

# **Application of Locke's Educational Philosophy in Traditional Physical Education in Colleges and Universities under Big Data**

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**Keywords:** Big data, Traditional sports, Locke's philosophy of education

**Abstract:** Rock education philosophy advocating the spirit of people-oriented, has an important guiding role in the sports teaching, therefore, in this paper, the traditional sports teaching as the research object, fully how to use the theory of Locke's philosophy of education, Locke's philosophy of education on the guidance of the traditional sports teaching in colleges and universities, emphasis on physical education teaching should close to life, and physical education should be people-oriented, again around of the traditional sports teaching interest improve the university teaching quality of traditional sports In order to provide effective reference for promoting the development of traditional physical education in colleges and universities, this paper puts forward the practical application of Locke's educational philosophy in traditional physical education in colleges and universities in the context of big data

## **1. Introduction**

Locke's philosophy of education has become more widely used in the global education, focuses on cultivating students' physical and mental health, so that the students can become an excellent doer along with our country gradually strengthen to the attention of the university sports teaching, Locke's philosophy of education also gradually into the sports teaching in colleges and universities, and has a positive influence on the sports teaching in colleges and universities, therefore, changing the concept of sports teaching, update teaching methods, innovating the teaching mode, has become an important measure of sports teaching in the future

## **2. Locke's Educational Philosophy for the Guidance of Traditional Physical Education in Chinese Colleges and Universities**

### **2.1 Physical Education Should Be Close to Life**

At present, the content of physical education in colleges and universities in China is lack of some elements of real life, which cannot be fully integrated into physical education. Moreover, it is a little divorced from the life style of college students, which makes it difficult for college students to effectively transform their learned physical education ability into their own living habits. At the same time, teachers attach too much importance to the cultivation of students' physical performance, such as speed, physical ability and sports skills, and neglect the cultivation of college students' sportsmanship. In the long run, students in colleges and universities will simply take sports as their learning objectives, and do not take sports as their life content, which will not be able to meet the requirements of sports quality education, but also make sports teaching lose the significance of development. Locke's philosophy of education requires that physical education should be close to life, and the content of physical education should be designed around real life, so that college students can carry out the spirit of sports into real life, develop a good habit of sports, and promote college students to actively participate in sports in daily life.

### **2.2 Physical Education Should Be People-Oriented**

At present, the content of physical education teaching in colleges and universities in our country is relatively rigid. Teachers teach students blindly in accordance with their own methods in the

actual teaching process, failing to take into account the differences between college students and lack of individualized teaching methods, making it difficult for college students to improve their physical education level. At the same time, teachers lack of innovation in the process of physical education, blindly according to the content of textbooks to explain, it is difficult to improve the interest in physical education, seriously weakened the interest of college students in sports. In the long run, college students' physical education level can not be effectively improved, and thus lose confidence and interest in sports, which is not conducive to the development of sports in college teaching. Locke's philosophy of education requires that physical education should follow the principle of people-oriented, all around the actual situation of college students to carry out, to change the original concept of performance-only, not to take physical education as a way to assess college students' physical education level, but to take physical education as a way to cultivate college students' interest in physical education. Only by making college students really love sports can the fundamental purpose of physical education be achieved.

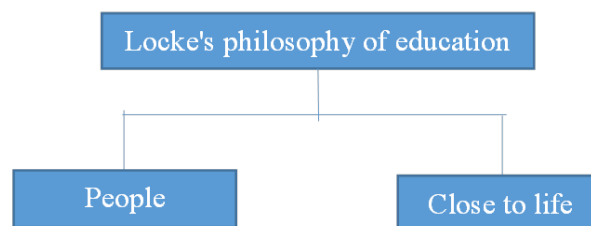


Fig.1 Locke's Philosophy of Education

### 3. Application of Locke's Educational Philosophy in Traditional Physical Education in Colleges and Universities under Big Data

#### 3.1 Make Use of Big Data Technology to Improve Traditional Physical Education Teaching Interest in Colleges and Universities

Under the theory of Locke's educational philosophy, college physical education should not be too boring, but should be interesting to some extent, so that college students can feel the charm of sports in physical education, and take the initiative to participate in sports, so as to achieve the effect of teaching through fun. Therefore, colleges and universities should innovate the means of physical education, and change physical education from boring training to interesting games, so as to improve the atmosphere of physical education. In the context of big data, teachers should design interesting physical education teaching content with the help of multimedia technology. Instead of relying on the monotonous oral explanation, teachers should take the initiative to drive the teaching atmosphere of physical education and stimulate students' interest in physical education. , for example, in the badminton teaching, teachers can use multimedia technology skillfully make a novel badminton video and animation simulation video, fully display the badminton serve, spike, chop and catch a number of technology, and the technical difficulties through video effect is optimized, which adds to the fun badminton teaching, make the college life as soon as possible to master learning, to bring to the badminton. In addition, some recreational competitions related to badminton can also be designed in class, such as service matches and double exhibition matches, so that college students can participate in badminton through coordination and cooperation, improve the teaching atmosphere of badminton, and make college students devote themselves to badminton training. Finally, you can also cut some badminton match highlights, such as Lin Dan, lee and dragon excellent players in each big events such as stroke, to colleges and universities to badminton also has a strong appreciation and interesting, and also can use all kinds of fancy moves to hit every ball, make college life really love badminton the sport.

#### 3.2 Use of Big Data Technology to Enhance the Quality of Traditional Physical Education Teaching in Colleges and Universities

Under the theory of Locke's education philosophy, college physical education teaching should

not rely too much on rigid and stylized explanation, but teach college students to master scientific methods of physical education, so that college students have a solid foundation of physical education knowledge. Therefore, colleges and universities should change the teaching methods of physical education, abandon the mode of mechanized teaching, and should consider from the perspective of college students, follow the people-oriented teaching philosophy, and adopt professional teaching methods to enhance the level of college students' physical education. In the big data environment, teachers can make full use of the Internet platform to effectively integrate network technology into physical education. For example, in the basketball teaching, because the university gave birth to their own physical quality, personality characteristics and age all have some differences, teachers should according to the actual situation of each university life to make a personalized teaching plan, and going to pull in the same class all the students WeChat group, will be released each class training requirements to WeChat group, each university student's basketball level can be improved accordingly. For college students lacking basketball skills, they can focus on the training of strong dribble, three-step layup and turn. For the college students with weak shooting ability, they can focus on the training of shooting posture and shooting technique. Born due to the basketball court is larger, the number is more, the teacher can't focus on the training of all colleges and universities have at the same time, can guide the university student own training will real-time results to WeChat group, such as shooting, three-step layup hit ratio and dribbled half-court time, etc., thus effectively grasp the actual training situation of each university life. In addition, if college students have doubts in basketball training, they can send messages to teachers on WeChat at any time, so that teachers can make targeted explanations at the first time. If college students want to conduct basketball training independently outside the classroom, they can also send their questions about basketball training to teachers through WeChat. Teachers can conduct remote teaching through WeChat video, so that college students can adjust in time.

### **3.3 Using Big Data Technology to Optimize Traditional Physical Education Teaching Mode in Colleges and Universities**

In Locke's educational philosophy, college physical education should not be confined to the classroom, but should be extended beyond the classroom to provide more opportunities for college students to learn physical education, and the spirit of sportsmanship should be implemented in their daily life. Therefore, colleges and universities should optimize the model of physical education. They should not only attach great importance to physical education in the classroom, but also vigorously carry out physical education outside the classroom, and actively carry out the second classroom, so that college students can participate in the physical education at any time, so as to improve their own physical education level. In the context of big data, colleges and universities can set up complete online physical education courses and set corresponding class hours to guide college students to take the initiative to learn physical education in extracurricular time. In table tennis teaching, for example, can be integrated in the network platform of table tennis teaching resources of colleges and universities, some professional table tennis teaching video, and table tennis video download, designed a set of network teaching course, the whole course is subdivided into 12 classes, college life within the allotted time watching video network courses, and the network teaching, as in this semester the learning task, into the credit system in colleges and universities, to drive the colleges and universities have actively involved in the table tennis of network teaching. In addition, colleges and universities can also establish a network platform, such as WeChat public number and campus network in colleges and universities, colleges and universities can take the usual sports learning experience and uploaded to the colleges and universities by sports video network platform, and set up a special message board, so that the college teachers and students to communicate in the comments section, in a timely manner to discuss some learning skills about sports, preventive measures, such as current affairs, inspire all the colleges and universities' enthusiasm for sports, born helps to enhance their sports level in colleges and universities. For example, college students can play football matches in their spare time and post the game videos to the Internet platform after the matches, express their views on the

process of the matches, and let others provide effective Suggestions on their football skills, so as to facilitate targeted football training.

### 3.4 Make Use of Big Data Technology to Enrich Physical Education Teaching Activities in Colleges and Universities

In Locke's educational philosophy theory, college physical education should not be separated from the actual life, but should return to life, get close to life, and fully integrate the life elements into physical education, making physical education become a part of college students' actual life. Therefore, colleges and universities should actively integrate life materials, inject life elements into physical education, actively organize some physical education activities, cultivate the physical culture of college campus, stimulate the enthusiasm of college students for sports, and make physical education gradually become an important part of college students' daily life. In the context of big data, colleges and universities can jointly create a series of excellent physical education activities through the network platform, and use the network platform for effective communication to actively promote the physical education culture in colleges and universities. Colleges and universities, for example, can draw lessons from the current most popular online variety, such as running brothers and ultimate challenge program, and will tear famous brand as the colleges and universities sports teaching activities, encourage colleges and universities have actively involved in this kind of sports activities, on the one hand can cultivate college student love for sports, on the other hand can also spread the campus sports culture. In addition, still should change the traditional concept of physical education teaching in colleges and universities, colleges and universities can not be born of the cultivation of sports scores as the only standard, also should strengthen the gave birth to the cultivation of the spirit of sports in colleges and universities, to colleges and universities have realized that sports is not only to cope with the physical examination, but use sport as a important way to keep fit, consciously cultivate the consciousness of physical exercise, through long-term regular physical exercise to enhance their physical quality. Can be carried out in colleges and universities, for example, in the spirit of sports as the theme of the lecture, and through multimedia equipment to play some of the physical fitness of propaganda video, guide all the inner meaning of university teaching in sports right, promote university student's sports spirit, called on university life in the future work and daily life are actively engaged in sports, in order to become a well-rounded outstanding university student.

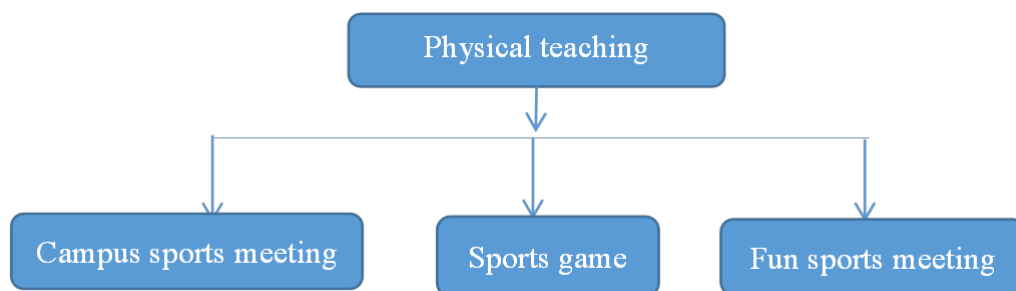


Fig.2 Types of Physical Education Activities

## 4. Conclusion

To sum up, Locke's philosophy of education has important guiding significance for traditional physical education in colleges and universities. Colleges and universities should innovate the means of physical education, change physical education from boring training to interesting games, and improve the atmosphere of physical education. At the same time, we should change the teaching methods of physical education, follow the teaching concept of people-oriented, and adopt professional teaching methods to enhance students' physical education level. In addition, the teaching mode of physical education should be optimized and the second class should be actively carried out to enable college students to participate in physical education at any time. Finally, life

elements are injected into physical education to cultivate the physical culture of college campus, so that physical education gradually becomes an important part of college students' daily life.

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