

# Research on Quality Education in Physical Training and Teaching

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**Abstract:** Quality education is an educational activity that aims to improve the basic qualities of all students and promote their physical and mental development. This article briefly explains how to implement quality education in physical training and teaching according to the Party and the state's spirit of strengthening youth sports, strengthening youth's physique and the regulations of relevant departments and the content of quality education.

## 1. Introduction

Quality education is a new education model in the new development of my country's education industry. It is an educational activity with the fundamental purpose of facing all students, comprehensively improving their basic qualities, promoting their physical and mental development, developing wisdom potential, and forming students' healthy personalities. Physical education is an important part of school education. It has distinctive characteristics that distinguish it from other disciplines and can play a special role in the implementation of quality education. With the continuous deepening of the reform of the education model, physical education as an important part of education occupies an important position in the ranks of reform. How to fully implement quality education in physical education is an important issue that needs to be resolved.

## 2. The Connotation of Quality Education and the Requirements of the Times

My country's "quality education" was first proposed by Huazhong University of Science and Technology. They proposed that students' humanities should be improved. This is the beginning of domestic universities advocating quality education. In recent years, universities in our country have developed vigorously, but the reform of physical education in universities has always been a hot topic in society and schools. Implementing quality education and improving the quality of education is what the country needs and what the people want. Adhering to people-oriented, promoting the comprehensive development of students is the core connotation of quality education. With the deepening of education reform, it is very important for universities to establish a scientific and reasonable physical education reform. As the theoretical foundation stone of student affairs management, quality education theory is very popular in the United States, and it is also an important principle and concept of its management practice. In my country, after the idea of quality education was put forward, it was also highly valued by the state and the education department, and was promoted throughout the country. The determination and implementation of the concept of quality education have laid a theoretical foundation for the cultivation of all-round development talents. These theories will surely provide good ideological support and practical guarantee for physical education reform.

## 3. Problems Faced by the Practice of Physical Education Reform

Since the implementation of quality education, the practice of quality education in college physical education has been advancing and has been unsatisfactory due to the impact of comprehensive factors such as my country's specific national conditions and the different levels of recognition of quality education theories by various universities. This form is not enough for the reform and innovation of the education model, but in essence it is caused by the lack of

emancipation of the mind and insufficient understanding. To a certain extent, the problem is that the school has not implemented the people-oriented concept, but puts management in a more important position than education. The concept of quality education is written on paper, posted on the wall, and shouted on the mouth. presence. Therefore, to promote the practice of quality education in physical education, the key is to seize the link of teaching model reform. The teaching model is often outlined and led, and part of the content should be understood and understood by the students themselves, and the materials can be consulted and exchanged and discussed in order to master them well. Through investigation, strong dependence and poor consciousness are the general characteristics of college students' learning. Due to the lack of effective supervision and management and encouragement and guidance, college students lack motivation and interest in learning, planning and consciousness are poor. A major innovation of effective physical education reform is the use of multiple methods and methods for physical education, which is not only novel, but also makes classroom teaching more complete and sound, and thus improves the quality and effect of teaching. The specific performance is reflected in the teaching plan design, teaching guidance, teaching methods, and final assessment. But in fact, the process control and overall grasp of teaching often stay on the surface, and the connotation and external image are not effectively unified, resulting in serious formalism. On the one hand, the teaching content has a full sense of form, and the instructor has a large gap in terms of student learning guidance, real learning process and effect, homework evaluation, etc. On the other hand, the school supervision organization is ineffective, the form is greater than the substance, and the teaching mode should not be used Some role.

Through interviews with teachers, we know that most physical education teachers are relatively backward in the concept of physical education reform. They do not have much enthusiasm for the practice and application of quality education in physical education reform. Skills education. They believe that as long as the task of physical education reform can be completed on time in the classroom, the active improvement of physical education reform methods and methods is not necessary to improve the effect of physical education reform. Physical education has not been able to integrate with the interests of college students, has not been combined with physical and mental health, and has not been well integrated with cultural heritage. Teachers failed to successfully stimulate students 'enthusiasm in physical education reform, which resulted in students' low participation in the overall classroom and lack of practical and effective learning behaviors. Many professional teachers are reluctant to set up physical education reform courses because of their old traditions. The macro and micro are interconnected and influence each other. At the micro level, there are loopholes in the school's management mechanism and system, which will inevitably bring about negative effects such as lost goals, serious resistance, and insufficient development momentum to the practice of physical education reform at the macro level. Under the background of quality education theory that emphasizes practical ability, such a method of physical education reform is even more out of place. Not only is it not conducive to the progress and development of physical education reform, this kind of physical education reform attitude and concept is also very unfavorable for the long-term development of students of.

As the leader of physical education reform activities, teachers are very important in the process of physical education reform activities. In physical education reform, the importance of teachers' professional standards is more prominent. Physical education teachers are confused about the lack of practical ideas and practical abilities in the concept of quality education in physical education. Most of them are simply completed as a work, and they do not invest their energy to improve their own physical education. It can be seen from the observation on the reform of physical education teaching that a considerable number of physical education teachers also have deficiencies in the relevant professional knowledge reserves. In the reform of physical education, when physical education teachers deal with heuristic physical education reform, task-based physical education reform, etc., their thinking is not clear and there is no effective method, or the traditional inculcating physical education method is applied, and in physical education The level reflected is relatively general, the language selection is bland, the rhythm of the lecture is also very slow, the classroom is

very boring on the whole, and students are very prone to boredom.

#### **4. The Basic Links of Implementing Quality Education in Physical Education**

Educational concepts and teaching guidelines should be updated. The comprehensive transformation of the educational objectives of the physical education subject should be changed from the method system and concept based on the teacher's simple "teaching" and "infusion" to the teaching method under the guidance and inspiration of the teacher and the student's "learning based" method Design up. In terms of method subjectivity, the past students followed the practice and shifted to students' "self-centered practice" as the main method; the method of "physical training and physical training" in the past was expanded to simultaneously "enlighten wisdom, seek knowledge, adjust mind, and educate People's diversified method system. From a simple "one size fits all" method, to the direction of promoting students to develop at the existing level, combining the general development, common development, special development and differential development of students to fully develop the creativity of students.

The selection of physical education textbooks and teaching contents should be subject to and serve the needs of teaching objectives, and pay attention to scientificity, times, basics, comprehensiveness and nationality. We should proceed from the diversified and developmental teaching goals, from the biological, social, educational, psychological, and methodological functions of physical education. In the rich and colorful sports culture treasure trove, we should optimize physical education textbooks and pool teaching content.

In the design of physical education, we should respect the student's "subject" status. Consider and design the teaching process from the perspective of students' active and active learning and exercise, and inspiring learning wisdom and ability. It is necessary to focus on the logical connection of the content of the textbooks, and shift to arranging the teaching links and steps based on the students' understanding of the regular characteristics of the content of the physical education textbooks. It is necessary to change from a more unified and rigid standard structure model of physical education classes in the past to a more diversified, flexible, and personalized direction, rather than a structural model that is uniform in every class.

#### **5. Practical Path of Physical Education Reform from the Perspective of Quality Education**

Culture is the meaning of university existence. To impart knowledge and inherit culture is the purpose of education, and physical education cannot deviate from this purpose. Since the reform and opening up, Chinese universities have made considerable progress. Universities have played a very important role in my country's economic and social development, and have played a strong role in supporting talents and ensuring knowledge for China's economic and social development. Especially at present, universities play an irreplaceable role in alleviating strong social employment pressure, gradually optimizing the economic structure, and ensuring economic growth. In the course of university development, the pace of physical education reform is also accelerating. The establishment and cultivation of quality education theory in physical education has been gradually strengthened and recognized and adopted by most universities. However, judging from the current implementation of physical education reform in Chinese universities, it is not optimistic. Most physical education reforms started late, and the thinking about physical education reforms is vague, the efficiency of physical education reforms is not high, and their effects are not obvious. In the new era, physical education teaching planning should be designed from the perspective of the country's social development needs and school development requirements. The school's physical education infrastructure construction, curriculum system, sports scientific research, faculty construction, talent training system, international exchanges, etc. We must always focus on the cultivation of quality education for new talents. The reform of physical education in the perspective of quality education should not only focus on students' learning results, but also pay attention to students' learning behavior and quality education level. It must also focus on the future, with the goal of deepening students' awareness of sports and the cultivation of excellent habits.

Physical education should be brave in reforming and innovating practice “Change is the only constant truth”. The way out of physical education reform lies in the constant innovation under the concept of quality education. The innovative talents needed in today's society should actually be comprehensive talents with complete knowledge systems and professional skills, excellent moral qualities and moral qualities, and the ability to deal with various difficult and difficult problems. Practices at home and abroad have verified that it is quite effective to train and train students' unity of knowledge and action, to open up the industry-university-research application, and to enable their coordinated development. The application of quality education theories and methods in the reform of physical education should also advance with the times and be innovative. Facing the new situation and situation, the application of quality education theories and methods in the reform of physical education must be based on the inheritance and development of fine traditions, practice, innovation and improvement. In view of some problems in the application mode of quality education theories and methods in physical education reform, it is necessary to improve the method system for the application of quality education theories and methods in physical education reform and create quality education theories and methods in physical education reform. The strong atmosphere of the application of qualities, enhance the attractiveness of the application of quality education theories and methods in physical education reform, open up new areas of application of quality education theories and methods in physical education reform, and form quality education theories and methods in physical education reform work together to educate people.

Physical education should implement a differentiated model of quality education theories and methods in physical education reform. The traditional model of duck-filling teaching should be changed, from single and passive listening to teaching based on knowledge transfer and indoctrination. The transformation of learning and cooperative inquiry methods, strengthening the guidance of students' learning methods, focusing on students' unique experience in the learning process, and improving students' initiative to participate in learning. In the classroom, students' learning problems are no longer “teacher-only”. Teachers who can solve their own problems do not speak, one-to-one guidance and assistance for individual problems, common problems can not be solved by group discussions, and problems that cannot be solved by group discussions are appropriately allocated by teachers. “. The application model of quality education theory and methods in physical education reform should fully return the initiative of learning to students, the classroom to students, and the time and space to students, so that students can become masters of the classroom and learning, reflecting “The spirit of the curriculum standard is that students are the main body and teachers are the mainstay. Each university's physical education should combine the school's own advantages and the characteristics of the physical education setting, highlight the differences in educational content, tutorials, teaching methods, etc., establish a personalized, scientific and reasonable physical education reform system, and value and cultivate the personality development of students. At the same time of creating the environment and atmosphere of student personality development, a special talent cultivation mechanism is set up to encourage, encourage and nurture special talents to stand out and emerge.

## 6. Conclusion

In summary, quality education is an educational thought, educational goal, educational process and educational mechanism. Strengthening the implementation of quality education in physical education and improving the physical fitness of young people is the focus of current physical education. Sports educators should carefully combine education theory and sports theory, pay attention to the cultivation of students' individual abilities, exercise their self-survival ability, educate students to fully grasp the scientific connotation of quality education, and cultivate educated people into a new comprehensive development Century talents, this is the important task entrusted to us by the times, and also the inevitable requirement for education facing the 21st century.

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