

Research on Teaching Skill System of Physical Education Specialty

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Abstract: For college physical education major, constructing a reasonable professional skill training system of physical education can effectively improve the students' teaching skills. In the specific training of teaching skills, teachers should guide students to understand the new curriculum standards, so that students can correctly grasp the direction of the development of physical education. At the same time, it is also possible to improve and internalize the theoretical knowledge of physical education learned in class by talking about class activities. In addition, it is necessary to reform the organizational form and practical teaching of physical education major in time, encourage students to participate in educational investigation and physical education observation activities consciously, and organize students to actively enter the front line of teaching, so as to enhance students' perceptual cognition of physical education. In addition, it is also necessary to guide students to carry out password training, teaching plan compilation, error action correction and other exercises, so as to help students consolidate their basic skills, improve the effect of teaching skills training in physical education specialty, and further cultivate more high-quality physical education talents for the society.

1. Introduction

From the point of view of the current development, there are some problems in the training of professional skills of students and teachers of physical education major in colleges and universities in China, because the training programs and plans of different schools are not the same, the quality of the graduates are also quite different. Although they carry out the same major, comprehensive universities pay more attention to the development of professional and technical ability, and normal universities pay more attention to the teaching and educational ability of students, with strong pedagogical character. Some universities also pay more attention to the spread of traditional national culture development due to geographical reasons, highlighting the development of the school's personality[1]. For example, northeast normal university should continue to cooperate with enterprises and professions in the cultivation and education of college students to achieve common development. East China normal university is in the training process of teaching practice this link, to strengthen the practice of interns, arrangements for post, so as to improve the comprehensive education and teaching level of graduates.

2. Analysis of Research Status

In any country, basic education determines the superstructure. Basic education, health status of primary and secondary school students and social development all need to be realized through good education level[2]. At present, the communist party and the state, through comparative analysis, pay more attention to the development of education. Due to the continuous social progress, rapid economic development and the rapid development of their own natural environment, it is difficult to meet the development of basic education. Therefore, we should reform and adjust the training programs and educational courses to cultivate qualified teachers who are in line with the basic education courses.

The state education commission of China has issued a lot of documents on the curriculum of this major, so as to strengthen the attention of colleges and universities on cultivating talents in physical education, and also hope that students' skills can be further improved and developed in an all-round

way[3].And course setting is the arrangement of students' learning process and the control quantity of each subject hour, so course setting is important in the personnel training plan.After that, some scholars have made necessary research and discussion on the cultivation of physical education students' skill teaching.

However, the research on the vocational skill training mechanism of physical education teachers in various countries (regions) is influenced by the cultural background, social demand and economic development conditions of various countries (regions), with different emphases[4].More attention is paid to the teaching ability, the arrangement of professional courses and the construction of training bases, etc., but there are too few studies on the systematic vocational skills training mechanism of professional teachers in physical education, and the quality of talent training is gradually declining. Therefore, it is necessary to work out the mechanism suitable for the vocational skill training of teachers of physical education and the specific operation mode that can play its role, so that students of physical education can master teachers' vocational skills more effectively and train qualified physical education teachers for the society.

3. Principles for the Construction of Skill Training System

3.1 Adapt to the Concept of Lifelong Learning

With the rapid development of sports science, the updating speed of sports knowledge is also gradually accelerated. In this context, students majoring in physical education must constantly enrich their own knowledge reserve, constantly enrich professional knowledge, master the latest professional skills, and implement the concept of lifelong learning. Students majoring in physical education can only study in school for 4 years, but they have a long time to enter the workplace. Therefore, teachers should guide students majoring in physical education to master solid professional knowledge and lay a foundation for lifelong learning.

3.2 To Meet the Requirements of Education and Teaching

Students majoring in physical education are mostly engaged in physical education after graduation. Therefore, teaching skills are their basic survival skills. Teaching is a process of combining knowledge and skills closely. Therefore, teachers' teaching skills and knowledge reserves directly determine the quality of physical education. The acquisition of physical education skills depends on practice and finally serves teaching practice. It is the integration of specific working abilities such as after-school training, teaching scientific research and physical education competition. It is the basic skills that physical education workers need to master. Therefore, colleges and universities should guide students to master the teaching methods of various sports skills in the teaching skills training of physical education specialty, so as to promote students to develop into a new type of educational talents with one specialty and multiple abilities.

3.3 To Meet the Needs of Social Development

With the rapid development of our country's economy, sports undertakings have also made significant progress, the national fitness has become a new fashion, in this social background, the social from all walks of life put forward further requirements for physical education teachers, physical education teachers should not only play the role of guidance and advocacy, and actively promote modern physical education concept. Therefore, students majoring in physical education must master basic teaching skills if they want to enhance their employment strength. This requires us in the physical education professional teaching skills training, fully consider the social development of talent needs, and on this basis to change the talent training mode.

4. Reasons Affecting Teaching Skills Training

4.1 Internal Factors

4.1.1 Students' Learning Consciousness

According to related survey, students to learn and learning materials professional purpose, understanding unclear, positioning is not clear, how familiar “general” accounted for 32.6%, “don't understand” (20.0%), “don't understand”, 5.6% students lack effective learning consciousness, only few students a better understanding for my major, the rest is in a state of aimlessly. Perhaps the leading departments, leaders and teachers of the school did not emphasize and explain the training objectives and learning objectives of the major in detail. As a result, students' orientation of their major is unclear. The biggest obstacle to teacher vocational training is too passive, no motivation to learn, learning enthusiasm is not high. With the development of The Times, economic conditions are increasingly superior, a variety of extracurricular recreational activities increase, making students lack of motivation to learn, enthusiasm is not high, not interested in learning, coupled with the lack of employment pressure, leading to learning knowledge optional, drift with the tide, this is a hidden factor, but also varies from person to person; The dominant factor is the lack of teachers' vocational skills training atmosphere, skills competition held less, so that students, there is no comparison between nature, naturally there is no motivation to learn.

4.1.2 Learning Autonomy

With the continuous development of the society, the implementation of China's national policy of family planning, each family is basically a child, coupled with the economic prosperity and the impact of the social environment, the current young people, like to enjoy, for learning, work are no pressure, drift with the tide, lack of enthusiasm. Studies show that students' training “general” accounted for 27.1% of the time, accounted for a third of the total, “less” 32.6%, accounting for the largest proportion, which can explain in their spare time to participate in self learning and training time is less, blind study, take part in the similar teaching vocational skills of less activity, short of the opportunity to exercise, for their own learning without any improvement. The proportion of “more” in the data is 15.0%, with a small proportion, indicating that there are still a small number of people participating in the exercise, but the number is relatively small. “He who is close to ink is black.” influenced by his classmates and friends, he has no positive learning attitude. A variety of recreational activities, so that learning practice reduced, only a short period of learning in the classroom, it is difficult to achieve effective teaching results.

4.2 External Factors

4.2.1 Skill Level of the Teacher

Teachers play a leading role in the whole teaching process, and students are not only the objects of teaching, but also the subjects of teaching. However, in a sense, the quality, level and qualifications of teachers of physical education in colleges and universities are the direct factors that affect the quality of teachers' vocational skills training for students of this major. There are many factors that lead to the low professional skill level of university teachers or the decline of their profession, including the following aspects. First, because university leaders or administrators do not pay much attention to physical education. Second, due to the growth of teachers' teaching time, life, work and family aspects are quite stable, the lack of youthful momentum, enthusiasm for teaching will be appropriately weakened, to cope with the classroom; Thirdly, in the process of transformation of colleges and universities, the educational status of professional teachers has declined and the status of scientific research ability has risen, which leads to a serious shortage of teachers in the teaching of skill courses.

4.2.2 Teaching Environment

Teaching environment school teaching conditions are the prerequisite for students to participate

in teaching activities, poor teaching conditions can also directly affect students' academic performance.

The teaching environment belongs to the soft environment in the teaching, which cannot be seen or touched, but affects students' learning all the time. A good teaching environment can also motivate students, stimulate their enthusiasm and initiative, and improve the quality of teaching. For teachers, a better working environment is not necessary, but also in the invisible to enhance the enthusiasm and responsibility of teachers, conducive to creating a good learning atmosphere in the classroom, improve the level of teaching.

5. Countermeasure Analysis

5.1 Strengthen Students' Ideological Guidance

Students should be more correct learning attitude, although college spare time is rich, more should handle their own learning time, reasonable arrangement, more advantages than disadvantages. In the process of teaching, for the teacher's emphasis on the content, to listen carefully, make notes; Pay close attention to the news of teachers' professional skills, what it contains and the latest development of the ministry of education; Reasonably arrange the training time of relevant teachers' vocational skills; Participate in educational activities to enhance practical awareness; Be a good student.

5.2 Strengthening the Faculty

In teaching, the combination of teachers' teaching and students' learning can produce effects, which is a mutual process. The result of teaching is directly related to the skill level of teachers. Therefore, the role of teachers in teaching is very important.

Schools should strengthen the management of teachers, increase the workload and necessary subsidies to stimulate teachers' desire for teaching work; Set up a teaching evaluation team, strengthen the implementation, during the class to check the class, after class teaching feedback, timely report to the superior; Carrying out relevant research or scientific research activities; Teachers should be aware of the new direction of the current basic education reform in the society at any time.

6. Conclusion

In short, to improve sports education professional training in teaching skills, teachers should give students create a line into the teaching opportunities, students themselves should also seize the opportunity, at the same time, colleges and universities should actively expand physical education view and physical education research and other activities, let the student to sports teaching have enough understanding, and improve their teaching ability in the process of cultivation, lay the foundation for future employment.

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