

Research on the Innovation of Training Mode of Physical Education Professionals in Colleges and Universities in New Period

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Abstract: The meaning of the objective attribute of physical education curriculum in colleges and universities lies in the establishment and development of physical education curriculum constitution in colleges and universities, while forming the most concise and optimized development plan of distribution mechanism in the development system, and taking this plan as the overall framework of development to plan the practice of teaching activities. Under the influence of the environment of national fitness, it leads to a huge talent gap of map and education specialty, which brings new opportunities for the development of education in the new era, but also faces great challenges. This paper makes a general analysis of the demand and current situation of the training of physical education professionals in colleges and universities, and probes into the innovation mode in its new period.

1. Introduction

It is also an important breakthrough in the reform of physical education in colleges and universities in the new situation. It is an important task to strengthen the concept of training physical education Professionals in colleges and universities.

2. The Demand for Physical Education Professionals

According to the "always-based economy" report published by the u.n. research institute , " the economy is simply an economy based on knowledge and thus on the production, distribution and use of information ". In today's era of knowledge and economy, the strategic position of talents is more and more prominent, which is the core resource of competition in today's society, and its source is mostly based on educational support. With the development of economic level, the quality of human life is constantly improving, and the consumption structure has also undergone obvious changes, including survival, enjoyment, development, leisure era quietly arrived [1]. Sports itself has a unique charm, has become an important plate of modern consumption, and put forward better requirements for the training of relevant professionals. At the same time, under the guidance of the grand strategy of building a well-off society in an all-round way, the development of the whole people's fitness cause is also going up, starting from the new consensus of the people, and the enthusiasm of sports is rising, which has further promoted the development of sports cause.

3. Current Situation of Training Physical Education Professionals in Colleges and Universities

Under the guidance of quality-oriented education reform, the state pays more and more attention to the development of students' physical and mental health, and has issued relevant guidance and policies. Sports itself is the creation of human spiritual civilization, bearing rich cultural connotation, and has become a necessary subject in school education, and the demand for relevant professionals is increasing day by day [2]. As a matter of fact, the training of talents in higher education has entered a new stage and achieved corresponding results. But from the objective point of view, under the influence of many factors, there are still many problems in the training mode of

educational professionals in colleges and universities, which are reflected in the aspects of content, method application and evaluation feedback. According to the results of the related housing difference, many colleges and universities are still not completely out of the limits of fixed thinking because of the influence of traditional examination-oriented education for a long time. In addition, some colleges and universities lack of innovative performance, physical education professionals training methods and methods hit you, ignoring interactive participation, to a certain extent weakened their enthusiasm and initiative to participate, the final effect is unsatisfactory. At the same time, the imperfect evaluation mechanism can not optimize the well-known direction for the training of physical education professionals in colleges and universities.



Figure 1 Patience and demonstration by PE teachers

4. Challenges in the Training of Physical Education Talents in Colleges and Universities

From the practice of cultivating sports talents in foreign colleges and universities, many developed countries attach great importance to the all-round development of student athletes, adhere to the teaching idea of equal emphasis on education and physical education practice, and pay full attention to the moral education of students and the all-round development of cultivating comprehensive quality while ensuring the study and training of students' cultural courses. However, the idea of combining physical education in our country has been implemented for many years, but the combination of physical education and teaching in some colleges and universities with weak teachers has not formed a lower degree.

With the development of society and the change of market demand, the education of sports talents has changed from "special talents" to "generalists". However, the comprehensive qualities of sports talents, such as culture and so on, are relatively lacking in the "pyramid" mode under the state system.[3]. In the process of training physical education talents in colleges and universities, the orientation of training objectives is an important basis for curriculum setting, which reflects the social demand for professional talents, and curriculum setting is an important measure to implement the training objectives. For example, according to the characteristics of students, Beijing University of Physical Education has put forward the guiding ideology of teaching with practical knowledge structure, practical curriculum design and flexible teaching methods, and designed more targeted cultural curriculum teaching and management plans for students. Students majoring in physical education in Shanghai Foreign Studies University can freely choose their major in combination with their own interests. The training requirements are relatively loose and the requirements for cultural study are strict. At the same time, there are no preferential policies such as conversion of physical education scores and reduction of credits.

The concept of the combination of physical education is relatively weak, many college students do not attach importance to the study of cultural courses and the poor learning basis which keeps up with the progress of ordinary students, the practice task too heavy tutors can not concentrate on leak filling, so there will be weariness. The cultivation of college PE students should not only improve their professional skills but also improve their comprehensive knowledge level. The training model needs more scientific talent evaluation standards, and the lack of forward-looking employment and

practice guidance leads to the general existence of poor ability and narrow knowledge after graduation, which affects the employment situation.



Figure 2 The school organizes sports basic skill related competition

5. The Way to Innovate the Training Mode of Physical Education Professionals

To innovate the training mode of physical education professionals in colleges and universities in China, we need to take the current training mode of physical education talents as the entry point, which can be considered from the following aspects:

5.1. Changing the Concept of Education Talent Development

Theory is the forerunner of action. The root of the deficiency of talent training mode in sports in our country lies in its backwardness with the idea of talent training.

5.2. Design Curricula Based on the Inherent Concerns of Social Development and the Growth of Sports Talent

The curriculum of physical education specialty must take into account both the demand of social development and the inherent law of the growth of physical education talents. In view of the social factors, we should adjust the structure of the curriculum according to the needs of the development of the society for the split talents, expand the professional courses and elective courses, so as to solve the problem of excess teachers in physical education at present, on the other hand, we should take full account of the different interests and interests of different students in the curriculum, especially in the setting of elective courses should be more flexible and diverse, provide better educational resources and then improve the enthusiasm of students to learn, further improve the quality of talent training [4].

In strengthening the curriculum, the education department should coordinate the relevant colleges and universities, give play to the role of the education department, and strengthen the optimal allocation of physical education curriculum resources in colleges and universities. At present, the colleges and universities that train physical education talents in our country mainly focus on physical education colleges and universities, teacher-training colleges and comprehensive colleges and universities, each of which has its own advantages, and the total amount of curriculum resources is very large, because how to transform these curriculum resources into personnel training is a major key point in the curriculum setup and optimization of physical education majors, and each school should make comprehensive use of its own curriculum resources according to local conditions to training talents according to local conditions.



Figure 3 Opening ceremony of the university organizing games

5.3. Step Up the Reform of the Physical Education Curriculum

Therefore, colleges and universities should constantly strengthen the pace of physical education curriculum reform, strengthen the training of teachers, change the role of teachers, let teachers pay attention to the combination of learning and thinking and practice in the course of teaching, make more use of inquiry and heuristic teaching mode, cultivate students' interest in physical education learning, pay attention to the different personalities of different students, develop the advantages and potential of each student, enhance students' enthusiasm and social practice, and give students appropriate knowledge to improve the effectiveness of social practice, improve the effectiveness of teacher-student education activities [5].

6. Summary

To sum up, the training of educational professionals in colleges and universities in the new period is very important, and the construction of a perfect operation mode is imperative. As a systematic project, we should closely combine the actual situation and take effective measures to deal with the problems existing in reality, including the construction of teachers, the optimization of curriculum design, the innovation of teaching methods, the emphasis on vocational guidance and the improvement of evaluation mechanism, etc., to encourage students to actively participate in cross-disciplinary cultural learning and social practice and improve the comprehensive quality level. Only the continuous innovation talent training mode, can the sustainable training meet the social, economic development and market needs of physical education talents.

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