in individual life, two factors are most prominent: social support and physical exercise. Participation in physical exercise increases social interaction, which makes it easy to obtain social support. [6] It can be seen that improving the physical and mental health level of college students has become the top priority of Public Physical Education Teaching in Colleges and universities. Healthy body can bring high quality and efficient life. Tsinghua University has long proposed that "one hour of exercise every day, 50 years of healthy work" and "8 minus 1 is greater than 8". Reducing the past eight hours of study to seven hours and using one hour for physical exercise can greatly improve the efficiency of learning. It can be seen that if colleges and universities want to adhere to the concept of "health first", they should base themselves on the teaching goal of "lifelong sports", and let the last stop of school sports become the stepping stone for sports educators to carry forward the past and the future.

## III. CONCLUSION

There is no eternal system, only eternal interests. Any form of teaching should be adapted to the development of the times and social progress, because there is no unchangeable thing in the world, only change itself remains unchanged. Therefore, public physical education teaching in Colleges and universities should constantly seek new changes, reform, innovation and pioneering, so as to keep pace with the development of the new era in our country, and cultivate new talents to adapt to market requirements and social changes. Through the research, we realize the importance of establishing public sports teaching objectives, concepts and innovations, and the infinite space for reform, innovation and development of public sports teaching

in Colleges and universities. The education of "rejuvenating the country through science and education" and "strengthening the country with talents" is the fundamental and key. It is urgent for the public sports teaching undertakers in Colleges and universities to continue to deepen the teaching reform in the new era.

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