The Lack and Construction of Teaching Communication in Physical Education in Colleges and Universities

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Abstract

Teachers and students are the two main subjects which are indispenisible in the teaching activities. Their communication is the most basic activity in the whole teaching activities. The social economy in our country is developing and changing constantly, and the teaching reform has been changed, and it has been well developed. Physical education is a very important component in the teaching structure of colleges and universities, and the teaching of physical education has been highly concerned by people. But in the sports teaching practice, influenced by traditional teaching ideas and teaching skills, communication of PE Teaching in colleges and universities appeared unilateral and simple phenomenon, directly affect the quality and efficiency of teaching. We should figure out how to avoid the lack of teaching communication in college physical education, in order to make the relationship between teachers and students, students and students more harmonious, and promote the improvement of the efficiency of sports teaching. This article mainly focus on the teaching concept, we discuss and analyze the problems and reasons in the teaching of physical education in colleges and universities and put forward a new sports teaching communication construction strategy, the purpose is to provide some support and help to the university physical education teaching activities.

Keywords: Physical education in Universities, Teaching communication, deficiency, Construction strategy

1. INTRODUCTION

Introduction: In modern education system, college physical education teaching is becoming more important, of course, the role is also bigger than before, because the physical education curriculum is a comprehensive course. Physical education is the most basic element of education and teaching, which plays an important role in promoting the exchange between teachers and students. It is also an important mode to promote sports communication. In the actual teaching process, college physical education teaching should not only pay attention to the theory, but pay attention to the specific practice, which has important significance for the development of students' physical skills and the improvement of physical quality. Changing the traditional teaching mode is the work that must be carried out that only in this way can we improve the teaching effect of college physical education. Higher education plays an important role in students' lifelong development and sports class is an important subject

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promoted by higher education. But in the actual teaching activities, college sports teaching still exist deficiencies, so the reasons for the lack of the analysis and discussion is very necessary, which is the only way to re-construct the reasonable and effective teaching communication.

2. The meaning of teaching communication

Modern social interpersonal communication is very important, we will interact with each other every day, communication can occur between two people, and can also occur in many individuals. If we want to analyze the reason of the lack of physical education teaching, we must first discuss the meaning of teaching communication, and reconstruct the sports communication. Communication, which is the process of communicating, transmitting information and sharing of feelings between people, it is a kind of activity in people's life. Teaching interaction refers to the process of teaching, around the teaching objectives, so that students and teachers to achieve a real interaction between teachers and students to enhance communication and toward the common goal of teaching, so as to achieve the purpose of mutual learning. The realization of teaching communication in physical education, is mainly realized between teachers and students mutual cooperation and trust through communication, changing the relationship between teachers and students was stiff, promoting the harmonious development of the relationship between teachers and students, so as to improve the students' learning enthusiasm, innovation ability and practice ability, promote the quality of teaching and improve the effect of physical education.

3. The Role of Teaching Communication in College Physical Education

3.1 Teaching communication can improve the reform of physical education teaching system: The traditional sports teaching model is based on teachers, and teaching communication can make up for this shortcoming, which can strengthen the students in sports teaching in the main position, and promote the interaction between teachers and students and exchanges, so that the relationship between teachers and students more harmonious and close. This intimate relationship will give students a sense of trust, so that they can take the initiative to think and learn, while allowing them to be innovative and full play to improve their overall quality.

3.2 Teaching communication can structure a new relationship between teachers and students: In order to establish a harmonious relationship between teachers and students must ensure that the status of equality between the two sides. In sports teaching activities, students and teachers should be mutual respect and trust, the establishment of new teacher-student relationship. Good teacher-student relationship can change students' thinking mode, make them more willing to communicate and communicate with teachers, and also help teachers tap their potential, which provides a good help for the improvement of PE teaching efficiency.

3.3 Teaching communication can promote the substantive dialogue between teachers and students: Teaching communication is not only limited to the conversation between teachers and students above, but to try to create a harmonious teaching environment, so that students
can positively think and learn in such an environment. Teaching communication can strengthen the deep communication between teachers and students, and allow students to such a relaxed environment for the development of their own teaching and improve their overall quality.

4. Analysis on the causes of the lack of communication in physical education teaching in colleges and universities

At present, many colleges and universities still take the traditional teaching mode in the physical education, and neglect the students' main body position in the physical education class. The student's thinking can only focus on teachers; they have no active thinking and learning motivation, who the lack of such a teaching mode will cause the communication between teachers and students, resulting in the sports classroom without communication between teachers and students. If this problem exists for a long time, will bring a lot of bad influence to students and teachers, for example, they will not take the initiative to think, not to put forward their own ideas and opinions, and ultimately affect the healthy development of students.

4.1 The non-transcendence of physical education teaching mode

In college physical education, the traditional teaching concept will continue to expand the importance of teachers in teaching activities, the quality of the development of students can only rely on teachers to explain the knowledge and skills and this teaching method will inhibit the student ideas, so they lose the ability to take the initiative to think, which is an unequal teacher-student relationship and the teacher is a tough leader, and students can only be led, this teaching model will Leading to a serious lack of teaching exchanges.

4.2 Teaching content is too theoretical

In the process of physical education, students not only have to master the basic knowledge and skills of sports, but also have to strengthen the training, because only master the essentials of sports skills, so that their own sports ability could be further improved. The actual teaching process of physical education, teachers completely ignore this focus, the theory of teaching knowledge in the first place, this will lead to the lack of communication between teachers and students, because the theory of teaching content only students to master the basic essentials to strengthen their own Training, do not need the guidance of teachers, so teachers and students cannot communicate effectively.

4.3 The simplification of teaching communication

Universities basically adopt the form of class teaching system, which is a kind of traditional teaching mode. In the sports teaching process, if the class teaching system that is a teacher corresponding to the number of students, the teaching communication usually occurs between the teacher and the students, is also a corresponding multiple, this kind of teaching mode although has certain effect, but from a practical sense, the true meaning of teaching communication is coverage of the communication between students and students actually appear obstacles, communication is the most important in teaching activities.
4.4 The main body becomes objective in the university sports teaching association

The teaching activities in colleges and universities in our country have not put the student in the core position. In classroom teaching, the teacher used effective classroom time to explain the teaching content, they did not leave time for students to talk about, result in the lack of communication between students. Sports and other disciplines are not the same, it focuses on the skills of the training, if the teacher just to instill theoretical knowledge of students and then the central idea of the teaching of physical education will be distorted. In the sports teaching, teachers on students' skills training do not pay attention, it will also reduce the dominant position of students in in sports teaching, if this phenomenon exists for a long time, it will affect the enthusiasm of the students, resulting in teaching communication is difficult to achieve.

5. A new approach to the construction of teaching communication in college physical education

5.1 To inject vitality into the physical education of colleges and universities: Physical education and management in Colleges and universities should be diversified, so that the form of physical education has its own characteristics, so it is necessary to inject vitality into the college sports. In the process of teaching, teachers should take the initiative to invite the students to arrange the whole process of teaching, this model can reflect the fairness of teaching, clear the students' subject position in teaching activities; it also can carry out the teaching evaluation process, the evaluation methods are diverse, teachers and students can also take self-evaluation can take the mutual evaluation, reflection and communication teaching according to the content of the evaluation, finally realize the correct understanding of the teachers and students in PE Teaching in colleges and universities.

5.2 Using the new teaching method: The traditional teaching methods can restrain the students' learning initiative, so they can only accept passively. This kind of phenomenon has a direct impact on the quality of teaching. So the traditional teaching method of innovation is the physical education teachers in Colleges and universities must carry out the work, make the teaching method with more interactive and enlightening, the purpose is to cultivate students' learning interest and learning enthusiasm, promote and teacher exchanges, in the actual teaching process, should carry out more conducive to physical and mental health of students the teaching activities. Interactive teaching methods for teachers and students are very favorable, greatly enhance the communication between teachers and students effect to improve the quality of teaching. In the sports teaching process, teachers can put down the face, when the teacher let students experience the feeling, also let them know that a teacher should bear the responsibility, such exchange roles make students participate in the teaching activities between teachers and students and promote student exchange. The teacher should also organize class activities, carrying out competition in the whole class, and the whole class is divided into different groups, then according to the competition rules of the game, and let each students to express their opinions and feelings, this teaching method is very helpful between teachers and students to communicate, and is conducive to teaching communication.
5.3 Changing teaching values: The values of college sports teaching change should start from the following points: 1. Clear value orientation of PE Teaching in Colleges and universities, in-depth mining the value of physical education curriculum, make teaching focus on sports not only stay in the students' physical exercise, but pay attention to the cultivation of talents. 2. Physical education cannot be carried out without sports teaching, sports teaching materials can be said is an integral part of the teaching activities, teachers should analyze the students of different qualities, they connect with the course, promote the construction of open teaching mode. 3. In the physical education teaching process, teachers should provide students with a certain space, so that they have a better understanding of the teaching of physical education.

5.4 The creation of free and equal ideological environment: The idea of freedom and equality can promote teaching, because teachers and students in this environment can relax thinking, not affected by any factors and environment, and the ability to express their ideas and opinions. So how to create a free and equal ideological environment while creating a free and equal classroom environment for student, so that students actively participate in dialogue and discussion, this is a new type of teaching mode and strengthening the communication between teachers and students, promoting mutual learning between teachers and students, in the general process of continuous communication found more suitable for teaching form and content, so that teachers and students have a better understanding of physical education.

6. Conclusion
All in all, the teaching of physical education is an integral part of college teaching, which has had more people's attention. However, the lack of teaching methods in the teaching of physical education in colleges and universities has brought a great impact on the normal teaching of physical education, so this paper discusses the reasons for the lack of teaching communication and related measures. Only re-construct the teaching communication in physical education teaching, students' sports quality can be improved. The construction of teaching communication from teachers to start first, constantly improving their own quality, studying new teaching methods and strategies, combined with the theory of teaching and practice, and create a relaxed learning environment for students, in order to promote the communication between teachers and students, and improve the all-round development of students' comprehensive quality.

References