

Study on College Physical Education Environment and Its Value Theory

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Abstract. In today's society, a comprehensive development of high - quality talent, the understanding of sports, understanding and participation is essential. The college students' sports values are the projection of their sports consciousness, sports habits, sports participation practice, sports knowledge and so on. Sports values are formed in the process of sports participation and practice, and are influenced by the whole social and cultural environment. It can be divided into school, family, community, mass media and other environmental impact, including colleges and universities as a college student to study and live the main environment, the formation of the sports environment of the various factors on the impact of college students' sports values is the first to bear the brunt.

Introduction

Values are objects of philosophy, sociology, ethics, management, and many other scientific researches. From the perspective of philosophy, values are the reflection of the relationship between object attribute and subject need in people's minds. It is the basic view and view system of people's formation from the needs of oneself and society. The value does not answer what is the true face of the objective object, nor does it specifically reveal the essential laws of the objective object, or predict the future trend of the objective object, but rather reflect the meaning or value of certain objective things for human beings and humans. Regardless of whether people consciously realize that values are always expressed by explicit or implicit means, it is often expressed whether a person in a social group is worthwhile for a certain kind of thing: whether it is worth and what kind of value it is, The attitude of the object, so that people in the way of action, means and purpose to make a different choice.

College Sports Environment

As the sport itself has a strong outdoor, the sports facilities, the perfect degree of the venue directly affect the quality of physical education is good or bad, related to the degree of awareness of students and the cultivation of sports, so that for college physical education For example, the full range of sports hardware facilities and wide venues is to protect the physical education activities to carry out the basic conditions for the smooth development. On the current situation of China's university sports facilities and construction of the situation is generally more optimistic, but there are still some problems need to be resolved. The main performance is that undergraduate colleges have a long time, both in terms of national financial resources, material resources, human investment or students have more advantages than ordinary colleges and universities, and after years of sports facilities, the site of the continuous renovation and maintenance , Making the current undergraduate institutions of sports facilities, site construction is more complete. Compared with undergraduate institutions, vocational colleges in terms of the upgrading of sports facilities or site construction are more backward, there are uneven phenomenon, this phenomenon is caused by a multi-cause, including not only the lack of capital investment, School leaders do not attach importance to also can not accurately locate the physical education.

To make students more rational and profound understanding of physical education, it should be

the value of sports and the function of physical education in the students to conduct a comprehensive explanation, so that students really realize the mystery of sports learning, only so students can From the psychological emphasis on sports this discipline, in order to take a positive attitude to participate in physical education. At present, there is a higher degree of emphasis on undergraduate colleges in the education of sports values. This is mainly due to the fact that the students of the institutions are affected by today's intense employment pressure and are able to seek an ideal job after graduation. Will be too much energy itself is used in the professional skills of learning, and then gradually ignored their own physical education, in this case even if the school sports facilities and then improve the system is also difficult to mobilize the enthusiasm of students to learn.

The research on the sports values of college students is a part of purely theoretical research. Most of them are factor analysis and design questionnaires through sociology, psychology and pedagogy, and the comparative analysis of the current situation of college students' sports values is carried out. , Put forward the training proposal. This kind of research method has a strong scientific basis for revealing the current situation of college students' sports values, and can reflect the present situation objectively, but the research methods and strategies of its formation and development are lack of investigation. At present, no one has been on the relationship between college students' sports values and the relationship between college sports environment, only from the theoretical point of view methods and strategies, lack of investigation. Sociological studies believe that human survival and development are mainly affected by two aspects: First, the impact of genetic factors, one is the impact of environmental factors. Modern people are more affected by environmental factors. Marx in the "German ideology" talked about "people create the environment, the environment to create people." Mao Xuedong comrades are also in the famous "contradiction" that "materialist dialectics that external factors are changing conditions, because the temperature does not make the stone into a chicken, because the two are based on the different. Therefore, the environment on the human psychology and behavior has a general effect. In social activities, human development and the impact of the environment is an inseparable dialectical unity. Sports values are formed in the process of sports participation and practice, and are influenced by the whole social environment. It can be divided into school, family, community, mass media and other environmental impact, including colleges and universities as a college student to study and live the main environment, the formation of the sports environment of the various factors on the impact of college students' sports values is the first to bear the brunt.

China's general college physical education teaching environment optimization approach

The improvement of the hardware environment of physical education facilities, equipment, venues and so on is an important guarantee for the smooth implementation of physical education in colleges and universities, which is the main reason for the difference of physical education teaching environment in colleges and universities, and the imperfect key of physical education environment Is due to lack of funding caused by. Therefore, we want to improve the general college physical education hardware environment, improve the uneven teaching of the status quo, first of all, we must increase the investment in physical education. As a government, we should, on the basis of adhering to the balanced development of regional education, give the space for the independent development of physical education in colleges and universities so that we can freely develop the cause of physical education in our institutions according to the actual situation of the institutions themselves. The distribution of funds for the distribution of physical education makes efforts to achieve the distribution of the main balance, reasonable and fair. At the same time, we should encourage institutions to raise funds for sports education through the introduction of foreign capital, school and enterprise combination, and give some policy support. As a school, under the leadership of all levels of government, we will continue to broaden the sources of funding for physical education, through the implementation of school-enterprise cooperation, venues and other forms of operation to raise funds for physical education, increase sports facilities, site construction, , Damaged sports equipment for the necessary maintenance and replacement. As a teacher and

student, not only through the optimization of the design of physical education, to improve the utilization of existing hardware teaching environment, so that the existing physical education teaching hardware elements to give full play to meet the needs of daily physical education. But also give full play to their creativity and imagination, through self-made sports equipment to improve the sports hardware environment is not perfect situation.

Multimedia as an advanced teaching technology, has been widely used in the teaching of various disciplines to the various subjects of classroom teaching constitute a supporting role. As the sports of this professional teaching not only include sports skills training, physical exercise also includes the basic sports knowledge teaching, it combines the sports theory teaching and practice teaching in one, with strong practicality. Therefore, in the classroom teaching, for some of the action, the state of the teaching is more vague, difficult to understand the students, and the use of multimedia teaching technology to help the classroom teaching, you can through multimedia graphics simulation, video playback and other functions to students unfamiliar Action, state of the plane, three-dimensional to a more vivid image to show students in front of more convenient for students to understand, is conducive to the promotion of physical education classroom efficiency. In addition, the use of multimedia teaching technology can also play an active sports classroom teaching atmosphere, broaden the purpose of student vision, so that students in a relaxed environment for sports knowledge learning.

To build a campus culture teaching culture atmosphere, emphasizing the campus around the students and carry out a series of sports and cultural activities, and ultimately in the campus to form a good atmosphere of sports culture, it is with the students lifestyle, physical education, campus sports Learning atmosphere and so on, mutual influence. It is helpful to construct students 'good culture and culture atmosphere in the campus, which will help students to form the correct values and understanding of sports in the course of sports learning, and have positive influence on students' motivation, behavior and learning efficiency. Therefore, in the daily physical education, we should pay great attention to the construction of sports culture atmosphere, through the campus newspapers, radio and other forms of sports culture to the students broadcast and publicity, and organize a variety of sports extracurricular activities, competition, to deepen the students on sports Cultural awareness.

Conclusion

The order of college students' evaluation of college sports environment is: physical education, sports places, sports system, equipment and facilities, extracurricular sports and sports information. The low score of sports information is the weak link of college sports environment. The evaluation of boys' physical environment is higher than that of girls. There is no significant difference in the evaluation of college sports environment between science and science students. Third grade students on the college sports environment, the highest score, two or four grade almost. The overall value of college students' sports values is more positive, and the individual value orientation is higher than the social value orientation. It can be deduced that most college students pay more attention to the individual value of sports. The order of cognition of specific factors is: fitness value, leisure and entertainment value, educational value, interpersonal value, social value. Boys pay more attention to sports interpersonal value and social value than girls, and there are significant differences between the two. Girls on the overall value of sports awareness level slightly lower than boys.

The influence of various factors of college sports environment on the formation and development of college students' sports values is not the same. The value of college students' physical education is the most influenced by physical education and sports system, and the influence of sports places is the second. The physical fitness values of college students are influenced by equipment, physical education and extracurricular sports, and the influence of sports places and sports system is the second. The value of college students' sports interpersonal relationship is the most affected by sports places and extracurricular sports. The influence of equipment, physical education and sports system is the second, and the influence of sports

information is the least. The sports leisure and entertainment values of college students are the most affected by sports places, the influence of equipment facilities, extracurricular sports and sports system is the second, and the influence of sports information is the least. The social and social values of college students are most affected by physical education, extracurricular sports and sports information.

In terms of college sports environment, the different orientation of cultivating college students' sports values is different. But in general, the formation and development of college students' good, positive and fashionable sports values can not be separated from the excellent college sports overall environment.

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