

Research on the Reform and Innovation of Physical Education Management in Colleges and Universities under the New Situation

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Abstract

In the process of comprehensive education, the management of physical education in colleges and universities has become increasingly prominent. In particular, the unreasonable evaluation mechanism, students lack of enthusiasm for physical exercise and other issues, affect the effective development of physical education. In the face of the new situation and the demands of the times of all-round education and all-round growth, when carrying out the management activities of physical education in colleges and universities, we should persist in taking the environment of the times as the basis, and integrate students' study needs, physical and mental conditions, in order to achieve the best effect of physical education, the physical education route suitable for students' training should be formulated. In this paper, the management of physical education in colleges and universities as the object of study, comprehensive situation of the times, put forward specific reform and innovation proposals and implementation path.

Keywords

New Situation, College Physical Education, Education Management, Reform and Innovation

1. Introduction

As an indispensable part of modern education in China, the quality of college physical education will directly affect the training of cross-century talents. In order to meet the challenge, various schools have carried out PE teaching reform one after another and have also made certain achievements. However, due to people's deviation in understanding of PE teaching in colleges and universities,

the quality and efficiency of PE teaching are not high enough, on the whole, there are still some incompatibilities with the requirements of today's social development, which neglect the cultivation of students' sports ability and lifelong sports consciousness, resulting in students' weak sports participation consciousness, make after stepping into the post can not form the habit of self-conscious exercise, affect the health of the body.

2. The Background of the Reform and Innovation of Physical Education Management in Colleges and Universities under the New Situation

Teaching mode is the concretization and actualization of teaching system and teaching process, and is the bridge and link between teaching theory and teaching practice. The physical education teaching mode of most universities in China is mainly based on the systematic learning teaching mode put forward by the former Soviet educator Kailov, which is teacher-centered and students are always in a passive learning state, through the teacher's explanation and demonstration, the teaching content is inculcated to the students in a qualitative way. The teaching emphasis is on the study and mastery of the three basic principles of "Basic Knowledge, basic technology and basic skills", this model emphasizes the foundation rather than the choice, emphasizes the order rather than the creativity, neglects the student's subjectivity, limits the student's subjective initiative and the innovative thinking ability raise, causes many students not to be interested in the physical education class, it is customary to think that physical education is physical education, physical education, is boring, boring physical exercise.

At present, the examination of reaching the standard in sports is a consistent means of sports assessment, and various physical fitness assessment criteria are widely used in the examination of sports, and most of these examinations adopt similar methods to the assessment of athletic level, this is not good for students' physical and mental health. Because the goal of sports competition is to develop people's sports potential, which is inconsistent with the evaluation object and purpose of college sports. Under the mechanical examination system for reaching the standards, some students have good innate qualities, and they can get high scores without practicing the examination standards, while some students have poor innate qualities or physical defects, even if they try hard, they still can not pass, such an examination mechanism violates the principle that quality education should attach importance to students' individual differences.

3. Main Obstacles for the Reform and Innovation of Physical Education Management of Physical Education in China

1) The current physical education curriculum teaching content is relatively old.

In the teaching process of physical education in colleges and universities, al-

though different from the 1950s, the present stage of physical education in China is no longer an attempt to make the selection and compilation of the curriculum independently (Chen, 2015), however, there are still some problems as follows: the contents of the course are obsolete, and a series of teaching contents involving the arrangement of courses, the selection and compilation of textbooks, the setting of course objectives, the singleness of teaching theory and the obsolete teaching methods, etc., it reveals the problems in the teaching contents of physical education in colleges and universities in China. This is mainly due to the late start of physical education in China, the lack of specialized research on individual subject knowledge of physical education, the lack of excellent teachers, as well as inadequate understanding of physical education in schools and other reasons. It makes it difficult for learners to participate in the knowledge system of the subject itself, and even lose interest in some teaching contents. For most students, like after-school sports activities, and the curriculum of physical education teaching content is boring, which is related to the teaching content of the rigid.

2) In present, physical education in colleges and universities can not train high-quality students with excellent physical education professional quality and development potential. This is because in the teaching of physical education in colleges and universities, on the one hand, although the students who have the specialty of physical education have certain professional knowledge and skills, in the middle and later stages of professional education, due to the lack of solid basic knowledge, therefore can not carry on the study and the digestion to the world front, the redundant difficult sports theory, is difficult to form the world, the broad reach specialized sports view. This has caused the present stage our country university to train the sports specialized student most only to have the good specialized basic knowledge, actually can not continue the thorough development, even becomes one's own embarrassing result. On the other hand, the educational aim of physical education in colleges and universities is not scientific and profound enough. To a large extent, the current physical education teaching aims are more focused on the aim of "All-round talents". Students are always in a tense study under the main demand of comprehensive talents. In fact, the cultivation of talents is pluralistic, not only is the all-round talented person's training goal, more importantly is how to carry out the sports talented person training the concrete measure. With all-round talents as the main goal, the realization of all-round talents training is allocated in every project and class hour, it is urgent to understand and sort out constructivism deeply.

4. Colleges and Universities Have New Requests of Physical Education Management Reform and Innovation under the New Situation

The variety of teaching models shows that all kinds of teaching models have their own specific scope of application (Ji, 2013). Although these teaching models are not perfect, they will play more and more important role in the combina-

tion of physical education theory and practice. It emphasizes the organic combination and flexible application of various teaching methods to realize the modernization and diversification of teaching methods. Such as flexible forms of training, training structure diversification to adapt to the development of students' personality. The teaching forms are collective teaching, divided teaching, circular teaching, prompt teaching, audio-visual teaching, group assessment, group formation and theoretical teaching. Teachers should consciously organize a variety of lively and interesting activities to infect students and stimulate their emotions. Such as organizing students to watch relevant videos, movies, interview sports stars, review the history of sports development in China, etc.

The curriculum setting should develop from the single general teaching course to the optional course, the special improving course, the health physical education course and so on. In the future, the content of physical education will be transferred from "Taking sports technology as the center" to "Taking sports methods, sports motivation, sports activities and sports experience as the center". But this does not mean that the teaching of sports technology is denied. However, the specific teaching content will be based on the development of social sports, the individual needs of college students and the teaching conditions of the school, a relatively large adjustment. Competitive Sport, entertainment and sports, and individual sport will be given greater weight. The content emphasizes acceptability, fitness, entertainment, life-long, practical, in order to attract college students to take the initiative to participate in sports learning and exercise.

In teaching, teachers should speak as little as possible, make the teaching content maintain certain thinking value, promote the development of students' thinking ability, and master innovative methods. There are various elements in physical education teaching, such as teachers, students, teaching materials, organization and teaching methods, students' physiological and psychological development as well as field equipment and so on. These factors are opposite and related to each other. The change of each factor influences other factors, even affects the change of the whole PE teaching quality. Therefore, in order to get the maximum benefit, we must grasp the relationship between the factors from the overall situation, only in this way can we get twice the result with half the effort.

Taking students as the main body means that classroom teaching should be a process of training students to explore knowledge on their own initiative and enhancing their subjective consciousness, and should try every means to arouse students' initiative, stimulate students' enthusiasm, and encourage students to ask questions and debate, fully mobilize the sense of participation of students, so that students become the master of learning. In the process of innovative education, we must give full play to the main role of college students in the process of learning knowledge and receiving education. But the main role of students is not to weaken or cancel the leading role of teachers, but through the guidance and inspiration of teachers to enable students to acquire knowledge. The teacher's leadership in the classroom performance for the organization of teaching and

heuristic thinking. The basic criterion for teachers to play a leading role is whether they are good at mobilizing students' initiative, enthusiasm and creativity in learning and receiving education.

5. Under the New Situation University Physical Education Management Reform Innovation Path

1) The traditional education is teacher-centered, student-centered, knowledge and technology-centered. However, the quality of education in the implementation of the Current (Li, 2015), this traditional teaching model has not kept up with the development of the times. As the highest stage of education, physical education should offer various types of physical education courses to meet the needs of different students, and finally arouse their learning enthusiasm. To change the teaching situation of "Emphasizing practice and neglecting theory", to create comprehensive, diversified and optional physical education courses and diversified teaching models, and to rationally choose modern teaching tools and methods to carry out teaching activities, it is beneficial to arouse the enthusiasm of college students in physical education and to cultivate the consciousness of lifelong physical education.

2) Improving the educational evaluation system. The assessment and evaluation of curriculum is the baton of teaching and a means to test the learning of teachers and students. But in the liberal education (Wang & Lei, 2015), it is obviously one sided and unscientific to continue to use marks to assess teaching results, since each student's innate physical qualities are different. Each school can try to establish a multi-dimensional evaluation system of sports achievements, taking into account the differences of individual students, and truly transfer the evaluation system to the goals of educating people, cultivating the mind and keeping fit, pay attention to the students' learning attitude and cooperation spirit, and at the same time take into account the students' physical quality.

3) The assessment of physical education teachers, students and other teachers can be given a comprehensive assessment.

The new relationship between teachers and students should be a kind of active cooperation based on democracy, equality, understanding and respect. The cooperation should be bi-directional, active, coordinated and harmonious. A teacher is not a leader but a guide, not only an elder in age, but also an equal friend in personality. The new teacher-student relationship is the foundation of the good innovation environment. With this foundation, students' creative interest will be aroused from time to time, and their creative ability will be improved in the colorful creative activities. If we can really establish this new type of teacher-student relationship, students will naturally be happy, active thinking, open-minded and willing to participate, and their initiative and enthusiasm will be fully exerted, the seeds of their creativity will be carefully nurtured, so that it is possible to cultivate their creative spirit and ability to achieve.

At present, the basic education is trying to break through the traditional single teaching method, advocating the teaching of sports knowledge and skills, and striving to achieve the multiple goals of the physical education and health curriculum (Zhang, 2014). Overall view of the establishment of the goal of physical education personnel training in colleges and universities, the establishment of the goal of personnel training in colleges and universities is basically perfect. Therefore, in order to meet the needs of the basic education in the cultivation of talents, the cultivation of sports talents in colleges and universities in China should focus on strengthening the concept of students' teaching and forming good scientific literacy and professional ethics, and has the innovative spirit and the practical ability which adapts the basic education teaching reform, the application ability and so on aspect raise, caters to the "Happy sports", "The sunlight sports" in the basic education, get Rid of the emphasis on skills acquisition, training and competition to promote the training objectives of the full coverage of the curriculum.

The selection, design and implementation of physical education curriculum should establish the curriculum concept of "Student development as the center", the students will become main body of the class teaching, while the teacher must prepare more before class and be a leader or a host in the class, do in this can so that can meet the needs of the reform of Basic Education Physical Education and health curriculum, sports should break through the teaching content system of attaching importance to competitive sports. In the teaching content, we should not only keep the specialty and science of physical education, but also emphasize the basic education, practicality and flexibility. The curriculum setting of physical education in colleges and universities should strengthen the connection between curriculum content and social development, and set up courses that can promote students' physical and mental health and skills according to the law of Students' physical and mental development, take athletic sports as a means of keeping fit. On the basis of keeping track and field, gymnastics, martial arts and traditional ball games, such as badminton, table tennis, basketball, etc. , which students must master, it is suggested to add some popular and entertaining sports items in primary and secondary schools, to basic education the reform of "Physical Education and health" curriculum.

6. Conclusion

According to the differences of the scale, conditions, teaching staff and facilities of each university, there should be some differences in determining the objectives of personnel training and the design of curriculum objectives, but the requirements of the objectives of physical education curriculum should be fully implemented, nowadays various schools have carried out PE teaching reform and really made certain achievements (Qi, 2022), to highlight the characteristics of physical education, improve the quality of personnel training. Attach importance to theoretical courses and improve students' consciousness and ability of

“Lifelong physical education”. According to different teaching contents, we should adopt different teaching methods and add more practical contents, such as mastering sports culture, sports health, sports fitness and sports leisure.

Conflicts of Interest

The author declares no conflicts of interest regarding the publication of this paper.

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