

Analysis on the Development Factors and Countermeasure of Physical Education in Colleges and Universities in China Based on Quality Education

Tang Biao

Hunan Vocational College of Modern Logistics Scondv Yuanda Road Changshang City Hunan Province,
410131, China

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Abstract: Create a good "quality education" environment to adapt to the new requirements of modern society for physical education. Through the analysis of the problems existing in the development of physical education teaching in Colleges and universities in China, the factors affecting the development of physical education teaching in Colleges and universities are found as follows: the level of teaching management; the determination of teaching guiding ideology; the setting of teaching contents and the use of teaching modes. At the same time, the countermeasures for the sustainable development of physical education in colleges and universities are put forward, which is to clarify the guiding ideology of teaching, to establish the overall benefit concept of physical education teaching, and to update the teaching content and methods. The research indicates that physical education should aim at lifelong exercise as the guiding ideology training ability. The curriculum setting is the concrete implementation of physical education reform. The construction of teaching content method and evaluation method system is the only way for physical education reform. "Resource development is a powerful guarantee for physical education reform.

1. Introduction

With the further development of physical education reform in China's colleges and universities, the guiding ideology of physical education in Colleges and universities has been clearly defined, and the extension of physical education in Colleges and universities to higher grades has basically reached a consensus [1]. The introduction of the concept of physical education is mainly based on social sports. The operation of physical education makes the development of social sports present a good situation. However, the theoretical circle seldom touches on the problems of College Physical Education teaching [2]. There are different opinions on what the main task of College Physical Education is. One point of view is that physical education in Colleges and universities is to improve students' physical quality and enhance their physique, that is, "physique teaching theory" [3]. Physical education is to let students learn the prescribed sports skills and exercise. This kind of thinking is in traditional teaching. The effect is not good because it does not let students learn the spirit of sports and does not get lifelong sports thoughts. guide. It is motivated to become a socialist builder and defender with all-round development of virtue, intelligence, body, beauty and labor [4]. The guiding ideology of college physical education is to make students' physical strength fully developed, and to strengthen the skills of a certain aspect on the basis of comprehensive training based on the needs of the majors studied and the needs of the future work. Therefore, we need to carefully analyze the factors affecting the development of physical education, and clarify the goals of physical education development in colleges and universities, and summarize the reform direction and teaching strategies of physical education. Analysis of these influencing factors in physical education can optimize the development strategy of physical education [5].

After receiving the physical education teaching in Colleges and universities, students can not only consolidate and improve the achievements of physical education at different stages, but also further develop the ability and habit of independent exercise, form the concept of lifelong physical education, and have a positive impact on their life [6]. Modern students' demand for sports and physical and mental health tends to be multi-angle, diversified, rational and personalized. It pays more attention to leisure, communication, athletics, bodybuilding and other aspects. It is eager to

understand and recognize sports culture [7]. In colleges and universities, in order to promote the development of teaching, it is necessary to have perfect teaching equipment, and replace the old teaching facilities with advanced teaching equipment by increasing capital investment [8]. Under the premise of popular teaching, develop innovative teaching mode; for the selection of teaching books, you should choose more teaching materials for sports, so that students can get more contact with different content. The form of teaching should strengthen research. Advanced sports facilities can not only greatly improve the quality of college physical education [9]. Through the path of college physical education, these "internal use" venues and facilities can be opened to the society on the basis of ensuring their own use, which can provide more space for sports activities and equipment to meet the needs of society. The logical definition of the essence of physical education and the essential attributes of physical education is to confuse the essential attributes of physical education with the functions of physical education. Intensify efforts to carry out comprehensive reforms of China's current physical education model and explore ways to strengthen the quality training model for quality education [10].

2. The Role of Sports in Quality Education

Implementing quality education means carrying out the Party's educational policy in an all-round way, aiming at improving the national quality and focusing on cultivating students' innovative spirit and practical ability. The evaluation factor of physical education course teaching is the value judgment of students' physical condition, exercise effect and level of physical activity of themselves or others according to their own value standards of various sports. It plays a feedback and incentive role in the internal structure system of physical education teaching. The main factors of the internal structure of physical education are shown in Table 1. The teaching goal not only pays attention to the individual development of students in the college stage, but also pursues the long-term benefits of the role of students. The curriculum of college physical education has formed a multi-level, multi-type corresponding curriculum. Among them, the departments and classes are opened, and the grades are more than half of the special courses offered by the students' self-selected sports. Clearly sports is a category in the third level of the tertiary industry. This not only lays a theoretical foundation for the proposition of physical education, but also confirms the status of physical education. Since then, China's physical education has embarked on a full-scale start-up period and has entered the track of the market economy.

Table 1 The Main Factors of the Internal Structure of Physical Education Teaching

	Characteristic value	Contribution rate
Teaching Content Factor	5.05	32.04
Teaching Organizational Factor	3.16	20.16
Teaching Evaluation Factor	2.75	13.52

Teachers play a major role in the process of physical education teaching. With the emergence of new courses, teachers' abilities are more demanded. Teachers' personal qualities and teaching level are directly related to the teaching results of this course. It has brought adverse effects on "teaching" and "learning" in physical education teaching, which leads to the difficulty of greatly improving the quality of physical education teaching. Therefore, in order to improve the effect of physical education teaching in Colleges and universities, strengthening the construction of physical education teaching facilities is an important aspect. It must be made clear that quality education is the general trend, so that all college sports workers and even the whole society can reach a consensus. The establishment of teaching objectives can promote students to form the idea of life sports, social sports and lifelong sports. It can help students achieve their physical fitness goals, and many sports functions of the school are the carrier of this goal. The attitudes and understandings of sports vary widely. The goal of using the physical education model that is inconsistent with the choice of the most natural sports and exercise methods in various real life environments in the future can only be achieved on the basis of complete functions.

In the process of physical education teaching, teachers hope to demonstrate and explain some difficult actions and game tactics through multimedia information technology in order to improve the teaching effect and quality. The application of modern information technology needs corresponding equipment, and needs corresponding software and hardware to support. The overall goal of "promoting students' intellectual development, shaping good personality and cultivating good moral character" is to promote students' intellectual development. The basic content and order of the guiding ideology of physical education in Colleges and universities should be "physical education" for the purpose of strengthening physical fitness and "recreational sports" for the purpose of pleasing body and mind and improving mental health. According to the goals, characteristics and laws of physical education, students are fully trained. To enable students to understand and master sports knowledge, physical ability, physical quality, will quality, etc., to promote the healthy development of students' physical and mental, and to achieve the society's demand for high-quality talents. In addition to paying attention to the test scores of students, it is also necessary to evaluate the attitudes of students in learning sports, the ability to learn sports, and the participation in sports activities to ensure the comprehensiveness of evaluation.

3. Factors Influencing the Development of Physical Education in Colleges and Universities in China

The teaching content is the media for students to realize their sports value orientation under the recognition of the value function of sports itself. Teaching organization is the basis of the interaction of various factors in sports practice. To cultivate students' physical exercise ability to adapt to the future social environment, so that students can not only master the theory of scientific physical exercise and the method of a sport which often engages in physical exercise, develop good habits and interests of physical exercise, but also cultivate students' idea of "lifelong physical education" in school, lay a good foundation for the realization of lifelong physical education as soon as possible in the society. Foundation. Quality education emphasizes the cultivation of students' abilities and individuality, and students should be active and active in learning and training to stimulate students' wisdom and ability. Students participate in their favorite sports as they wish, and extracurricular students participate in the club as a membership. The establishment of sports clubs requires teaching as the center, grasping reform, promoting development, having leadership, planning, organizing, purposeful training and development of the market, and mobilizing the enthusiasm of the majority of physical education teachers.

College sports textbooks are too old, the speed of sports development and social development should be the same, and college sports textbooks are often not updated. Or old textbooks, single content, few new sports teaching projects, teaching practice backward, which is very harmful to students' sports skills learning, while limiting the development of students' self-learning ability. This has inevitably limited the development of students' individual abilities and strangled their creativity, neglected to provide theoretical and methodological guidance for students' scientific fitness, and neglected the cultivation of students' sports ability and lifelong sports concept. It is difficult to complete the training of comprehensive quality in any kind of teaching method alone. Therefore, colleges and universities should attach importance to physical education curriculum, arrange physical education classes reasonably, and select teaching materials according to the changing circumstances of the times, and commit themselves to let students learn scientific and practical sports knowledge. . This requires that colleges and universities must focus on students in physical education, reflect the characteristics of students' physical education, and meet the needs of students, so as to promote the development of college physical education.

Teachers' teaching, students' learning, teaching evaluation, society, culture, interpersonal relationship, teaching resources, modern means and other factors all affect teaching. If these factors can play a coordinating role, it will be the management of physical education teaching. College physical education curriculum should set up the concept of quality education based on the present, focusing on the future so that students can experience human sports, grasp the theory and methods of scientific exercise, improve their basic activity ability and sports ability, and develop the habit of

physical exercise. Strengthen the development of basic courses to make the content of courses meet students' learning needs. In the teaching, it is necessary to strengthen the connection between the curriculum systems. In the basic theory class, the competitive class, the practical class, etc., it is necessary to combine the characteristics of each sport to make the connection between the various sports in the teaching. For the teachers themselves, they should constantly improve their teaching ability and improve their teaching programs so that students can easily learn sports knowledge without using credits to put pressure on students. Finally, it should be mentioned that teachers should strengthen scientific research and research, and through continuous research and exploration, promote the sound development of physical education in colleges and universities in China.

4. Conclusion

This paper analyses the factors and Countermeasures for the development of physical education in Colleges and universities of our country. In order to make the content close to the future life of students, we should change the old textbook system with competitive sports as the main content, and establish a new system with physical fitness as the main content. The teaching organization mode should be diversified, and the relationship between teaching organization and students' personality development should be well handled. Making full use of and rationally exploiting some favorable factors and conditions both inside and outside of college physical education is likely to play a leading role in sports teaching and play its due role in the tide of socialist market economy. In the teaching, we should pay attention to the evaluation method of the students, fully consider the personality characteristics of the students, and based on the data of the test and analysis of the course system and the parameters of the students' physical and mental health. Prepare teaching plans, organize course teaching, implement educational incentives, implement inspection and evaluation, communicate and communicate with students, and use modern means to strengthen the transmission of after-school knowledge, constantly discover the problems in college physical education, and then find out the corresponding The solution is to promote the better development of college physical education.

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