

# The Infiltration of Aesthetic Education in College Physical Education

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**Keywords:** Aesthetic Education, College Physical Education, Infiltration Status.

**Abstract.** Reform of New Curriculum Standards to Promote Students' Comprehensive Quality and All - round Development. Health as the fundamental guarantee for future development, colleges and universities should focus on the physical fitness of students, and strive to cultivate the successor of the cause of socialism. As a training base for socialism successors, colleges and universities need to assume the responsibility of moral education and education. College physical education teachers need to clear the educational goals, and to enhance the students' physique and constantly improve the students' aesthetic sentiment and improve the aesthetic personality. It can be said that the incorporation of aesthetic education into college physical education is the inevitable choice for the sustainable development of education, which will help to bring more talents for the society. In view of this, it is necessary to gradually penetrate the aesthetic education in the teaching of college physical education, and it has a prominent role in the follow-up theory research and the actual education work.

## Introduction

Aesthetic education referred to as aesthetic education. That is, educated personnel with basic aesthetic knowledge, have the appropriate aesthetic ability, cultivate a certain aesthetic form of education. In the college physical education, its aesthetic education is the use of certain sports equipment and facilities, the application of a reasonable way of education, training students with a certain degree of identification and appreciation of the United States, the perception and creation of the ability to enhance students' physical fitness, Of the body type, so that its overall development of their own. Physical education teachers must be in physical education in the physical beauty of students, combined with innovative teaching methods, action demonstration and explanation, in order to enable students to have a better understanding of sports aesthetic. Aesthetic education can make students' sports movements and forms more aesthetic. Physical education teachers in the physical training of students to help students to enhance their physique, in the process of aesthetic education can help students enhance the beauty of mind, and promote the "health" and "beauty" combination to help its true development of the body beauty. Sports aesthetic teaching can help students with basic sports knowledge on the basis of, to enhance their practice and creativity. On the one hand, it can help students improve their own will quality, deepen students' understanding of technical tactics, improve students' ability to judge and adaptability. On the other hand, through their own understanding of the beauty of sports continue to transform and improve their own. Effectively improve the quality of physical education. Beautiful sports movements and physical form can stimulate students' interest in learning, so that students are willing to take the initiative to learn. On the basis of guiding students to make a beautiful association of sports, to help them use the principle of optimization to adjust their own movement or change, and change their sense of the most primitive understanding of sports to make it more comprehensive and correct Know sports.

Aesthetic education is an indispensable part of aesthetics, but also a very important content in education. In the physical education teaching into the aesthetic concept of a long time, China's academic scholars related to its research also achieved considerable results, some scholars believe that aesthetic education with other moral and sports enjoy the same status, for the individual

development has been related. Important role, there is a close relationship between aesthetic education and physical education. The aesthetic education concept into the physical education, help students improve their physical quality at the same time, create a more sound personality. In the physical education into the aesthetic education consciousness, while exercising the physical quality, helps to develop the correct aesthetic idea. At present, college physical education mainly emphasizes the improvement of students' physical quality. The premise of this activity is the interest in sports. If the interest in sports is lacking, even if it is forced to participate, it is difficult to realize the original intention and continuity of sports. Naturally not high. So in order to be able to stimulate student interest in sports, most physical education teachers will join the game elements of the game, in order to stimulate students interest in learning. In the teaching of physical education to join the aesthetic education concept, the teacher's explanation is no longer a single theory, but through the human movement and the rhythm of the United States affect the aesthetic ability of students, subtle influence by the aesthetic concept of nurture, more enjoy the joy of sports. The

### **Problems in the Aesthetic Education of Physical Education in Colleges**

At present, there are a series of problems in college physical education, mainly in the following aspects. First, some colleges and universities for the physical education in the infiltration of aesthetic education is not high degree of attention, by the traditional examination-oriented education thought, in teaching is still stay in the examination level, that students only study hard to achieve good results, the future have a way; Second, some colleges and universities physical education teachers lag behind ideas, along with the progress and development of the times, the teaching philosophy gradually changes, but the majority of college sports teachers thinking is too backward, it is difficult to keep up with the trend of the times, there are obvious cognitive deficits; In the course of teaching activities, the level of physical education teachers is low, and even the positive effect of sports aesthetics has obvious limitations. Therefore, it is difficult to achieve good results in teaching aesthetic education. It has a short part.

Integration of Sports Body Beauty and Language Beauty. In the teaching of physical education teaching and knowledge transfer has a very important role, so the physical education teachers need to continuously improve their knowledge reserves, in the teaching activities to develop language and behavior. Interest is the premise of learning, college physical education teachers should strive for new and unique language, to attract students attention and learning interest, if the teacher does not understand the words, it is difficult to grasp the teaching methods, it is easy to cause students to lose interest in learning. The use of unique and innovative language helps to stimulate students' interest in learning, guide students to actively participate in them, to create a better learning atmosphere, improve learning outcomes. In the physical education in the body of the body fully demonstrated in front of students, to guide students to try to perceive the beauty of this body, subtle influence on the students play a role in stimulating students to grasp the desire and confidence in sports action. Integration of physical education objectives and student mind. College physical education teachers should uphold the noble professionalism, give full play to the teacher of this professional preaching and confusing spirit, to achieve teaching objectives. The teacher's own words and deeds are all in the face of the improvement of the personality of the students, through the teacher's own noble sentiment to inspire students to enter the heart, the pursuit of ideal beauty, to develop indomitable spirit will, to give a more positive outlook on life, values and world view, Gradually develop a good aesthetic ability. For sports competitions, students can enjoy the aesthetic appreciation of the point of view, sound personality, sublimation of the soul.

Integrate teaching environment and aesthetic perception. Students in the process of participating in sports, gradually feel the aesthetic education is a major prerequisite for a good environment, a reasonable environment can effectively stimulate students to learn, give full play to the subjective initiative. College physical education teachers are not only the organizers and designers of sports activities, but also the communicators of sports spirit, need to create a conducive environment for students to help students, to help students gradually grasp the sports skills, improve physical fitness, while rich Emotional experience, feel the beauty of sports, enjoy the fun. In addition, college

physical education teachers can use a variety of sports means, glow students to participate in the enthusiasm of physical exercise, improve the aesthetic ability, moral, intellectual, physical and aesthetic comprehensive development.

### **Sports Aesthetic Education in the College of Physical Education**

In many institutions of higher learning, physical education teachers in the role of aesthetic education in physical education is not fully aware of the role. Especially sports as a major subject, and not very prominent educational function, making the teacher's research on physical education is not deep enough. College sports teaching, more emphasis on physical training, especially for athletes competitive ability training than aesthetic ability training much more. Therefore, the colleges and universities are always the training of sports skills as the most important, as the ultimate goal of teaching. However, in physical education, not only to cultivate students with healthy physique, but also need to cultivate their aesthetic consciousness and habits. Many of the physical education teachers of their own knowledge and skills and cultural quality of their teaching ability has a subtle influence, many physical education teachers in the basic knowledge of teaching, will be most of the energy used in physical and competitive skills in teaching. Therefore, many of the students' main sports ability is the ability of competition, its cultural quality and scientific knowledge of the ability to grasp relatively low, making its full development of moral and intellectual workers have been hampered. Although some sports teachers have a better understanding of aesthetic education, they still lack experience in the process of practicing aesthetic teaching, thus making the development of sports aesthetic teaching hindered.

China's physical education reform has been deepening, and thus there have been many theoretical studies on the teaching model of physical education. Part of the colleges and universities on the basis of continuous innovation of its teaching methods, change its teaching philosophy, is gradually the aesthetic education into the physical education. But at the same time, most colleges and universities still continue the traditional teaching model. In the foundation is only teaching, many teachers are still their own interest and teaching methods, the students interested in learning and aesthetic level of concern too little, not the "people-oriented" thinking into the physical education, resulting in students lack of self-learning Ability. The design of physical education is designed according to the general characteristics of the characteristics and skills of the athletic skills, and the assumptions and norms of the variables in the various teaching activities are carried out, thus forming the formulaized teaching mode.

### **The Countermeasure of Permeating Aesthetic Education in Physical Education Teaching**

In the process of physical education, teachers' ability to speak is very important. It is necessary to have a certain degree of cultural and scientific knowledge, so that the way of lectures conforms to the language specification, makes the text sentence easy to understand, and combines the action and expression to attract the students' attention, Improve their interest in the classroom. Teachers only in the classroom language is appropriate, the course content is rich and interesting, can stimulate students' initiative [2]. Especially in the teaching demonstration time, the teacher's body movements should be decent, and skilled and beautiful posture in front of students. This will not only enable students to feel more intuitive sports action of the United States, an increase of students on the physical beauty of the feelings, but also inspired their motivation to learn, thus improving the quality of teaching.

In the process of physical education, the teacher's own quality also plays an important role in teaching effect. Teachers as the organization of sports personnel, which itself must have patriotic spirit, and to dare to endure hardship, innovation, adhere to the struggle and strict demands on themselves. Teachers should continue to their own broad mind and cultural literacy affect the students around, so that students willpower and endurance by the teacher's infection and continue to enhance, and more hard work, courage and decisiveness, and constantly improve their own values and aesthetics. Sports is also a way to help students enhance their ability to identify and appreciate,

feel and create beauty. The school's various large-scale bodybuilding competition, ball sports competition, track and field competition and martial arts competition can give students a certain degree of guidance and influence. In addition, domestic or international events can also help students to stimulate their own interests, and enhance their spirit of morale. At the same time, we should organize students to watch sports programs such as sports and film and television, and enjoy wonderful programs such as synchronized swimming and skating. This beautiful action combined with the corresponding soundtrack, not only for students to create the atmosphere of cultivating sentiment, but also to help students shape their own personality.

## **Conclusion**

Physical education not only involves the students' sports skills teaching, but also includes aesthetic teaching, the relationship between the two is very close, must be perfect fusion. Therefore, college physical education teachers must strengthen the importance of physical education, especially aesthetic education in the application of physical education should be strengthened. The aesthetic education infiltration, such as physical education, to help students on the basis of physical fitness to cultivate students on the beauty of sports appreciation and creativity.

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