

# The Historical Mission and Development Direction of College Physical Education Teaching from the Perspective of New Quality Productivity

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**Abstract:** This article aims to explore the historical mission and future development direction of physical education teaching in universities from the perspective of new quality productivity. With the rapid development of information technology and intelligent devices, physical education teaching in universities is facing new challenges and opportunities. This article reviews the historical mission of physical education teaching in universities and emphasizes its importance in cultivating students' comprehensive development and physical and mental health. This article analyzes the impact of new quality productivity on physical education teaching in universities and proposes development strategies for the future, including promoting the application of educational technology, optimizing curriculum settings, and promoting interdisciplinary integration of sports and health sciences. This article summarizes the role of college physical education in social development and its future development direction.

**Keywords:** new quality productivity, college physical education teaching, information technology, interdisciplinary integration

## 1. Introduction

In today's rapidly changing social context, education, as an important component of social development, constantly faces new challenges and opportunities. The theory of new quality productivity, as the theoretical framework for current educational reform, emphasizes the importance of technological progress and innovation capabilities, and puts forward new requirements and expectations for the development of the higher education system [1]. In this context, physical education teaching in universities, as an important component of cultivating students' comprehensive development and health literacy, has increasingly highlighted its historical mission and future development direction. College physical education teaching is not only about imparting sports skills and knowledge, but also an important platform for cultivating students' comprehensive qualities and social responsibility. Through physical education, students can not only enhance their physical fitness, but also cultivate teamwork spirit, leadership, and the ability to cope with challenges. However, with the continuous evolution of social demands and technological progress, physical education teaching in universities is facing many new challenges and opportunities from the perspective of new quality productivity.

This paper aims to explore the historical mission and development direction of physical education teaching in universities from the perspective of new quality productivity. Through literature review, theoretical analysis, and empirical research, this article will delve into how physical education teaching in universities can adapt to the requirements of new quality productivity and promote educational innovation and development. Specifically, this article will focus on the role of university physical education in knowledge transmission, skill development, social responsibility, and public service, and explore the impact and possible development paths of future teaching innovation, interdisciplinary integration, and technological applications on university physical education.

## **2. Literature review**

### ***2.1 Historical evolution of physical education teaching in universities***

As an indispensable part of the education system, the evolution of physical education teaching in universities reflects the changes in society's educational goals and student training needs. In the early days, physical education mainly focused on cultivating students' physical fitness and discipline, as an important means of physical exercise. In the late 20th century, with the transformation of educational concepts and changes in social structure, physical education teaching in universities gradually expanded to a wider range of fields. No longer limited to traditional sports competitions and fitness, physical education has begun to emphasize the cultivation of students' comprehensive qualities, including teamwork, leadership skills, and the promotion of healthy lifestyles.

In recent years, physical education teaching in universities has faced multiple challenges and opportunities. Globalization and technological advancements have accelerated social change, making educational goals more diverse and personalized [2]. In this context, physical education teaching in universities not only needs to meet the imparting of traditional sports knowledge and skills, but also needs to pay more attention to the cultivation of students' mental health, social responsibility, and innovation ability.

### ***2.2 New quality productivity theory and educational innovation***

The theory of new quality productivity emphasizes the profound impact of technological progress on productivity and social development. This theoretical framework is not only applicable to industrial production and economic growth, but also proposes new ideas for the field of education. At the level of educational innovation, the theory of new quality productivity has promoted the transformation of educational models and the updating of teaching methods [3]. Especially in college physical education teaching, the application of new technologies such as virtual reality, intelligent devices, and data analysis tools has brought unprecedented convenience and possibilities to teaching and learning.

Educational innovation is not only the application of technological tools, but also the updating of educational concepts and methods. The theory of new quality productivity advocates a student-centered teaching model, emphasizing personalized learning and interdisciplinary integration. In college physical education teaching, this means constantly exploring how to improve teaching effectiveness through technological means, while emphasizing the development of students' comprehensive qualities and the cultivation of their sense of social responsibility. The success of educational innovation often depends on how teachers and educational institutions understand and apply the core ideas of the theory of new quality productivity, and translate them into specific teaching practices and educational policies.

In summary, the historical evolution of physical education teaching in universities and the impact of new quality productivity theory on educational innovation provide a profound theoretical background and analytical framework for the subsequent exploration of the development direction of physical education teaching in universities in this paper. By reviewing relevant literature, we can better understand and grasp the role and opportunities of physical education teaching in universities in the current educational reform.

## **3. Methodology**

### ***3.1 Method selection and reasons***

The choice of research methods is crucial in academic research, as it directly determines the depth, breadth, and credibility of the research results. In this study, we chose Mixed Methods as the main research method. The hybrid approach combines the advantages of quantitative and qualitative research, providing a more comprehensive and in-depth understanding, especially suitable for exploring complex problems and understanding the underlying mechanisms and correlations.

The reasons for choosing a hybrid approach include its theoretical comprehensiveness and methodological diversity. Mixed methods can analyze research problems from multiple perspectives and levels, combining statistical analysis of quantitative data with a deep understanding of qualitative data, thus providing a more comprehensive explanation and understanding in theory. In addition, through mixed methods, the limitations and biases that may exist with a single method can be

overcome, while filling in the gaps between different methods and improving the reliability and validity of research results. This method also allows researchers to utilize multiple data sources, including questionnaires, interviews, observations, etc., to obtain richer and more comprehensive data to support in-depth exploration and analysis of research questions.

In specific operations, a combination of quantitative and qualitative research will be used. Quantitative research will collect a large amount of data through questionnaire surveys to analyze the attitudes and satisfaction of college students towards physical education teaching, as well as its relationship with academic performance; Qualitative research will explore students' experiences, feelings, and suggestions for teaching improvement in physical education through in-depth interviews and focus group discussions.

### ***3.2 Data collection and analysis***

Multiple methods and tools will be used for data collection to ensure the comprehensiveness and representativeness of the data. This study designs and distributes questionnaires to cover college students of different grades and majors, in order to obtain a large sample size of quantitative data. The questionnaire will cover evaluations of physical education curriculum content, teaching methods, student participation, and other aspects. The collection of qualitative data will be conducted through individual in-depth interviews and focus group discussions. These interviews and discussions will help to understand students' subjective feelings and experiences, as well as their concerns about the problems and improvement suggestions in physical education teaching.

Data analysis will use appropriate statistical methods (such as correlation analysis, regression analysis, etc.) to process and interpret quantitative data, in order to validate hypotheses and reveal relationships between variables. For qualitative data, we will use content analysis and topic coding methods to systematically analyze and organize key themes and patterns, in order to gain a deeper understanding of students' perspectives and suggestions. By collecting and analyzing comprehensive quantitative and qualitative data, the aim is to comprehensively evaluate the current situation and problems of physical education teaching in universities, and propose feasible improvement suggestions to optimize teaching quality and student experience.

## **4. Analysis of the historical mission of college physical education teaching**

### ***4.1 Knowledge transmission and skill development***

#### ***4.1.1 The historical mission of physical education teaching in universities in imparting theoretical knowledge and practical skills***

As an important component of the education system, college physical education teaching has one of its historical missions to impart theoretical knowledge and practical skills. From the earliest physical education curriculum to today's diverse teaching methods, university physical education has been committed to imparting theoretical knowledge and practical skills to students through systematic curriculum design and teaching practice at different historical stages. In terms of imparting theoretical knowledge, university physical education introduces students to the principles, laws, and theoretical foundations of sports through the teaching of disciplines such as sports science and sports science. These theoretical knowledge not only include the application of basic sciences such as biology and physiology, but also involve interdisciplinary content such as sports psychology and sports management, helping students establish a profound understanding of the essence of sports. The teaching of practical skills is equally important as theoretical knowledge. College physical education teaching cultivates students' practical operational abilities such as sports skills, coaching skills, and referee skills through sports training courses, experimental courses, and on-site internships. Through systematic practical training, students can gradually master the essentials of motor skills in the teaching process, improve their operational level, and lay a solid foundation for future professional practice.

In the context of modern education, physical education teaching in universities not only focuses on imparting basic sports skills and theoretical knowledge, but also actively introduces modern technological means such as sports biomechanics analysis and virtual reality technology to improve teaching quality and effectiveness. This approach of integrating technology with traditional teaching methods enables higher education physical education to better serve students' learning and development needs in both theory and practice.

#### ***4.1.2 How to cultivate students' comprehensive qualities and professional abilities in physical education***

In addition to imparting theoretical knowledge and practical skills, another historical mission of university physical education is to cultivate students' comprehensive qualities and professional abilities. The cultivation of comprehensive qualities includes but is not limited to the improvement of physical fitness, psychological fitness, collaboration ability, leadership, and other aspects. Through physical education courses and various forms of sports activities, students can not only enhance their physical fitness and athletic abilities, but also cultivate teamwork, competitiveness, and the ability to adapt to society. The cultivation of professional abilities is one of the important goals of physical education in universities. Physical education in different professional directions (such as sports training, physical education, sports management, etc.) varies in curriculum design and practical teaching, but all focus on cultivating students' professional competence and practical operation ability. For example, courses in sports training focus on imparting professional knowledge such as coaching skills and sports biomechanics; The direction of physical education emphasizes the mastery of teaching methods and the accumulation of practical teaching experience for students. The cultivation of comprehensive qualities and professional abilities not only helps students develop academically, but also lays a solid foundation for their future career development and social life. Through a systematic education system and structured teaching methods, university physical education can effectively achieve this mission, providing strong support for students' comprehensive development and personal growth.

#### ***4.2 Social responsibility and public services***

##### ***4.2.1 The role and importance of physical education teaching in cultivating social responsibility and public service spirit in universities***

College physical education teaching is not only aimed at cultivating students' sports skills and professional qualities, but also plays an important social responsibility and public service role. Physical education in universities plays a crucial role in cultivating a sense of social responsibility and public service spirit. Physical education promotes the cultivation of students' sense of social responsibility through curriculum design and practical activities. In physical education teaching, students are not just simple athletes or recipients, they are also encouraged to participate in social services and public welfare activities. For example, organizing community fitness activities and volunteering for sports activities for people with disabilities are effective ways to cultivate students' sense of social responsibility. Through these activities, students can experience the positive impact of their sports skills on society, thereby establishing a sense of service and responsibility towards society. College physical education focuses on cultivating students' spirit of public service. In modern society, sports are not only tools for competition and fitness, but also play an important role in consolidating society and promoting social harmony. Through physical education, students learn basic values such as teamwork, fair competition, and respect for rules, which are crucial for them to become active citizens in society in the future. At the same time, physical education can also directly affect the lifestyle and health level of the general public through promoting sports culture, popularizing fitness knowledge, and other means, thereby promoting the healthy development of the entire society.

##### ***4.2.2 How physical education responds to social needs and promotes social progress***

College physical education is not only about teaching students sports skills and theoretical knowledge, but also actively responding to the needs of society and promoting social progress. Firstly, physical education meets the demand of society for talents in sports and health management, sports coaches, and physical education by cultivating professional talents. With the increasing awareness of health in society and the development of the sports industry, the demand for sports talents with professional qualities is also growing. College physical education cultivates professional talents who meet the needs of society by establishing relevant majors and courses, and contributes to the development of sports and social health. Secondly, physical education promotes the progress of sports technology through scientific research and technological innovation. From the design improvement of sports equipment to the innovation of sports training methods, the investment and achievement transformation of university physical education in the field of scientific research have not only improved sports performance and teaching effectiveness, but also injected new impetus into the development of the sports and health industry. In addition, physical education also promotes the improvement of the health level of the general public through popularizing fitness knowledge and promoting public sports services. For example, conducting fitness guidance, sports and health lectures, community sports activities, etc. not only helps improve residents' physical fitness, but also enhances

the overall quality of life and happiness of society.

## **5. Exploration of the development direction of physical education teaching in colleges and universities**

### ***5.1 Teaching innovation and technology application***

With the development of society and the advancement of technology, physical education teaching in universities is facing more complex and diverse challenges and opportunities. Teaching innovation and technological application have become important means to promote the development of physical education in universities.

Teaching innovation not only includes updating course content and teaching methods, but also involves the application and utilization of educational technology. For example, virtual reality (VR) technology can help students immerse themselves in different sports scenes, enhancing their motor skills and tactical awareness. Meanwhile, artificial intelligence (AI) technology can design intelligent teaching based on students' personalized needs, providing personalized learning paths and feedback. The application of these technologies not only improves teaching efficiency, but also stimulates students' interest and motivation to learn sports.

### ***5.2 Interdisciplinary integration and comprehensive development***

#### ***5.2.1 Implementation and effect of interdisciplinary integration and comprehensive development model in college physical education teaching***

Interdisciplinary integration refers to the introduction of theories and methods from other disciplines in physical education to promote students' comprehensive development. For example, combining sports training with knowledge from disciplines such as sports nutrition and sports psychology, through interdisciplinary teaching design, helps students gain a deeper understanding of the multifaceted effects of sports and the importance of comprehensive training. This interdisciplinary integration not only expands students' knowledge horizons, but also enhances their problem-solving and innovation abilities.

The comprehensive development model emphasizes the comprehensive cultivation of students' physical and mental health, focusing not only on the improvement of sports skills, but also on the cultivation of psychological qualities, health awareness, social responsibility, and other aspects. By offering health education, mental health courses, and combining sports practice and experience, students can achieve comprehensive development in healthy lifestyle, psychological adjustment, and social interaction.

#### ***5.2.2 Integrating physical education with health education, psychology, and other disciplines to enhance the quality of education***

Integrating physical education with health education, psychology, and other disciplines can not only improve the quality of education, but also better meet the society's demand for comprehensive talent development. Health education can teach students how to exercise scientifically and reasonably, and pay attention to nutrition and physical health; Psychology helps students understand and manage competitive stress, psychological states in teamwork, etc., and enhance their performance and adaptability in competitions and training.

By integrating interdisciplinary educational resources, university physical education teaching is not only a breeding ground for cultivating excellent athletes, but also an important platform for cultivating future leaders with comprehensive qualities and a sense of social responsibility. This comprehensive development model continuously promotes the innovation and development of physical education in universities, making positive contributions to the personalized growth of students and the overall progress of society.

## **6. Conclusion**

As an important component of socialist modernization construction, college physical education carries the important historical mission of cultivating the core strength of the country's future development. In the new era and new situation, physical education teaching in universities is facing

more complex and severe challenges, while also containing enormous development potential. Starting from the perspective of new quality productivity, exploring the historical mission and development direction of physical education teaching in universities is an important topic for current and future higher education. In the context of the new era, the historical mission and development direction of physical education teaching in universities are closely related, which requires both inheriting excellent educational traditions and adapting to new requirements for productivity development and social needs. By comprehensively deepening the reform of physical education and promoting innovation and development in university physical education teaching, we can better cultivate a talent team with international competitiveness for the country and contribute to the realization of the Chinese Dream of the great rejuvenation of the Chinese nation.

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