

Research on the Reform of the Specialized Teaching of Public Physical Education in Universities

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Abstract: At Present, Our Country is in the Key Period of Sports Power, At the Same Time, the New Era Also Needs More Compound Talents with Strong Comprehensive Quality. Therefore, the Role of University Public Sports in Improving the Physical Quality of College Students and Cultivating Their Comprehensive Quality is Increasingly Prominent. the Establishment of University Public Sports Teaching System is in Line with the Laws of Education and Teaching and the Characteristics of College Students' Growth. It Has Become a Big Problem to Push Forward the Reform of University Public Sports Specialization. Based on the Background of University Public Sports Reform, This Paper Expounds the Effective Implementation Strategies of the Current University Public Sports Specialized Teaching Reform, in Order to Benefit the Majority of Sports Educators.

1. Introduction

Teenagers Are the Hope and Future of the Country and the Nation. the Realization of the Two Centenary Goals and the Chinese Dream of the Great Rejuvenation of the Chinese Nation Put Forward Unprecedented Higher Requirements for the Health of Teenagers. At Present, Our Country is in the Key Period of Sports Power, At the Same Time, the New Era Also Needs More Compound Talents with Strong Comprehensive Quality. Therefore, as an Important Part of College Education, College Public Sports Plays a Very Important Role in Improving the Physical Quality of College Students and Cultivating the Comprehensive Quality of College Students. the Author Believes That It is Imperative and a Long Way to Break the Current Predicament of University Public Physical Education, Establish a University Public Physical Education Teaching System in Line with the Laws of Education and Teaching and the Characteristics of College Students' Growth, and Further Promote the Reform of University Public Physical Education Specialization.

2. the Background of the Specialized Teaching Reform of University Public Physical Education

At present, from the perspective of the public's attention to the whole higher education, University public sports are very neglected. It is difficult to reform the specialization of college public physical education. According to the author's investigation, there are several backgrounds in the current reform of the specialized teaching of public sports in universities.

2.1 The Public Physical Education in University is Not Paid Enough Attention to, and Teachers' Understanding of Teaching Reform is Not Enough.

As an important part of college education, college public physical education plays an irreplaceable role. However, due to the one-sided and superficial understanding of college, students and the public, the development of college public education lags behind. The decline of college physical education course into a dispensable position is not only conducive to the overall development of college education, but also to the physical and mental development of students. Physical education itself has the characteristics of openness, practicality and sociality. It not only plays a strong role in the cultivation of talents in Colleges and universities, but also plays an inestimable role in leading students to realize their own values and develop correct values and world outlook.

At the same time, some PE teachers are not fully aware of the reform of university public sports. On the one hand, they believe that the reform is to completely abandon the original teaching mode, use a new teaching mode, excessively increase a large number of sports psychology, physiology and other discipline knowledge, increase a lot of entertainment projects, blindly add some new sports projects, which falls into the blindness and one-sided nature of the reform, making the teaching content numerous and the sports teaching materials too complex, It is difficult to distinguish the key points, which reduces students' interest in sports. On the other hand, some physical education teachers pay too much attention to the teaching of a single technology in the teaching process, but despise the education function of physical education in psychology, society, culture and other aspects. They think that as long as students master the technology, they will achieve the teaching goal, which will certainly kill the enthusiasm and initiative of students' learning, thus hindering the effective reform of college physical education.

2.2 The Teaching Mode of University Public Physical Education is Single and the Teaching Content is Old.

At present, the teaching mode of public physical education in most universities is relatively single, and the teaching content is too old. First of all, many colleges and universities do not consider the physical differences and skill levels of students, but still adopt the traditional teaching method based on the class as the unit, and adopt the effective graded teaching mode. Students with different interests and levels learn the same sports project, which is difficult to teach according to the materials, cannot meet the different needs of students, and to a certain extent, frustrates the enthusiasm of students. Secondly, the teaching time is too short. Most colleges and universities only have two class hours per week for physical education courses. In the first and second year of the university, compulsory physical education courses are offered, while in the third and fourth year, no physical education courses are offered. At the same time, many colleges and universities physical education in-class teaching and physical extracurricular exercise can not be organically unified. Students' physical education is only limited to the limited classroom. Students' sports time is too little, and the intensity of sports is low. It is difficult to mobilize students' enthusiasm for learning, so as to achieve the effect of physical fitness.

2.3 The Rapid Development of Society Puts Forward Higher Requirements for University Public Sports

With the rapid development of society and economy, people pay more and more attention to their own health and demand more and more physical exercise. Today's college students are a group of network. It has become their daily habit to swipe wechat, play mobile phones and visit Taobao. It can be said that the network is full of all aspects of College Students' life. College students are trapped in the virtual network world and can't help themselves, but often neglect physical exercise. This urgently needs the active intervention of university public sports to guide college students to live a positive and healthy life way. University is the last stage of a person's receiving systematic physical education. Public physical education plays an active role in the preparation of strong physical quality for college students, the cultivation of sports hobbies and specialties. At the same time, with the approaching of the aging of human society, the reform of university public sports specialization should follow the principles of specialization, individuation, entertainment and lifelong development.

3. Strategies for the Reform of Specialized Teaching of Public Sports in Universities

The reform of public physical education in colleges and universities in our country is imperative and has a long way to go. In order to break through the current predicament of physical education in Colleges and universities, the author believes that the reform should start from the following aspects.

3.1 Strengthen the Propaganda and Education, and Make Clear the Importance of the Specialized Teaching Reform of University Public Sports.

All colleges and universities as well as the majority of physical education educators should start from their own, take various ways to continuously increase the public physical education and publicity efforts, widely infiltrate the humanities education and fitness education in the public physical education, make clear the importance of the university public physical education for the overall development of talents, establish the lifelong physical education awareness of college students, and promote the development of the specialization of physical education in China. Colleges and universities should provide strong financial guarantee, legal guarantee and hardware facilities for public physical education, ensure the sufficiency of public physical education funds, improve the relevant legal system, improve the physical hardware conditions, and meet the needs of public physical education and teaching.

3.2 Constantly Improve the Existing Physical Education Teaching Plan and Deepen the Reform of University Public Physical Education Teaching System

According to the requirements of the specialized teaching of university public physical education, university public physical education teachers should constantly improve the existing physical education teaching plan and deepen the reform of university public physical education teaching system. First of all, we should increase the class hours of physical education courses appropriately, and pay attention to the combination of theoretical courses and practical courses. The current situation of university public physical education is that the number of physical education hours is less and the theoretical hours are less. Therefore, appropriately increasing a certain proportion of the teaching of public physical education theoretical courses can not only broaden students' knowledge, but also deepen students' understanding of physical education. Through theoretical and practical teaching, students can master rich basic knowledge, basic principles and basic skills of physical education, and make public physical education course become a professional physical education course integrating physical education teaching process and physical skill learning. Secondly, the selection of sports teaching materials should be operable and universal, conform to the physical and mental characteristics and growth rules of college students, and be convenient to stimulate students' interest in learning. Therefore, in the process of the reform of university public sports specialization, it is very important to choose teaching materials scientifically and reasonably. Teachers should further optimize the existing sports teaching materials, so that students can master rich sports knowledge and skills in a limited learning time, and further enable students to establish the concept of lifelong exercise.

3.3 Carry out Physical Education in Different Levels and Individualized Way, and Teach Students According to Their Aptitude, So as to Effectively Improve the Efficiency of Classroom Teaching.

Today's college students have unique personality, physical and mental characteristics and sports skills have different degrees. Therefore, it is very necessary to carry out physical education in different levels and with individual characteristics. First of all, the physical education teachers classify the students' physical condition and physical skill level, and summarize the results of the investigation. In the process of physical education teaching, according to the level of students' physical education, it can be divided into three groups: strengthening group, general group and basic group, with different training intensity. At the same time, take the way of group cooperation, different groups of students help each other and make common progress, so as to improve the overall physical education teaching effect.

4. Conclusion

To sum up, the reform of the specialized teaching of university public sports is the general trend and has a long way to go. In order to promote the professional teaching reform of university public

sports, the majority of university sports educators should actively update the teaching concept, adopt new teaching mode, based on the physical and mental characteristics of students and the level of sports skills, make scientific teaching plans and implement sports teaching, improve the level of students' overall sports skills, and finally promote the professional development of sports teaching.

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