

Analysis of the Measures for the Construction of Physical Education Teachers in Colleges and Universities

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Abstract—The team of physical education teachers in Colleges and universities is the key to guarantee the quality of physical education teaching. Only high-quality and high-quality physical education teachers can provide students with high-quality teaching. In order to guarantee the quality of teachers in Colleges and universities, this paper also starts from the problems existing in the teaching staff of physical education in Colleges and universities, and explains that colleges and universities need to carry out continuing education for teachers, improve the recruitment mechanism, strengthen the moral education of teachers, and strengthen teaching research and other measures.

Keywords—Physical Education in Colleges and Universities; Teachers Team; Construction Measures

I. INTRODUCTION

In the process of social and economic development, China's science and technology are also constantly developing, and the reform of school education is constantly deepening. In order to effectively develop the physical education work in Colleges and universities, it is necessary to break the shackles of traditional teaching concepts and update teaching concepts in time in the teaching process. Only in this way can colleges and universities cultivate talents who can meet the needs of modernization in the 21st century. Comrade Deng Xiaoping has long pointed out that if a school wants to develop, it needs to train qualified talents for socialist construction, so that students can develop morally, intellectually, physically and aesthetically in an all-round way, and have socialist consciousness. It is precisely because of this that physical education teaching becomes more and more important in the teaching process of colleges and universities. Teachers in this process are also faced with higher requirements because of the new environment.

II. EDUCATIONAL IDEAS NEEDED BY PHYSICAL EDUCATION TEACHERS IN COLLEGES AND UNIVERSITIES

A. Improve self-health awareness

In the 16th National Congress of the CPC, the goal of national quality struggle was clearly put forward, and it was pointed out that the improvement of Ideological and moral

quality, health quality and scientific and cultural quality of the whole nation should be realized. It calls health quality one of the three qualities that constitute the quality of the whole nation. At the same time, the national fitness system has been included in the important system of social development. Therefore, teachers themselves must implement the idea of "health first" in the process of physical education teaching. Because only teachers with correct and positive qualities can truly be called high-quality teachers. Therefore, in the process of strengthening the construction of physical education teachers in Colleges and universities, we must first let every physical education teacher set up good health consciousness and thought in teaching ideology, and set up the idea of lifelong physical education and health first. Only in this way can we really cultivate correct ideas and understanding in the process of physical education teaching.

B. Fully Understanding the Connotation of Quality Education

Physical education itself is an important component of quality education, is also the key to enhance physical fitness, but also an important channel to promote the healthy development of students' physical and mental health. It has a special role that other disciplines cannot play. In the opinion of strengthening and improving sports work in the new period, China clearly points out the role of sports in promoting quality education. It also clearly points out that sports, as a social activity with broad participation of the masses, can not only effectively enhance the masses' physique, but also enable the masses to develop a stubborn and brave character, meet challenges and surpass themselves. High-level economic education can also effectively enrich the cultural life of the masses and achieve the effect of carrying forward the spirit of patriotism. From this point, we can also see that the sports teaching tradition based on skill learning has begun to change. The function of educating people in physical education is constantly improving. Therefore, in the process of physical education teaching, teachers must fully understand the educational function of Physical Education under the environment of quality education. In the process of physical education teaching, we should change from simple sports skills training to quality education, in order to help students, develop healthy personality.

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C. Improve self-awareness of people-oriented

In the context of the deepening reform of physical education teaching, we also need teachers to improve their awareness of people-oriented. Because only with people-oriented consciousness can we truly abide by the laws and habits of students' sports activities in the process of sports teaching, actively create a new activity teaching mode for them, and make the whole sports teaching activities more targeted. In the process of the construction of P. E. teachers in Colleges and universities, we must strengthen the consciousness of putting people first, which is also the key to the construction of teachers. Specifically, in the process of physical education teaching, we should gradually change from the traditional passive physical education teaching to the student-centered, stimulating students' interest in learning. Only in this way can students actively participate in sports learning. Specifically speaking, physical education teachers in Colleges and universities must establish the following awareness in the teaching process: (1) Strengthen the importance of students' subject status. In the process of constructing the new curriculum system of physical education, we must take students as the main body, teachers as the leading role, and students' physical and mental health as the basic point to carry out teaching. In the process of teaching, teachers should respect students' principal position, interests and hobbies, and create a good physical education teaching situation for them, so as to stimulate students' initiative to participate in physical education learning, and then form a better cycle of physical education learning [2]. (2) Strengthen the importance of students' individuality. In the process of physical education teaching, teachers also need to realize the importance of teaching students according to their aptitude. In the process of teaching, teachers should use different teaching methods for different students' individuality and individuality, so as to further improve the teaching effect. For example, in the process of physical education teaching, teachers can combine venues, facilities and equipment to formulate a characteristic reform plan of physical education for students, actively offer intensive specialized courses, rich sports items in the teaching process, or carry out different types of physical education according to students' interests, so that students can choose their own learning according to their own interests. Rong, so as to ensure the quality of physical education while promoting the development and progress of students' personality. (3) Pay attention to the comprehensiveness of teaching. One of the most remarkable characteristics of the people-oriented concept in the implementation process is to let all students get something from sports learning. Therefore, in the process of sports teaching, teachers also need to pay attention to the comprehensiveness of teaching, respect students' individual differences in the teaching process, and actively implement hierarchical teaching, so as to enable students to develop more comprehensively, and truly realize for all students, so that each student can get something from it.

III. EXISTING PROBLEMS IN THE CONSTRUCTION OF PHYSICAL EDUCATION TEACHERS IN COLLEGES AND UNIVERSITIES AT THE PRESENT STAGE

A. The work of training and continuing education is not well done.

Under the environment of the deepening concept of quality education, physical education teachers in Colleges and universities should not only impart theoretical and practical knowledge related to physical education to students in the teaching process, but also strengthen the cultivation of students' innovative ability and spirit in the teaching process, so that they can form new knowledge and ideas in the process of physical education learning. In order to achieve this, schools must be aware of the importance of the construction of the teaching staff, strengthen the training of teachers and continuing education in the teaching process, so that teachers can have more contact with some new teaching ideas and methods, so that teachers can effectively integrate these methods into the teaching process in the teaching process, thus further promoting the development of higher education. The orderly implementation of physical education teaching activities in other schools. However, at this stage, physical education teachers in Colleges and universities have obviously not yet received high-quality training and continuing education.

B. The recruitment mechanism is not perfect enough

Many people do not have a correct understanding of physical education teachers. They all think that physical education teachers are a low-tech job, and the teaching content is only to let students master a few simple movements, and do not need a high degree. It is precisely because of this idea that the quality of the recruitment of physical education teachers in Colleges and universities cannot be guaranteed. The whole recruitment process presents the phenomenon of "human face flooding". The lack of transparency in recruitment and the operation of the recruitment process is not open, which is also directly contrary to the concept of Physical Education Teachers recruitment, and seriously reduces the team of physical education teachers in Colleges and universities.

C. Deficiencies in Teachers' Morality

It can also be seen that the importance of teacher's morality to the development of teachers. Only when a teacher has good teacher's morality can his morality and self-cultivation be developed, so as to promote his own quality in all aspects. However, at this stage, because the school has not formed a scientific and reasonable supervision and management mechanism, there are still some shortcomings in teachers' ethics.

D. Lack of teaching research

In the process of the construction of physical education teachers in Colleges and universities, teaching research can be said to be an effective way to improve teachers' professional ability and expand students' knowledge. However, in view of the current situation of physical education teaching in Colleges and universities in China, there are fewer teaching and research topics for physical education teachers. Most teachers feel that

physical education teaching does not need teaching research. In this situation, most physical education teachers will rarely have the opportunity to participate in teaching and research, especially young physical education teachers, which directly hinders the individual physical education teachers' improvement of ability and quality.

IV. MEASURES TO STRENGTHEN THE CONSTRUCTION OF PHYSICAL EDUCATION TEACHERS IN COLLEGES AND UNIVERSITIES

A. *Strengthen training and continuing education*

In the process of development, colleges and universities must actively create training and continuing education opportunities for physical education teachers, regularly summarize the problems existing in the teaching process of physical education teachers through the construction of learning platforms, and then carry out targeted training on the platforms, so that teachers can realize continuing education and truly build a higher quality and level of teachers [3]. In order to further ensure the effectiveness of the construction of physical education teachers in Colleges and universities, in the process of training and educating teachers, schools can carry out different levels of training for different levels of teachers. For example, for young teachers, schools need to carry out continuing education in the training process in order to send them to a higher level of learning as far as possible. In this way, physical education teachers can absorb advanced teaching sports and ideas back to school for physical education.

B. *Improving the Introduction of Teachers and the Recruitment Mechanism*

The author believes that in the process of the construction of P.E. teachers in Colleges and universities, it is necessary to improve the introduction of P.E. teachers and the recruitment mechanism, and to supervise and manage the recruitment of P.E. teachers in Colleges and universities with the help of public opinion. In this process, the competent departments at all levels should also assume certain responsibilities to ensure the implementation of the recruitment of P.E. teachers in Colleges and universities. Transparency and impartiality, in order to truly lay the foundation for the introduction of excellent and high-quality physical education teachers, and truly realize the construction of physical education teachers in Colleges and universities. In addition, the school also needs to strengthen the observation of the probation period to ensure that teachers have better competence. In addition, in order to effectively retain high-quality and high-level sports teachers, the school also needs to improve the performance appraisal system, combining with the actual situation of the school to formulate the work test of physical education teachers. At the same time, we should improve the post-performance appraisal system of physical education teachers, so as to form a more perfect and sounder appraisal system of physical education teachers, provide better development prospects for physical education teachers through effective appraisal and evaluation mechanism, and encourage physical education teachers to participate in physical education more actively. In the process of assessment, schools can link the results of assessment with

teachers' rewards and punishments, appointment and promotion. For those teachers whose assessment fails to meet the standards, they need to be allowed to study on the job. For those teachers who are not qualified, they need to implement the transfer of posts. Through this measure, a high-quality and high-level team of physical education teachers can be truly built.

C. *Strengthen the Construction of teachers' Morality*

In the process of the construction of P. E. teachers in Colleges and universities, it is necessary to strengthen the construction of teachers' morality so that teachers can really establish a good image of educating people. Therefore, in the process of the construction of physical education teachers in Colleges and universities, the school must strengthen the cultivation of professional ethics of physical education teachers. Firstly, the education of devotion to work and love for students should be carried out among teachers. The main purpose is to strengthen the propaganda of excellent physical education teachers' deeds by school sports leaders. Through this measure, teachers' sense of ownership and responsibility of professional ethics should be stimulated so as to enable them to work in the process. In order to build a good teacher-student relationship, we should cultivate the teaching thought of "being willing to be a ladder". Secondly, when strengthening the construction of physical education teachers in Colleges and universities, the school also needs to build a relatively perfect system of teachers' ethics, and clarify the duties and requirements of teachers' ethics, so that the construction of teachers' ethics can gradually move to the track of institutionalization, which is also the key to improve the effect of the construction of physical education teachers' ethics. Thirdly, we need to further improve the incentive mechanism. For those sports teachers with lofty morality and rigorous style, schools can give timely recognition and encouragement to form a better development atmosphere. Finally, in the process of strengthening the construction of teachers' morality, school departments can also actively construct a team of teachers' morality supervision and inspection, or let students evaluate the morality of physical education teachers, with the help of these means to build a perfect supervision mechanism, which can also play a warning role for physical education teachers, and further improve teachers' morality and accomplishment.

D. *Strengthen the Integration of Teaching and Research*

In view of the above shortage of teaching research, colleges and universities must change their consciousness, increase their investment in physical education teaching, actively encourage and support physical education teachers to carry out teaching research, so that they can absorb experience in the process of physical education teaching in a timely manner, so as to achieve the goal of improving the professional quality and ability of physical education teachers. Specifically, on the one hand, schools can carry out teaching research with the help of "old with new" and "transfer with help" by teachers with rich experience and higher qualifications, so as to further improve the teaching research effect, so that young teachers can get some experience and experience [5]. On the other hand, young teachers also need to strengthen their own learning in the process of development, and pay more attention to scientific

research topics, research methods and writing ability in daily life and teaching process, so as to keep pace with the actual teaching and research process.

V. CONCLUSION

To sum up, the construction of physical education teachers in Colleges and universities is a systematic project. In order to do this job well, teachers must have a better sense and thought. Teachers should actively establish a new concept of physical education teaching in the process of development. Colleges and universities also need to do a good job in recruitment, training, research and other work, so as to truly provide high-quality teachers for College Physical Education teaching, and promote the overall development and progress of College students.

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