

Research on the Coordinated Development of Physical Education and Exercise Training

Zhang Wei

Shaanxi Technical College of Finance & Economics, Xianyang, Shaanxi, 712000, China

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Abstract: With the continuous development of China's economy and the continuous improvement of people's living standards nowadays, the society has posed higher requirements for the comprehensive literacy of employees. Only by cultivating talents with high professional quality and good physical quality, college education in China can meet the needs of social development and provide a good employment prospect for graduates. Now there are still many problems in the current physical education in colleges and universities, making the physical education teaching cannot be effectively carried out and cannot improve the physical quality of students. In this context, this paper aims to make the physical education of colleges and universities better serve education undertakings through the coordinated development of physical education and exercise training, so as to promote the overall progress of students' quality and then promote the development of the country and society.

1. The meaning of physical education and exercise training

Physical education in higher education institutions is a teaching activity carried out in order to realize the comprehensive development of students under the guiding principle for education in our country. Its purpose is to improve the physical fitness of students, strengthen their physical and mental health and enable them to live and work healthily in the future. Based on the purpose of cultivate the physical fitness of students, physical education in colleges and universities generally does not pose much training to students, which can ensure that they can have moderate training. At the same time, PE teachers are supposed to design the classroom content based on the teaching purpose, so that students can not only learn the basic knowledge of sports, but also get effective exercise.

Exercise training refers to the training of sports activities in the teaching of PE course. It is the specific physical activity that PE teachers guide students to do in education activities. After obtaining certain understanding of exercise training through teachers' demonstration and explanation, students carry out sports activities and then accept teachers' further guidance. Through sports training, students can learn about different sports activities and strengthen their physical fitness. Moreover, they can not only cultivate their own sportsmanship in physical exercise, but can also make new friends and expand their interpersonal relationships when doing sports.

Physical education and exercise training are complementary. Physical education needs to be embodied and completed through the form of exercise training, and exercise training can be recognized by more people in physical education, so as to increase the audience of sports and promote the development of sports projects ^[1].

However, it is also needed to recognize that there are many differences between physical education and exercise training. The purpose of physical education is to provide students with an understanding of more sports and to have initial contact with and practice of them. On this basis, students can improve their physical fitness, have a healthy body, and then can conduct healthy study and life. At the same time, physical education also helps to cultivate students' sentiment and improve their moral cultivation. The main purpose of exercise training is to improve students' mastery of a certain project through exercises, so as to improve their special ability. It mainly aims at a single project, so that students can get good results in the competition and improve their sports level.

2. The current status of physical education in colleges and universities in China

In the early days after the founding of China, related leaders and the government has determined the development policy of physical education for the effective training of students' physical fitness, with the purpose to help them effectively improve their physical quality and morality in sports learning. In the 21st century, relevant government proposed the teaching philosophy of cultivating talents with all-round development, advocating teaching PE courses in accordance with students' aptitude and their specific characteristics to meet their individual needs and enable them to make different exercise training. However, due to the imperfect economic development and the different economic levels in different regions, physical education in China is difficult to carry out effectively and the established purposes and tasks cannot be achieved. At the same time, information technology and Internet have become more popular in real life in recent years. These methods have brought certain positive impacts on the normal implementation of physical education, and at the same time this is also an opportunity for physical education reform. It is needed to apply reform on physical education and make it more interesting and interactive on this basis, so that students can improve their physical fitness and strengthen interpersonal communication in physical education. Moreover, because the current old physical education system have not been combined with the technical means of the new era, the content of PE class is boring and cannot fully attract the attention of students. Moreover, the old teaching mode leads to the facts that the education for students is mainly based on basic theoretical knowledge and that teachers cannot teach students through practical education. According to the reform requirements of physical education, PE classes should combine in-class activities with after-class activities. In other words, physical education should not only teach students the basic knowledge of sports in the classroom, but also promote them to learn sports skills and knowledge spontaneously after class. The following are some of the problems in physical education in China.

2.1 Insufficient attention to physical education

In China, there is lack of attention to physical education both in the stage of compulsory education and the stage of higher education. And the lack of attention in this aspect comes down in one continuous line, from the school to the teacher and then to the students. Schools generally invest little in physical education resources. In many schools, therefore, there are various problems such as low income of PE teachers and old sports equipment, which are extremely unfavorable for the implementation of physical education. Then, due to the low income and other issues, PE teachers are not enthusiastic about their work. In daily physical education, they are more about teaching students the basics of sports, but cannot effectively innovate in the teaching content of the classroom. For students, they love to take time off during physical education classes or do not actively exercise in the classroom because of academic pressure and other issues, which greatly reduce the teaching effect. It is this lack of attention from top to bottom that makes it difficult for physical education to achieve good results.

2.2 Backward physical education methods

In the present physical education, teachers are more likely to teach students some basic theoretical knowledge outdoors, and then let students sum up experience in their own practice. In other words, they teach students to use theoretical knowledge to guide practical actions. This traditional mode does not allow students to understand the normative actions of some sports activities, resulting in their lack of understanding of some technical movements. And thereby, they may be injured in actual sports activities. In the era with rapid development of information technology and Internet technology, new technical means are seldom applied in physical education and cannot provide effective guidance for students ^[2].

2.3 Unclear training objectives of physical education

In China, the existence of physical education is to meet the basic policy of quality-oriented education. It aims to train students to be talents with "all around development of moral, intellectual,

physical, aesthetics and labor education“, so as to contribute to the development of socialism. However, because this goal is relatively broad, there is no specific training goal for physical education in the actual teaching process, and thus students cannot be specifically trained according to requirements. This makes physical education impossible to find a proper starting point. In this context, teachers often teach the basic knowledge to students and then ask them to carry out free activities in PE class, which is not the way of teaching effectively according to the needs of students. To change this situation, it is necessary to formulate detailed teaching objectives and a teaching system in accordance with the requirements of the syllabus, so that physical education can be taught in a way that can not only stimulate students' interest in learning, but also make the PE class more effective.

3. Countermeasures for the coordinated development of physical education and exercise training

3.1 Change the teachers' teaching ideas and students' learning ideas

In order to coordinate the development of physical education and exercise training in colleges and universities, it is necessary to change the teaching philosophy of teachers. Teachers cannot just conduct popular physical education on students as in the past, instead, it is necessary to guide students to strengthen professional sports training when they are doing sports activities. At the same time, teachers should carry out different sports activities for students with different characteristics, and teach them in accordance with their aptitude, so that they can obtain comprehensive and comprehensive development. In this process, PE teachers must establish teaching philosophy that harmonizes physical education with exercise training. As the leader of the teaching activities, it is the PE teacher who mainly decides the content and form of the class. The teaching activities carried out by teachers determine students' mastery of sports knowledge and sports skills. At the same time, teachers should also carry out new design for the classroom content based on new requirements, so that students can learn sports knowledge extensively and also have deeper and more proficient grasp of their favorite projects.

Students are the most important participants in teaching activities, and the effect of their learning is closely related to the effect of physical education. Therefore, there is a need to cultivate students' concept of physical education, enable them to actively participate in sports activities in the classroom, and explore their hobbies and interests to find the sports activities that are most suitable for them. And then, they can effectively exercise and improve their physical fitness. In addition, students should also have an understanding of the relationship between physical education and exercise training. Physical education needs to be completed through the classroom teaching, and the exercise training that students carry out after class can extend the physical education and make the teaching purpose be achieved better.

Only by changing the ideas of students and teachers simultaneously, physical education and exercise training can get coordinated development, thereby leading students to live a healthy life, study and work.

3.2 Improve teachers' mastery of sports knowledge and skills

Teacher is the executor of the physical education activities and the instructor of the exercise training. The sports level of students is linked to the teaching ability of their teacher. Only when a teacher has good teaching ability can his students learn sports knowledge from the teacher and practice sports skills well. At the same time, the teacher can also answer the questions of students in the sports activities to ensure that the students can successfully engage in sports activities. However, at the present, most PE teachers in colleges and universities are a little old. Their ability of learning new things is weak and their teaching content generally is strongly theoretical, making it difficult for students to have high interest in sports activities. These factors have made it difficult to achieve the desired results in physical education. Therefore, it is significant to improve the professional level of PE teachers by regular lectures and discussions, so that teachers can drive and influence

each other to form a team with good professional qualities. In this sense, colleges and universities must introduce relevant professional sports talents from some higher education institutions, and these talents must be equipped with strong theoretical knowledge and strong professional skills. Colleges and universities should also hold lectures and seminars about sports knowledge regularly, and give PE teachers opportunities for further study, so that they can have the opportunity to improve their own quality and thus better complete the teaching work.

3.3 Change the evaluation system for physical education

The effect of physical education activities in colleges and universities cannot be judged only by students' grades in physical exams at the end of the semester. Instead, it should be evaluated based on the specific situation of various aspects, such as students' physical attribute, their mastery of professional skills, and so on. The person in charge physical education needs to understand that the purpose of physical education is to improve the physical quality of students. And thus it is necessary to teach students on the premise of this purpose, rather than conducting physical education for the single purpose of improving students' professional ability. Therefore, in addition to setting up some traditional sports items, some new types of sports should also be brought into college physical education, so that students can learn sports knowledge and master sports skills more widely.

To construct a new evaluation system for physical education, it is necessary to complete the evaluation of teachers' teaching work, as well as the evaluation of cultivation effect of students' core literacy. Therefore, there is a need to change the current teaching evaluation system so that the evaluation can reflect the effect of teaching work more fairly and reasonably. The evaluation of a teacher should not only take into account his teaching effect but also highlight his communication with students and his answers to students' questions. The evaluation of students needs to be conducted from their preparation for class, their performance in the classroom and the practice effects after class. Constructing a reasonable evaluation system will help to achieve a more comprehensive evaluation system of teachers and students. It will be conducive to understanding the advantages and problems of teachers and students in teaching activities, making up for their deficiencies, enabling them to achieve comprehensive development, and thereby realizing the cultivation of students' core literacy. Moreover, the evaluation of students should not be carried out only based on the exam grade and their participation of sports activities, but also their moral performance and communication with other students in sports activities, aiming at evaluating them with the goal of cultivating core literacy.

4. Conclusion

In order to enable colleges and universities to cultivate talents with comprehensive and coordinated development, it is important to coordinate the relationship between physical education and exercise training, which will not only satisfy students' general learning of physical education, but also enable them to find their favorite sports activities to practice. However, there are still some problems in the current physical education of colleges and universities, such as lack of enjoyment, excessive attention to popular education, etc. Therefore, it is necessary to complete the change of teachers' and students' ideas, improve the teaching ability of teachers and change the evaluation system for students, so as to make better coordinated development of physical education and exercise training.

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