Creative Development of College Physical Education from the Perspective of Humanity

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Abstract

Sports teaching is the focus of university sports work, is to cultivate students to master the basic knowledge of sports theory and sports practice skills, and have good health, an important way to become qualified successors of the socialist cause. However, there are many disadvantages in traditional college physical education, and it is difficult to arouse the enthusiasm and enthusiasm of students to learn sports. In this paper, the research status and development trend of university sports teaching in our country, put forward the ways and innovation of college sports teaching reform, so as to promote the college sports teaching reform and innovation effectively, and provide reference for the better development of college physical education. With the deepening of teaching reform in colleges and universities, teaching reform and innovation of college sports is also developed in the depth direction, this paper discusses the reform of college physical education problems from the perspective of humanity based on. To this end, first analyzes the concept of humanized teaching concept and characteristics, and analyzes it in the practical teaching activities in the current situation, and finally puts forward some countermeasures and suggestions for the implementation of the teaching activities of college sports, to promote the innovation and development of college physical education teaching activities.

Keywords: Humanistic vision, university, physical education, innovation and development

Introduction

At present, the main work of university sports teaching in China to teach sports skills, the main courses are the main competitive sports venue, usually outdoors, such as basketball, football, track and field, etc.. Because the students are more open teaching environment, the teacher usually choose the traditional intuitive skills teaching methods in class, the teacher demonstration show sports skills learning, students observe and imitate the teacher's action. However, this teaching method often neglects the teaching of basic knowledge of physical education theory, which leads to poor teaching effectiveness. The basic knowledge of sports theory is the basis of sports practice skills. Only under the guidance of correct theory, can students understand the key points of sports practice skills and grasp the key points of skills better and faster. Lack of basic knowledge of physical education, or lack of knowledge, often leads to a student who knows what he knows but does not know why. It is found that most colleges and universities have neglected the basic knowledge of physical education theory, which has affected the teaching effect of college physical education to a certain extent.

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In understanding the connotation of the reform and innovation of college physical education in the view of humanity, it is necessary to understand the content of humanistic education. Humanity education is people-oriented education, humane education will be more focus on people's attention not to concern, to promote people's needs and development initiative to explore the spirit and personality as the ultimate goal of education. Humane education, pay attention to the individual all-round development, reform and innovation to advocate educators from the inner of the education method, can relieve a widespread social utilitarian education on the ideological education to a certain extent, has the positive significance and social significance. So according to this idea, reform and innovation of PE teaching in colleges and universities, is to fully respect the physical and psychological characteristics of college students and university teachers, fully implement the "people-oriented" philosophy of education in the teaching design and teaching practice, to the personality of the students free to actively guide, strengthen the humanistic care for students, promote innovative activities to carry out a comprehensive reform of physical education.

![Physical Education](image)

**Figure 1. Physical education.**

**The Proposed Methodology**

**The development trend of college physical education.** The current university sports teaching in our country in the course of physical education theory as the foundation, with the guiding ideology of lifelong physical education, pay more attention to the students in sports activities of the autonomy and happy experience, learning emphasizes the equality of opportunity, emphasizing the teacher choose teaching contents and students choose learning content of the combination of university sports teaching goal of our country's diversified development in order to maintain health, enhance physical fitness, as the foundation, pay more attention to moral education, cultivate the spirit of cooperation of college physical education in China, to maintain their personality, develop students creativity and cultivation of other sports and cultural qualities of students.

Class is the basic organization form of college physical education, but the number of classes and the teaching quality and teaching security has an important influence, therefore, our country on the teaching of physical education class has strict rules about thirty is appropriate. However,
the current investigation found, because the number of students each colleges and universities have increased a lot, and the number of teachers and teaching equipment is limited, so, the number of university physical education classes, each of the increased need to implement teaching. Secondly, the number of teaching class becomes more and more, and teachers' burden is heavier. The number of teachers teaching weeks, weekly hours, and the class is the school timetabling organization, is also an important indicator to evaluate the teacher work burden, because the number of students increased, the number of classes leads to increased, the total number of hours extended, greatly increased the burden of the teacher.

The content of college physical education is the development of the types and items of PE. The content of PE teaching can reflect the guiding ideology of college physical education, the condition of sports facilities and the situation of physical education teachers, etc.. The survey found that, at present more and more types of college physical education in our country, most colleges according to their own conditions, according to the physical and mental quality is not the same as the students set up the different nature of the physical education curriculum of physical education, the students' choice and space is greatly increased, the content of physical education is more and more abundant, for students to choose to participate in more and more sports. For example, many colleges and universities sports curriculum in addition to the creation of the traditional six categories - football, basketball, aerobics, volleyball, table tennis, martial arts, is playing tennis and badminton, Tai Chi, dance sports and swimming. A few schools to open skating, baseball, handball, table tennis, chess, chess and other sports features.

College physical education teaching idea. Innovating the teaching idea and teaching mode of physical education in colleges and universities to improve the effectiveness of physical education. First of all, change the guiding ideology of college physical education, innovate the concept of college physical education, take students as the center, and take the students' health as the concept. college physical education should start from practice, strengthen the humanistic care for students and the students' physical and mental health care, health education to the modern sports idea as the instruction, through the university physical education, sports has become the internal demand of each student. Change the traditional concept of technology in the teaching of college physical education, students actively participate in sports; physical concept change influence students, to cultivate students' good psychological quality and the ability to adapt to society, to cultivate the habit of students and ability of lifelong physical education, improve the health level of the students really.

Teaching model. According to the different stages of students' personality and physical and mental development, the choice of different teaching models is more conducive to the realization of teaching objectives. Both horizontal and vertical management mode, should be for the future of the university physical education is preferred, sports can mobilize the enthusiasm and creativity of teachers, improve teaching quality, but also can play the initiative and consciousness of different age, technical level of learning sports, the school sports education system, the whole process not only embodies the culture, sports culture, sports ability, the athletics habit, and can enhance the physical fitness of students, improve the level of fitness teaching goals, make students take physical exercise as a lifelong physical investment demand.

In the current situation of the development of PE teaching in colleges and universities, actively carry out reform and innovation of PE teaching, the concept of humane teaching into college physical education teaching activities, has a certain positive significance, make the teaching activity not only full attention and respect the students' subject status in sports learning, while humanistic education ideas and sports for health the thought of teaching under the guidance of the organization and teaching evaluation structure reform of school physical education. The teaching idea of humanistic education provides guarantee for physical education
in institutions of higher learning. It provides a guarantee for the students, so that they can maximize their subjectivity and their own initiative, promote the formation of sports consciousness and good exercise habits.

**Humanistic horizon.** The core idea of humanistic education concept is "people-oriented", the innovation of teaching reform in college physical education should focus only on this ideological work, which requires teachers to traditional teaching at the same time, but also pay attention to sports knowledge and sports skills professors and students physical health level, pay attention to the psychological problems of college students the university sports teaching syllabus, to "designer" personality development in the direction of change, focus on the cultivation of students' ability of innovation and ability to adapt to the new environment, the education and education effectively combine the heart of college physical education teaching reform.

In the application process, we should pay attention to the dominant position of students in the learning activities of the sports teaching group, in specific teaching activities, teachers should combine the students' physique, hobbies, gender and sports foundation, in order to make the appropriate guidance to students, guide the students according to their actual situation right sports choice exercise of initiative in sports training under the guidance of learning interest. At the same time, teachers can also actively guide students to participate in the formulation of the process of the reform of the teaching plan and curriculum in this way strengthen the students of physical education curriculum development, implementation and the process of learning to understand and master, give full play to the students sports potential and learning potential, and strengthen students' team cooperation ability, pay attention to the students of sports knowledge and sports skills, cultivate lifelong sports consciousness, starting from the physical education curriculum and affect students' cultural course learning and innovation ability, promote the sports education from general education to individual education positive change.

**Human choice.** In the stage of higher education, physical education is a systematic discipline, focusing on improving students' physical fitness and sports skills. The main task of teaching is to guide students to master all kinds of scientific methods of movement. The purpose of teaching is to promote the all-round and healthy development of students' body and mind. Therefore, physical education teachers in the selection and design of the teaching content of physical education and sports course, compared to the traditional teaching mode of sports training and learning, the new teaching reform to dilute this part, we should pay attention to students' learning ability and learning based curriculum design for students, practical, national fitness and the characteristics of lifelong sports. At the same time, in-depth study of the syllabus requirements for students, combined with the characteristics of the students and the actual situation of PE teaching apparatus for physical education project selection and innovation.

With the attention of university physical education curriculum and the corresponding funds to increase investment in current college sports venues and sports facilities have been improved greatly, but still faces many problems, there is much room for improvement. The stadium space also increases service facilities are basically can meet the needs of comprehensive courses and games, but based on the concept of humanity, another hidden needs of students may be ignored.

Now the students' learning time is precious, if you waste a lot of time in this aspect so sports creates unnecessary time some cost bring certain time burden to the students. To solve this situation requires a certain amount of money to support school, but the school may also have some pressure, sports venues for this can set up a scale smaller, movement set the room to rest with the bath room in one, or the sports venues arranged near the dormitory area. To reduce the time cost of students. Schools can improve their own economic conditions and the actual situation of students.
The implementation of humanistic physical education thought needs to be carried out in two aspects: soft environment and hard environment. Therefore, it is necessary to create a humanized teaching atmosphere, create favorable conditions for the development and promotion of humanized PE teaching, in the creation of conditions were also prepared from the soft and hard environment. So, teaching reform and innovation of humanization in Institutions of higher learning in college, make full use of existing teaching resources, but also pay attention to the reasonable allocation of teaching venues and facilities, according to the teaching plan, to improve the PE teaching environment.

To build a scientific and rational evaluation system is to make the guiding ideology, evaluation principles, indicators, content, standards and methods more perfect. The university sports teaching evaluation should change the traditional practice of sports skills and performance evaluation standards, explicit and quantified evaluation, more consideration of individual differences between students, both process and results of the assessment, the assessment method is more fair and objective.

**Conclusion**

Human thinking is along with the development of society and the rise, gradually extended to the management and teaching activities of the discipline, has certain positive significance. In the teaching activities of humanized teaching is people-oriented teaching, fully respect the leading role of the dominant position of students in teaching activities and teachers, pay attention to the interaction between teachers and students. The specific implementation of education idea in human nature, requires educators to establish a correct concept of people-oriented education, improve the PE teachers' occupation accomplishment, and actively create a humanized sports teaching atmosphere and the establishment of the teaching effect of a teaching evaluation system, and actively promote the humanized teaching mode of our country's sports teaching the process of reform and innovation.

**Reference**