Teaching Research on Expanding Training Curriculum in College Physical Education in China

You Zhou
School of Science and Technology, Gannan Normal University, Ganzhou, Jiangxi, 341000, China

Keywords: College physical education: expanding training, Course teaching

Abstract: With the continuous improvement of China's economic level and the continuous development of society, more attention has been paid to education. As a result, the physical health of university students has gradually received attention from students and has become the focus of major universities. While carrying out cultural education, it is also indispensable for physical training. Through physical development training, students' physical fitness can be mentioned to exercise. Therefore, the university began to attach importance to the physical training of students. However, at present, many universities are subject to too many constraints during physical training and encounter too many difficulties, hindering the development of university physical education. Therefore, if we want to solve related problems, develop college sports, and improve students' physical fitness, we must analyze the current form and propose solutions based on actual conditions, so that college sports can truly develop.

1. Introduction

1.1 Promote the Formation of Correct Values for College Students

Outreach training programs can be added to the process of college physical education. Students' sports development training can improve sports skills, strengthen self-confidence, and promote students' proactive attitude towards learning. It can also make students have the spirit of fearlessness, courage and exploration. Enhance student autonomy. It can be seen from the above that university sports development training can enable college students in learning to establish correct values of life and ensure physical and mental health, thereby cultivating high-quality talents for our society.

1.2 Promote the Cultivation of University Students' Comprehensive Quality

The rapid development of society has also led to rapid progress in quality education in our country and achieved good results. When carrying out quality education, we always insist on improving students' abilities in all aspects. This includes students' ability to understand, solve problems on their own, improve their personal charm, and develop their physical and mental health. By carrying out sports development training to strengthen the comprehensive quality of students, students' sports development training can also improve related comprehensive quality and ability level. Carrying out sports development training can also strengthen the teamwork ability between students and make them more united and friendly. Many universities carry out sports development training and set up special small-scale labor cooperation to greatly improve the teamwork ability of students. At the same time, students can tap their potential abilities when conducting sports development training, and then strengthen their confidence to better realize their abilities and self-worth. Carrying out sports development training can also train students to develop a spirit of not being afraid of difficulties and being brave to accept challenges, and then move towards society to better exert their value and adapt to the development of the times. Only by really promoting the cultivation of comprehensive quality can we better carry out sports development education in universities and achieve the desired effect of sports development training.
2. Problems Existing in College Physical Education Outreach Training

2.1 The Form of Quality Development is Relatively Single, and Lacks Interest

In recent years, with the progress of society, the reform of physical education has entered a new era, and the state has paid more and more attention to it. In major colleges and universities, sports outreach training is already one of the indispensable existences in education, and occupies an important position in it. Although sports outreach training is an important presence in college education. However, in many universities, it is not easy to really carry out the implementation. There are still many difficulties in it, which causes a large gap between the expected effect and the actual effect. In colleges, students will be limited in the choice of sports development training courses. Because of the single curriculum and small number, and many items are mainly football, badminton and other ball items, the lack of real simulation training makes students unable to carry out More options. Although many universities have set up real-life simulation training in the field, they still dominate old-fashioned traditional ideas and have not innovated and developed them based on them. So for the students, there is no substantial effect in the sports development training, but it will also seriously hit the students' psychology. Because of the single form of the university sports development project, the overall development of the students and the improvement of their comprehensive quality are greatly restricted and affected.

2.2 Lack of Facilities for Sports Quality Development

An essential element for successful sports development training is the stadium. The stadium plays a vital role in the physical education curriculum. Many sports development training courses require the help of the stadium. However, due to China's previous lack of attention to physical education, less investment, which has led to many problems in the stadiums of many universities. Insufficient facilities, small number of equipment, and small area are all problems, which leads to the traditional physical education teaching mode and not to develop innovation. In order to improve the quality of sports training courses and enable them to run smoothly, schools should also improve sports investment equipment, increase sports development training subjects, and increase investment efforts in light of current actual conditions. At the same time, the physical education teacher introduced the basic knowledge of the course and the sports terminology during the teaching, so that the students would have a better understanding of the physical education course. For technical courses, increase the amount of practice for students to make them proficient in skills. When instructing, set learning goals and master their skills and action essentials.

2.3 Enrich and Perfect Teaching Methods

In universities, the development of physical education training courses cannot be advanced. The reason is that the physical education courses are less variety, single form, and boring in teaching. As a result, students are not interested in physical education courses. In order to make students interested and willing to try, Physical education teachers need to base their teachings on “learning and having fun”, and “learning” is mainly expressed in class fun. For example, in the theoretical teaching, relevant materials are adopted, and the power of the network is used to make students understand the teaching content more intuitively. Award imagination becomes a reality, deepen students' memory, and improve efficiency. In practical operations, physical education teachers can set different assessments. Let students practice more, so that their students deeply appreciate the fun, promote students' self-discovery, and increase their skills.

2.4 Focus on Curriculum Reflection

Reflection can make progress. Similarly, when developing personalized teaching activities, reflection plays an important role in strengthening teaching ability, which is its basic condition. After ending the PE course, the PE teacher needs to reflect on the PE course in time, analyze the teaching process, evaluate the teaching course, and self-evaluate the teaching results, so as to improve the quality of the teaching course. You can also use questionnaires to conduct targeted sports
development training and teaching courses to understand students' sports requirements. Through questionnaires, learn about students' classroom requirements, learn about students' classroom problems, and analyze students' hobby courses. As a result of the curriculum reform, teaching has begun to change significantly, and students are really at the core. On the basis of the above, the physical education teacher also needs to allocate the time reasonably, ensure the rest time of the students, analyze the advantages of the students' sports, and mention the students' creativity and imagination. Promote the further growth of students by developing personalized teaching.

3. Specific Methods to Improve the Quality of Sports Development Training

3.1 Improve Sports Development Training System

Due to the strong comprehensive nature of sports development training courses, it is necessary to pay great attention to the systematic and standardized management methods. Nowadays, in order to ensure the smooth and rapid development of the university physical education curriculum work, a systematic and comprehensive professional management institution needs to be set up during implementation. Among them, universities also need to strengthen capital investment in sports development training courses, increase the purchase of facilities for sports development training courses, and constantly improve related infrastructure construction.

3.2 Improving the Quality and Ability of Physical Education Outreach Teachers

For accurate physical education instruction for students, enabling students to truly understand and learn the relevant knowledge of physical education, and to improve their overall quality and ability, it is necessary to place expansion training in the first place. Deepen it into the university physical education, build a professional physical education teacher team with its own characteristics, improve the professional knowledge and skills of physical education teachers, and promote the development of the teacher team. Many college physical education teachers have studied professional sports training before, so for those teachers with rich experience, they can set the title of extended trainer. Other physical education teachers can study with these expansion trainers with professional knowledge, broaden the relevant content of sports expansion training courses, increase their knowledge, and increase the speed of knowledge transmission, so as to impart more professional knowledge to students. In order to protect the safety of students in the classroom and prevent students from being harmed during sports development training, sports development training teachers must understand and master relevant rescue and safety common sense, and also need to explain and teach related sports safety common sense to their students in the classroom, so that Its students understand and impress them to avoid accidents during training sessions. When conducting outreach training, if accidental incidents and related safety issues are encountered by chance, sports outreach training teachers need to solve the problems in a timely manner to ensure the safety of students.

3.3 Promote the Integration of Extended Training Programs and College Physical Education

In the physical education curriculum, the outreach training program can be integrated with the university school physical education. In doing so, students can learn the relevant outreach training knowledge and skills while receiving basic physical education. In the physical education curriculum, the outreach training program can be integrated with the university school physical education. In doing so, students can learn the relevant outreach training knowledge and skills while receiving basic physical education. Combined with the actual situation when conducting outreach training in universities, fully understand the advantages and disadvantages and characteristics of each student, and assign corresponding training to their students according to their physical conditions and abilities. Sports development training is a slowly progressing process. You cannot rush to achieve success. It needs to be carried out moderately to control the training intensity. If you pay too much attention to results and strengthen the training intensity, it may make it difficult for students to accept and increase the pressure, which is not conducive to students' physical health.
4. Conclusion

With the continuous progress of the economy and society, all walks of life are in a stage of rapid development. In order to conform to the times, we must keep pace with the times and maintain the spirit of innovation. With regard to education, China has been constantly trying to innovate and reform, so the format of university physical education has also been greatly changed. Many colleges and universities have begun to apply extensive training while conducting physical education. Through the use of sports development training, students' physical health has been enhanced, their psychological qualities have been strengthened, their spirit of fearlessness and challenge has been cultivated, their comprehensive development has been promoted, and their talents have become useful to society. It can be seen that it is very important for universities to carry out sports development training.

References


