

## Research on the Theory and Teaching Practice of Physical Education in Modern Colleges and Universities in China

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**Abstract:** Under the Background of Curriculum Education and Teaching Reform, Modern College Physical Education Has Also Been Given a New Vitality. with the Rapid Development of Social Economy, the Demand for Comprehensive Quality Talents in Modern Society is Growing. in This Regard, Physical Education in Colleges and Universities Has Also Been Reinterpreted. Based on the Theoretical Background of Modern College Physical Education, This Paper Analyzes the Current Situation of College Physical Education, and Then Gives the Reform Path of Teaching Practice under the Guidance of Modern College Physical Education Theory, Hoping to Provide Practical Suggestions for College Physical Education.

### 1. Introduction

#### 1.1 Literature Review

College physical education is an important part of college education. It is not only related to the comprehensive development of students' moral, intellectual, physical and aesthetic aspects, but also related to the social demand for comprehensive quality talents. And as the backbone of the national social and economic development, college students develop towards comprehensive talents, which is the demand of the times. In this regard, many scholars have done a lot of research on modern college physical education. In the great wave of reform and innovation of college education mechanism, Chen Xianming can no longer follow the traditional teaching thinking for practical teaching activities. Therefore, in promoting sports teaching activities. We should not only pay attention to continuous learning, enrich and improve the thinking level of teachers. At the same time, we should recognize the whole sports teaching activities reasonably. Only in this way can we better adapt to the demands of sports teaching management innovation (Chen, 2018). Ma Jinfeng believes that the society's demand for comprehensive quality talents urges physical education in Colleges and universities to adhere to the "three aspects", based on reform and innovation, in view of the phenomenon of "sports technology as the center" in the past. In addition, promoting the reform of physical education teaching in Colleges and universities is not only conducive to updating the teaching concept of physical education teachers, but also to cultivating the ability of students to think independently, dare to explore and constantly innovate, and guide students to form correct sports values (MA, 2014). Yang Bo believes that with the development of social economy, personal health issues have attracted more and more attention. The college students are the backbone of the country's future development, and the college stage is also the golden period of students' physical growth, so we should pay close attention to physical exercise in this period. Therefore, in the current social background of vigorously promoting quality education, physical education in Colleges and universities should also be guided by quality education to cultivate students' comprehensive ability (Yang, 2018). Wang Bo believes that in the face of the general level of College Students' physical health declining year by year, college physical education teachers should constantly change the traditional teaching methods of physical education theory, strengthen the physical training of students, and change the system of physical education theory and teaching methods in Colleges and universities (Wang, 2017).

## **1.2 Research Purpose**

With the sustainable development of social economy, the market competition is more intense. At the same time, the demand of modern society for high-level comprehensive talents is also rising rapidly. To this end, colleges and universities began to reform the curriculum in order to cultivate comprehensive quality talents matching with social development. In this process, people pay more and more attention to modern college physical education. It requires college students to pay attention to the development of their own physical quality when learning professional skills and knowledge. Then, limited by the traditional teaching concept and mode, many colleges and universities still take teachers as the leading role in physical education, and the idea of students as the main body in the educational reform concept has not been penetrated too much. Therefore, physical education in Colleges and universities must adhere to the core concept of “students as the main body, health first”, in order to ensure the quality of physical education on the basis of ensuring the overall development of moral, intellectual, physical and aesthetic of college students.

## **2. An Analysis of the Theoretical Background of Modern College Physical Education**

At present, the traditional physical education teaching methods in Colleges and universities have little innovation, which is very difficult to adapt to the requirements of training comprehensive quality talents in the information technology era. Therefore, since 1999, the state has required all universities to take the guiding ideology of “health first” as their running tenet. On this basis, the wave of modern college physical education reform has been officially set off. In recent years, the process of physical education reform in Colleges and universities has been deepening. However, the physical education curriculum reform in most colleges and universities still indicates the imitation of superficial methods and models, which involves the concept of “health first” in a fundamental sense and has not been fully implemented. In terms of the reality of physical education in Colleges and universities, most of the students have physical problems, and the reform of physical education is imminent (Li and Zhang, 2017).

There are many reasons for this. First of all, students didn't put health awareness in the first place in their family and school growth. Secondly, college students are faced with a very heavy curriculum, ignoring sports in order to improve their academic performance. Finally, many colleges and universities for the physical education curriculum is not very reasonable and scientific, and even a lot of sports infrastructure construction is still relatively lack, sports activities are relatively old, it is difficult to attract the interest of students, resulting in college physical education curriculum almost become a decoration. Therefore, the design of physical education classroom in Colleges and universities needs to carry out scientific and reasonable reform on the basis of the concept of “health first”.

## **3. Current Situation of Physical Education in Modern Colleges**

In the process of physical education teaching in Colleges and universities, the lack of enthusiasm of students and the outdated teaching methods of teachers have become the normal teaching practice, which has resulted in the ineffective physical education teaching in Colleges and universities since the curriculum reform. But this kind of situation is mainly affected by two factors.

First, the reasons for teachers. Physical education teachers in Colleges and universities are mainly professional teachers in charge of physical education in Colleges and universities. Physical education teachers in Colleges and universities are also known as human bodybuilding engineers because they are responsible for the improvement of students' physical quality and achieve the purpose of physical and mental relaxation. Nowadays, the promotion of education reform in Colleges and universities requires students as the main body in curriculum teaching. However, many college physical education teachers have not yet reversed this concept, and still adopt the traditional concept of teaching, believing that teachers are still the main body of the teaching classroom, leading to the situation that students often learn passively (yuan, 2019). In addition,

restricted by the traditional teaching concept, the physical education teaching plan and teaching strategy set by college physical education teachers do not meet the actual needs of students. It is difficult for teachers to stimulate students' interest in class by urging them to attend classes according to their own ideas. This further leads to the lower teaching quality of physical education teachers in Colleges and universities, and does not conform to the concept of “health first” in physical education teaching in the curriculum reform.

The second is the reason of students. Many research data show that most of the college students in China lack the habit of physical exercise and have no great interest in the study of physical education. The purpose of developing physical education curriculum in Colleges and universities is to integrate the physical education training into the lifelong physical education training of every student. After all, the university is facing all aspects of social pressure after graduation. If we don't form a good habit of physical exercise, it will be very bad for the ability of work and life to resist pressure. However, in view of the current situation of physical education in Colleges and universities, it is very difficult for students to do physical exercises spontaneously, which also leads to the embarrassing situation that physical education in Colleges and universities is facing.

#### **4. The Reform of Teaching Practice under the Guidance of Modern College Physical Education Theory**

##### **4.1 Constantly Enrich the Content of Physical Education Class in Colleges**

To improve the quality of physical education in Colleges and universities, it is necessary to implement the teaching concept of “people-oriented, health first” on the basis of completing the established teaching objectives and tasks. At the same time, we should teach students in accordance with their aptitude, pay attention to the individual development of each student, and open a diversified teaching mode. In practical teaching, physical education teachers should first listen to the opinions and suggestions of their classmates, and increase the teaching content of facilities that they are interested in according to the actual needs of students in real time. At the same time, physical education teachers can also give students more choice rights, and then choose the projects they are really interested in and want to improve. For example, boys like basketball and football, so teachers can explain some rules with boys and watch some classic games. Through this kind of practice teaching, increase students' interest in various sports. Of course, college PE teachers also need to pay attention to every student's sports situation in real time, try to tap every student's sports potential, and then enhance their sports ability.

##### **4.2 Establish and Perfect a Reasonable and Scientific Sports Evaluation Mechanism**

It is necessary to establish and perfect a set of reasonable and scientific physical evaluation mechanism to carry out the reform of physical education in Colleges and universities, to further improve the teaching quality of physical education class and to enhance the effect of physical exercise of college students. Of course, this set of evaluation mechanism is based on the theoretical guidance of students. Specifically speaking, the first is to increase the proportion of evaluation of students' performance scores in ordinary physical education courses and reduce the proportion of final physical education evaluation. The purpose of this reform is to increase the attendance rate of students in PE class and enhance their interest in PE course learning. Second, physical education teachers in Colleges and universities can make different evaluation standards according to the differences of students' physical quality, so as to realize the purpose of teaching students in accordance with their aptitude. Third, through the evaluation mechanism of different students, we can formulate or revise the future physical education classroom learning plan, find out the advantages and disadvantages of each student in the physical education classroom, and then carry out targeted sports training, so as to promote the overall development of students' morality, intelligence, physical education and beauty.

### 4.3 Strengthen the Core Idea of Physical Education Instruction in Colleges

The core idea of college education curriculum reform is to enable students to achieve the purpose of physical fitness through physical education class exercise. With the continuous development of social economy, the demand for talents is more inclined to the sophisticated comprehensive talents. But in fact, the reform of physical education in Colleges and universities has gradually developed in the direction of diversification in this process, which leads many physical education teachers in Colleges and universities to only pursue the goal set by the school while ignoring the personalized development of students. Moreover, the key to the uneven quality of physical education in many colleges and universities lies in the fact that physical education in Colleges and universities is not carried out under the teaching concept of “health first”. Therefore, in order to change this situation, we must abide by the core idea of curriculum reform. Any sports teaching activities should be carried out under the unified thought. At the same time, the teaching content of physical education should also pay attention to the cultivation of comprehensive quality, and highlight the teaching theory with students as the main body, so as to better improve the teaching quality of physical education in Colleges and universities.

## 5. Conclusion

In order to better adapt to the development of the times, physical education in Colleges and universities advocates teaching students according to their aptitude, that is to say, college students do not forget the comprehensive development of morality, intelligence, body and beauty. Therefore, in order to achieve higher quality results in college physical education, it is necessary to carry out physical education reform under the support of the core concept of curriculum reform to ensure the comprehensive and comprehensive development of every student. In order to change the current situation of college physical education, we must adhere to the corresponding theoretical guidance, and always adhere to the student-centered teaching mode. In this way, we can better promote the reform of physical education courses in Colleges and universities, and constantly improve the quality of physical education teaching in Colleges and universities.

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