

# **The Reform and Innovation of PE Teaching in Private Colleges and Universities Based on Innovation and Entrepreneurship Development**

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**Abstract:** Private colleges and universities pay more attention to cultivating students' innovative thinking and ability when training sports talents for the society. At the same time, private colleges and universities are more concerned about students' practical ability and quality. So, the cultivation of the teaching activities, students' innovation and entrepreneurial ability of PE courses in private colleges and universities are analyzed in this paper. Base on the innovation and entrepreneurship environment, it is of great importance for the reform and innovation of PE teaching in private colleges and universities.

## **1. Introduction**

With the development and improvement of the whole social and cultural quality, we face many problems in physical education. Under the background of the innovation and entrepreneurship development in China, this paper discusses the PE teaching problems existing in private colleges and universities. Base on the overall situation and professional competence of private colleges and universities, we should actively encourage the innovative spirit of PE teaching. Our goal is to cultivate talents with high quality, social development and social needs. Under the trend of innovation and entrepreneurship in China, the students of private colleges will constantly improve and develop themselves, which is the main goal at this stage. So, private universities must cultivate students' innovative and entrepreneurial ability when developing physical education. The scientific curriculum can meet this requirement.

## **2. The Importance of Integrating Innovation and Entrepreneurship Education into the Sports Teaching**

Innovation and entrepreneurship education is integrating innovative ideas and entrepreneurial ideas into physical education, which will have a big effect for the students in private colleges and universities. Innovation education will break the traditional single teaching methods and ideas in the teaching process. The future PE teaching mode will be the combination of open teaching environment and exploratory teaching philosophy. PE teachers must use a variety of teaching methods and modern teaching techniques for promoting the relationship between teachers and students. Physical education teachers can cultivate innovative thinking, consciousness and innovation ability in teaching activities. Which will improve and promote the progress of student personality. However, innovation and entrepreneurship education is a supplement to education. And it is also an important measure to deal with current student employment. Private colleges and universities keep cultivating and improving students' basic qualities in education, such as Cooperation, innovation, exploration, persistence and perseverance. Private colleges and universities should adjust the sports teaching activities with the development of the society, and train the talents needed by society. The society has put forward higher requirements for the ability and quality of students in private colleges and universities. So, the teaching reform should be carried out in the education teaching process. The purpose of the PE teaching reform in private colleges is to improve students' overall quality and ability. Which can protect students' employability better. Through the investigation of private colleges and universities in China, the innovation and entrepreneurship education has been recognized by many schools and it is required

to be included in sports education. Physical education will help students to enhance their psychological and psychological quality and help students develop initiative and creativity in the future social life.

### **3. The Present Situation of Physical Education in Private Colleges and Universities**

#### **3.1 The traditional course model**

The teaching mode of physical education is relatively backward and complex. It is mainly manifested in the following two aspects. First, there are all kinds of sports, and any movement pattern is similar. Second, the content of physical education is repetitive, lacking of time, health and professionalism. In China, most private universities do not choose content based on their personal interests. Physical education are mainly sports such as balls and gymnastics, and students have no chance to choose any sports related to their future career. Traditional courses are not designed for students' favorite sports, and it is difficult to cultivate students' interest in sports.

#### **3.2 The simple teaching form**

At present, the form of PE teaching in private colleges and universities mainly focuses on technical teaching and emphasizes the standardization of technical action. The single form of teaching mode is a common phenomenon of PE teaching in private colleges and universities. In the course of physical education, the monotonous teaching form of PE teachers makes students lack the fun of flexibility, which leads to the monotony of physical education. Physical education courses are mainly models of interpretation, demonstration and practice, lacking subjectivity. Students are tired of listening, demonstrating and practicing, they have no time to feel and experience the fun of the sport, and thus gradually lose the interest in sports. The teaching mode ignores the teaching of sports science and physical education, so that students lose the emotional experience and interest of sports. This makes it more difficult for students to form a good habit of long-term physical exercise.

#### **3.3 The low quality of teachers**

Some private university leaders and PE teachers still can't understand sports reform. They have not formed a new view of sports education, and still use the old teaching ideas to teach. The age, middle and youth of the PE teachers in private colleges and universities are unreasonable, and the proportion of men and women is unreasonable. In addition, teachers' comprehensive quality is not high, they do not know how to keep pace with the society. Physical education teachers are limited to existing knowledge and ability, lacking of enthusiasm and initiative to learn new technologies and new knowledge. Some private colleges and universities teachers lack the resources of fashion, leisure and new sports programs.

#### **3.4 The laggard sports facilities**

Sports facilities are lagging behind. With the continuous improvement of private colleges and universities, their education level and scale have been expanded, but the sports facilities are still relatively backward. This is mainly because many private schools pay more attention to the teaching facilities and the construction of student life. This is mainly because many private schools pay more attention to the teaching facilities and the construction of student life. However, it is difficult to meet education requirements in some private universities, which will affect the process of education reform.

### **4. The Reform of Sports Teaching in Private Colleges and Universities**

#### **4.1 The comprehensiveness of curriculum design.**

Private colleges and universities should make full use of the school sports facilities. Moreover, the traditional sports facilities are transformed to make the school sports education more comprehensive. Private colleges and universities should introduce new sports programs and

establish the comprehensive sports courses. I think the physical education curriculum can set up basic courses, such as gymnastics, basketball, volleyball, etc. These courses can help students improve their physical fitness and training ability. Through these courses, students can master basic sports education and health knowledge. Private colleges and universities can determine the course according to the students' personality and development course. It is directly related to professional sports practice skills and improving students' physical and mental quality. Private colleges can also introduce popular fashion sports such as golf, billiards and yoga. This will help students learn about social movements and lay a good foundation for better integration into the social sports fashion in the future. Private colleges and universities can offer club courses in different subjects, such as fitness, sports, recreation and health. Through these activities, students can develop the ability of self-training and evaluation, so that students can enjoy life and reduce the mental stress in sports. In this way, extracurricular activities are closely related to the initiative and enthusiasm of students' physical education curriculum. So, it can improve students' physical and psychological quality. The comprehensive physical education curriculum promotes the formation of lifelong sports consciousness and achieves a good comprehensive effect.

#### **4.2 The teaching method of improving interest.**

Modern education has realized the transformation from "teacher subject" to "student body". In this method, the teacher should consider all the students and then teach them according to the students' ability. For example, PE teachers can combine the methods of game and competition into classroom teaching. In the course of gymnastics teaching, teachers can give full play to their initiative and let them do it themselves. PE teachers can hold group contests to make the classroom atmosphere high. This way can improve students' enthusiasm. At the same time, teachers should adjust the classroom teaching method according to the actual situation of the class. For students with different proficiency in the movement, group teaching can be adopted with targeted guidance. And, the students who have good mastery of the motor skills are divided into each group, leading the demonstration role and exerting the students' initiative and unity.

#### **4.3 The construction of software and hardware.**

Sports human resources and physical resources are the important conditions for achieving the goal of physical education. Private colleges and universities need innovative teachers to establish a distinctive sports teaching system. So, private colleges should set up the advanced education concept, optimize the structure of teachers and then raise education level. We can mobilize the enthusiasm and creativity of PE teachers. In this way, the reform and innovation of physical education in colleges and universities should be promoted. The school should do its best to provide the PE teachers with the opportunity to learn. At the same time, it is the foundation to promote the reform and innovation of college physical education. So, private colleges and universities should increase their investment in sports funds and promote the improvement of teaching facilities and venues. The pace of physical education curriculum reform will accelerate, and gradually realize the modernization of physical education facilities.

### **5. Innovation of Sports Teaching in Private Colleges and Universities**

#### **5.1 Innovate sports teaching ideas**

Private colleges and universities set up the idea of "seeking knowledge and innovation" and "health first". The sports of private colleges and universities should comprehensively promote the quality education, and set up the sports teaching guiding ideology. Which is enable students to master basic motor skills and develop a good habit of keeping fit. The sports reform of private colleges and universities should change our thinking and set the test as the goal. The author reacquainted with the goal, function, content, means and methods of sports, and constructed a new sports teaching system of private colleges and universities.

## 5.2 Innovate sports teaching objectives

Sports education is not a direct physical exercise. And physical exercise does not equal health. So, physical exercise alone cannot solve the problem of improving physical quality. The problem is that knowledge and skills must be closely combined with the cultivation of consciousness, ability and habit. We should pay more attention to the training of students' fitness awareness, ability and habit, so that students can benefit from physical exercise. The education goal of private colleges and universities from "strengthen the body" to "health first". First, students have a positive understanding of sports knowledge, understand the meaning of fitness, and establish the concept of lifelong fitness. Secondly, students master the knowledge and methods of fitness, and often use various basic sports skills and fitness methods to exercise. Thirdly, students have the ability and habit to exercise independently.

## 6. Conclusion

Through physical education reform, private colleges train more comprehensive sports talents for the society and help students improve their own quality. Private colleges and universities should recognize the importance of innovation and entrepreneurship education. We should explore and find new ways and methods to continuously train high-quality talents. There are many unreasonable aspects in PE teaching in modern private colleges, which is an important part of education. We should keep pace with the society, actively reform and innovate and sum up sports experience. In this way, the PE teaching in private colleges and universities will develop in a more scientific and reasonable direction.

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