

Discussion on the Practice and Application of Hierarchical Teaching in Physical Education in Colleges and Universities

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Abstract: At present, the physical education in colleges adopts the hierarchical method, which mainly follows the people-oriented development principle. In the teaching process, it pays attention to the analysis of students' feelings, attitudes, values, etc. Based on the understanding of students' interests and hobbies, the hierarchical teaching activities are carried out in an all-round way. By adopting the new model and making hierarchical teaching plans according to students' individual differences, students' participation can be improved, which is not only a college physical education teaching innovation, but also an effective way to enhance students' awareness of innovation.

1. Introduction

In the teaching reform of physical education in colleges, it is supposed to adopt the guidance mode of individualized teaching, pay attention to the use of hierarchical teaching method, develop a perfect hierarchical teaching plan according to the students' own situation and school situation, to ensure the smooth development of hierarchical physical education teaching activities. Besides, Combining teachers' teaching with modern educational equipment, advocating happy learning, strengthening the application of hierarchical teaching methods should be considered, aiming at cultivating students' physical education ability, and further optimizing physical education teaching content.

2. The significance of adopting hierarchical teaching method in college physical education

2.1 Individual difference of students is the main reason for the implementation of hierarchical teaching

Influenced by genetic factors, living environment and family environment, students show different personalities and manners. Physical education is a complicated system engineering, which puts forward strict requirements for teachers' professional quality and skills. In the new era, in order to vigorously promote the reform of college sports, it is reasonable to adopt a hierarchical teaching method in a timely manner to better exert the individuality of students and adopt different teaching measures for different students to cultivate students' sense of innovation.

2.2 Reform and development of physical education call for hierarchical teaching method

Hierarchical teaching method is widely adopted in the reform of college physical education. It is a time full of challenges, which make it necessary to strengthen the training of sports talents, adopt new teaching methods to guide students, and promote students to improve their sports skills so as to meet the market demand for human resources and technical resources. Therefore, hierarchical teaching is not only an effective way to improve students' sports skills, but also a basic requirement for the reform and development of physical education ^[1].

3. The present situation of physical education in colleges in China

3.1 The teaching method adopted lacks innovation

The professional knowledge of physical education involves the content of technical courses.

Therefore, in the practical course education, not only theoretical knowledge should be explained to students, but also the technical course education should be carried out in a practical way. More importantly, students are supposed to be guided by the hierarchical method according to their personalized differences in the course education, so as to effectively carry out the physical education. Due to the lack of innovation in the current college physical education, students' are not interested in learning, which directly affect the effect of education.

3.2 Insufficient guidance for students

Students' interest in learning is not only related to their own factors, but also closely related to teachers' guidance. Therefore, the teacher must help the student promptly, only then may enhance the student's study effect^[2]. However, at the present stage, the reality is, when carrying out physical education in a college, the teacher fails to guide the students in a timely manner. Under the condition that the students are not self-conscious enough, the teacher cannot play the role of hierarchical education and is not conducive to the harmonious relationship between teachers and students.

4. The main ways of applying the hierarchical teaching method in college physical education

4.1 Set hierarchical teaching objectives

In the process of setting stratified physical education goals, teachers should make clear the differences in students' physique in a timely manner and formulate reasonable and scientific stratified physical education goals according to the actual situation, to ensure the educational objectives meet the actual situation^[3]. Combined the long term training goal with the basic ability of students, timely infiltrate the content of the standard test, so that students will be the best performance, motivate students to perform at their best. Adhere to physical exercise, pay attention to the guidance of students' sports knowledge, with the help of individual students' talent, carry out physical education in a planned way, which is convenient for students to challenge themselves and cultivate a sense of innovation^[4].

4.2 Take personalized guidance

Physical education should embody humanistic care, take personalized guidance in classes, to give students effective inspiration and change their learn methods. Besides, pay attention to the guidance of students at different levels especially their basic needs and spiritual life, when students are doing exercise, it is encouraged to flow out enough free space for them, actively build a spiritual home, to enhance the effect of personalized guidance. The implementation of the hierarchical physical education focuses on the reform of the education model. Targeting each student's learning habits, carrying out targeted teaching, adhering to the people-oriented education policy, responsible for each student, and helping students achieve the goal of comprehensive quality improvement. At this stage, it is necessary to consider the risk factors of physical exercise, pay more attention to the students' inner activities and exercise needs, and facilitate the implementation of humanistic care in physical education^[5].

4.3 Optimize instructional design

Students are stratified by the way that they are willing to accept, that is, students are grouped according to their ability to accept, basic level, etc., to ensure that the level of personnel in each group is relatively balanced, so that students with high ability can help those students that need to improve, which will optimize teaching design, better reflect the scientific nature of hierarchical education. In view of the current situation, in the course education, the education specialization mode is adopted to guide students, paying attention to the improvement of students' sports skills, attaching importance to the innovation of teaching methods, and rationally investing in sports equipment, properly arrange corresponding sports practice tasks according to the progress of students' learning to facilitate the consolidation of the student base.

4.4 Familiarize with the hierarchy of student

In the process of instruction, teachers adopt systematic means of instruction according to the teaching objectives and give students effective reminders and correction suggestions, which is helpful for students to improve their basic ability of physical exercise. For individual students, it is necessary to give priority guidance. Each student has different ability to accept and the speed of learning new knowledge is different. Therefore, it is necessary to pay attention to the application of the hierarchical teaching method and correctly grasp the level of students in physical education, so as to enhance the effect of physical exercise.

4.5 Focus on individual counseling

In physical education class, teachers are supposed to give key guidance to individual students using guided language, and coordinate with body movements to arouse students' learning desire in time. In response to students' confusion in physical exercise, teachers should give them help in a timely manner, adopting the method of learning and guiding, and timely strengthening the sports foundation of students. For example, teachers should effectively demonstrate the students who have made mistakes in shooting, decompose the error-prone actions, and use the action decomposition method to deepen the understanding of the students, so that they can correct the technical actions of the shooting in time. Show the students the standard action, then, the students are asked to follow the teacher's actions to quickly master the shooting technique. Under the guidance of the teacher, the students can find their wrong actions in shooting, master the strength of jumping, and realize the impact of jumping on the shooting effect ^[6]. In the training, the teacher carries on the study method instruction promptly and effectively, and lets the student produce the new exercise experience through the individual counselling strategy, thus not only enriches the physical training content, but also enhances the student's physical skill.

4.6 Pay attention to exercise effect test

Paying attention to exercise effect test of students is needed, so as to make sure that they can master the content of courses, improve the students' sports skills, thus they can enjoy a sense of achievement in physical exercise. With hierarchical teaching, teachers can fully master students' spiritual activities, encourage students to exercise every day, and facilitate the cultivation of students' lifelong sports outlook. Reflect the pertinence of hierarchical teaching, and gradually improve the requirements of students' professional skills, so as to gradually help students improve their own ability. Combining education with physical exercise, the teacher should observe the students' mastery of the whole set of sports movements, patiently explain the theoretical knowledge to the students, at the same time carry out effective demonstration, constantly improve the students' learning methods, to innovate teaching method, promote the effective use of hierarchical teaching method in physical exercise. Besides, the teacher also should take use of keen observation, know about the specific performance of each student in the exercise, and the movement of decomposition, timely test students' grasp of the situation, so as to expand the horizons of students.

5. Conclusion

To sum up: the text analyses the significance of hierarchical teaching method in college physical education, first individual difference of students is the main reason for the implementation of hierarchical teaching and hierarchical teaching is the demand of reform and development of physical education. Then study the current situation of physical education in colleges in China, and carry out effective strategy analysis on practical problems: determine the teaching objectives of different levels, adopt personalized guidance, optimize teaching design, grasp the level of students, pay attention to individual counseling, pay attention to exercise effect test, provide targeted guidance to students to develop their lifelong sports outlook.

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