

Research on Multi-objective of Physical Education Curriculum by Diversified Physical Education Teaching Mode

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Abstract: The main mission of higher education is to train high-level talents through knowledge operation, and cultivate students' self-reliance and humanistic spirit through learning different disciplines. The past physical education teaching model can no longer meet the requirements of cultivating cross-century high-quality creative talents. At present, there are some problems in the evaluation of physical education in colleges and universities in China. Under the requirement of implementing quality education in an all-round way and combining students' physical and mental characteristics, physical education class should create a diversified teaching mode that conforms to modern educational theory and lifelong physical education thought. Based on the idea of lifelong physical education, pedagogy and psychology, this paper establishes a multi-level and multi-objective physical education teaching mode, aiming to explore a new mode of physical education teaching in Colleges and universities and improve the teaching effect of physical education. Based on the analysis of the lagging status and main problems of the evaluation system of physical education learning in Colleges and universities, this paper puts forward the assumption of the evaluation system of College Students' physical education learning..

1. Introduction

As an important task of colleges and universities in my country, physical education is the main way to improve the physical fitness of college students and promote the healthy development of college students' body and mind [1]. The main mission of university education is to cultivate high-level talents by using knowledge operation as a medium, and to cultivate students' self-reliance and humanism through the study of knowledge in different disciplines [2]. The goal of college physical education curriculum is the ideal effect pursued by college physical education. The multi-objective of physical education curriculum is one of the important characteristics of the new "Guidance Outline" [3]. So how to achieve the multiple objectives of the curriculum is an important practical issue before the sports workers. In the past, the teaching model of physical education can no longer meet the requirements of cultivating high-quality creative talents across the century. Under the requirement of comprehensive implementation of quality education, physical education should combine the physical and mental characteristics of students to create a new one that conforms to modern education theory and lifelong physical education. Teaching mode [4].

The research and discussion of the theory and practice of the diversified physical education teaching model have important practical significance for the realization of the current physical education curriculum objectives of colleges and universities [5]. At present, there are some problems in the evaluation of physical education in colleges and universities in my country, such as the insufficient evaluation function, the lack of scientific content and standards in the evaluation of physical education, the lack of comprehensive evaluation subjects, and the inability of physical education evaluation to reflect the goals of physical education [6]. This paper makes an experimental exploration and Research on how to optimize different teaching modes and establish a diversified physical education teaching mode in line with the objectives of physical education curriculum in Colleges and universities. Based on the analysis of the lagging status and main problems of the evaluation system of physical education learning in Colleges and universities, this paper puts forward the assumption of the evaluation system of College Students' physical education learning.

2. Tentative Idea of Constructing Evaluation System of College Students' Physical Education Learning

In the evaluation of physical education learning, learning and evaluation are not completely absolute things, just like the unity of opposites, it is usually possible and impossible to exist at the same time, so we can't insist on a completely objective performance evaluation system. The efficacy of students' physical education learning is not only reflected in the improvement of physical and technical skills, but also in the application of what they have learned, which further extends their efficacy. Because the educational models commonly used in current higher education are unified and standardized. Students expect to meet the needs of sports skills and lifelong physical fitness in physical education class. If students can't learn skills effectively during their stay in physical education class, they can't establish exercise habits. Students may lose interest in sports instead of developing lifelong physical fitness [7]. Students' independence and autonomy in college are more demanding, but college students at this stage are often influenced by factors with less social experience. Their independence and autonomy are often manifested as arbitrary, sometimes contradictory, and often lead to self-loss. It can be seen that students at this stage need teachers' active and correct guidance. Individualization based on diversified physical education is an auxiliary and extension of classroom teaching in multi-objective physical education courses, and a tool to help students to review and consolidate after class and reduce teachers' workload.

Diversified physical education methods include machine learning method, statistical method, neural network method and database method. In the evaluation of physical education learning, learning and evaluation are not completely absolute things, just like the unity of opposites, it is usually possible and impossible to exist at the same time, so we can't insist on a completely objective performance evaluation system. College students' physical quality is uneven, and using uniform standards will affect students' enthusiasm. The final assessment of physical fitness can take a bottom test and final test, and the evaluation of students can be divided into progress score and achievement score [8]. Participation is the essence of sports. The evaluation of college students' participation in sports is mainly manifested in the cognitive ability of sports, sports teachers and sports teaching. Students' evaluation of teaching process is also the process of their own understanding of sports. Physical education received by college students is also a kind of cultural education, so it is essential to have certain theoretical knowledge. It is a form of improving the overall quality of college students to receive theoretical education and assess them.

3. Discussion on the Construction of Diversified Physical Education Teaching Mode

The teaching model is always designed to achieve a specific teaching goal. The teaching goal refers to the teaching result that the model can achieve. It is the educator's pre-estimation of the effect of a certain teaching activity on students. To realize the diversification of physical education curriculum objectives, the corresponding physical education teaching model should be selected. If college physical education teachers can proceed from their own strengths and students' actualities in classroom teaching and rely on their practical teaching experience to diversify their physical education classrooms, they will certainly be able to form their own unique diversified classroom teaching style. The goal of practical teaching is to build students' professional competence as the main line and to build basic professional quality, job employability and professional development ability as modules. Improving students' knowledge cognition level and cultivating students' ability to solve work problems in practical applications have become an important content of practical teaching goals. At present, most of the physical education teaching modes are traditional biological teaching, but it turns out that the old teaching mode obviously can not adapt to the development of teaching, and it is far from being able to achieve the goal of school physical education faster and better. When constructing a diversified physical education teaching model, we must first comprehensively recognize and understand various physical education teaching models and their classifications. Secondly, we must master different teaching models, and use different teaching models according to different teaching purposes, teaching objects, teaching conditions, and

students' actual development levels.

The scientific integration of the teaching model forms the core of the diversified physical education model. It provides a scientific guarantee for cultivating and developing students' diversified intelligence and achieving the goal of physical education. Conduct a questionnaire survey on college physical education teachers. Among the 100 teachers surveyed, the oldest is 57 years old and the youngest is 24 years old. A total of 100 questionnaires were sent out, 92 were recovered, and 88 valid responses. The main purpose is to understand the attitudes of the PE teachers of this vocational and technical college to PE teaching and cultural testing, as well as their specific practices in teaching practice. The results of the questionnaire survey are shown in Table 1.

Table 1 Survey results

	Disagree	Uncertain	Agree
Diversified teaching is essential in physical education	6	46	38
Physical education in our school lacks a system and has not formed a system	38	23	26
Know how to improve classroom physical education	10	56	24
Receive special training on physical education	42	32	16

Mastering sports skills is a necessary condition for students majoring in physical education, but only students majoring in physical education but not talents majoring in physical education can be cultivated under such teaching conditions. This is one of the main problems in the training of physical education professionals in colleges and universities in China. University physical education class is not only to cultivate personal health, physical fitness and good social behavior, but also the foundation of university education. In the application of different teaching modes, due to the realization of different goals, different teaching organization forms, different teaching methods and means are needed for different contents and tasks of classes [9]. Physical education teaching mode is a teaching procedure that reflects a certain teaching thought, which includes a relatively stable teaching process structure and corresponding teaching method system, mainly reflected in the design of teaching units and teaching courses. In the process of design teaching, it is necessary to reflect the corresponding single goal or several goals corresponding to a single mode, and at the same time, it is necessary to optimize the combination of multiple modes to help complete the goal of one class. In the practice of physical education, if physical education teachers want to implement diversified teaching strategies, they must completely change the traditional teaching mode in the past.

4. Conclusions

Diversified physical education teaching mode is based on the goal of realizing the diversification of physical education curriculum, and in order to accomplish the goal, it optimizes and combines the single physical education teaching mode which is beneficial to the development and the realization of the multi-objective needs of the curriculum. Students' independence and autonomy in college are more demanding, but college students at this stage are often influenced by factors with less social experience. When constructing diversified physical education teaching models, we should first fully understand and understand various physical education teaching models and their

classifications. Participation is the essence of sports. The evaluation of college students' participation in sports is mainly manifested in the cognitive ability of sports, sports teachers and sports teaching. Students' evaluation of teaching process is also the process of their own understanding of sports. Due to the multi-objective needs of the curriculum and the application of modern teaching means and methods, the physical education teaching mode in China will be more diverse and extensive in the future. Colleges and universities must actively carry out the corresponding reform of PE teaching evaluation system, and strive to construct a scientific and diversified PE teaching evaluation system, and use this system to assess the physical and humanistic qualities of college students.

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