

Analysis of the Relationship between Physical Education and Sports Training in Colleges and Universities

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Abstract: With the development of the times, China pays more and more attention to the quality education of students, and comprehensive training of students has become the main goal of the current education team. In the process of college students receiving education, physical education and sports training have always been in a complementary relationship. Combining the two is also an inevitable choice for college physical education teachers. This article combines the necessity of complementary physical education and sports training, analyzes the problems existing in physical education and sports training in colleges and universities, and discusses how to develop a teaching mode that complements physical education and sports training in colleges and universities.

1. Introduction

As a practical activity, sports training is a process of practicing and exercising the sports knowledge learned by students. Compared with sports training, sports teaching is more theoretical. At present, there is still understanding and understanding between sports teaching and sports training in colleges and universities in my country. Inadequate handling. Such problems have led to the inability to improve the basic physical quality of college students, and their practical ability is also poor. In the state of stricter education standards, teachers should continue to straighten out the relationship between college physical education and sports training, adjust teaching ideas and methods, and improve the quality of college physical education through such measures.

2. The Necessity of Complementary Physical Education and Sports Training

In college physical education, mastering the complementarity of physical education and sports training is of great significance for improving the teaching effect of college physical education teachers, and it is also related to the development of students' physical and mental health. Through the use of sports training to complement each other in the process of physical education, it can improve the coordination of the students' body and explore the potential abilities of the students. This is because at different ages, there will be obvious changes in both physical fitness and mentality of students, and there are also differences in physical fitness of different students. When teaching physical education for students, the intensity of physical education can be controlled only when the characteristics of the students are understood and the teaching design is carried out. Especially in the development of certain special sports training, only when students have mastered the relevant techniques can they guarantee the standardization of their movements and avoid accidental injuries during the training process. In addition, the items in physical education teaching have certain requirements for students' specific abilities. In different sports items, the level of ability required of students is also different. Only by integrating sports training into physical education can students have a solid foundational ability, and ultimately achieve the goal of improving the quality of physical education, and continue to strengthen the physical fitness of students^[1].

3. Problems Existing in Physical Education and Sports Training

In the current physical education activities of colleges and universities, many physical education

teachers themselves lack knowledge of physical education, so their understanding of physical education and sports training is relatively backward. There are even some physical education teachers who are too rigid in their thinking and have not updated their cognition of physical education, which makes it impossible to improve the quality of physical education. In the process of continuous development of the times, the society's requirements for the quality of college students have also changed. Nowadays, college students not only need to have the learning ability and professional skills, but also need to have better physical fitness. As a lot of educational content is designed in college physical education, whether teachers have sufficient teaching experience and teachers' subjective elements will interfere with physical education, and eventually lead to problems such as incoordination between college physical education and sports training. In the development of physical education activities in colleges and universities, because physical education teachers must protect the personal safety of sports students, teachers are required to increase their attention to sports safety issues in physical education activities. However, in the current physical education teaching activities in colleges and universities, there is no standardized safety education system, and some teachers even pay less attention to safety education in physical education. Such problems may lead to student injuries in physical education or sports training. In addition, colleges and universities still face the problem of insufficient teaching resources in the development of physical education and sports training. This is because many colleges and universities pay less attention to physical education, and the amount of resources invested in physical education is also very small. The problem has caused significant impact on both the construction of physical education teachers and the equipment configuration of physical education^[2].

4. Discussion on the Development Model of Physical Education and Sports Training

4.1 Constructing the Concept of Coordinated Development of Physical Education and Sports Training

When carrying out physical education activities, colleges and universities should change the traditional concept of physical education, choose a multi-path model to implement physical education, and realize the coordinated development of physical education and sports training. In this process, as the guide and organizer of educational activities, physical education teachers directly influence the learning situation of daily sports courses. Physical education teachers need to fully standardize the teaching content, and use this as a basis to mobilize students' sports awareness, enhance students' enthusiasm for sports, and at the same time integrate physical education and sports training to achieve the goal of coordinated development. In order to achieve this goal, college physical education teachers need to pay attention to the students' dominant position, and guide students to establish correct sports concepts while carrying out physical education, and help students realize that combining physical education with sports training is in their development process. The role played will ultimately achieve the goal of enhancing students' enthusiasm for participation. At the same time, college physical education teachers need to guide students to feel the fun of sports in the practice of sports training, and to strengthen students' physical quality. It should be noted that physical education teachers need to instill safety awareness education for students, to ensure that students' physical education and sports training are carried out on a safe basis, and to avoid students from various safety accidents^[3]. In addition, colleges and universities also need to continuously improve the improvement of physical education facilities, timely repair and replace various sports facilities in colleges and universities, and improve the sports venues to provide help for the balanced development of physical education and sports training.

4.2 Strengthen the Construction of Physical Education and Sports Training Teachers

Teachers always dominate the market in the school's physical education curriculum. They play an important role in guiding the future development of the school and the cultivation of students' good exercise habits. When the school's various teaching activities are in progress, the teacher must not only spread it to the students Regarding knowledge, it is also necessary to answer students'

questions in order to play an important role as a guide. As the comprehensive organization and professional teaching abilities of college physical education teachers are in a state to be improved at present, to improve the overall quality of physical education in colleges and universities, the first choice is to build and improve the team of physical education teachers. In this process, the management departments of colleges and universities need to select highly professional physical education professionals to ensure that physical education and sports training can be effectively combined in the daily development of physical education. At the same time, university administrators also need to regularly carry out training and assessment for the team of physical education teachers, so as to encourage the team of physical education teachers to continuously improve their professional quality, and to meet the needs of the integration of physical education and sports training in colleges and universities. In order to guide students to maintain sufficient enthusiasm for physical education and sports training, colleges and universities need to adjust the learning evaluation model, change the habit of unilaterally focusing on students' cultural class performance, and let students develop exercise habits by adding physical learning evaluation methods, and Adjust the students' physique^[4].

4.3 Implement the Reform of Physical Education and Sports Training Teaching Methods

In the course of curriculum reform, the main status of students was clarified. In order to promote students' self-development, physical education teachers need to fully improve the methods of college physical education, stimulate students' enthusiasm for participation and cultivate students' interest in sports through guidance and other methods. In order to achieve this goal, college physical education teachers can carry out some standardized sports competitions while optimizing the classroom teaching mode, and help students master sports theoretical knowledge and practical skills through the competition mode, so that students can enjoy sports in the process of interaction. , The joy of competition, and at the same time help college students develop the habit of exercising autonomously in their spare time, and finally realize the coordinated development between physical education and sports training, and continuously promote the quality of college physical education.

5. Conclusion

When college physical education is carried out, it is necessary to ensure that physical education and sports training can be coordinated to help students strengthen their physical fitness and physical literacy. It is necessary for college physical education teachers to adjust their teaching concepts and strengthen their professional capabilities while carrying out physical education activities. The reform is used to solve various problems existing in college physical education, and help college students connect with theoretical knowledge, develop a good habit of constantly exercising physical fitness in daily life, and cultivate more all-round development talents.

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