

Research on College Physical Education Reform Based on the Demand for Happy Physical Education

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Abstract—At present, the concept of happy physical education has been introduced into the teaching reform of college physical education, which can not only effectively promote the innovation and reform of the teaching mode of college physical education, but also fundamentally improve the quality of college teaching in physical education. After briefly describing the current situation of physical education in colleges and universities as well as the specific meaning of happy teaching mode, the author analyzed the important role of happy physical education in college teaching and the problems in the actual implementation, and then discussed the specific method of college physical education reform based on the demand for happy physical education.

Keywords—education reform; college physical education; happy physical education

I. INTRODUCTION

Under the continuous advancement of the teaching reform in China, in order to produce high-quality talents that meet the needs of the society in sports teaching, colleges and universities have carried out theoretical and comprehensive innovations and reforms in the teaching objective and teaching method to constantly improve the comprehensive quality of students, aiming at cultivating outstanding all-round talents [1]. However, there are many problems in the PE class teaching in colleges and universities in China at present, such as the relatively backward teaching mode and the single method and means of teaching, which leads to the low quality of physical education in colleges and universities in China. The concept of happy physical education proposed under the background of the new era has solved the problems existing in the traditional teaching mode of college physical education. The application of happy physical education has not only effectively promoted the reform of college physical education in China, but also can fundamentally improve its quality. It attaches importance to the cultivation and improvement of students' comprehensive quality, thereby effectively realizing the all-round development of students. Physical education is an important part of modern education and plays a vital role in the physical and mental health of students. In the process of college physical education, people have begun to pay increasing attention to the concept "happy sports", which proposes higher demands to the teachers engaged in college physical education. In the process of carrying out physical education, colleges and universities

should not only continue to innovate and reform the teaching mode in light of the changes of the times, but also create a good teaching environment for students to stimulate their interest in sports to the maximum extent [2]. The full application of happy physical education in colleges and universities can effectively maximize the advantages of physical education.

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

A. The existing teaching mode is relatively backward

At present, the teaching mode of college PE classes in China has always been centered on competitions, without innovation and reform. In actual physical education, many schools only focus on cultivating students' basic theoretical knowledge and related skills. This seriously affects the interest of modern students in the study of physical education, because what it brings to them is a kind of academic burden, not happiness. Such backward teaching mode can no longer be applied to the students who grew up in the new generation period; if the college physical education still adopts this backward teaching mode, it will seriously affect the teaching quality in this subject [3].

B. The existing teaching methods are relatively singular

At present, the common problem in the process of physical education in colleges and universities in China is that the teaching method is not flexible enough. Most PE teachers take the classroom as the main place for physical education and do not pay attention to the extracurricular activities of students. That the classroom physical education does not organically integrate with students' extracurricular activities makes students' perception of sports not comprehensive. Nowadays, the society advocates lifelong exercise, and this one-sided cognition that college and universities in student cultivation in this aspect will seriously affect their lifelong exercise [4]. In the process of physical education in colleges and universities, teachers have to spend some time in the classroom to manage the discipline of students, which wastes the time of physical exercise for students. Some colleges and universities have fixed opening hours for sports venues such as table tennis rooms, badminton rooms and gymnasiums, seriously affecting students' interest in sports learning.

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III. THE SPECIFIC CONTENT OF THE TEACHING MODE OF HAPPY PHYSICAL EDUCATION

Physical education plays an important role in the entire teaching activity of colleges and universities. It not only strengthens the students' physique, but also cultivates their firm will, and thus it plays a positive role in promoting their all-round development [5]. In recent years, China's education reform is constantly deepening. A new teaching mode, namely happy physical education, came up for the college PE class teaching in the trend of reform. This teaching mode is the result of innovation and reform of college physical education based on a comprehensive understanding of the current teaching mode. It conforms to the idea of quality-oriented education proposed by the state. It advocates placing students in the subject position of learning, and teachers play a guiding role in the process of teaching. Colleges and universities can apply personalized cultivation on students according to their actual situation, so that they can master the basic knowledge and skills of sports better. At the same time, this teaching mode takes into account the characteristics of students' psychological development, and thus it can promote their healthy development.

IV. THE IMPORTANT ROLE OF HAPPY PHYSICAL EDUCATION IN COLLEGE PHYSICAL EDUCATION

A. *Increasing students' interest in physical exercise*

The most important point in the mode of happy physical education is that it changes the status of students in study, from the passive learners to the subject of learning. In the process of happy physical education in colleges and universities, teachers should fully integrate the actual situation of students and conduct personalized teaching according to interests of the students. Such a teaching mode can effectively stimulate students' interest in sports learning. The purpose of happy physical education is to create a happy learning environment, so that students can learn relevant sports knowledge while enjoying the happiness brought by sports, thereby continuously cultivating their sports awareness so that they can carry out active physical exercise. In the era of advocating lifelong sports, this teaching mode can effectively encourage students to participate in sports activities, which can help them better adapt to the development of society.

B. *Good for the healthy development of students' mind and body*

The concept of quality-oriented education has long been put forward in China, and the mode of happy college physical education is not in contradiction with it. In the actual teaching process of college physical education, the teaching purpose of happy physical education is not only to cultivate the physical quality of students, but also to promote their mental health. In the process of teaching, colleges and universities should set up relevant courses to timely understand of students' psychological status and provide effective training. It is feasible to encourage students to exercise regularly by caring about their learning situation and continuously guiding them to form a healthy and positive attitude. Such a teaching mode will

play an important role in the healthy development of students' mind and body.

V. PROBLEMS IN THE REFORM PROCESS OF COLLEGE PHYSICAL EDUCATION BASED ON THE DEMAND FOR HAPPY PHYSICAL EDUCATION

A. *Lack of enough attention to the discipline of sports*

Physical education in colleges and universities is an important component of college teaching activities. Influenced by the traditional teaching mode, the teaching link of actual college PE classes is set based on the traditional teaching mode. The lack of innovation and reform of the teaching mode has made it difficult to improve the quality of physical education in colleges and universities. Some colleges and universities have not paid much attention to physical education, and thus there are serious problems in the construction of stadiums and sports equipment [6].

B. *Lack of in-depth reform of physical education*

Under the continuous advancement of teaching reform in China, college physical education took the existing teaching methods as the basis to implement reforms and innovations in combination with characteristics of the times and the teaching characteristics of specific schools, and then proposed the teaching mode of happy physical education. This has improved the overall level of physical education in colleges and universities and fully exerted the advantages brought by this teaching mode. However, the teaching mode of happy physical education lacks deep implementation in the actual teaching in colleges and universities. Most colleges and universities have no practical measures in terms of teaching means and teaching methods. The backward teaching methods, single teaching means and insufficient teaching mode have seriously hindered the teaching quality of college physical education.

VI. THE SPECIFIC METHODS OF COLLEGE PHYSICAL EDUCATION REFORM BASED ON THE DEMAND FOR HAPPY PHYSICAL EDUCATION

A. *To transform traditional teaching concepts*

In order to realize the practical application of happy physical education, colleges and universities must first change the traditional teaching concept, and constantly promote teachers to innovate in teaching concepts and deeply understand the connotation of this teaching mode. In the actual process of physical education, teachers should stand in an equal position with the students to communicate with them in a timely manner and break the gap between them and students; it is also needed to fully reflect the students' subject position in the process of teaching [7]. While attaching importance to the cultivation of students' basic knowledge of sports, special attention should be also given to the cultivation of their sports awareness and the creation of a happy atmosphere of physical education. Teachers play an important role in the teaching process of college PE classes, and their behaviors always affect students deeply. Therefore, in the teaching process, a teacher should be a model for his students and be a person with positive energy, so as to better pass on the happiness of sports

to his students. Teachers should also combine the characteristics of the times to teach students with some popular expressions. This can concentrate students' attention and make them enjoy physical exercise, allowing them to actually feel the joy brought by sports.

B. To continuously improve the teaching content

At present, the teaching mode of physical education in most colleges and universities in China is relatively single, and this has become the main reason for students not interested in physical education. In response to this phenomenon, colleges and universities should constantly improve the content of physical education and present a variety of teaching forms to cultivate students' interest in sports. For example, when teaching some prescribed sports items, colleges and universities can integrate local unique physical exercise into the physical education according to the local cultural characteristics; this will enrich the content of college physical education while achieving a good inheritance of China's traditional sports culture [8].

C. To increase the teaching methods

Students in colleges and universities now grow up under the background of Internet age. Therefore, most of them have great resistance to the traditional teaching mode. In response to this phenomenon, colleges and universities can introduce Internet technology into the physical education to teach students the correct sports skills through the use of videos. This can not only effectively attract students' attention, but also increase the methods of physical education, which is conducive to the cultivation of students' interest in learning of this subject.

D. To make students become the subject of learning

Happy physical education is a product of quality-oriented education, and it requires colleges and universities to regard students as the subject of learning in teaching. Teachers cannot emphasize the teaching authority in the teaching process as they did in the past. Instead, they should play the role of a guide in this process to guide students to conduct sufficient exercise in the PE classes. Students should be the center of the classroom, so that they can feel the subject consciousness and thus truly feel the charm of sports itself. At the same time, teachers should create an equal, democratic, open and free atmosphere in the teaching of PE classes, so as to implement the happy physical education and guide students to truly enjoy the happiness of the PE classes.

E. To attach importance to communication with students

The teaching mode of happy physical education requires that colleges and universities should let students feel the happiness brought by sports in physical education, and therefore, it is necessary to strengthen communication with students in the teaching process. To prevent students from rejecting or hating sports activities, teachers engaged in college physical education should be good at using emotional education to communicate with students in a timely manner, so as to make them feel satisfied emotionally and spiritually. In

order to communicate effectively with students, colleges and universities should start from the following aspects. First of all, teachers should establish a good teacher-student relationship in the teaching process. They are supposed to be patient with every student, so that these students can actively communicate with them. Secondly, when formulating a program for physical education, colleges and universities should collect the opinions of students, respect their choices and apply personalized cultivation on different students according to their own interests and hobbies, thereby developing a targeted teaching plan. Thirdly, colleges and universities should build a platform, and teachers should constantly encourage students to express themselves in the PE classes [9].

VII. CONCLUSION

To sum up, the teaching mode of happy physical education should be fully valued in the college physical education reform in China. Teachers of college physical education must constantly innovate in the concept of teaching and ensure the subject position of students in the learning process in actual teaching activities. It is also necessary to innovate and reform on the basis of the original teaching methods and content, strive to create a happy environment for physical education, so as to effectively implement the happy physical education and allow students to truly feel happiness brought by attending PE classes. The implementation of the happy physical education in college and universities meets the requirements put forward by the times. At the same time, it has significantly improved the quality of physical education in colleges and universities, which has important positive significance for the future development of students.

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