

Optimization of College Physical Education Management and Improvement of Teaching Quality

Yali Xu¹, Kaihua Xu^{2*}

¹School of Physical Education, Jiangxi University of Traditional Chinese Medicine, Nanchang, Jiangxi, 330004, China

²Police Training Management Department, Jiangxi People's Police College, Nanchang, Jiangxi, 330103, China

*Corresponding Author

Keywords: College physical education, Management, Teaching quality

Abstract: With regard to how to improve college physical education management system and teaching quality, colleges and universities need to conduct in-depth studies. Under the rigorous social situation, in face of the competition between different countries, China is attaching greater importance to higher education and sports culture. Colleges and universities carry out various sports programs mainly for cultivating teenagers' interest in physical exercise so that they can exercise in a delighted atmosphere, temper their willpower and spiritual quality, and cultivate teenagers' cooperative consciousness and indomitable struggling spirit, aiming at strengthening each student's physical and mental willpower. Firstly, it is necessary to cultivate excellent educating personnel and excellent managers, enhance the management level and teaching quality, thus fostering college students' independent physical exercise.

1. Introduction

China with a traditional education model only focuses on knowledge cultivation of knowledge but ignores some problems in physical education, neglects the education of developing a self-care awareness and correct sports concept for students, resulting in China's backwardness in physical education. However, with the progress of the times, Chinese citizens with stronger sports awareness pay more attention to physical education. Sports as a special breeding and cultivation mode reflects people's eternal pursuit of health. Chinese teenagers are the important training object of physical education as their health status concerns the future of the country. China has formulated some sports preferential policies, and supported physical education development in colleges and universities, cultivated excellent sports talents, and requested students to learn during recess and physical education classes so as to gradually develop good exercise habits. Sports competition with economic benefits to people can also strengthen people's physical health. Most of students spend less time on physical exercise after graduating from university and stepping to the society. Some even never do exercise, which requires to strengthen the study of physical education during schooldays, cultivate students' lifelong sports awareness, and develop good exercise habit.

2. Enhance College Teaching Management Level

2.1 Formulate Long-Term Teaching Plan

Physical education principles are still different with the basic principles of teaching to a certain extent. Physical education follows the principles of health first, teaching students in accordance with their aptitude, physical and mental coordination, equal stress on knowledge and skills, and lifelong physical capability. Physical education principles as mandatory requirement and law during physical education, valuable experience and summary of in people's long-term physical education practice, embody the human understanding and mastery of the laws of physical education. Physical education principles further require teachers to be professional and skillful.

Sports with huge impact on people's whole life has always been a cooperative partner on the road of people's growth. For cultivating students' lifelong sports awareness, managers and educators need to formulate long-term physical education planning.

As more and more physical exercises are widely carried out in today's society, colleges and universities are deepening physical education reform, especially setting higher requirements for the teaching quality. Colleges and universities institutions must formulate sports systems with their own characteristic in line with the actual situation according to their actual conditions, such as building different sizes of stadiums (gymnasiums), and setting up some indoor sports activity rooms (table tennis, billiards, volleyball, etc.). Schools can also build swimming pools, regularly hold school sports games and various sports games, nationwide fitness campaigns (such as aerobic cheerleading contests, football, basketball games, etc.) to enrich students' sports life. To cultivate excellent national, provincial and city level athletes, physical exercise study during students' growth is essential, especially during school, which is also sports athletes' successful experiences in the world's sports powers. First-class sports colleges attach great importance to the cultivation of excellent sports talents, constantly foster outstanding athletes and then further train high-grade sports teams. This will be an inevitable trend in the development of China's physical education. Therefore, it not only depends on students' own hard work to develop a high sports level but also requires colleges and universities to develop physical education system, thus achieving a higher level.

2.2 Establish a Scientific Teaching System

First of all, safety should be the priority. It is necessary to promote and popularize safe teaching in classrooms to enhance the quality of safety education. To set up various physical education classrooms, colleges should establish a healthy and scientific physical assessment system, reduce the final assessment criteria, and add more sports learning programs for scientifically and reasonably testing students' sports development level. The results of physical education can embody whether students gain a comprehensive grasp of sports knowledge, whether they can apply sports skills, and manifest students' own sports consciousness and physical exercise level, thus reflecting teacher's physical education level.

3. Strengthen students' Sports Consciousness

For now, most college students dislike physical exercise, lack motivation and enthusiasm, which can be attributed to many influencing factors. Intrinsic factors include their own reasons, no interest in physical exercise, fear of being tired. In their opinion, it is not necessary for everyone to take exercise and only students with good condition since young can perform well in sports. They don't care about sports, which is caused by lazy inertia. External factors: colleges lack complete sports infrastructure, without enough sports venues, sports equipment, and no dense sports atmosphere, which will affect students' enthusiasm for sports. Managers should set up various physical education courses, competitions and activities, popularize sports knowledge, attach importance to procedure assessment, lower the proportion of examinations, and enhance students' enthusiasm for sports. Sports which represents the spirit of solidarity, cooperation, enthusiasm, and fighting can also be very inspiring. Managers should actively cultivate and mobilize students to develop lifelong sports concepts, thus realizing the importance of physical exercise and developing good exercise habits.

4. Intensify Faculty Strength

4.1 Strengthen Moral Cultivation

Teachers as the bright lamp for students are hardworking gardener. Students' development mostly depends on teacher's education. With the progress of the times, higher requirements are proposed for sports, as well as the requirements for teachers' teaching level so as to constantly improve the way of innovative teaching and to keep up with the times. Physical education with its

uniqueness and particularity differs from other cultural teachings and has a great impact on students. Physical education teachers must have a strong sense of responsibility, patience, and a high level of physical quality and teaching ability, need to pay attention to keep standardized words and deeds during teaching, note whether their own experiences are proper, and also need to formulate practical and valid teaching plans according to the students' own situation. Teachers should form a scientific and rigorous teaching style, affect and educate students through normative behaviors, help students overcome obstacles, set a good example for students to fight and realize the goal of imparting knowledge and cultivating people.

4.2 Enhance Physical Exercise Ability

Physical education teachers should demonstrate professional sports based on their own professional knowledge and impart sports knowledge and skills to students. In addition to improve their sports skills and teaching ability, teachers must teach students in accordance with their aptitude while reducing students' sports injuries during classes or sports activities based on sufficient organizational and health care skills, and then guide students to take scientific and safe exercise. With the rapid development of sports, sports science and technology are constantly keeping abreast of the times and upgrading, which motivates the constant updating of sports technology, sports skills, exercise methods and sports health, and knowledge theory. Physical education teachers only with strong lifelong sports awareness can be able to develop sports culture.

4.3 Optimization of Sports Human Resources

Colleges should complete the allocation of human resources, carry out systematic allocation of sports human resources, and conducts systematic management of the personnel, talent introduction, and classroom internal adjustment of physical education office and other departments, develop and cultivate human resources, provide induction training and post-training for physical education teachers, improve teachers' teaching level and personal quality, and carry out regular training work, assess human resources and conduct teacher evaluation in the end, customize some questionnaires and observe the teaching quality of teaching from the students' Q&A, and timely report evaluation results and suggestions back to relevant responsible personnel; motivate human resources, establish a strict reward and punishment system, and provide salaries and spiritual rewards for teachers who perform well at work, thus strengthening teachers' working enthusiasm.

4.4 Optimization of Sports Material Resources

Resources are essential for social development and it is very critical to use, allocate and apply resources. In the process of social development, resource allocation is under continuous optimization. Sports stadium in the university as the most important part of sports material resource can provide venue for various competitions and training, daily physical exercise activities so that sports training can be carried out effectively. There are different types of stadiums, including: gymnasium (outdoor, indoor), and even some sports clubs and gyms. It is necessary to equip diverse sports equipment and different ball equipment such as football, basketball, volleyball, badminton, fitness equipment (barbells, dumbbells), running sandbags, running gear, as well as other sports competition resources, such as discus throw, javelin and other items. With various and abundant sports equipment, students can be provided with more choices to motivate their enthusiasm.

4.5 Optimization of Sports Culture Resources

Colleges and universities should develop colorful campus sports culture, carry out various sports and cultural project activities so as to get students participated in practical activities. Campus sports culture should advance with the times. In addition, it is necessary to carry out activities at the core of China's characteristic social sports education, traditional culture, and foreign culture, thus cultivating student's correct and healthy sense of social responsibility. With the help of sports exercise, students can overcome difficulties and setbacks, develop the spirit of mutual help and solidarity, and improve their moral quality. Colleges and universities should pay attention to students' knowledge system, and also focus on students' personality development, carry forward the

spirit of sports friendship and promote the traditional virtues of China's excellent traditional culture.

5. Enhance College Physical Education Theoretical Research

Under the fierce competition in today's society, it is necessary to get physical education into this competition for surviving and obtaining more professional knowledge. A good physical education teacher should fully master the basic knowledge including the basic knowledge of sports culture and physical education so that students can be guided well to learn sports knowledge. Knowledge can only be accumulated without stop. People should keep learning for a life time. Basic theory learning can benefit physical education teachers to take in-depth research so as to fully understand the new dynamics of physical education development and keep physical education at the forefront. Also, physical education teachers can know students' psychological state through psychology and formulate corresponding method according to their individual circumstances so as to enhance the quality of physical education and strengthen students' sports enthusiasm.

6. Conclusion

Colleges and universities can raise funds for via different channels, invest more money in sports construction, optimize the existing sports equipment and facilities, conduct updating and repair; construct or repair sports venues to improve the quality of sports venues, add more sports items according to the different situations of current physical education course, purchase different sports equipment, make appropriate adjustments to the final exam system, and add sports assessment items. Colleges and universities should carry out various sports competitions, get students to actively participated and create campus sports culture. The competent departments of colleges and universities should enhance physical education for students, make students realize the value of sports to themselves and society, develop a scientific and reasonable sports values to the benefit of the development of the whole society and education. To improve the quality of physical education, colleges and universities need to strengthen the management and faculty, physical education theory perfection and optimization, actively and rationally allocate sports resources, carry out in-depth work in pace with social development. China's physical education under constant development has never stopped forging ahead. Our wisdom is our country's wisdom. Our wealth is our country's wealth. The youth is China's future and hope. China's sports industry under prosperous development will be better and go global.

References

- [1] Xie, Q., Studies on the Allocation and Development of College Sports Resources, Journal of Xuchang University, 2006.05.
- [2] Human Resources. Baidu Encyclopedia <http://baike.baidu.com/view/2537.htm>.
- [3] Meng L.Q., Discussion and Understandings of the Application of Incentive Teaching Method in Physical Education, Journal of Chifeng University (Natural Science Edition).2011(10).
- [4] Zhang Y.B., Yu Shengwei, Thoughts on Enhancing the Quality of Physical Education Teaching in Colleges and Universities, Journal of Luoyang Normal University. 2009(5).
- [5] Ren H.Q., Liu, L., Discussion on the New Thoughts of Physical Education Teaching Reform in Colleges and Universities Based on the Combination of Teaching and Quality Cultivation[J]. Journal of Beijing Institute of Physical Education. 2009(3).