

Theoretical Thinking and Practical Path of College Physical Education in the Context of Curriculum Reform

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Abstract: At present, China's education industry is undergoing major changes, which is inseparable from the leading role of new teaching concepts. Based on this, this paper explores the theoretical thinking of college sports in the context of curriculum reform, and summarizes three points: the teaching mode is too single; It should embody practical and scientific principles; achieve an effective combination of mind and body. And further study the path of college sports practice in the context of curriculum reform. I hope this article can provide a reference for educators who are concerned about this topic.

1. Introduction

In the teaching activities of colleges and universities, different disciplines have incorporated diversified teaching strategies, which makes the classroom reform activities have good teaching conditions. From the actual situation, there are many problems in the process of reforming physical education teaching activities in colleges and universities. Especially under the influence of exam-oriented education, classroom teaching innovation activities are hindered. The students' awareness of independent learning has been reduced, and educators have also been restricted in reforming the teaching methods and methods.

2. Theoretical Thinking on College Physical Education in the Context of Curriculum Reform

2.1. Teaching mode is too single

At present, the traditional concept of education still exists in the educational environment. It can be said that the teaching model has basically not changed much. The teaching method that is too single is relatively backward, which is not in line with the goal of the new curriculum reform, and it also has a big gap with quality education. The teaching environment is too rigid and serious, and it has a great contrast with the students' innovative thinking, which can not promote the development of students' thinking. Due to these problems, the continuous development of college physical education began to be affected. A long-term student can easily become bored, leading to a lack of goals and direction when students learn sports knowledge. Under these conditions, it is difficult for students to develop good physical habits and correct physical behavior. Students are not interested in analyzing sports professional knowledge, and passion and happiness are restricted by the old education model. For example, in a physical education class, in order to save time, the physical education teacher takes the instilling knowledge as the teaching focus, and also has strict requirements for the students, and pays attention to whether the student's grades are up to standard. This leads to students paying too much attention to sports performance during the practice process, and can not make the students' thinking develop qualitatively [1].

2.2. Reflects practical and scientific principles

In the work of constructing the practical curriculum system of physical education majors in colleges and universities, it is necessary to ensure that the process of the curriculum reflects the process from simple to complex, from shallow to deep, through the continuous accumulation of deepening and reform of the curriculum system to ensure the gradual progress of the teaching

process, configuration and The corresponding teaching environment. The process of practical teaching should be highly compliant with the law of students' development and realize the sustainability of physical education in colleges and universities. The teaching content should include graduation thesis, extracurricular practice activities and practical teaching links. In specific practical activities, college physical education majors should ensure that students can fully integrate their own learning characteristics in different stages of teaching, and also create opportunities for students to express themselves in each teaching session. The sports practice curriculum system that is guaranteed to be built has a strong continuity. As an educator of college physical education, in the work of cultivating students' physical quality, the principle of practicality should be upheld. For grassroots educators, physical education teachers should have good practical ability and should have a rich theoretical knowledge reserve. From the actual situation, there are fewer people engaged in physical education teaching in colleges and universities, which means that physical education teachers must take the responsibility of cultivating students seriously in the course of their work. Almost all sports affairs need to be carried out under the efforts of physical education teachers. n These tasks include sports referees, sports training activities, and sports theory teaching. The requirement for college students is not only to actively learn sports knowledge. When exercising, you should adhere to the principle of practicality. Teachers must actively improve their own physical training ability, but also enhance their practical ability.

2.3. To achieve an effective combination of mind and body

The sports connotation of Sunshine Sports is to enable students to walk out of the classroom, approach nature, and get in touch with the sun, truly enjoying the joy of sports. As a result, students can grow up happy and healthy in the natural environment. For a long time, the problem of physical education in China is that students' understanding of theoretical knowledge is not profound enough. It is not difficult to find that some students are not standardized in practice activities because they do not really combine the body and mind effectively. From the actual situation, the physical health of students is worrying. The development of physical education activities should further improve students' understanding of sports activities, and should be carefully organized and implemented. Forming a good atmosphere, for students to clear the goal of physical exercise activities, is to “achieve the standard for excellence, strong physical fitness. “Students should exercise at least one hour a day to master one or two daily physical exercise skills. As a result, students can form good physical exercise habits, have a sense of lifelong exercise in their minds, and effectively improve the physical health of contemporary college students.

3. The Path of College Sports Practice in the Context of Curriculum Reform

3.1. Using multimedia technology to innovate teaching mode

The inclusion of innovative elements in teaching reform is a major feature and a powerful guarantee for the in-depth teaching of classrooms. The innovative teaching mode can enhance students' innovative thinking and also play an active role in the classroom atmosphere. On this basis, the in-depth development of teaching resources can be realized. In primary school activities, multimedia technology should be fully utilized to respect the individualized characteristics of students, and students' different interests and hobbies should be used as the fundamental basis for teaching activities. Under the traditional teaching mode, students are in a passive exercise situation. Under the context of curriculum reform, this kind of bad situation should be completely changed, so that college physical education can truly move toward diversification. Taking the teaching activities that affect the health factors of college students as an example, teachers use multimedia technology to play data representing the physical condition of college students. These content are intuitive and also make students aware of the importance of participating in physical exercise. The factors that teachers show students to influence the health of college students are very detailed and effectively stimulate students' strong interest in learning [2].

3.2. Reflecting the status of students

In the practice of quality education, teachers must realize that the students are the masters of the classroom, and implement classroom teaching reforms, and actively create colorful and practical activities for students. This will effectively alleviate the students' tiredness of learning, and the initiative of students to participate in classroom teaching activities will also be significantly improved. For college physical education teachers, the teaching activities must be based on the actual teaching content. The teaching activities should be carried out in accordance with the actual needs of the students, and meet the needs of students at different levels for physical exercise activities. Only in order to create a truly efficient and high-quality sports class. Take the teaching activities of the course "Principles and Methods of Physical Exercises" as an example. The teaching method can be group cooperation. It is necessary to complete the data collation task first, then discuss the overall situation of data aggregation in the classroom, and carry out the analysis and interpretation work carefully. In order to enhance students' mastery of physical exercise methods, and better help students develop their own sports quality and ability.

3.3. Enrich the teaching content of physical education curriculum

The content of physical education curriculum plays a very important role in the reform of physical education curriculum in colleges and universities. It can provide reliable support for the future development of students. In the reform work of establishing a practical curriculum system for physical education, it is necessary to unify the objectives of professional courses and practical teaching. When setting up a physical education curriculum teaching activity, it is important to serve students. After graduating from college graduates, they face new problems and challenges when using a new round of textbooks. Therefore, colleges and universities should further consider and improve the theory of sports theory education and the theory of physical education curriculum education. In addition, colleges and universities should also carry out the basic content of physical education curriculum and the reform of physical education curriculum. The combination of the curriculum system will enhance the students' innovative ability and professional ability. The established physical education curriculum system should play a role in many aspects, mainly related to social practice, teacher professional ability, skill practice ability, and also includes social exercise ability. Establish a college physical education curriculum system to avoid students' inability to effectively combine practical ability and theoretical knowledge. When carrying out the teaching activities of physical education, we should build a close practical curriculum system, scientifically refine the teaching activities, and effectively enhance the professionalism of the disciplines, integrate the multi-channel teaching resources, and have more intrinsic and superficial knowledge of sports professional knowledge. For the sake of concern, avoid the students' duplication and confusion. It is very important to improve students' enthusiasm for learning. In order to achieve this goal, we should adhere to the teaching principles of teaching students in accordance with their aptitude and implement targeted teaching activities.

3.4. Pay attention to enhance students' ability to connect theory with practice

As a physical education teacher in colleges and universities, it is necessary to have a modern educational concept and actively integrate this teaching concept into classroom teaching activities. As a result, students have the ability to learn independently and will gradually form a strong sense of innovation. Effectively improve students' learning and research ability and physical practice ability. Physical education teachers should not only emphasize the importance of physical education compulsory courses, but also practice in practical activities, so that students can get more practical curriculum experience. Football, basketball, and athletics are all basic sports. Teachers can use the game teaching method, fitness teaching method, and project teaching method to strengthen the students' experience. In addition, they should help students acquire more equipment knowledge and understand more. More sports knowledge content related to the venue and competition. As far as gymnastics courses are concerned, students must be able to fully possess basic demonstration skills, and their ability to create and develop must reach a certain level to ensure that students have

practical organizational skills [3].In the practical curriculum system, physical education curriculum should contain rich content, including yoga, roller skating, wild survival, and Sanda, which will effectively enrich students' sports professional knowledge. As a result, students have a richer knowledge system when they are employed in the future. The effective combination of practical teaching and theoretical teaching will further enhance students' ability to work in the future.

4. Summary

In summary, in the context of curriculum reform, the development of college sports activities should use the multimedia technology innovation teaching mode, embody the student's subject status, enrich the teaching content of the physical education curriculum, and pay attention to enhance the students' ability to connect theory with practice. For the workers engaged in sports education in colleges and universities, the teaching objectives should be scientifically formulated, in line with the actual situation of the students, and the students should be placed in the core position of physical education, so that the teaching structure can be truly improved.

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