Research on Teaching Optimization of Physical Education and Training Based on Interdisciplinary

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Abstract: In the development of physical education in our country, physical education and training is the earliest specialized subject. The traditional physical education and training science has the following problems: convergence of research methods, narrow research perspective, rigid research content, closed research organization, etc. The introduction of interdisciplinary theory is an important choice to adapt to the development of society and market, which can better broaden the vision of sports scholars and improve the overall scientific research level and practical innovation ability of sports education and training in China. In this paper, the author hopes to study the way to optimize the discipline of physical education and training through the analysis of the theory of interdisciplinary, so as to promote the integration and coexistence of the structure of physical education and training. In the future physical education teaching, physical education and training should meet the needs of the times, adhere to the healthy and sustainable development strategy, carry out physical education reform, and constantly improve the physical education teaching system.

1. Introduction

With the improvement of people's quality of life and level, people have a deeper understanding of sports and the demand for sports majors is increasing. Sports education and training is the most advanced education in our country's sports education structure. It is responsible for training high-quality and high-level sports education talents for our country. It is an important guarantee and foundation for our country to enhance its core competitiveness and comprehensive national strength [1]. Grasping the initiative in education will enable us to grasp the initiative in modern competition and win an advantageous position. Most colleges and universities in our country have recognized the importance of strengthening the training of students' physical quality, but in the actual teaching process, the physical education system in colleges and universities is not perfect enough, and some colleges and universities need to improve the teaching quality of physical education and training [2]. According to the survey, China's current physical education system is not perfect, the quality of teaching is low, and the educational level of physical education training needs to be improved. The implementation of interdisciplinary research can bring new ideas to the development of sports system theory, and at the same time lay the foundation for the integration of sports knowledge. From a practical point of view, interdisciplinary scientific research projects have encountered great obstacles. The so-called crossover only stays at the primary application stage of drawing on the scientific research results and research models of other disciplines. In terms of discipline theory, the development of cross-research on physical education and training is not smooth [6]. Physical education training has been
transformed into competition of sports science and technology to a great extent, and cultivating high-level sports training talents is the original intention of sports education competition. All countries should put physical education training as a strategic high ground [7]. This article hopes to analyze the theory of disciplinary interdisciplinary research to study the ways of optimizing the disciplines of physical education and training in China to promote the integration and coexistence of the structure of physical education disciplines.

2. Discipline Characteristics of Physical Education and Training

As an important branch of physical education discipline, physical education and training is a comprehensive discipline. It is an effective combination of physical education teaching guidance and sports practice training. It is more suitable for the development of modern society and should be valued and applied. At present, during the teaching of physical education and training, there is a problem that the level of discipline construction needs to be improved. Influenced by the national teaching mechanism and student sources, the school pays too much attention to the improvement of the teaching content and teaching mode of physical education and training, resulting in the existing teacher resources, teaching hardware and software in the school unable to provide sufficient support for physical education and training [8]. In physical education training, we not only pay attention to the teaching of traditional sports theories, but also pay more attention to the practical training of sports. We will explore the technical problems that arise and discover the laws of training and sports, which is practical in social development. As a systematic discipline, physical education training science has its own complexity. The development of the discipline is bound to be influenced by the inherent logic of scientific development, which has profoundly affected the evolution of the discipline of physical education and training.

Pedagogy is a comprehensive subject for the study of educational objects and educational laws. With the deepening of educational research, pedagogy has shown a comprehensive development, absorbing scientific education achievements in all aspects. According to different reasons such as the role of physical education training in national economic and social development, the government exerts influence on the discipline setting and development of physical education training in various ways. Physical education training is a combination of traditional physical education instruction and sports practice teaching and training, which is not only more suitable for society's demand for comprehensive sports talents, but also injected fresh vitality into the traditional academic physical education research cause [9]. Physical education in colleges and universities is a subject research on the development of physical education, physical education and physical education. Attention should be paid to the promotion of physical education, constructing a complete physical education system, and optimizing the physical education discipline structure [10]. Once the development of national sports changes, especially the change of sports structure causes the change of professional quality of sports talents, it requires that sports education and training should make corresponding adjustment of discipline structure according to the needs of the society. In physical education and training, we should apply the knowledge contents and laws of physical education, pedagogy and kinematics to physical training practice.

3. Discipline Optimization of Physical Education and Training in China Based on Interdisciplinary Study

3.1. Create an Atmosphere of Interdisciplinary

A benign atmosphere is conducive to organizing researchers from different disciplines to communicate frequently, forming brainstorms, refining key scientific issues, and further enriching the academic atmosphere. A good atmosphere is conducive to organizing researchers from different disciplines to have regular exchanges and ideological collisions, refining major scientific issues, and thus promoting an active academic atmosphere. With the development of China's sports education from elite to mass, the discipline construction goal of training teaching and training personnel in
China's original sports education and training science should also be continuously optimized. Professional barriers hinder the cross-discipline and are not conducive to the development of disciplines [11]. In the training of interdisciplinary talents, it is necessary to follow the discipline development law and break the professional barriers to meet the needs of discipline development. Physical education and training is a professional and theoretical comprehensive course, which is closely related to the parent discipline. For students in school, strengthening the study of basic theoretical knowledge can effectively reduce the difficulty of learning physical education and training courses.

3.2. Constructing the Cultivation Mode of Compound Talents

The demand for professionals in modern society can no longer adapt to the development of economy. Comprehensive talents are now scarce human resources. Physical education and training is a comprehensive course with strong professional theory. It is closely related to basic subjects. For students in schools, a good grasp of basic subjects can promote the learning of physical education and training courses. Colleges and universities should reform the education system and adopt different methods to strengthen the cross-integration and mutual penetration of arts and sciences so as to make them an inseparable whole. Teachers can reform the curriculum system through comprehensive and operable measures to meet the needs of the society and make professional characteristic education closely connected with the needs of the market. The specialty of physical education and training should be the same as the traditional national physical education subject, and cultivate talents with the construction of sports project system. From the perspective of discipline development and talent training, it is necessary to clarify the direction of education, based on Sports Science, according to the trend of sports development in China, combined with the direction of sports reform, to provide services for the development of sports.

3.3. Coordinating the Structure of Innovative Discipline System

In order to gain a good development momentum, China's physical education discipline pedagogy must first establish and perfect discipline system, democratic discipline management system and discipline standards. From the nature of the subject, physical education and training is still the content of pedagogy and a branch of physical education. With the change of the development strategy of our country's physical education, great changes have taken place in our country's physical education and training, from the previous single physical education and training to the development of physical science and technology. Planning should be done for the period of cross-development of physical education teaching and training, and overall policies should be made through the connection of other subjects. The goal of the development of the discipline of physical education and training should be based on the original intention of the development demand of physical education practice. The subject of physical education and training should be placed in the overall, diversified and comprehensive subject system of colleges and universities, and analyzed and weighed. Colleges and universities in our country should take the development needs of physical education and training as the starting point, promote the cross and penetration between physical education and multi-disciplinary, and form a dynamic environment for the development of the discipline. Like the traditional sports specialty, sports training should build up a reasonable system and integrate the knowledge theory among disciplines to cultivate compound talents.

4. Conclusions

With the substantial improvement of people's living standards and the deepening of people's understanding of sports health, the demand for sports graduates is increasing, and sports has gradually become the trend of society. The research of sports training discipline is at the stage of development, but due to the influence of its research methods, perspectives, contents and other factors, the development speed of research is slow. As a molecular discipline of physical education in China, physical education and training should be combined with the characteristics of the discipline to clarify the development trend of physical education and training and optimize physical
education and training so as to promote the development of physical education in China. In order to better adapt to the trend of social development, at this stage, the relevant educators should also strengthen the teaching quality and efficiency of physical education and training, do a good job in the innovation of the teaching system and teaching mode of physical education and training, and maximize the stimulation of students' interest in learning. From the perspective of discipline development and talent training, it is necessary to clarify the direction of education, based on Sports Science, according to the trend of sports development in China, combined with the direction of sports reform, to provide services for the development of sports.

References


