

## The background of physical education reform in Colleges and universities in the new era

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**Abstract:** In the new era, In the education system the school work of physical education should achieve the goal of educating people for the party and for the country,It's requires colleges and universities update their education and teaching concepts while keep peace with the same direction with The Times.This paper uses the method of literature data ,inductive and deduction.For the work of physical education in the new period of the international and domestic pattern,social development is the main contradiction in the transformation of productive and production relations into people for a better life between unbalanced transformation,information age sitting life style,education service era of national development Renaissance,competitive sports sustainable development five aspects of era background analysis,School physical education work in colleges and universities is only based on the background of The Times,A comprehensive interpretation of the country's development concept of institutions of higher learning,In order to build a new situation of sustainable development.

### 1. Introduction

General office of the CPC central committee, general office of the State Council issued the opinions on comprehensively strengthening and improving the new era of school sports work, points out that school sports is khalid ents fundamental project, improve students 'comprehensive quality, is to accelerate the modernization of education, building education power and sports power important work, to carry forward the socialist core values, cultivate students' patriotism, collectivism, socialist spirit and strive up, indomitable will quality, with sports intelligence, sports heart has unique function<sup>[1]</sup>. To achieve high quality development of higher education development, strive to improve the public sports management ability and work level, on May 29-30,2021, sponsored by the Ministry of Education school physical education steering committee, xi 'an jiaotong university to undertake sports director training meeting, in order to thoroughly study and implement the party of the fifth plenary session of the 19th and the comprehensive implementation of jinping in the field of education, culture and health experts' important speech spirit, from domestic experts from different angles the central committee of the communist party of China, the State Council, the Ministry of Education, the state general administration of sports and the latest sports policy documents. In "xi jinping, general secretary in the national education conference speech and the new era school sports work opinion" policy background on the basis of comprehensive interpretation, the experts from the implementation of the school sports work in the implementation of "khalidents" era background, the implementation of the central document concept, the construction of the future school sports in the pattern of promoting the healthy growth of teenagers gave a comprehensive analysis, for the training of competitive sports reserve talents, physical education curriculum concept update, curriculum ideological construction, physical integration construction, education teaching evaluation reform synchronization made a contribution.

## **2. Times Background: the Times Create Ideas, and Theory Comes From Practice**

School education in the new era puts forward that "cultivating people by virtue" is based on promoting the healthy development of young people, building an education system of moral, intellectual, physical, aesthetic and labor comprehensive training, forming a higher level of education system, and contributing sports to the realization of the Chinese dream of socialism with characteristics of the Communist Party of China. The Party's education cause in the new era bears on the prosperity of the country, the revitalization and rise of the nation, and contributes to the implementation of the two Centenary Goals and the great Chinese dream of the Chinese nation. Professor Liu Haiyuan pointed out that in the aspect of future-oriented education, teenagers are the main force in the future construction and development of the country. Physical education has natural educational advantages and unique educational value in school education. The important way to train socialist builders and qualified successors is first in school physical education. In the background of the new era, recognizing the characteristics of The Times, giving full play to the sports functions of institutions of higher learning, helping teenagers establish the concept of health first, letting them enjoy fun in physical exercise, enhancing physical fitness, sound personality and temper will, is an important basis for the implementation of a sports power and a healthy China.

### **2.1. Integrate into the Overall Situation in the Changing Era of Seizing Opportunities**

The Chinese nation is undergoing two major changes at home and abroad, namely, the great rejuvenation strategy under the influence of the normal epidemic control, and the historical background of the profound changes unseen in the world in a century. From international competition and multilateral relations, the world is relations are in turmoil and conflict struggle, political interest groups led by the United States is being broken, trade protectionism and populism began to rise, after the arduous struggle of new China is gradually growing into the world in the biggest variable, affecting the harmonious development of the world. From the internal development pattern, we are closer than any period to the great rejuvenation of the Chinese nation, from five thousand years of cultural inheritance and development formed and expensive, avenue, the world, a Chinese excellent traditional culture, in the national governance ability and governance system has built complete system guarantee, the communist party of China unswervingly adhere to marxism, leading the national people's successful revolution, reform, and construction, on the road of socialism with Chinese characteristics will be more confident. At present, the international and domestic demand for scientific and technological innovation has become the key competitiveness of political economy. The key to scientific and technological innovation lies in the new generation of young people, who acquire professional knowledge and ability to become new people of The Times, the key lies in the school, and the way lies in education. The overall situation is the trend of The Times. Education should seize the "overall situation" of the international situation and the "changing situation" of domestic development opportunities.

### **2.2. The Principal Contradiction of Society Transforms the Era of Middle-Class Demand**

In the report to the 19th National Congress of the Communist Party of China, it was pointed out that the principal contradiction facing Chinese society in the new era has been "the contradiction between the ever-growing material and cultural needs of the people and backward social production" into "the contradiction between unbalanced and inadequate development and the people's ever-growing needs for a better life." Professor Yang Hua said from the historical process of the development mode of competitive sports that the main function of competitive sports in the early days of the founding of new China to be developed was <sup>[3]</sup>, an important means to show the national image and reflect the comprehensive strength of the national economy. So competitive sports adopted by the national "centralized accommodation, centralized training, centralized management" three centralized management mode, appeared in the process of practice exploration "tertiary training network" "university high level sports team" mode, under the new era background with the transformation of economic growth mode, productivity level and people's living standards, continue to traditional model sports function, effect, status will appear a series of problems.

In order to gain a foothold in the trend of The Times, only a comprehensive understanding of the new era can lead the new era. As an important part of education, only innovation and development can meet the value expectations of different groups for sports. Under the background of the new era, young students not only focus on the material level, more is the realization of the spiritual level, school sports need more emphasis on the effect of "sports", meet the country for "khalid ents" fundamental task, completes the top design in the process of education, complete integration implementation plan, concerned about youth physical and mental development, action skills formation, development law, teamwork principle, etc., develop a reasonable evaluation scheme, to meet the expectations of the socialist core values of national, social and personal level.

### **2.3. An Era of Moderate-Birth Inertia in the Sitting Posture Lifestyle**

With the development of industrial civilization process, its life, transportation, information, network convenience of people from dynamic lifestyle into static lifestyle, physical activity of "sitting lifestyle" across the world, the size of the population, the influence of people's life, unprecedented in human history, also bring unprecedented new health threat- "chronic disease", insufficient physical activity has become the world's fourth roughly dead factor. Professor Ren Hai pointed out that human civilization has entered a new stage of development, people enjoy the network, big data, cloud computing, artificial intelligence and other modern technology of convenience at the same time, also faced with never encountered health crisis, youth sports development is in trouble, this phenomenon is a worldwide <sup>[2]</sup>. In different historical periods, teenagers are affected by internal and external environmental factors, and experience different challenges and feelings, and their characteristics will cater to education, sports and social development. The section text must be set to 12-point, justified and line space single.

Research shows that the United States, the world's most representative sports power, saw its physical activity drop by 32 percent in 44 years (about 1.5 generations) from 1965 to 2009, or by 46 percent by 2030. Physical activity has also dropped by 20 percent in 44 years, and will then dropped by 35 percent by 2030. China fell by 45 percent in the 19 years between 1991 and 2009, and it fell by 51 percent by 2030. In terms of health care costs, the United States will spend \$66 billion on obesity-related waste to health care waste by 2030, and Britain has already spent £5.1 billion in 2014. The rate of obesity in children is increasing year by year, and although the World Health Organization provided exercise guidelines in 2010 for different ages of 7-17, 18-64, and 65 years old, the results are still poor. In the face of this trend, we must, on the basis of correct understanding, guide the young generation with education scientifically and reasonably, so as to cultivate the root of socialism, cast the soul of Marxism, inspire the wisdom of life, and moisten the mind to realize the heart of sports and the soul of body.

## **3. Concept Cognition: an Analysis of the Development of Physical Education Work in Colleges and Universities to Adapt to the Development of the New Era**

### **3.1. Innovation and Development, to Achieve the Breakthrough of the Work System**

Innovation plays an important role in national development and human progress. Comprehensively implementing the concept of innovative development is the inevitable choice to break through the work system and implement all-round education. For the innovative development of the physical education work in the new era, the first of all should stand in the new era, recognize the background of The Times, and then take the problem-oriented, targeted implementation, to meet the needs of the party, the country and the society for the sports discipline <sup>[4]</sup>. In the process of development to meet the needs of the development of school sports high quality, build a complete teaching environment for has a strong reverse driving effect, need researchers to change in thinking, teaching mode needs innovation, innovation in the establishment of curriculum system, innovation in the application of teaching methods, innovation in the setting of teaching material system innovation, innovation in evaluation methods, etc. Professor Sun Qilin from the perspective of the new mission of the new era deepened the specific methods and measures, from the perspective of

key and scientific design, to improve the young sports system, through the event let more teenagers show their ability, and improve their sports technology, sports technology schools and can develop good sports, through the establishment of traditional characteristic school system innovation, school high level sports team, let love sports teenagers can build lifelong sports confidence, and can be based on the social survival skills and ability, open sports reserve talent channels.

In the process of adhering to comprehensive education and implementing the fundamental task of "cultivating morality", physical education should realize the concept of "health first", and include physical literacy and physical health level of teenagers in the evaluation standards of school physical education work, into the index system of school education work and the evaluation of local government work. Director Chen Hua pointed out that Shanghai is piloting youth physical literacy into the assessment system of the government, education administrative departments and schools. Adhere to the comprehensive education orientation of "five education", establish a scientific view of talent quality and educational development concept, promote the reform of school physical education evaluation system, establish the evaluation index system and evaluation mechanism of school physical education modernization, and promote the transformation and renewal of educational concept. Through information technology, establish the evaluation system of online combination, form scientific and reasonable evaluation orientation, improve the problems, analysis and guide the ability to solve, stimulate the school sports reform and development, realize "build" to review "to promote change" and encourage the school development characteristics to carry out the personalized, characteristic self-evaluation.

### **3.2. Coordinated Development to Promote the Realization of the National Strategy of a Healthy China and a Strong Sports Country**

Thoroughly implementing the concept of coordinated development is the requirement and the inevitable way of The Times to realize the national strategy of a healthy China and a strong sports country, and it is the basic condition for realizing the prosperity and rejuvenation of the nation. In order to realize the healthy China 2030 plan, it is necessary to coordinate the common development of school sports, competitive sports and social sports; to realize the sports power, according to the strategic planning stage implementation plan, and finally to 2049, to fully realize the modern socialist sports power, people's physical literacy and health level, sports comprehensive strength and international influence, the current youth will be the backbone of the future society, the main force of socialist construction. Youth their main living environment is school, family and community, so to realize the high quality development of youth sports need to coordinate in class and extracurricular, family and school, school and community, cooperation between family and community, because of sports characteristics, and between education and sports, lead to youth action skills learning in the phenomenon of repeated, suggested in the school sports leading coordination to promote the integration of large and small sports work <sup>[5]</sup>.

The Outline of the Healthy China Plan is a major measure to implement the guiding principles of the Fifth Plenary Session of the 18th CPC Central Committee and protect people's health. It is of great significance to completing the building of a moderately prosperous society in all respects and accelerating socialist modernization. Professor Sun Qilin pointed out that colleges and universities to build a high level of sports its main purpose is to actively promote college students extracurricular sports training culture atmosphere, cultivate contemporary college students hard work, hard training study hard quality, in the national level Olympic plan, school level brand, make features through campus sports culture edification positive, full of campus atmosphere, with high level sports team positive training achievements, promote the development of primary and secondary school sports work. School sports work positive development of competitive sports reserve talents will be able to provide more resources for the selection, the school youth students after graduation will be the society, also can lay the foundation for social sports, good school sports will promote competitive sports, social sports health development, competitive sports honor fighting spirit, social sports atmosphere, participate in passion reaction in school sports, so governments at all levels should actively do the top-level design, coordinate to promote the

development of sports in our country, in order to meet the needs of the construction of the socialist modern society construction.

### **3.3. Open Development, Standing in the World Sports Forest**

The concept of open development is an inevitable development path for physical education of universities to go out of campus, provinces and cities, abroad and to the world. In today's society where COVID-19 prevention and control is normalized and information technology is modernized, the concept of building cars behind closed doors can no longer meet its own development and the law of The Times. The only way is to go out to learn from the advanced experience of other universities, actively carry out exchanges, cooperation and visits, learn from each other's strengths and learn from others and skills. At the same time, influential experts and scholars from home and abroad will be invited to give academic lectures, hold discussions and exchanges, and make exchange visits and exchange plans in different regions, within the city, domestically and internationally, to promote exchanges and cooperation, better reform university physical education classes, and improve the quality of education and teaching.

Adhering to the concept of openness, in fact, the openness at the theoretical and practical levels needs the great attention of the leaders, the top-level design of the system, the implementation guarantee of the detailed rules, and the final effect presentation. Professor Liu Bo pointed out that General Secretary Xi Jinping's concern and love for sports work during his visit to Tsinghua University has gone deep into his bones, going beyond ordinary people but not knowing why. At the West Gymnasium, one of the four major buildings in the Qing Dynasty, northwest of Tsinghua University, in the basketball court, I communicated with the training basketball players, and cared about the placement of the athletes after retirement and the passion of basketball games. And to the sports honor room at historical photos, physical exhibition, understand the stadium protection utilization, inheriting fine tradition, schools to carry out physical education, etc., said the speech hope students carry forward the good study style and sports tradition of tsinghua university, adhere to the morality, intelligence and physique all-round development, efforts to become the pillars of the construction of the motherland. Generations of leaders have shown different levels of emphasis on sports, but functional expectations vary in each particular historical period. At the level of international cooperation and exchanges, the country has implemented a number of action plans. The China Scholarship Council has specially made special plans for visiting excellent domestic coaches, annual exchange plans, and Confucius Institutes promoting traditional Chinese culture, all showing an open attitude, both inclusive and accepting. Countries to carry out physical education professional certification, is conducive to the docking international standards, promote the development of physical education professional in our country, to establish national standards, build multi-level quality assurance system, implement dynamic monitoring, realize resource allocation between universities, improve the quality of talent training, is also China with the concept of open into the world, to carry out the longitudinal through, horizontal related important measures <sup>[6-7]</sup>.

## **4. Conclusion**

In the process of building socialist modernization in an all-round way in the new era, it is necessary to realize the high-quality development of education, implement the fundamental task of cultivating people by virtue, realize the training mode of "five education" of moral, intellectual, physical, aesthetic and labor simultaneously, and cultivate the overall goal of cultivating qualified socialist construction and successors. As a university, the school physical education work needs to change the concept, take the initiative to research teaching, improve themselves, serve students, serve the society, take practical actions to educate the country and the party, and contribute the special education value of "body".

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