

## **Exploration on the ways and methods of innovation ability cultivation in college physical education teaching training**

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**Keywords:** physical education teaching; innovation ability; training method; training way

**Abstract:** Innovation is the driving force of economic development, but also one of the important indicators to measure a country's core competitiveness. With the rapid development of national economy and the increasingly fierce competition, in this era of knowledge explosion, it is necessary to cultivate students' innovation ability to adapt to the rapidly changing social environment, and the cultivation of innovation ability has become the mainstream of the development of higher education. It is in the specific physical education teaching activities and sports practice activities according to the characteristics of students and through scientific teaching methods, improve students' innovative ability, cultivate students' innovative spirit. This paper will analyze the ways and methods of innovation ability cultivation in physical education training in colleges and universities.

### **1. Introduction**

In today's era, the demand for talent knowledge is no longer only the basic theory mastery, but also the mastery of practical innovation skills. With the continuous development of The Times, the cultivation of innovation ability must start from the practical perspective of physical education training in colleges and universities to improve students' practical innovation ability. Colleges and universities can improve students' practical ability on the basis of mastering sports theories, and tap students' innovative potential by carrying out innovative activities. Teachers need to guide students to practice in teaching and training, and cultivate students' innovative thinking.

### **2. The current situation of physical education teaching and training in colleges and universities**

In order to adapt to the pace of social development, the reform of physical education training in colleges and universities provides many opportunities for students to gain more growth and development in the physical education training.

#### **2.1 The physical training content is single**

Look from the content of sports training, sports training content in colleges and universities is relatively single, most of the theoretical teaching, or more suitable to the boy's teaching content, no face all in innovation ability training, in the process of practice is only basic training, such as running, for poor sports ability girl unfriendly, let alone cultivate the students' innovation ability, teachers need, from arouse students' interest in students like sports subjects guide students to independent learning, so as to promote the development of students in terms of innovation ability, with the rich sports content, Students will have a deeper understanding of sports. In this process, the training of sports competitive events has been paid great attention to, so that students can better play their sports potential, but also can stimulate students' enthusiasm for sports.

#### **2.2 Students' lack of interest in training**

Influenced by traditional education, both teachers and students habitually put sports on auxiliary subjects, for lack of important understanding, in the teaching process of some teachers will adopt the theory of "cramming" in teaching, the teaching method can not timely mobilize students' interest in learning, and, to a certain extent, can cause students' "boredom" psychology, especially poor

sports training coordination ability, less sports that part of the students, but not to mention the interest in learning, let alone practice training, is not conducive to the cultivation of students in terms of innovation ability. Teachers need to use more practical teaching, such as simulation, exercise, etc., so that they can give better play to students' sports expertise, let them more familiar with various sports training, in the process of practice, they can also let students deeply understand the importance of sports training, stimulate students' enthusiasm for sports.

### **2.3 Sports facilities are not perfect, the lack of cultivating students' innovative consciousness**

Look from the sports training facilities, most schools only sports playground, relatively single, to cultivate students' innovation ability, should not only from the playground practice training, lack of other sports facilities, such as swimming pool, basketball court, tennis court, etc., let the students understand that sports project is colorful, the lack of specialized sports organization department, cannot timely provide students with professional consulting services, enable students to better participate in sports teaching training, to a certain extent, limit the cultivation of students' innovation ability. Can't acquire more sports skills in time. Some teachers lack of cultivating students' innovation ability consciousness, more is based on the teaching plan design and teaching material content, ignoring the cultivation of innovation ability, innovation ability is based on the basis of students' autonomous learning, teachers need to improve their teaching level, rich sports teaching way, to guide students to autonomous learning, improve the students' thirst for knowledge, in order to promote the development of students' innovation ability.

## **3. The importance of innovation ability training in colleges and universities**

### **3.1 The cultivation of students' innovative ability is the need of the development of The Times**

With the development of the society, the rapid development of science and technology has brought us a different life, and behind these technologies, is the cultivation of students' innovation ability. The cultivation of students' innovation ability is the need of the development of the future era. First of all, improving students' innovation ability can provide more and better talents for the development of social science and technology. Students are the hope of the future of the society. By cultivating students' innovative ability, they can master more skills, so as to better serve the society and provide more possibilities for social development. Secondly, improving students' innovation ability can better provide students with future development opportunities. In this society, the development of technology is faster and faster, and the cultivation of students' innovation ability can make them master more skills, so that they can have more space for development in the future society. In addition, improving students' innovation ability can make students more motivated to learn. Through the cultivation of innovation ability, students can better play their talents, let them have more motivation in learning, so as to master more knowledge and lay a solid foundation for their future development. In short, the cultivation of students' innovation ability is of great significance to the development of The Times. It can provide more possibilities for social development, can provide more opportunities for students, but also can make students more motivated to learn, so as to play an important role in social development and students' own development.

### **3.2 The cultivation of students' innovative ability is the need of lifelong sports**

In today's society, the cultivation of students' innovative ability has become an important subject of lifelong physical education. Innovation ability can help students mobilize their own wisdom, think positively, solve problems, improve their academic performance and work ability, and lay a solid foundation for their future development. In cultivating students' innovative ability, the school should adopt a variety of strategies to create a good environment, enhance students' innovative consciousness, and stimulate students' innovative vitality. Only in this way, the school can effectively cultivate students' innovative ability and cultivate talents with innovative ability for the society. Schools, parents and education departments should work together to provide a good

innovative learning environment for students, cultivate their innovative ability, and lay a solid foundation for their lifelong development.

### **3.3 The cultivation of students' innovative ability is the need of personality development**

The cultivation of students' innovative ability is the need of personality development. Nowadays, the pace of society's development is getting faster and faster, so students should make independent innovation and expand their thinking under the heavy academic pressure, so as to promote the development of students' personality. Therefore, it is urgent to cultivate students' innovative ability. The cultivation of innovation ability can effectively improve students' learning ability, thus promoting the development of students' personality. First of all, the cultivation of students' innovative ability can help students to broaden their horizons and broaden their thinking. Through the improvement of innovation ability, students can think about problems from multiple angles and find more comprehensive solutions, so as to better improve their learning ability and master learning knowledge. Secondly, the cultivation of students' innovative ability is helpful to enhance students' courage. In the process of innovative learning, students have the courage to try new things, so as to obtain successful experience and improve their self-confidence. The cultivation of students' innovative ability can strengthen students' sense of responsibility. When students participate in innovative activities, they need to be fully responsible for their own behavior, which can cultivate students' sense of responsibility, can make students adapt to the society faster in the future life, and prepare for their future development. Every student is unique, every student has a different personality, teachers need to explore the innovative ability of each student, so that students out of the school after their own innovative ability to constantly acquire new knowledge, which is the significance of cultivating students' ability. The cultivation of innovation ability can make students pay more attention to social development and think about social problems. Through innovation, students can learn the latest social knowledge, understand the latest social development trends, so as to better play the role of innovation ability, and make contributions to the social development. The cultivation of innovation ability can open up thinking, enhance courage, promote the development of the sense of responsibility, pay attention to social development, can better develop their own personality, and lay a foundation for gaining a firm foothold in the society in the future. Therefore, the cultivation of students' innovation ability is a necessary process of personality development.

### **3.4 The cultivation of students' innovative ability is the need of students' innovative thinking**

The cultivation of students' innovative ability is an important subject of school education, and also the need of students' innovative thinking. Through the cultivation of innovation ability, students can learn the way of thinking of solving problems, and the way of applying knowledge to solve problems, which can improve students' ability to solve problems, stimulate students' innovative thinking, and promote the development of students' thinking. By cultivating students' innovation ability, it can promote students' physical and mental development, improve students' academic performance, and make students become the main force of the innovation in various fields in the future society. The cultivation of students' innovative ability is essential. The school should pay attention to the cultivation of students' curiosity, analytical ability, practical ability and multiple thinking ability, so that students can learn how to think about problems, learn how to solve problems, so as to develop innovative thinking.

## **4. The way of innovation ability cultivation in college physical education teaching training**

### **4.1 Create a good learning environment and promote innovation ability**

Teachers need to innovation ability as an important education content, in order to improve the students' innovation ability as the goal, teachers should create a good learning environment in college physical education training, create a good learning atmosphere, let the students learn in thinking and explore in practice, to cultivate students' good innovation consciousness, encourage students have the courage to the idea to put into practice, let students have the opportunity to

participate in the practical innovation activities, promote students 'active innovation, stimulate students' innovation enthusiasm. We should constantly emphasize innovation ideas in teaching, and guide students to deeply understand that innovation is the key to social development, enterprise development and personal development. It is necessary to constantly innovate, and guide students to explore the possibility of innovation from their own perspective, so that students can feel the significance of innovation.

#### **4.2 Pay attention to students 'practical ability, cultivate students' consciousness of innovation**

Physical education course is a practical subject, teachers should pay attention to the cultivation of students in practical skills, so that students have the ability to quickly learn new skills, and can flexibly use their own learned skills to solve practical problems. When students learn skills in physical training, teachers can properly set up some challenging practical tasks to encourage students to explore, give students more space to play, so as to promote the development of students' innovation ability. Schools can also organize more activities, so that students can feel the fun of innovation in the activities, cultivate students' innovative ability, and guide students to explore new possibilities in sports activities. Pay attention to the improvement of students 'physical education ability, encourage students to participate in sports competitions, guide students to learn from observation, imitation, practice and thinking aspects, strengthen the practical learning of students' physical education teaching, cultivate students' practical ability and practical ability. In order to deepen the understanding of the physical education teaching training theory in practice, a variety of methods, such as practical operation, simulation operation, are adopted, so that students can organically participate in the physical education teaching training practice, improve the practical ability of physical education teaching training, and cultivate innovative practical skills.

#### **4.3 Pay attention to cultivating students' innovative consciousness, innovative thinking**

To constantly emphasize the importance of innovation in the process of teaching, guide students to participate in the sports design, research, implementation activities, let the students understand the necessity of innovation, learn to use their own ideas to explore, learn to use their own ideas to find, cultivate students take the initiative to explore the spirit of innovation, develop the students 'innovation consciousness, further cultivate the students' innovation ability. Schools should stimulate students' innovative potential in the process of thinking. Innovative thinking means that students can analyze and generalize the objective situation when dealing with problems, so as to decompose a complex problem into several simple problems and get the idea of solving problems. Therefore, teachers in the sports teaching to the innovative thinking as an important content, attention, through the reasonable teaching design, guide students from set out actually, combined with the relevant requirements, from the perspective of macro, system, training students from macro to micro grasp and the ability to handle problems, make the students form thinking, analysis and problem solving of innovative thinking habits. By providing students with the appropriate thinking mode and problem-solving thinking mode, students can have an innovative thinking mode, so as to stimulate students' innovative ability.

#### **4.4 Focus on cultivating students' innovative analysis ability and innovative teamwork ability**

Schools should, through practical research, cultivate students 'analytical ability, strengthen students' innovative thinking ability, let students learn to analyze problems from different angles, put forward reasonable solutions, let students learn to grasp the problem from the macro, analyze details from the micro, so as to improve students' innovative ability. Teamwork can promote the communication and communication between team members, easy to play to their own advantages, and explore the best solution. Therefore, teachers can organize students in the teaching team training, using games, competitions, let the students in sports teaching training teamwork, deepen the understanding of innovation team cooperation, cultivate team cooperation spirit, strengthen team cooperation ability, cultivate students 'innovation teamwork ability, let the students learn in the team innovation thinking, so as to improve the students' innovation ability.

## **5. The method of the innovation ability training in the college physical education teaching training**

With the reform and development of China's education, physical education and training in colleges and universities has become an important sports activity, among which the cultivation of innovation ability has also become very important. This paper puts forward the following methods to improve the innovation ability cultivation in college physical education teaching and training.

### **5.1 Increase learning resources**

There are two important factors in the cultivation of innovation ability in physical education training in colleges and universities: one is sufficient learning resources, the other is sufficient professional knowledge support. Therefore, in order to enhance students' innovation ability, we must fully meet the needs of learners and provide them with sufficient learning resources, including physical education teaching books, video teaching materials, network teaching resources, etc. Increase the diversity of students' physical training and competition. In the physical education teaching training in colleges and universities, we should increase the diversity of students' participation in sports training and competition, and carry out various sports training and competition projects as much as possible, so as to meet the interests of different students and promote the development of students' innovation ability.

### **5.2 Improve students' practical ability**

Practical ability is essential for the cultivation of innovation ability in physical education training in colleges and universities. Carrying out interesting sports activities can bring freshness to the students. Teachers can design some novel sports activities, For example: game and sports teaching, Use the "stickers" game to let the students warm up during the game, Create a pleasant and relaxed atmosphere for students, Can effectively stretch the students' muscles during the game, Avoid developing muscle strain during physical training, In the case of running, When letting the students run through this game, the teacher can let the students innovate other running methods, Like the relay race, shuttle run, Teachers and students run, etc., Relay thing can be clothes, It can be a hat, It can also be a group run with a rope, The way of the group competition, Let the students independent innovation running method, Create a good learning atmosphere, And then improve the ability of self-innovation ability.

### **5.3 Carry out innovative activities**

In the physical education training in colleges and universities, in order to cultivate students' innovative ability, teachers are required to constantly innovate physical training methods, so that students have full space to play themselves, play freely in the training, and cultivate innovative thinking. In addition to practical activities in class, schools should also organize students to carry out innovative activities, such as: physical education teaching plan design, sports skills operation competition, etc. This can effectively stimulate students' innovation ability, so that they can use knowledge in practice, improve their innovation ability.

### **5.4 Carry out exchange activities**

The cultivation of innovation ability in college physical education teaching and training are also very important. The school can invite experts and scholars to communicate with the school, so that students can learn more professional knowledge from experts and scholars; and can also organize students to communicate in sports venues and other schools to learn each other's sports skills and experience and enhance students' communication ability. Or organize interdisciplinary sports activities, so that students can explore the knowledge of science, technology, art and other disciplines in sports activities, so as to stimulate students' innovation ability.

### **5.5 Cultivate the consciousness of innovation**

The cultivation of innovation ability in physical education training in colleges and universities must cultivate students' innovation consciousness fundamentally. Schools can allow students to

master new knowledge, learn to analyze problems and explore new methods, and teachers can integrate innovative consciousness into physical education teaching, so that students can experience the fun of innovation in practice, and cultivate students' consciousness of innovation.

## **6. Conclusion**

This paper on the importance of innovation ability in the sports teaching training in colleges and universities, ways and methods, teachers need to build the whole process of teaching mode, in classroom teaching, competitive competition, social practice, training plan and other activities, to encourage innovation, guide innovation, cultivating innovation, innovation measures, effectively stimulate students' innovation ability, so as to improve the students' sports quality. In the future physical education training, teachers should guide students to integrate the innovation ability into the teaching and training process, pay attention to the practical, scientific physical education training, to cultivate students' innovative spirit and innovative ability for the purpose, so as to improve students' physical quality.

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