The "Breaking" and "Establishing" of Physical Education Teaching in China's Colleges and Universities in the Late Period of Popularization

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Abstract. The traditional teaching concept is dominated by teachers, leading to students can not express their ideas and views to some extent, thus losing interest in sports learning. Under the new curriculum standard, teachers should be guided by students and improve the students' initiative. Because the traditional sports teaching has a unified teaching content, is not conducive to the development of students' individuality. Teachers should summarize the experience, change the traditional teaching ideas, actively create a student-centered classroom atmosphere, and promote the all-round development of students. Students can learn sports independently, and can choose sports to carry out their own sports activities and exercise according to the need, it is the trend of development in the future.

1. Introduction

How to do well physical education in colleges and universities is always the top priority and the eternal topic of college sports workers, it is a work that keeps pace with the times, which is because of the development of social and higher education, as well as the development of their own ideas and the change of life style, sports education and teaching should adapt to the trend of the times, so as to ensure the times and effectiveness of physical education teaching.

In the late stage of popularization, the physical education in colleges and universities should "breaking" and "establishing". However, how to "breaking" and "establishing" is the key, which will determine the success and failure of physical education teaching in colleges and universities, and determine the pace with the times in the teaching of physical education in colleges and universities. Therefore, the research of the current college sports education should break through the limitations of the past teaching work, what breakthrough teaching mode, how to break the old teaching of inertia thinking and lack of pace with the development of the behavior, to set up new ideas and ideas and new teaching behavior is very important. This paper attempts to analyze the current college physical education reform from "breaking" and "establishing" two aspects, trying to innovate from the ideological concept and teaching behavior, so as to lay a solid foundation for the future construction of a more scientific teaching system of physical education.

2. The value concept of physical education teaching in the later period of popularization of colleges and universities

With the development and progress of society, the fixed teaching mode of school has limitations to the present students, so the teachers should change the traditional teaching concept and keep pace with the times.

2.1 Establishing the consciousness of lifelong sports

Due to the rapid development of the network, students are addicted to the internet chat, playing games, watching video and other play, the awareness of physical exercise has gradually weakened, leading to a part of the students appear health problems, these phenomena should be paid attention to by teachers. Lifelong sports is a kind of value concept, can urge everyone to exercise, love to exercise, and in exercise to find positive energy, enhance the value of self.
Lifelong sports refers to everyone in the process of life should take part in physical exercise, establish a health awareness, whether in school, work units, or in life should participate in sports activities, training regular exercise habits, improve the comprehensive quality of people. For now young people, because of the study pressure and work pressure, if lack of physical exercise, will seriously affect physical and mental health, in work and study will also force not from the heart.

Therefore, in college physical education, teachers should cultivate students to establish lifelong sports awareness, so that students develop good physical exercise awareness and health awareness. Adhering to the guiding ideology of "health first", stimulating students' interest in sports, integrating physical training into students' life and learning, and playing the role of physical education in the largest.

2.2 Tacit knowledge

Tacit knowledge is also called tacit knowledge, is a kind of consciousness, a kind of idea, in college physical education, tacit knowledge plays an important role. "tacit knowledge" was put forward in 1958 by Poland in the book "individual knowledge", which serves as a reminder of human psychological activities. In college physical education teaching, teachers should guide students' sports consciousness and skills according to the law of students' physical and mental development, cultivate students' values of fair and justice, safety first and so on, so that students can set up correct sports values.

2.3 Diversification mode

With the development of science and technology, sports equipment is constantly updated and perfect, schools should introduce more sports teaching equipment, to provide resources for students sports, so that students choose the space to become large, to provide help for teachers teaching. The diversified teaching mode can improve the quality and level of teaching, and promote the development of physical education.

In the diversified selection, students improve the consciousness of the subject status, and stimulate the interest in physical exercise. In traditional sports teaching, teachers need to prepare lessons in advance, form the thinking set, lack of innovation in teaching design, and make students feel boring in sports learning. In view of this phenomenon, teachers should change the traditional teaching concept, with the aid of teaching equipment, designed to meet the students' teaching program. Teachers should pay attention to the cultivation of students' sports skills, actively communicate with students in the teaching, starting from the students' interests, can better carry on teaching. In the late stage of popularization, the university sports in our country should follow the changes of the times, realize the diversification of teaching mode, improve the teaching level, meet the needs of students.

2.4 Student-oriented

The traditional teaching concept is dominated by teachers, leading students to some extent unable to express their ideas and views, thus losing interest in learning. Under the new curriculum standard, teachers should take the students as the leading and improve the students' active initiative. Because the traditional sports teaching has a unified teaching content, can not closely follow the development of the times, but now the students' quality requirements are higher, resulting in many problems in sports teaching, the unified teaching mode is not conducive to the development of students' personalized. Teachers should summarize the experience, change the traditional teaching ideas, actively create a student-centered classroom atmosphere, and promote the all-round development of students.

Because of the poor physical quality of students, teachers should guide students to exercise, according to the characteristics of students physical and psychological development of new teaching program, enrich the teaching content, so that students can freely choose, cultivate students' physical exercise consciousness and habit, let students stimulate interest in active participants, so as to establish the correct sports value concept.
3. The phenomenon of "breaking" in college physical education

Because many colleges and universities do not pay attention to physical education, students lack of exercise, the emergence of sub-health, affecting learning and life. Therefore, only find the reason, can carry on the university physical education teaching reform, for the student's health to do the guarantee.

3.1 Sidedness teaching goal

In the traditional sports teaching in our country, the one-sidedness problem mainly focuses on the result, neglects the importance of the process, neglects the cultivation of the sports concept in the skill teaching. China's colleges and universities focus on skills training and training students' practical ability, but the neglect of the cultivation of sports concept which will lead to students' lack of understanding of sports, neglect of the importance of physical exercise, so that students lack of a sense of fairness and justice in physical exercise, for a long time, it is not conducive to the physical and mental health of students.

Physical education is a compulsory course in college teaching, but there are not many curriculum arrangements, so some teachers have drift along muddle along thought, and not pay attention to the teaching design, and the motivation of teaching is to enable students to achieve good results in the final examination, ignoring the cultivation of students' emotion, seriously affecting the quality of teaching. Because the students lack of lifelong sports consciousness, resulting in the inability to adhere to long-term sports, this is not conducive to physical and mental health. In order to make students interested in sports, teachers should change the traditional teaching concept, overcome the one-sided teaching, and train students to adhere to the habit of physical exercise.

3.2 Teaching content immobilization

The design of teaching content relates to the teaching level of physical education in colleges and universities. The cultivation of physical education in our country is based on the cultivation of skills and knowledge, ignoring the cultivation of the lifelong consciousness of physical education, so that students lack the spirit of active exploration, independent and strong. Teachers usually teach students knowledge in physical education, students are easily bored in the boring teaching, lose interest in physical exercise, teachers should break the tradition in the teaching design, set up innovative consciousness and provide students with the space of choice.

3.3 Take the teacher as the lead

In the teaching of colleges and universities, because of the teachers' dominant position, the students' main body status is missing, so the teachers in the teaching, students are in a passive position, they can not choose their favorite items in physical exercise, lose interest in physical education, generate negative emotion, which is bad for the healthy development of students.

4. The scheme of "establishing" in physical education teaching in colleges and universities

For the sports teaching problems in colleges and universities in our country, we should grasp the key points and improve the physical education teaching system constantly.

4.1 Establish the goal of teaching physical education

The goal of physical education should respect the basic requirements of "national fitness program" and promote the all-round development of students. In teaching, we should implement the "people-oriented" teaching concept, and establish students' self-exercise awareness, participation awareness, appreciation consciousness. Let students realize the importance of physical exercise, and find their own value in exercise, experience the charm of sports, stimulate the enthusiasm for physical exercise.
4.2 The content of teaching is diversified

The teaching content is single, easy to make the student to produce the weary psychology. In college physical education, teachers should pay attention to the cultivation of students' skills, so that students can integrate into physical exercise and pave the way for the life-long sports consciousness. In the teaching content, teachers should choose more entertaining items, such as let students to observe the world competition, so as to cultivate their sports sentiment. In the content design, teachers should take students as the main body, taking into account the interests and physical conditions of each student.

4.3 Guarantee the subject status of students

Under the new curriculum requirements, teachers should take students as the leading role, respect students' personality and power, establish equal relationship between teachers and students, in sports teaching, provide more choices for students, stimulate their interest in physical training, teachers should strengthen the guidance of ideas, so that they can find self-confidence in physical exercise, and actively participate in physical exercise.

5. Conclusion

Because of the continuous development of higher education in China, colleges and universities themselves are facing a more serious development situation. Therefore, teachers should change the traditional teaching concept and innovate the teaching content, which requires more reliable cooperation and support from the higher education departments. Under the background of popularization, the development of sports teaching in colleges and universities should pay more attention to the cultivation of students' quality and lifelong sports consciousness, and be good at learning sports and using sports technical skills. Students can learn sports independently, and can choose sports to carry out their own sports activities and exercise according to the need, it is the trend of development in the future.

Reference
