

On the Importance of Instrument Fitness Teaching to the Reform of College Physical Education Course

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Abstract: In order to adapt the college physical education teaching to the requirements of talent training in the new century, it is necessary to start with the teaching of equipment fitness. Therefore, aiming at the reform of College Physical Education curriculum, the author puts forward some improvement measures by analyzing the necessity of overall coordination and sustainable development of College Physical Education teaching. Studies have shown that sports is not only a means of strengthening physical fitness, but also a culture, one of the criteria for measuring the degree of civilization of a nation. And equipment fitness education plays a considerable role in the reform of university physical education curriculum.

1. Introduction

The implementation of the national fitness program provides a good opportunity for university sports reform [1]. Therefore, when the physical education in the school stops, it is difficult for students to carry out continuous exercise scientifically and effectively, resulting in a decline in physical fitness level over time [2]. The reform of sports culture teaching in universities is subject to the traditional way of thinking, and the road to reform is not smooth [3]. With the development of the times, countries around the world have put forward higher requirements for school sports. As an important part of the teaching curriculum of colleges and universities, physical education curriculum has been rapidly developed under the continuous promotion of the new curriculum standard reform [4]. Innovative thinking is a kind of pioneering thought based on previous research to constantly update skills and ideas to promote the development of the industry [5]. Innovative thinking is the ladder of human progress. Every progress of human society has something to do with innovative thinking, which is the motive force for the continuous improvement of social productivity [6]. Our country is advancing along the process of modern technology and needs a lot of construction talents, and these talents must first be people with strong physique and healthy body and mind [7]. Fitness sports, health sports and recreational sports will become the mainstream of College sports [8].

2. Methodology

In the actual teaching curriculum, teachers are more likely to let students do some sports, but did not tell the significance of these sports, students are just mechanical imitation of the teacher's teaching content [9]. I don't know what kind of influence the learned technical movements and exercise means will have on myself, and why I should master these technical movements [10]. For example, in the teaching process of physical education, universities strictly implement the requirements of the syllabus and mechanically require students to master basic knowledge and basic action essentials. Their physical condition is not only related to the quality of life of this generation, but also affects the quality of life of future generations. Applying innovative thinking to the reform of college physical education curriculum in China. It can realize the full excavation of the problems existing in the physical education curriculum of colleges and universities in China at present, promote the implementation of the new curriculum reform, and realize the continuous innovation of the physical education curriculum in the form concept. Give full play to the important role of physical education curriculum and achieve teaching goals. In order to change this phenomenon,

sports workers feel that responsibility is very important. In particular, this research provides a theoretical and practical basis for the formation of lifelong sports for students.

Through many phenomena seen in daily work, as well as many experts in physical education, many modern college students have many problems in their physical exercise. With the continuous progress and development of the society, the traditional forms of college physical education curriculum teaching has been difficult to adapt to the basic requirements of the college education reform in the current stage, and the current situation of college physical education curriculum is worrying. Specific performance in the following aspects. From this point of view, lifelong sports is a new trend of thought of modern sports, but also the inevitable requirement of the development of modern society. Physical education courses are conducted in the form of open classes, and all students are taught in an open way. At the same time, due to insufficient investment in physical education teaching infrastructure, students only receive some conventional education, not according to the diversity of students' needs to teach students in accordance with their aptitude. Therefore, physical education teaching in primary and secondary schools should coordinate with the development of national economy and society, speed up the pace of reform, cultivate teenagers' awareness of physical exercise, teach them scientific methods of physical exercise, and develop the habit of physical exercise. To lay a good foundation for the establishment of school, society and family integrated fitness education.

3. Result Analysis and Discussion

The social function of sports has been obviously enhanced, from which young people can cultivate the consciousness of equal participation, fair competition and innovation needed by society. In order to be in line with the national fitness movement, college physical education must deepen its reform. In the new era, the reform of physical education should be in line with the historical mission of colleges and universities to train all-round high-tech talents for the strategy of rejuvenating the country through science and education, and keep up with the pace of intellectual education, moral education and development. In order to train advocates, organizers and leaders for the implementation of the National Fitness Program, physical education teaching in Colleges and universities should also be transformed from traditional teaching mode to comprehensive sports such as health, health care and entertainment. The majority of young people have been exposed to a variety of fitness exercises in the school. They have received a correct understanding of the concept of fitness exercise through the teaching of sports theory, and thus actively participate in fitness and bodybuilding activities, knowing to use scientific methods to master New motor skills. And in the society to find a suitable fitness program, through the cultivation of school sports, fitness awareness has been strengthened, these have laid a good foundation for lifelong participation in fitness activities.

In the actual physical education process of many colleges and universities, it is basically outdoor exercise, and there is very little theoretical teaching. Moreover, the teaching content is usually based on competitive sports, its content lacks innovation, and it repeats with the middle school content, ignoring the current training of new sports ability. With the major changes in social methods, people's ways of thinking and information they receive change in real time. A person's adolescence is mainly spent in school. The student era is an intermediate link between life and the future. The value of school education has the characteristics of lifelong benefits. At present, the teaching concept of physical education in colleges and universities in China has not been transformed, and there is no systematic planning and arrangement for the entire teaching process. There are no relaxation activities after sports. Many people don't relax after intense sports. They don't understand these at all. As a result, many sports techniques and skills progress slowly. On the whole, the students do not understand the scientific exercise methods, and the exercise is in a purposeless state. Teaching practice does not reflect the guiding ideology of teaching, many new curriculum reform requirements have not been effectively implemented, resulting in the unsatisfactory effect of College Physical Education teaching, hindering the development of college physical education curriculum reform.

4. Conclusions

In a word, with the continuous advancement of national education reform, the importance of physical education teaching in Colleges and universities has been fully demonstrated. The formation and development of students' sports habits need a good sports atmosphere to ensure that they feel comfortable in sports activities and obtain health effects. The reform of college physical education teaching is a magic weapon to maintain its long-term attraction. Sports itself is a process that needs to be adhered to. In participating in sports competitions and other activities, students' unions consciously analyze the competition situation, formulate and adjust competition tactics, etc. At the same time, it will stimulate students to exercise their willpower and psychological endurance. At the same time, physical education should have a strong openness, and the teaching materials should have greater selectivity. It is necessary to implement the principle of linking theory with practice, highlighting practicality and facilitating student operations. Starting from ourselves, keeping up with the pace of the times, and establishing a new concept of "people-oriented, health, health care, and entertainment as the mainstream", in the process of physical education, it is necessary to complete the tasks of physical education in colleges and universities and the fitness for all. lay a solid foundation.

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