

# Research on the Interactive Model of Physical Education Teaching and Sports Training in Colleges and Universities

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**Keywords:** College sports; physical education; sports training; interactive mode

**Abstract:** In the 21st century, with the development of society, the importance of knowledge is increasing. But when people have a deeper understanding of the importance of knowledge, they always ignore other aspects. Colleges and universities are places for talent education. With people's attention, many colleges and universities have forgotten the essence of their schools. Through the analysis of the interaction mode between physical education and sports training in colleges and universities, this paper explores how physical education in contemporary colleges and universities interact with sports.

## 1. Introduction

In contemporary times, youth education is considered to be the top priority. But when people attach importance to learning, they often neglect their health. The ancients believed that a gentleman should have six skills. They not only require their gentlemen to be well informed and memorable, but also to be good at shooting and riding. Nowadays, people ignore the relevant requirements and only remember the importance of knowledge. Scholars hold many opinions on this issue. In most colleges and universities, physical education is the school's usual physical exercise for teenagers, to cultivate teenagers' love for sports. But there is also contingency in this method. So, some people put forward the interactive mode of physical education teaching and sports training. The use of this method in Colleges and universities will also improve the quality of teaching to a certain extent.

## 2. Problems Existing in the Teaching of Physical Education in China

### 2.1 Institutions of higher learning do not attach importance to physical education

Influenced by exam-oriented education, a major phenomenon prevalent in physical education teaching in Colleges and universities in China is the serious lack of attention to physical education. It is believed that the importance of physical education teaching in Colleges and universities is not well understood as a place to cultivate students' scientific and cultural knowledge. It is mainly manifested in the following aspects: some colleges and universities do not offer relevant physical education courses, or even occupy students' physical education teaching time to make up for students' book knowledge; secondly, according to gender distinction, different genders have different preferences for sports events to a certain extent; thirdly, the most important point is that most colleges and universities lack attention to sports. It neglects the benefits of its physical education to students [1].

### 2.2 Students do not attach importance to physical education curriculum

Influenced by China's educational system and the education of universities themselves and their parents, most students ignore their physical education teaching. Under certain circumstances, physical education teachers in Colleges and universities also consider students' learning pressure, while a large amount of space reduces students' physical exercise. The so-called "three people become tigers". When most people do not attach importance to physical education, students cannot help themselves. Lack of physical education teaching training, mechanical obedience to the training

of learning teachers, cannot let its physical education goals. In most schools in China, in order to improve students' academic performance and self-promotion rate, physical education classes will be cancelled under certain circumstances, which will lead to the generation of students' awareness of sports and cannot understand the significance of their physical education. And in universities, most of the students are not specially recruited students, so in sports, many people have a negative attitude that they do not need to exercise. And the old sports facilities also account for a large part in Colleges and universities, resulting in their students do not want to go and do not want to use mechanical exercise.

### **2.3 Separation of physical education teaching knowledge from practical operation in colleges and universities**

Often in most colleges and universities, PE teachers' classes can be divided into two aspects: physical education teaching knowledge and practical operation, and in general, PE coaches often divide them into two processes. The first lesson is a large-scale knowledge teaching in the indoor gymnasium, and the second lesson is a large-scale practical operation. But in most cases, without the guidance of teachers, it is difficult for students to combine their sports knowledge with their relevant practical operation. In some colleges and universities, the teaching knowledge used in physical education is too dull and backward, and it is not combined with sports training, so that its physical education teaching cannot be carried out normally [2]. And to a certain extent, without the guidance of physical education teachers, most students will not warm up, or do it carelessly. Therefore, many students will have relative accidents because the warm-up is not complete, leading to safety accidents. These phenomena often occur in our colleges and universities. Therefore, the students' attention to sports has also declined, which separates their recognition of the theoretical knowledge of physical education from the actual operation of physical education.

### **2.4 There are hidden dangers in physical education curriculum in colleges and universities**

Sports events have been carried out in most colleges and universities, but there is a lack of education on students' awareness of sports safety. And sports games are often carried out outdoors, if no longer under the leadership of physical education teachers, it is easy to have problems. In the process of using mechanical equipment, students often lack the methods or ways to use them, and do not have the consciousness to protect themselves, which ultimately causes life-long regret. In order to prevent this safety accident from happening again or reduce the probability of this accident, we should strengthen the safety construction in college physical education teaching [3]. In some colleges and universities, the sports knowledge they teach is too specialized, and their students cannot find the corresponding knowledge to protect themselves. It may also affect their own cognition to a certain extent, leading to a series of inestimable problems. Therefore, in the course of teaching its students, there are still more or less security risks, which need to be improved by college sports teachers or relevant departments.

### **2.5 Institutions of higher learning lack physical education teaching facilities, or outdated facilities, inadequate teaching staff.**

This year, with the increasing number of students studying for postgraduate entrance examination, the corresponding colleges and universities have also expanded their enrollment. The number of students in Colleges and universities has been increasing, and the corresponding facilities cannot be increased in a short time. As a result, their sports facilities cannot match the number of students, and many students cannot participate in activities or exercises. Although there are many optional courses in physical education, they still cannot meet the needs of their students. A teacher often teaches physical education to seventy or eighty students, which results in that not every student can learn useful things from the classroom. In addition to the number of teachers is not enough to teach, the use of teaching facilities and exercise facilities are in short supply, venues and facilities are not met. Although many schools are also building in new areas, but it really takes a long time, when the physical education teaching facilities are well built, their colleges and universities will face more people, so that they continue to cycle. However, with the development of

society, the demand of society for its students is getting higher and higher. Therefore, the state has also made considerable help to the construction of sports teaching facilities in Colleges and universities [4]. However, in view of the current situation, it is still necessary to develop the construction of sports teaching facilities in Colleges and universities.

### **3. The Practical Significance of the Interactive Model of Physical Education Teaching and Sports Training in Colleges and Universities**

In recent years, the state has changed its previous attitude and called for attention to physical education. Therefore, colleges and universities have paid more attention to their physical education students and their physical quality. However, compared with other countries, China still has the problem of insufficient attention to physical education. In other countries, their sports have been systematically studied and constantly improved, so that their students can learn and play better. So, we can often see famous sports teams abroad. Compared with our country, although there are special sports students, but there is no corresponding system for their training [5]. Therefore, we need to train their sports talents, but also need professional technical personnel to guide their sports training system. Therefore, to a certain extent, we need more sports awareness talents. Therefore, we should promote the implementation of the interactive mode of physical education and sports training in Colleges and universities, strengthen the enthusiasm of young people, train more talents about physical education and sports competitions, and add luster to our motherland.

### **4. The Specific Method of the Interactive Model of Physical Education Teaching and Sports Training in Colleges and Universities**

#### **4.1 Strengthen and perfect the sports facilities and equipment in colleges and universities**

To become a first-class university, its physical education is also an integral part of it. In carrying out activities, their sports competitions can also add elegance to colleges and universities. In today's society, the government also pays more and more attention to the comprehensive quality education of teenagers. However, due to the lack of attention to physical education in Colleges and universities recently, there are fewer outstanding representatives in the field of physical education, and there are many potential safety hazards in sports facilities. Therefore, to a certain extent, in order to ensure the all-round development of students' teenagers' quality, we should strengthen their physical resources and manpower in sports and build a certain sports award fund. Strengthen people's attention to their sports and provide corresponding talents for sports events or activities. In the past, colleges and universities did not attach enough importance to sports, and their related sports facilities were deficient. Therefore, in order to train its professionals, the first step is to speed up the construction of sports teaching facilities and provide free sports venues for students. Under the relative circumstances, there should be relevant personnel to manage, and put an end to the situation of arbitrary charges for school sports facilities, mobilize and strengthen the enthusiasm of students for sports activities. It also goes against the national intention to strengthen physical education and training.

#### **4.2 Physical education in colleges and universities should be matched with physical training**

In physical education teaching in Colleges and universities, we should pay attention to the students, discover the hidden dangers in students' sports in time, correct them in time, and strengthen the cultivation of their safety awareness. To a certain extent, the combination of physical education teaching and training can mobilize the enthusiasm of students, increase the amount of exercise of students, and make them have a strong physique. In teaching, we should pay attention to its key. In teaching student's sports theory knowledge, we also need practice to make students better understand the importance of sports training. Only by combining practice with knowledge theory can we bring better teaching experience to students. School sports training can teach students a variety of projects. It is also necessary to strengthen its investment in sports, establish a sound sports teaching system, and strictly require students to meet the standards of movement, cultivate

students' love of sports, develop daily sports habits, strengthen their physical fitness, and lay a solid foundation for their better learning. Don't be trapped by physical illness.

### **4.3 Strengthen college students' correct understanding of physical education course**

Teenagers are the future of the development of the motherland. In order to develop in the future, we must pay attention to the healthy development of teenagers. It requires not only their study, but also their own healthy body to a certain extent. In strengthening their physical fitness, the key is to strengthen their sports awareness. Here, there are three aspects. First, college physical education teachers can innovate the ways and methods of physical education teaching, mobilize the enthusiasm of students, let students participate in sports activities independently, and gradually increase their physical fitness. In teaching, we should pay attention to the physical health of adolescents and their health status when they grow up, and timely adjust work items and activities [7]. Second, we should pay attention to the students' psychological situation in sports training. Once we find out the problems, we should quickly find out the reasons for the problems of their students. Because some colleges and universities will carry out special enrollment, so special enrollment of sports students will carry out a series of sports competitions, to obtain certain economic incentives. However, there is also a situation of competition failure, so at this time it needs the guidance and communication of physical education teachers, so that they can get out of the shadow of the game more quickly. Thirdly, schools can hold large-scale sports events to raise the attention of students in sports events, make them pay more attention to sports, help students find fun, and strengthen the cohesion of class construction, understand the connotation of sports spirit [8].

### **4.4 Physical education in colleges and universities should interact closely with sports training**

In the 21st century, healthy body is the most precious wealth of people. In schools, companies or large enterprises, all need the spirit of hard work, and this spirit is based on a healthy body. Therefore, in order to strengthen students' attention to their sports, colleges and universities should pay attention to the close interaction between their physical education teaching and sports training. In order to promote the development of their ideas, it needs a benchmarking role. And as a benchmark is the teacher, so-called teacher, preach and teach. Therefore, to a certain extent, teachers also have a strong impact on students. Moreover, in students' learning, teachers spend more time with students, and their impact on students is more important. Moreover, when teaching students physical education, we should pay more attention to the students themselves so that they can have relevant sports concepts, understand the spirit of their sports, combine them in daily life, and have a certain sense of sports [9].

## **5. Conclusion**

Colleges and universities should pay attention to the all-round development of their students, make them have a healthy body, so that they can better learn knowledge in school. Therefore, we should strengthen the interaction between physical education teaching and sports training, mobilize students' enthusiasm, make them actively participate in sports activities, and cultivate their good habits of physical exercise. When educating teenagers, colleges and universities should take reasonable measures to improve their quality and learning. Strengthen the physical education teaching in an all-round way, make it interact with the sports training, and change the style of the school.

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