

Research on Physical Education Teaching Module and Talent Training Model in Colleges and Universities

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Abstract—Under the background of the deepening educational reform in China, in order to effectively innovate and reform the physical education teaching mode in Colleges and universities, the relevant educators should comprehensively understand and analyze the current situation of physical education teaching in Colleges and universities in China, and on this basis, put forward pertinent guidance and measures for the existing problems in physical education in Colleges and universities. By analyzing the current situation of physical education teaching in Colleges and universities in China and the existing problems in the teaching process, this paper discusses the specific methods of optimizing the training mode of physical education talents in Colleges and universities.

Keywords—*educational reform; college physical education; training mode*

I. INTRODUCTION

With the continuous advancement of educational reform in China, the educational model of our country has changed from examination-oriented education to quality education. In college sports teaching, we have formed the concept of "health first". In sports teaching, people have changed the focus from athletics to health. And with the continuous improvement of people's living standards, people pay more and more attention to health. The demand for sports professionals in society is increasing, and the demand for sports professionals is becoming higher and higher. Therefore, the current sports professionals not only need basic knowledge in various aspects, such as sports technology, physical and mental health care, competitive training methods and so on, but also need certain technical ability. At present, the main problems facing physical education teaching in Colleges and universities in China are how to improve the cultural literacy of students majoring in physical education, various subject knowledge, the use of skills, and scientific concepts, etc. In order to meet the needs of the society, we should cultivate sports professionals with high quality. Therefore, at present, Physical Education Majors in Colleges and universities in China should innovate and reform their teaching modules and the teaching mode of talent cultivation.

II. ANALYSIS OF THE CURRENT SITUATION OF PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN CHINA

In recent years, with the continuous advancement of educational reform in China, the reform of physical education in Colleges and universities in curriculum has achieved some results. But in some respects, there are still unsolved problems. For example, the teaching mode in college physical education is too monotonous. This rigid and inflexible teaching mode has been unable to adapt to the students growing up in the Internet era. So far, colleges and universities have not found a very suitable solution to this problem; although at present, in the teaching objectives of physical education in Colleges and universities, emphasis is laid on health-oriented sports, and to strengthen the training of students' comprehensive quality, so that students can become high-quality talents of compound type. However, at present, our colleges and universities are still unable to formulate relevant teaching strategies to train students according to their own teaching objectives of physical education. At present, many colleges and universities in our country are unable to meet the needs of today's society in the curriculum of physical education teaching, which makes it impossible for the trained talents of physical education to obtain employment smoothly after graduation [1].

III. PROBLEMS EXISTING IN THE TEACHING OF PHYSICAL EDUCATION IN COLLEGES AND UNIVERSITIES IN CHINA

A. The teaching mode is not flexible

In the traditional teaching mode of physical education in Colleges and universities, excessive emphasis has been placed on the knowledge and skills of sports competitions. The contents and methods of sports competitions have been copied and copied intact in the process of physical education in Colleges and universities. Students are regarded as athletes, teachers as athletes' coaches, and students turn physical education into a kind of training course, resulting in many teachings. Students lose interest in physical education curriculum. The application of this rigid teaching mode in college physical education teaching can not only fail to cultivate excellent athletes, but also lead to students' loss of self-confidence in physical education and students' rejection and aversion to physical education. Therefore, at present, physical education in Colleges and universities in our country

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should change this rigid teaching mode. Under the requirements of the times, colleges and universities should strengthen the cultivation of students' comprehensive quality.

B. The unreasonable curriculum of Physical Education

According to the relevant data, it is unreasonable to set up physical education curriculum in more than 30% of colleges and universities in our country at present. Among them, there are many problems: teachers' traditional teaching methods in physical education classroom, lack of innovative consciousness, and will not keep pace with the times, so that students' participation in physical education curriculum in Colleges and universities is extremely low, which directly leads to students' participation. Some colleges and universities do not have perfect curriculum and scientific teaching plan design in physical education curriculum, which results in students not accepting systematic physical education teaching, thus affecting students' learning status in physical education teaching [2]. Some colleges and universities have set their own physical education teaching objectives, but in the actual physical education teaching, they have set their own teaching objectives. It does not accord with the relevant teaching objectives set by the university; some university teachers' professional accomplishment is not high in the process of physical education teaching, and some do not have practical experience in physical education teaching, resulting in the process of physical education in the university students cannot access professional sports knowledge and related skills, thus making physical education in colleges and universities. The quality of teaching cannot be improved.

IV. INNOVATION OF COLLEGE PHYSICAL EDUCATION IN TRAINING TALENTS MODEL

With the continuous development of China's market economy and the improvement of people's living standards, the demand for sports professionals in the social market is growing, and the demand for sports professionals in all aspects is also increasing. In this case, it is not only an opportunity, but also a challenge for college sports teaching. In the face of the challenges posed by the new era to college sports, colleges and universities in Indonesia should constantly innovate and reform its sports teaching mode, so that the students trained have solid basic knowledge, strong technical ability and good professional ethics, become a compound high-quality talent, and meet the needs of society to sports-related talents to the greatest extent. Demand. With the continuous development of culture and economy in our country, our colleges and universities will continue to innovate and reform their educational models and teaching objectives. Only in this way can they keep pace with the times, cultivate talents to meet the needs of society, and occupy a place in such a competitive market. For College Physical Education teaching, we should constantly improve the relevant professional knowledge and skills of physical education teachers. Teachers play an irreplaceable role in College Physical Education teaching. In the process of physical education teaching, teachers can exert a subtle influence on students through their words and deeds [4]. In the process of physical education teaching in Colleges and universities, we should make clear the goal of physical education teaching,

focus on training students' sports skills and related knowledge, and make colleges and universities cultivate professional sports talents according to the scientific curriculum.

In recent years, with the deepening of China's education reform, college physical education teaching is constantly innovating in the teaching mode, and the school-based mode and joint training mode are put forward. The school-based model is mainly aimed at college students. Its advantages are mainly embodied in the teaching environment, theoretical construction and teachers' strength. At the same time, the model has its own shortcomings. Because of the lack of professional knowledge and practical ability of teachers themselves in sports teaching, the probability of students' autonomous learning is greatly reduced, which makes the school-based model not normal. Promote development [5]. The so-called joint training mode refers to the combination between primary and secondary schools and College Physical Education teaching. It mainly aims at the population of primary and secondary school students as well as college students. Colleges and universities strengthen the exchange and cooperation with primary and secondary school physical education teaching in the mode of training physical education professionals in physical education teaching, so as to realize the sharing of physical education teaching resources and effectively promote the development of physical education in Colleges and universities. This mode has not been in operation for a long time in our country. Although it can bring many benefits to college sports in theory, there are still no successful cases for mothers. This means that the united mode lacks corresponding experience in the operation process, and the maturity of its own mode needs a long time to explore.

V. SPECIFIC METHODS OF OPTIMIZING THE TRAINING MODE OF SPORTS TALENTS IN COLLEGES AND UNIVERSITIES

A. Transforming the traditional educational concepts

Physical education in Colleges and universities over-emphasizes competitive skills in traditional educational concepts and neglects the cultivation of students' cultural literacy. This kind of teaching mode regards students as athletes to cultivate. It can not only cultivate excellent athletes, but also make students reject sports. And in today's society, people have a very high demand for sports professionals. Sports students who have no culture but skills cannot get a good job. Obviously, this traditional educational concept cannot meet the requirements of the present era. Therefore, physical education in Colleges and universities in our country should change the traditional educational concept in time, and vigorously cultivate students' professional knowledge, skills and quality. Students become high-quality talents with strong comprehensive quality.

B. Perfecting curriculum structure and system

With the continuous development of social economy and pleasant science, the soybean milk cup reflects that in order to cultivate talents that meet the needs of society, colleges and universities should constantly improve the structure and system of curriculum in accordance with the actual situation of social development in the system of historical relics of curriculum

borrowing. When reforming the contents of physical education courses in Colleges and universities, we must combine the characteristics of modern physical education and the concept of health, constantly add new ones, which means that we should screen out old knowledge, apply the knowledge of multiple disciplines to the teaching of physical education courses, and strive to promote the modernization of the methods of Physical Education teaching in Colleges and universities [6]. With the advent of the Internet era, the university physical education teaching process should use the Internet technology, constantly improve the structure and system of physical education curriculum, so that the quality of physical education teaching in Colleges and universities has been significantly improved.

C. Constantly innovating the training mode of talents

With the continuous development of China's economy and the continuous improvement of people's living standards, people pay more and more attention to health, and the requirements of the society for sports professionals are also changing tremendously. Therefore, the training mode of sports talents in Colleges and universities should be changed from the former mode of sports skills to the mode of knowledge and skills according to the new requirements of the times. Colleges and universities should take "health first" as the guiding ideology of physical education teaching, but when teaching the basic knowledge of physical education, the development of introducing health into it obviously cannot keep up with the requirements of the society for sports professionals. Some colleges and universities have not carried out thorough reform in the mode of sports training, so that the ultimate talent is still economic rather than knowledge. Skilled, in this process, not anxious for a large number of good imperial concubines of university teachers' resources, at the same time, so that the trained talents cannot meet the needs of society [7]. Therefore, colleges and universities should strengthen the cultivation of students' innovative consciousness in knowledge ability and learning love ability, and the development of students' innovative thinking ability.

D. Change the traditional teaching mode

In the traditional teaching mode, students are regarded as containers to load knowledge. Teachers in the teaching process one-way infuse knowledge to students. The whole teaching process is centered on teachers and books. Such teaching mode has entered the development of adapting to today's society. To reform the teaching of physical education in Colleges and universities, we should not only reform the teaching mode, but also reform the teaching concept, curriculum setting, curriculum structure and teaching means of physical education in Colleges and universities. We should put quality education into practice, change the status of teachers in time in the teaching process, regard students as the main body of learning, and teachers should only play the role of guides and increase the number of teachers. Strengthen classroom interaction and activate classroom atmosphere, so that students can learn and master knowledge through heuristic, inquiry, research and teamwork methods [8]. Physical education teachers in Colleges and universities can also use Internet technology to carry out relevant teaching, not only can enrich the classroom teaching content, but also can improve students' interest, so that the

teaching quality of physical education in Colleges and universities has been significantly improved. In order to reform the teaching methods, we should make innovations in teaching methods and make use of fresh teaching methods on the basis of traditional teaching methods and according to the curriculum contents of sports-related specialties. At the same time, some students have low interest in physical education curriculum. Teachers should strengthen students' emotional training, communicate with students more in the process of learning sports, and personally demonstrate and guide students' correct and standardized learning methods [9]. One time to enhance students' interest in physical education courses, so that students can learn relevant knowledge and skills in a pleasant curriculum environment.

VI. CONCLUSION

In the 21st century, China's economy has developed rapidly, and people's living standards have been improved accordingly. People pay more and more attention to health. The social demand for sports professionals has increased greatly. This makes the training mode of physical education professionals receive great attention. As the main place for training sports professionals, the teaching mode of colleges and universities will directly affect the quality of sports professionals. Therefore, under the new requirements of the development of the times, colleges and universities should have a comprehensive understanding of the actual situation of physical education and the existing problems in physical education, and to this end, put forward targeted guidance and countermeasures, and constantly explore the mode of cultivating talents for physical education major in Colleges and universities. Only in this way can we improve the quality of physical education teaching in Colleges and universities, so as to encourage them to constantly cultivate talents in line with social requirements.

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