Problems and Solutions in the Development of Physical Education in Colleges and Universities in China

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Abstract: For a long time, there is a lack of theoretical guidance and a good social environment for physical education in colleges and universities in China. In view of the current situation of physical education teaching in colleges and universities in China, there are still some problems more or less. If we want to promote the development of teaching career effectively, we must solve these problems. This paper first expounds the contents of the reform of physical education teaching in colleges and universities in China, then discusses the problems existing in physical education teaching in colleges and universities in China, and finally analyzes the countermeasures to solve the problems existing in physical education teaching in colleges and universities in China, hoping to provide favorable reference for relevant scholars.

1. Introduction

National quality and national sports are very closely related, our country has a large population, in the process of social and economic development with sufficient resources, but the large population has not been transformed into an effective impetus for social and economic development, but to a certain extent hinder the development of society. After the reform and opening up, the field of education in our country has made unprecedented progress, and the teaching of physical education in colleges and universities is also moving towards the scientific direction. Under the background of continuous promotion of teaching reform and quality education, physical education in colleges and universities in China also presents new vitality and vitality.

2. The Contents of Physical Education Reform in Colleges and Universities in China

2.1. The Change of Teaching Thought

In the past physical education teaching in colleges and universities is mainly based on examination-oriented education. In college entrance examination, long ago there were special skills bonus points or exception admission regulations. To some extent, some schools have carried out examination-oriented education in physical education in order to improve the admission rate, although this can provide a chance for excellent talents to enter the school. With the reform of teaching, in order to better implement the quality education and emphasize the fairness of teaching, some schools have abolished the system of special skill bonus points, which is one of the bright spots of teaching reform[1]. Although physical education in colleges and universities does not involve the issue of higher education, there is also a corresponding credit system. Therefore, it is necessary to change the teaching thought in the process of college physical education reform.
2.2. Change of Teaching Content

In order to make effective progress in the reform of physical education teaching in colleges and universities, the primary task is to change the corresponding teaching content. In the past, the teaching content was too single, the teacher hastily and the responsibility consciousness was weak in the course of explaining. In the process of reform, we should not only avoid this situation, but also take practical and effective measures to innovate the content of classroom teaching accordingly. Relevant colleges and universities should choose and purchase some necessary teaching equipment according to the actual situation of the university, and prepare the corresponding training ground, build the specialized sports facilities, make the physical education teaching of colleges and universities more interesting and practical, make the content of physical education more professional, scientific and interesting, and finally obtain a more ideal physical education teaching effect in colleges and universities.

2.3. Transformation of Teaching Methods

As far as the teaching form of physical education classroom in colleges and universities is concerned, the teaching method adopted by teachers is relatively boring, except for the certain difference in the form of course selection, there is no significant difference between the teaching process and the middle school physical education teaching. Therefore, in the process of college physical education teaching reform, we must attach great importance to this situation, make full use of the rich teaching resources, constantly innovate and perfect the teaching form of physical education classroom, arouse students' enthusiasm for physical education learning in an all-round way, and further promote the reform of physical education teaching in colleges and universities.

3. Problems in Physical Education Teaching in Colleges and Universities in China

3.1. Teaching Ideas are Relatively Old

At present, the reform of physical education in colleges and universities has not yet formed a perfect theoretical guidance system, which is one of the problems existing in the current teaching reform. In the teaching of physical education in colleges and universities in our country, both students and teachers have a misunderstanding of physical education teaching, that is, the physical education curriculum must meet the corresponding evaluation criteria, so that the physical education teaching is qualified[2]. In addition, in the process of physical education teaching reform in some colleges and universities, there are a few teaching workers in the absence of perfect theoretical guidance, blindly learn from the guiding ideology of other countries, but do not know that this is contrary to our country, but it also hinders the reform of physical education teaching in
colleges and universities in some extent. If there is no scientific and effective theoretical basis for guidance, then physical education can not better meet the needs of students, so that the reform of physical education theory and practical teaching situation has serious differences.

3.2. The Teaching Content is Not Fine Enough

In college physical education, the content of teaching basically depends on the sports facilities and venues in the campus, and some colleges and universities have relatively short sports facilities, which can not better meet the students' learning needs. In addition, college students have matured physically and mentally, and they tend to rationalize and specialize in sports needs. Some PE teachers in colleges and universities still adopt the content of middle school to teach, so that students can repeat the basic knowledge of physical education, or impose heavy skills training on students, so that students are in a state of physical and mental exhaustion, and in the long run, students will lose interest in sports learning and even have a bad effect on the formation of sports values of students.

![Figure 2 University physical education](image)

3.3. Teaching Objectives are Not Clear Enough

In the process of physical education teaching reform in colleges and universities, there are still such problems that some teachers fail to define the purpose of physical education teaching. Carrying out physical education in colleges and universities is mainly to let students have basic physical skills, strengthen their physical quality, and cultivate their ideological consciousness of forming lifelong physical education[3]. However, in the current process of physical education teaching in colleges and universities, some teachers focus on the training of sports skills, and carry out physical education activities in the form of professional athletes. In this way, it is seriously divorced from the practical significance of physical education teaching in colleges and universities in China, and the cultivation of students' comprehensive quality is neglected to a great extent.

4. Solutions to the Problems in Physical Education Teaching in Colleges and Universities in China

4.1. Building a New Sports Concept

In the process of college physical education reform, the first task is to establish a scientific teaching concept, break the limitation of traditional teaching concept, and carry out physical education teaching with a new teaching concept. P. E. teachers in colleges and universities are the organizers and leaders of teaching reform and should change from self-thinking. First of all, students should be regarded as the main body of teaching in the teaching process, through the scientific and professional teaching mode, to help students better understand and master the new sports thinking, to give students a different learning experience, and to complete the corresponding teaching content with a willing and dedicated attitude. Secondly, the teachers of physical education in colleges and universities should pay attention to the integrity and systematization in the process
of teaching, transform the scattered teaching content into systematic, perfect and theoretical content in the past, let the students gradually form the complete physical education learning thinking in the physical education study, finally form the values of physical and mental health first and lifelong physical education, and provide a strong guarantee for the students' healthy growth in the future.

![Figure 3 Physical exercise](image)

4.2. Establishing Correct Teaching Objectives

The ultimate goal of college physical education is to make students form the idea of lifelong physical education, the students' campus life is very short, and the physical education curriculum is even less. It is impractical for a teacher to train a student as a professional athlete in such a limited teaching time in a regular college physical education. However, only after the reform of physical education in colleges and universities can a correct teaching goal be formed, which can provide a development direction for physical education teaching in colleges and universities in our country. Under the guidance of lifelong physical education thought, college PE teachers should fully reflect in the ordinary classroom teaching, whether it is teaching mode or teaching content, should make substantial changes. Taking the students' actual learning situation as the starting point to meet the students' learning needs in the field of physical education, constantly innovating and perfecting the mode of classroom teaching, strengthening students' interest and enthusiasm for physical education learning, making students acquire new learning experience, making students learn more physical education knowledge in the process of physical education, and conscientiously completing the corresponding physical exercise in the course of learning in the future, and finally achieving the teaching goal of lifelong physical education.

4.3. Improving the Quality of Physical Education

In the process of physical education reform in colleges and universities, the most important thing is to improve the quality of classroom teaching. On the basis of ensuring the correct teaching reform goal and the correct teaching theory, the PE teachers in colleges and universities constantly explore the new classroom teaching mode, give full play to their own leading role, actively guide the students to study in physical education, further change the students' thinking, and let the students enter the learning state more quickly. First of all, in the teaching of physical education in colleges and universities, teachers should pay attention to the explanation of basic knowledge, realize the specialized physical education teaching, and let the students accept and attach importance to the physical education learning from the heart [4]. Secondly, for college PE teachers, the strengthening of basic theoretical knowledge teaching is also a new challenge, teachers need to clarify the theoretical knowledge of various sports, including the source of sports, relevant rules and regulations, and excellent athletes and so on. Let students have a deeper understanding of sports and have a strong interest in sports to make them more autonomous and professional in their future study. Finally, in the actual classroom teaching, college PE teachers should constantly broaden the categories of sports, provide students with an opportunity to understand other sports, while...
broadening students' sports horizons while helping students to deepen their understanding of sports.

5. Conclusion

In a word, college physical education plays an important role for students, it can effectively promote their physical and mental health growth, but also greatly relieve their stress. Nowadays, the demand for talents is higher and higher in our country, so we should carry out corresponding reform and innovation in physical education teaching in colleges and universities to meet the development requirements of the current era. In the new period, china is also changing from a large population country to a powerful population country. The advanced teaching theory should be used as the guiding basis to deepen the teaching reform and train more outstanding talents for our country.

References


