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Reflections on the Physical Education Teaching in Colleges and Universities in China

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ABSTRACT

With the continuous in-depth of Chinese quality education, the heat of physical education teaching in Chinese colleges and universities is also climbing. At present, there is a series of problems in the lack of capital investment in physical education in China, the lack of full-time teachers, the students' autonomy, the learning enthusiasm is not high, and the teaching equipment is a series of questions, the necessary reflection should carry out the necessary reflection, from Chinese universities Several of physical education teaching content and teaching materials, teachers' professionalism, and students' interest in learning, and integrating with some national culture, college sports is part of the Chinese national treasure, should pay attention to it, promote it is very good The development gradually pushed it to the international stage. Therefore, this paper mainly surrounds the main problems in China's physical education teaching, as well as the corresponding settlement, and gives a certain solution.

Keywords: Chinese College Sports; Physical Education, Tradition, Autonomy; Reform

I. INTRODUCTION

China Education News pointed out that in China's continuous development of China The quality is relatively low, causing serious influence on the physical health of the students, and also makes the students' emergency response ability, and the psychological quality is getting worse. Therefore, at this stage, teachers should give full play to the actual role of physical education in the teaching process, strengthen the cultivation of students' core literacy, and promote the improvement of the overall level of students.

According to the data survey, the current development of physical education in China is slow, and China's universities in some areas have not included traditional sports into formal teaching content, just a way of active recreation. Many schools have a serious insufficient funding of college physical education, leading to many teachings equipment that cannot be purchased, teaching conditions are too simple, and teachers engaged in college sports teaching, even if some teachers voluntarily engage in the teaching, they are subject to their own professional level Restrictions, teaching cannot achieve the ideal effect.

II. RESEARCH METHOD

Due to the special nature of the research topic, the literature collection research method is mainly used in this study: that is, a large number of data analysis collections such as various network information resources and other network information resources and other network information resources. The research results provide a related academic reference for the research of articles.

Secondly, the example research method has been used through field investigation, and specifically, the Tongren College in Guizhou has carried out investigations and research.

III. DISCUSSION

3.1 Research the Problems of Physical Education in China

3.1.1 Chinese college students lack autonomy in the choice of physical education curriculum types, and most of them are passive choices

Most college students in Chinese universities are not very interested in the college physical education courses offered now, and the evaluation is relatively general. College students' choice of physical education courses is mainly based on their own interest and curiosity, and a small part is based on the needs of physical education examination.

However, interest occupies a dominant position in college students' learning. The reality is that most of the physical education courses are set by the physical education teachers in Chinese colleges and universities. Students do not make arbitrary and active choices according to their hobbies. Naturally, students' enthusiasm for learning the courses will not be high. In addition, college sports cannot get rid of its original form. Contemporary college students prefer to choose more fashionable modern sports for fitness. College sports for Nationalities originated in the era of natural economy or the era of natural economy. Due to the relative backwardness of economy, science and culture in the vast rural areas and ethnic minority areas on which it depends, many projects still have not got rid of the brand of their primary form or sub primary form, and still have a strong cultural and entertainment color. They are integrated with acrobatics, dance and program celebration. Strictly speaking, these projects are still in the quasi sports era. While the project development and development are unbalanced, the sports of Ethnic Colleges and universities are increasingly impacted by the world modern sports with the Olympic movement as the mainstream. Many Chinese colleges and universities improve their brands by developing competitive sports. Many college students prefer to engage in modern sports as a fashion, and believe that it is relatively backward to engage in Ethnic College Sports in modern society, and fail to form a correct understanding of college sports.

3.1.2 Physical education teachers play a leading role in teaching and are influenced by action learning

Physical education teaching needs to give full play to students' initiative and make students and teachers in a good interactive state. Only in this state can we reap the learning effect. The reality is that most of the teachers of College Physical Education in Colleges and universities still use traditional teaching methods. They mainly rely on teachers to demonstrate; students imitate and learn. What teachers do; students follow. There is a lack of due communication and communication between teachers and students, and students' dominant position is missing. Teachers can only judge the effect of students' learning according to their external performance, Lack of understanding of students' real psychological activities cannot solve the difficulties encountered by students in actual learning, let alone make necessary improvements to their teaching according to the detailed situation of students. This is not consistent with the purpose of physical education in Chinese colleges and universities, but also affects the development of physical education in Chinese colleges and universities to a certain extent.

3.1.3 Lack of physical education teachers, especially professional teachers, lack of capital investment

In recent years, the state has paid more and more attention to traditional physical education, but despite some policy support, it lacks the support of actual funds and actions, so that the development of physical education is superficial and does not really grow up. Even if most colleges and universities get some financial support, they mostly invest these funds in other aspects of construction, such as purchasing some physical education teaching materials and equipment. Many colleges and universities ignore traditional sports and just regard it as an interesting activity without putting too much energy into it. There are relatively few teachers in sports and their professional level is poor. Some PE teachers only teach a few sports and lack research on the overall teaching. Schools also do not invest funds to regularly improve the professional level of teachers, The level of physical education teaching has been in a state of standing still, which greatly limits the development of college physical education.

3.2 Method of Solving Physical Education Teaching in China

3.2.1 Physical education teachers and course requirements should be clearly focused on the implementation of targeted teaching

PE teachers give students instilling positive thinking, you can speak more about the sports competition Celebrities, play the video of some events in the classroom to guide students to observe thinking. To talk about their feelings on race, thus boosting their thoughts, they themselves would be able to reach to enable students to take the initiative to focus on the purpose of international events and related news at home. Also pay attention to highlight the spirit of sport, with emphasis on the sports movement, the kind of athlete who rose to the challenge, perseverance, and hard work to make them understand that only people who can embrace success, in order to further develop core sports students' literacy, improve motivation to learn. To be timely recognition and encouragement to the students, for students to praise good physical fitness, and more praise, not good for the students, the more physical urge, encourage, so that students can not contradict physical education. Teachers should be regular training exam, active learning has consolidated notes on sports, teaching objectives in a timely manner to enhance their teaching ability, to ensure that the lessons students learn as much as possible the more standard action, to avoid injuries when their own motion. Second, we must ensure that teachers and students can smooth contact, such as the outbreak among teachers online lesson should ensure that students 'questions can be solved in time, timely answers to mobilize the students' enthusiasm for learning.

3.2.2 Students play initiative, to stimulate their interest in learning

The effect of physical education key is to see students with degree, college teachers should guide students understand the importance of traditional sports, traditional sports in effect on the personality development of students and society to adapt to exercise. Through physical education curriculum reform traditional methods to stimulate students to actively participate in the enthusiasm of the traditional sports. Teachers in traditional national sports teaching, to be bold reform attempts, give full play to student autonomy, not only to teach students the traditional sports technology, knowledge and skills, the main thing is to teach traditional sports fitness knowledge to students guide students to master the use of methods of national traditional sports, physical exercise scientifically, the formation of all-round development of physical and mental health awareness.

3.2.3 Strengthening the interaction between the physical education teachers and students

In the process of physical education in colleges and universities this stage, the real subject is the students in class, so the teacher in the teaching process should be deeply aware of this, give full play to the role of the student body.

In college physical education, teachers should first do is to understand the basic situation of each student, taken in different ways for different methods of teaching students to promote students' learning more effectively. Because different life different backgrounds in everyday life in which the students, and some students may have during physical activity every day, already has a strong foundation, and some students may rarely participate in sports activities, did not insist on playing sports body poor quality. Therefore, teachers in college physical education should be carried out prior to fully understand the basic situation of each student, individualized. In addition, teachers at the time of the lecture, can be arranged for students to discuss some of the problems within the group, to improve students' level of awareness of sports knowledge through cooperation and exchange, in order to improve students' core literacy.

3.2.3 Put right attitude, attention to physical education, sports and create a good atmosphere in the classroom

Schools to create conditions and cultural studies teachers try to understand the students, do not arrange too much work, and do not occupy students' hard-earned physical education. Every teacher should be instilled as important as physical education classes and cultural ideas, to provide students with a condition can be physical education. Create a family atmosphere, parents should consciously establish awareness of physical exercise, the results cannot always be confined to the child's development. Encourage children to play outside environment, flying nature. If the situation warrants, parents accompany their children to exercise together as much as possible, so that the process of exercise, not only can be happy, but also to promote parent-child relationship. States should support middle school student's appropriate physical exercise. Physical activity related to the drawing murals in the community, create relevant flyers, posters, enhance the people's awareness campaigns, we create a conducive atmosphere for sports to create the image of Powers, sports powers.

IV. CONCLUSION

1. Colleges and universities should strengthen the reform of traditional sports teaching, continuously increase the investment of funds, enhance the level of traditional sports teaching teachers, and stimulate students' subjective initiative.
2. Gradually transform teachers' leading position in teaching, realize the good interaction of teachers and students, and promote the comprehensive development of college students with the concept of lifelong sports.
3. Improve the core literacy of the students is extremely important for students, and only students have a healthy body and higher quality to better learn and life.
4. Teachers, schools and parents should actively explore measures to improve students' core literacy, dedication to the improvement of students' physical education and personal physical fitness, students should also take the initiative to improve their core levels, to enhance students' comprehensive physical fitness level.

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