



On the Reform of PE Teaching in Colleges and Universities and the Cultivation of Students' PE Consciousness

Taiwei Liang

Physical Education College, Shanxi Normal University, Taiyuan, China
Email: 1418592795@qq.com

How to cite this paper: Liang, T.W. (2022) On the Reform of PE Teaching in Colleges and Universities and the Cultivation of Students' PE Consciousness. *Open Access Library Journal*, 9: e8439.
<https://doi.org/10.4236/oalib.1108439>

Received: February 7, 2022
Accepted: February 22, 2022
Published: February 25, 2022

Copyright © 2022 by author(s) and Open Access Library Inc.
This work is licensed under the Creative Commons Attribution International License (CC BY 4.0).

<http://creativecommons.org/licenses/by/4.0/>



Open Access

Abstract

Sports in the process of teaching reform in colleges and universities, should realize the professional construction to have stronger forward thinking and innovative thinking, in meeting the demand of current social conditions, should also be possible to dig deeper into the future social sports teaching the demand point of the industry, thus cultivate can adapt to the future development of talents for the society. In addition, in the course of education and teaching reform of physical education specialty in colleges and universities, we should add the thought of serving local economy, social construction and national economic construction, as well as serving national employment strategy and local employment policy. Only by establishing sufficient service consciousness and service thought can we be invincible in the fierce competition in the education industry and obtain better professional development.

Subject Areas

Physical Education

Keywords

Sports Colleges and Universities, Physical Education, Teaching Reform, Sports Consciousness

1. Research on the Development Status of PE Teaching Specialty in Physical Education Colleges and Universities

Physical education in colleges and universities is a very strong comprehensive discipline, which requires students to learn professional knowledge theory very high, but also puts forward some requirements far beyond other subjects in

practice. He ordered that the students should not only give top priority to people's physical quality development, education students to pay attention to the harmonious coexistence of man and society, in the process of the construction of physical education culture to people with the idea of social harmony throughout the course of the construction of the physical education teaching, so the sports teaching profession has high scientific and artistic, on the basis of pursuing professional technology, it also contains certain humanistic pursuit.

The idea of sports humanistic education is to cultivate human nature through sports, so as to improve people's psychological quality and social adaptability. Its main content is to train people in sports, and the ultimate goal is to develop people's freedom and integrity.

College PE teaching reform is a long process. Teachers must change the traditional teaching concept, attach importance to the value of physical education, and also make physical exercise plan for students. In addition, physical education in colleges and universities is the foundation of national sports development. Students should not only go out into the society, but also always adhere to the basic concept of comprehensive sports planning and constantly participate in various sports activities.

1) The curriculum lacks professional characteristics

The Higher Education Law clearly states that "the task of higher education is to cultivate higher specialized talents with innovative spirit and practical ability". In the report of the 17th CPC National Congress in 2007, the focus of higher education is to train and bring up high-quality talents with innovative spirit and practical ability, and scientific and reasonable training scheme is the basis to ensure the quality of talent training and achieve the goal of talent training. Although in recent years, with the continuous development of economic society, our country sports education professional personnel training gradually by more and more attention, the sports colleges and universities in the process of cultivating talents of physical education class also got more and more support and help from all walks of life, professional sports of colleges and universities sports teaching has been rapid development. In the process of setting up part of the curriculum system of physical education, the characteristics of the development of physical education and humanistic education in physical education colleges have not been shown, and the development of physical education has not been achieved.

2) The educational process attaches great importance to theory rather than practice

At present, in the process of the development of physical education in colleges and universities, there is a general problem of over-ignoring professional practice and only paying attention to the teaching of theoretical knowledge. Students in studying the corresponding professional sports teaching theory, and not through practice to time to consolidate and strengthen the knowledge, causes the student to a little knowledge of the problems existing in the professional knowledge, se-

riously hindered the sports teaching improve teaching quality of professional education, unfavorable to the cultivation of sports teaching professional high-quality talent, it can not meet the social demand for college physical education professionals. For example, some humanistic contents need to be embedded in the education process of physical education. However, due to the influence of various factors, schools often only explain corresponding humanistic theoretical knowledge in the actual teaching process without practical operation and training for students. As a result, students are unable to correctly apply humanistic theoretical knowledge to the design of physical education teaching and other physical education professional work, resulting in the work effect of students in the construction and management of physical education cannot reach the expected goal [1].

3) Teaching methods of physical education

In the field of education, specific teaching methods need according to the characteristics of students, course characteristics, professional characteristics and other factors are determined after comprehensive assessment, but the teaching method is not invariable, when the original teaching methods, improve teaching efficiency method, also is unable to make the professional ability of students to effectively improve, you need to improve the existing teaching method, in order to enhance the scientific and advanced teaching methods.

Professional assessment is a thorough test of the effect of professional teaching. Through the assessment, problems existing in the teaching process of physical education can be found, and targeted measures can be taken to remedy and solve them [2]. For example, found in the mid-term evaluation assessment in the process of professional students of physical education in professional knowledge master not firm, after investigation found that students in the learning process of usual, did not put a lot of time into theoretical knowledge learning, but in the other need to spend more time to practice course, although students cannot achieve high scores in the process of theoretical examination, their actual professional accomplishment and practical operation ability have been significantly improved. According to this situation, the school needs to take targeted improvement measures to improve the assessment method and promote the overall development of students.

2. The Constitution of the Current Physical Education System in Colleges and Universities

Under modern conditions, teachers must respect the basic status of students and fully understand the development trend of physical education. In the teaching process, preemptive consciousness is used to help students to become all-round talents according to the demand of talents in the future sports. Teachers should adopt effective PE teaching methods, such as multimedia and multi-level teaching, to improve PE teaching level, allocate teaching time reasonably, and promote the smooth realization of the established goals. Teachers should also im-

prove their own professional level, gradually improve physical skills, so that the school can carry out teaching activities after a period of time, to be able to comprehensively assess the qualifications of teachers.

The curriculum structure of physical education major includes the classification of subjects to be learned and the sequence of relevant courses. Physical education colleges and universities take into account the coordination of compulsory courses, elective courses, public basic courses, professional basic courses and practice courses in the specific curriculum setting of physical education teaching specialty [3]. Under such curriculum structure, students majoring in physical education in colleges and universities need to actively participate in all kinds of professional practice activities on the premise of paying attention to theoretical knowledge learning, comprehensively improve their professional quality of physical education, and lay a solid foundation for future employment [4]. In terms of the cultivation of students' comprehensive quality, the school will also arrange physical education courses, military training courses and ideological and political education courses for a certain period of time to ensure that students' comprehensive professional quality can be comprehensively improved.

Teachers should adhere to the principle of combining theory with teaching practice, so that students can apply certain theoretical knowledge to practical life and stimulate their thinking step by step. Physical education is an independent discipline. Teachers must let students understand the specific physical exercise content and the importance of physical education, avoid injuries in sports and master basic skills. Therefore, when teachers gradually strengthen theoretical education, students should fully realize the importance of lifelong physical education.

The most important thing is to carry out the corresponding programs and plans after the physical education major in colleges and universities has formulated specific training objectives and planned specific teaching plans, and the implementation of teaching plans cannot be separated from the support of professional teachers. Therefore, PE teaching professional generally attaches great importance to the construction of teachers, scientific research teams and laboratories, so as to ensure the effective implementation of the corresponding PE teaching professional teaching plan, so that the professional quality of students can also get a real sense of improvement.

3. The Training Strategy Analysis of Sports Consciousness of Students in the New Era

1) Clear professional training objectives and actively develop professional characteristics

The ultimate goal of cultivating talents for physical education specialty in colleges and universities is to serve for the development of economy and society and try to meet the needs of all walks of life for physical education specialty talents. According to this guiding ideology, sports colleges and universities should

closely combine talent cultivation with social development [5], constantly improve the way of education and teaching, use scientific education concepts, constantly organize students majoring in physical education to participate in social practice, strengthen practical training, and strive to make students have solid professional ability. In addition, students should also be organized to participate in the organization process and management process of the construction of physical education teaching industry, so that students can find their own shortcomings in learning in the actual work training, so that students can better invest in the study and training of theoretical knowledge and practical skills. Although, at present, in the process of the development of colleges and universities, especially sports colleges and universities, the scale of physical education is constantly expanding, the expansion of physical education colleges and universities for students is very serious. However, schools should bear in mind that only by establishing sports teaching major with the characteristics of The Times and the local characteristics of colleges and universities can they win the competition with other schools and attract more excellent talents to study sports teaching in schools. Therefore, whether to establish a highly characteristic physical education major will determine whether colleges and universities can get healthy and sustainable development, and whether colleges and universities can get better survival and development in the fierce market competition. At the beginning of the sports teaching professional development and construction of colleges and universities, should first clear own orientation, to realize sports education professional development should always aim at the needs of society, should be closely linked with the development of social economy, for students to strengthen the training of the sports teaching basic knowledge of professional skills, on this basis to join with local characteristics and the era characteristic of professional content, thus the establishment of a highly characteristic physical education teaching specialty.

2) Optimize the design of professional courses and pay attention to students' practical training

The curriculum structure, as well as the specific teaching mode and teaching method of physical education in colleges and universities should be improved according to the development of the actual situation, so as to improve the efficiency of education and teaching. Looked from the present situation, our country for the sports colleges and universities of physical education major, not in terms of specific curriculum setting and teaching methods to make uniform requirements, so the institutions shall, according to the actual situation of their school, combined with the characteristics of the students in our school and local businesses for the demand for professional talents of sports teaching situation, set up the course content scientifically, curriculum design should be optimized and good teaching modes and methods should be established, so that the relevant standards of curriculum design of physical education major can conform to the development trend of physical education industry [6]. In terms of specific course content, to establish the market demand oriented curriculum design concept, should be combined with the enterprise to strengthen the link of the enter-

prise, according to the characteristics of the sports teaching profession different jobs will post requirements into the cultivation of students' professional skills, thus maximum shortening the period of talent training, improve the efficiency of personnel training. The market demand-oriented personnel training policy is also reflected in the setting of professional teaching materials in colleges and universities. In the classroom teaching of higher vocational education, it is necessary to study the textbook in depth, but can not be completely restricted to the textbook, should be based on the theoretical knowledge in the textbook, combined with the actual case of enterprises to carry out full analysis and discussion, in order to deepen students' understanding and learning of theoretical knowledge.

4. Conclusions

To sum up, in the process of education and teaching reform of physical education major in colleges and universities in the new period, we should establish the guiding ideology of reform aiming at social demand and implement the ideology into all the contents of the reform. Physical education colleges and universities should strengthen the practical skills training of students majoring in physical education and establish a scientific professional skills practice training system.

Teachers must change their original teaching concepts, ensure that teaching methods adapt to the characteristics of students' physical and mental development, and actively communicate with students to promote the formation of students' physical awareness. In the final analysis, under the active leadership of teachers, students will show infinite interest in sports, form ideas related to life-long learning, and lay a solid foundation for the development of sports.

Conflicts of Interest

The author declares no conflicts of interest.

References

- [1] Hao, C.H. (2016) Fostering Innovation Consciousness and Improving Students' Innovation Ability in Mathematics Teaching. *Science Review*, 27.
- [2] Su, K.W. (2001) Several Problems in Teaching Reform of International Economics and Trade Specialty. *Journal of Anyang Normal University*, 3, 57-59.
- [3] Zheng, L.J. (2005) University Teaching Plan Management: Problems and Countermeasures. Master's Thesis, East China Normal University, Shanghai.
- [4] Wen, W.F. (2013) Research on the Application of Appreciation Education in PE Teaching of Higher Education. *Higher Education Exploration*, 2013, 4.
- [5] Wu, J.J. (2020) Research on Collaborative Development of Practical Ability and Stadium Operation Service Innovation of College Students Majoring in Physical Education. *Contemporary Sports Science and Technology*, 10, 5.
- [6] Wang, X.B. (2015) Evaluation Model and Empirical Research on College Students' Learning Effectiveness. *Journal of Guizhou Institute of Engineering Application Technology*, 33, 97-105.