

Research on the Teaching Mode of Physical Education in Colleges and Universities under the National Standard of Students' Physical Health

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Abstract: At present, there are still many deficiencies in the physical education in Colleges and universities, which need to be solved urgently. Therefore, colleges and universities should carry out physical education practice reform to meet the requirements of the national standards of students' physical health. This paper first analyzes the current situation of physical education in Colleges and universities, and then combined with the current situation and the requirements of the national standards of students' physical health, puts forward the research of physical education teaching mode in Colleges and universities for reference.

1. Introduction

On July 18, 2014, the Ministry of Education issued the new national standards for students' physical health. Compared with the previous standards, the new national standards for students' physical health clearly defined the sports test items and indicators, and also improved the evaluation system for sports teaching effect. For colleges and universities, we should refer to the new standards of physical education reform practice, better exercise the physical quality of students.\

1.1 The Concept of Physical Education is Backward and Colleges Do Not Attach Importance to Physical Education

Influenced by the traditional teaching concept, at present, many colleges and universities only limit their physical education to specific items, and do not train the students' comprehensive physical education quality, so that the students' mastery of sports skills can not meet the requirements of the current society. In addition, many schools only pay attention to the cultivation of cultural courses, but not to physical education. Teachers of related professional courses often occupy the teaching time of physical education courses to teach culture courses, and students seldom have access to physical education teaching content, so they can not form a correct concept of physical education teaching.

1.2 There is No Clear Goal in College Physical Education

At present, the country has a specific inspection index for students' physical education quality, so many colleges and universities carry out physical education in order to prepare for the examination, only for the training of students' examination items, without considering the actual needs of students and the cultivation of students' interests, physical education has no clear goal. Physical education teachers in schools do not have a clear plan for the teaching content, even if there is a teaching plan, they do not fully consider the combination of students' physical and mental health, the goal is vague, and it is difficult to cultivate comprehensive physical education talents to meet the needs of the society.

1.3 The Teaching Mode of Physical Education is Backward and the Assessment Method is Unscientific

At present, most of the physical education teaching modes adopted by colleges and universities are students' independent practice after the teacher's explanation and demonstration, and then the teacher gives corresponding guidance in this process. This kind of teaching mode is very backward, which can not fully mobilize students' interest in sports learning, easy to cause students to have

resistance, which is not conducive to the smooth development of sports teaching. In addition, colleges and universities also have a single way to assess the quality of students' physical education learning. They only pay attention to the students' academic performance at the end of the term, through practical tests, through a test to determine the strength of students' ability, and ignore the students' performance in the learning process. This way of assessment can not fully pay attention to the individual differences between students, which is not conducive to the cultivation of students' quality.

1.4 Insufficient Physical Education Facilities and Teachers

As colleges and universities do not pay attention to physical education, many schools invest very little in physical education facilities, so the physical education facilities in schools will appear old or insufficient phenomenon, which is not conducive to the improvement of physical education quality. Moreover, some old physical education teaching facilities are likely to have accidents when students use them, which poses a threat to the safety of students. At the same time, there is still a lack of teachers in college physical education. Many colleges and universities lack experienced PE teachers to train students professionally, and many school teachers have strong PE skills, but they lack the ability to train students, which leads to the stagnation or even decline of PE teaching quality. Moreover, the school does not pay attention to the training of physical education teachers, so it is difficult to improve the teaching staff.

2. Research on the Teaching Mode of Physical Education in Colleges and Universities under the New National Standard of Students' Physical Health

Colleges and universities should improve the evaluation system of physical education teaching, so that it can better evaluate the results of physical education teaching. First of all, we should change the traditional way of final examination, and examine the students' mastery of sports skills in all stages of their study. In addition, the school should pay attention to the individual differences of students, and adopt the way of layered teaching and layered assessment to carry out physical education, so as to constantly improve the students' self-confidence and interest in physical education.

2.1 Improve Physical Education Curriculum and Enrich Teaching Content

To study the teaching mode of physical education in Colleges and universities, first of all, we can improve the course facilities of physical education, change the course of physical education from elective to compulsory, so that every student can participate in the course. In addition, it can also increase the teaching hours of physical education courses properly, so that physical education teachers have enough time to improve the comprehensive quality of students. In addition, college teachers should also enrich the content of physical education. Physical education is not only limited to the content of assessment, but also to make the teaching content more diversified, cater to different interests of students, pay attention to individual differences, so that students have strong interest in physical education.

2.2 Form Characteristic Physical Education Teaching Mode

The traditional physical education teaching mode is not used in the new teaching forms and standards, so each university should form its own cultural characteristics of physical education teaching mode. First of all, we should weaken the concept of sports competition, pay attention to the cultivation of students' interest and comprehensive physical quality, so that every student can feel the fun of sports teaching activities and devote themselves to sports courses. In addition, we can combine physical education with community activities to make students feel the charm of sports in the game.

3. Conclusion

To sum up, the new “national standards for students' physical health” has optimized the indicators of the previous standards, which can better train the students' physical quality, cultivate more future sports generals for our country, and have an important significance for the development of our country's future sports cause and students' self-health. Therefore, colleges and universities should also actively cooperate with the implementation of the new “national standards for students' physical health”, and constantly carry out reform and practice of school physical education, so that it can better adapt to the new situation. In addition, colleges and universities should also be aware of the shortcomings of the current stage of physical education, and take corresponding strategies to correct in time, so that the quality of physical education continues to improve.

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