

The Construction of Physical Education Teachers' Professional Development and Core Quality

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Abstract: In the new economic era, the transformation of traditional teaching methods has led to the development of the physical education major. Among them, the core literacy of sports involves the professional quality and ability of teachers, which has positive significance for improving students' sports skills. The core literacy of physical education teachers is the premise of normal teaching of physical education. Only when physical education teachers have core literacy can they pass on core literacy to students. In order to cultivate students' core literacy, the core literacy of physical education teachers is of great significance. Therefore, this paper points out the problems existing in the development of professional core literacy of physical education teachers, and then proposes solutions and gives specific implementation suggestions, in order to improve the core literacy of teachers through these methods, and provide some ideas for cultivating sports all-round talents.

1. Research background

1.1 Literature review

In recent years, with the strong support of the state, the education method has been continuously updated, and the concept of teachers' core literacy has also been paid attention to by colleges and universities. Therefore, the requirements for teachers of physical education disciplines are also stricter (Yang and Wang 2017). Literacy refers to a kind of moral cultivation, which is obtained through continuous training and practice. Nowadays, the meaning of literacy is constantly expanding, including the physical, mental, cultural, professional and political aspects of a person. The concept of "core literacy" (Key Competencies /Competences) was proposed in a European Union report. Core literacy refers to the ability and character that must be possessed in order to adapt to society, such as personal cultivation, national feelings, etc (Yuan, 2017). In the field of school education, it refers to the moral qualities and key abilities that teachers need to develop students. As one of the ways to cultivate students' quality, physical education has a pivotal position in Chinese college physical education. Among them, the core literacy of teachers is the focus of development and is valued by universities (Lian, 2017). For the physical education discipline, the core literacy of teachers is the basic teaching requirement, and it is also a necessary condition for students to develop the remaining aspects of their abilities. Although the core literacy training of physical education teachers has been valued by colleges and universities, because there is no systematic method, the core literacy of physical education teachers is still a major problem in colleges and universities. This paper summarizes the ways of teaching reflection, education research, school-based training, teaching evaluation, etc., and puts forward ideas for the professional development of physical education teachers (Shang et al, 2018). At the same time, through the systematic method to improve the core literacy of physical education teachers, it can also improve the basics of students' physical education, let students find the correct training methods and methods suitable for themselves, and condense the core literacy of students.

1.2 Purpose of research

With the continuous development of the times, the emphasis on the development of physical education in colleges and universities is constantly improving, and the development of physical

education has become the focus of attention in various fields. With the core literacy of students and the core literacy framework, the requirements for the core literacy of physical education teachers are also increasing. The development of physical education teachers should also be constantly reformed. How to improve the core literacy of physical education teachers has become the first problem that the current reform needs to face.(He, 2017).Only the core literacy improvement of teachers can lead to the continuous improvement of students' core literacy. The improvement of teachers' core literacy plays a positive role in the improvement of students' core literacy. Therefore, the professional reform of physical education teachers is a realistic need, and it is also a process that must be experienced in the professional development of physical education teachers. Only by first upgrading the core literacy of physical education teachers can we play a better role in cultivating students' core literacy.

2. The concept and content of core literacy of sports major

Physical education teachers are affected by issues such as treatment, status, and ability in their careers. At the same time, due to the monotony and tedious work, physical education teachers have a slack mentality. After the concept of teacher core literacy was put forward, colleges and universities applied it to the professional of physical education teachers, in order to provide some ideas for improving the professional quality of sports. In other words, the main contents of the core literacy of sports major include the following.

2.1 Sports ability and cognition

Exercise ability and cognition contain two important branches, ie, motor cognition and athletic ability(Zhang, 2016).The so-called athletic ability refers to the ability to regulate the coordination between different muscle groups of the body through nerves in order to achieve specific actions in physical activity. Basic athletic ability and special athletic ability are the two parts that make up athletic ability. The basic sports ability of the core literacy of sports major can be divided into walking, running, jumping, throwing, climbing, etc., while the special sports ability includes the ability of competitive game and exercise ability. The real ability of the special sports reflects the basic sports ability, and the basic sports ability is the premise of the special sports ability. Sports cognition as a emotional support plays a significant role in the expression of athletic ability. Feeling, thinking and result, as a concrete manifestation of sports cognition, have a positive effect on sports technology skills, sports health acquisition, transformation and evaluation, and sports theory knowledge.(Zhou et al, 2017).

2.2 Knowledge and health behavior

As an important part of the core literacy of sports majors, health knowledge and healthy behavior play an important role. In order to enable students to have a healthy lifestyle, college physical education teachers should create a scientific fitness method. Among them, excessive exercise can cause physical damage to students, and it is necessary for colleges and universities to vigorously popularize the safety awareness of sports.(Pan and Wang 2009).In the physical education discipline, students and teachers need to choose the exercise method that suits them according to their actual situation, as well as the relaxation behavior after exercise. How do students exercise for their own health? First, students need to have a correct understanding of healthy sports behavior. The premise of having a correct understanding is that students have sufficient health knowledge so that students have the correct health sports awareness. Health knowledge and healthy behavior are complementary.

2.3 Sports Morality and Sports Emotion

Sports morality and sports emotions, as an important part of the core literacy of sports majors, play a vital role in the development of sports health. Sports morality mainly means that students need to have the correct sportsmanship, sportsmanship and sportsmanship. Sports morality needs positive and positive characteristics. The burst of sports emotions allows students to start to like

sports, which in turn causes students to be interested in sports, and ultimately makes students happy to exercise and fall in love with sports. As the emotional tone of the core literacy of sports majors, sports morality and sports emotions need to cooperate with each other, so that the core literacy of sports majors can be cultivated to the greatest extent.

3. Problems in the development of professional core literacy of physical education teachers

3.1 The professional ability of physical education teachers needs to be strengthened

The implementers of basic physical education in colleges and universities are physical education teachers in colleges and universities. In addition to teaching students physical education, they also need to be responsible for the core literacy training of students' physical education, but this undoubtedly raises the requirements for the ability of physical education teachers. Therefore, under the traditional mode, the knowledge acquired by the physical education teacher profession can no longer meet such requirements, and the core literacy of the physical education teacher profession must be reformed. At present, some colleges and universities have increased their attention to the sports major, specially set up sports colleges, and set up relevant training. But in the process, there are still many factors that have an impact on the professionalism of physical education teachers. For example, physical education teachers have busy tasks, inadequate treatment, and low ability and quality, and ultimately the mentality changes. Lax in the profession and no longer pursue professional development. Therefore, the enhancement of the professional ability of physical education teachers requires the efforts of colleges and universities, and the professional ability of physical education teachers is also needed.

3.2 Physical education teachers have weak self-learning ability

Under the contemporary college education model, only new teachers will prepare lessons carefully. Experienced teachers are no longer going to prepare lessons. They may follow the previous lesson plans for students, or use their own experience to teach students. These experienced physical education teachers do not have specific teaching methods when they teach. They will only tell the students what they need to teach, but they will not guide the students, making them lack of thinking about the content of the lectures. Therefore, the quality of teaching is difficult to improve. The traditional teaching mode has always used the “professor + demonstration” method. In some colleges and universities, physical education teachers are hard to achieve satisfactory results when teaching. The reason is that teachers often only do some simple explanations during teaching, and the demonstration of action is also perfunctory, or there is no demonstration link at all. In addition, due to the popularity of multimedia in colleges and universities, many “Abstract” actions can be presented in the form of multimedia. However, due to the teacher's own teaching level, this advantage can not be used very well, and can not effectively improve the students' enthusiasm for learning. Therefore, the teaching level of colleges and universities has been lagging behind.

3.3 Physical education teachers lack of exploration ability

At present, there is a big gap in the level of physical education teachers in Chinese universities. Although most of the colleges and universities are dominated by undergraduate students. However, there are still a small number of college physical education teachers who are old teachers with a college degree or even a secondary school degree, and teachers with postgraduate qualifications are rare. Because there is a problem of slow research in college physical education, the teaching of physical education teachers is only repeating the work, and some of the rare achievements are only the experience summary in the teaching work. Most of the achievements of college physical education teachers are forced by the pressure of the school, or to meet the task of completing the school title evaluation. Therefore, the level of scientific research results is relatively low. There are very few physical education teachers who are really engaged in academic purposes and are working on the results of scientific research. Therefore, most of the physical education teachers can not adapt to the reform of teaching, and can only be used as a practitioner of physical education, rather

than an innovator of physical education.

4. Thoughts on the core competence of physical education teachers' professional

4.1 Cultivate its core literacy quality by enhancing professional expertise

Physical education teachers first need to complete their own transformation, from core literacy instructors to core literacy guides. Only in this way can physical education teachers play their due role in the growth of students. Only when students change from learning knowledge to learning, students will progress, and the role of physical education teachers should have the effect they deserve. Physical education teachers need to constantly improve their professional knowledge and skills, break the traditional teaching mode, update their own educational methods, and use the latest educational methods to teach students. In teaching, physical education teachers also need to teach students according to their aptitude, classify the students' levels, and teach according to different levels of students. Through language skills and qualified demonstrations, students can quickly accept what they have learned. Through language skills and demonstration actions, leaving a good feeling in the heart of the students will also play a positive role in the cultivation of the core quality of the students.

4.2 Cultivate core literacy quality through the method of educating people

“Lide Tree People” is another new basic concept after the “Quality Education” is proposed, and is the focus of deepening education reform. The university bears the heavy responsibility of cultivating high-quality talents. Moral education is also an important criterion for evaluating talents. Physical education plays an irreplaceable role in the function of moral education. In the process of teaching, physical education teachers need to combine scientific and cultural knowledge, ideological and moral literacy and professional skills to train students. Physical education is an indispensable part of the physical education process. In this process, students should be fully trained to be tenacious, hard-working and persevering in the face of difficulties. At the same time, we must pay attention to training students to unite and cooperate with each other. The character of helping each other. In the sports competition, strengthen the self-improvement performance of students to break through the self, be brave to challenge, and not afraid of failure.

4.3 Popularize sports knowledge and health knowledge and increase core literacy skills

The cultivation of students' cognitive ability in physical education is mainly carried out in three aspects. They are students' understanding of sports, their athletic ability and their exercise habits. Physical education teachers should start with the interests of students and let students choose their favorite sports according to their hobbies. Transform students' thinking and improve students' understanding of sports. Physical education teachers need to cultivate students' sports and sports concepts, use scientific methods to train students, and let students develop morally, physically, and beautifully. Physical education teachers need to strengthen the education of students' health knowledge when they are training their core quality. Allowing students to correctly understand health knowledge is conducive to the development of students' physical and mental health and avoid the unbalanced development of student literacy. Physical education teachers should let students understand the importance of exercise to health. Physical education teachers need to constantly adjust the psychological balance of students so that students can fully understand the risks and hidden dangers in sports. Only in this way can students understand the causes, methods and precautions of exercise. Only by continuously increasing students' knowledge of healthy behavior can students be allowed to exercise correctly.

5. Conclusion

In the current context, the development of physical education teachers needs to rely on scientific methods to cultivate students' core sports literacy. Physical education teachers need to start from the actual situation, combine students' hobbies, stimulate students' interest, and improve students' sports

concept, so as to achieve students' change of sports concept. In order to achieve the purpose of teaching, physical education teachers need to constantly change the educational methods. The development of physical education teachers is a process of constantly surpassing the past. Only by constantly surpassing can we ensure the unity of teaching methods and students.

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