

The penetration of innovative educational concepts in the reform of physical education teaching in colleges and universities

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Abstract: *The teaching concept of the new curriculum in China is constantly innovating, and the content, methods and methods of physical education teaching in colleges and universities have undergone great changes, which requires teachers to actively explore teaching measures that are in line with the innovative development of students in actual teaching to promote the all-round development of students. Based on this, in the process of deepening the reform of physical education teaching in colleges and universities, it is necessary to fully penetrate the concept of innovative education, realize the integration of the two, enhance the interest and effectiveness of physical education classroom teaching, improve students' innovation ability, and cultivate more outstanding talents for the society.*

Keywords: *college sports; pedagogical reform; innovative educational concepts; infiltrate*

1. Introduction

In the process of social development in the new era, the demand for talents is increasing day by day, and at the same time, higher requirements are put forward for the comprehensive ability and quality of talents. Only high-quality, high-ability compound innovative talents can adapt to the high requirements of social development and contribute their own strength to social development. Colleges and universities are the main position of talent training, and more emphasis should be placed on quality education, improve the important position of physical education, integrate innovative educational concepts, promote the reform of physical education, and obtain ideal physical education teaching results.

2. Overview of innovative educational concepts

Innovative education is mainly to comprehensively innovate educational concepts, teaching methods and teaching contents, and attach importance to quality education, focus on cultivating students' autonomy, innovation and creativity, take students as the core, deeply tap students' innovation potential, improve students' comprehensive ability and literacy, and cultivate outstanding talents who can adapt to the development of the new era. Based on the perspective of cultivating innovative talents, the concept of innovative education analyzes the essence of education in detail, actively explores the laws of education, breaks through the limitations of traditional education concepts and methods, and provides positive guidance for the efficient development of education and teaching in various disciplines. This concept is fully infiltrated in the reform of physical education teaching in colleges and universities, which requires teachers to not only be limited to the teaching of a single theoretical knowledge in classroom teaching, but also need to pay more attention to the cultivation of students' innovative consciousness, respect the differences between students, attach importance to the individualized development of students, exercise students' practical ability through a variety of teaching activities, and let students enhance their sense of unity and cooperation and innovation ability in various physical education teaching activities, so as to achieve the expected physical education teaching goals [1].

3. The influencing factors of the penetration of innovative educational concepts in the reform of physical education teaching in colleges and universities

3.1 Insufficient attention

In the process of physical education teaching reform in colleges and universities, teachers and students need to participate together, and receive the support of various forces to ensure the efficient development of various physical education teaching activities. However, in practice, there is a general lack of attention to physical education teaching by all participants, which is not conducive to the continuous promotion of physical education teaching reform, which is mainly reflected in the following aspects: 1. Students. College students pay more attention to the learning of professional knowledge and skills in their daily learning, and generally believe that physical education courses are dispensable, and there are some deviations in the cognition of physical education. Students do not correctly recognize the importance of learning relevant knowledge and skills in the physical education class, and think that the course is mainly a relaxation and rest course, not the possibility of self-improvement and development. 2. Teachers. In the classroom teaching, some college physical education teachers still follow the traditional concepts and methods, lack the penetration of innovative educational concepts, and in the development of various physical education teaching activities, the content is single, and it is difficult to mobilize students' interest in learning. In addition, some teachers do not take the initiative to learn new knowledge and skills in their daily work, and rarely participate in continuing education and training activities, which makes it difficult for them to keep pace with the times and does not meet the requirements of social development. 3. Schools: Some colleges and universities are affected by long-term examination-oriented education, do not clearly understand the significance of physical education teaching reform, lack of great attention, and are more inclined to professional courses in class time arrangement, resulting in physical education courses not meeting the relevant requirements, and even occupying physical education classes, reducing physical education class hours, and it is difficult to ensure the quality and efficiency of physical education teaching. 4. Family aspects. Modern society has high requirements for talents, and the competition between talents is becoming more and more fierce. Some parents have high expectations for their children, pay close attention to students' professional courses, and believe that physical education courses waste time and energy, and have low support for children to participate in various sports activities, which greatly affects students' physical fitness. For example, students frequently have a variety of problems such as vision loss, excess weight, and unqualified endurance levels.

3.2 The construction of physical education courses is unreasonable

When the construction of physical education curriculum is unreasonable, it seriously hinders the application of innovative educational concepts in the reform of physical education teaching in colleges and universities. 1. Single teaching content. Some colleges and universities do not pay enough attention to physical education teaching, resulting in low enthusiasm and innovation of teachers in daily teaching, gradually forming inherent thinking, backward teaching concepts, lack of innovation in teaching content, it is difficult to attract students to actively participate in physical education teaching activities, interest is reduced, confidence is lost, and even resistance and rejection psychology are generated, and it is difficult to effectively promote the reform of physical education teaching. In addition, there is a lack of combination of theory and practice in teachers' actual teaching, and the teaching of physical education technical skills is overemphasized, which ignores the learning of theoretical knowledge to a certain extent, resulting in physical education teaching activities being mere formalities and low effectiveness. 2. Backward teaching methods. In the context of the development of the information age, college students can obtain more types of information through the Internet, broaden their knowledge horizons, and have strong curiosity. However, the teaching methods of physical education courses in colleges and universities are single and backward, which is difficult to meet the diversified and personalized needs of students. Students are more fond of diversified and innovative physical education classrooms, and the classroom atmosphere is boring, students are not attentive, and their interest in participating in activities is low, and the teaching effect is not optimistic [2]. 3. The assessment and evaluation mechanism is not perfect. At present, some colleges and universities still combine the subjective evaluation of teachers and the standard value of sports projects as the basis for assessment and evaluation in the assessment of physical education teaching, and examine students' sports skills. The evaluation form is single, the evaluation content is not comprehensive, and it does not fully reflect the goal of physical education teaching that integrates knowledge and action.

4. Principles for the implementation of innovative educational concepts

4.1 Livelihood-oriented

In the reform of physical education teaching in colleges and universities, in order to fully implement the innovative education concept, it is necessary to follow the principle of student-oriented, take students as the core in the planning, design and implementation of various teaching activities, respect students as the main body of learning, and pay attention to the differences between students, and give full play to students' subjective initiative. In the process of physical education teaching in colleges and universities, through new concepts and new ways of diversified teaching, we help students continuously build a perfect knowledge system, so that students can master the theoretical knowledge of sports-related majors and improve the level of various sports skills. In the process of daily physical exercise and learning, students improve their physical fitness, develop good sports habits, form a lifelong awareness of sports, and at the same time are imperceptibly influenced by sportsmanship, cultivate students' spirit of unity and cooperation, hard work, and perseverance, and help students develop comprehensively.

4.2 Teach students according to their aptitude

Teachers shall analyze students' physical fitness and learning level in detail, innovate teaching methods and methods, and flexibly adjust teaching methods and content in light of actual conditions in classroom teaching, so as to stimulate students' interest in learning. Teachers should follow the principle of teaching students according to their aptitude, and design a variety of teaching activities and physical training programs in different layers, so as to effectively improve the pertinence of physical education teaching program design and improve teaching effectiveness.

4.3 Guidance and enlightenment

Guided heuristic teaching has gradually received more attention and attention from teachers in the teaching of physical education in colleges and universities, which can effectively explore students' creative potential and improve the quality and efficiency of teaching. Therefore, in the process of physical education teaching reform, teachers should follow the principle of guidance and inspiration, innovate teaching content, enhance the inspiration and guidance of various activity design, and help students establish a correct view of physical education and develop the habit of active exercise.

5. Effective measures for the penetration of innovative educational concepts in the reform of physical education teaching in colleges and universities

5.1 Update the teaching concept and improve the quality of innovation

The rapid development of China's education and the continuous and in-depth promotion of the new curriculum improvement process require the physical education teaching in colleges and universities to keep pace with the times, take students as the core, ensure that students are proficient in relevant theoretical knowledge and sports skills in the classroom, and cultivate students' awareness of lifelong sports, and promote the healthy growth and development of students' physical and mental health. Teachers should take the initiative to update teaching concepts and educational ideas, comprehensively infiltrate innovative educational concepts, establish the idea of "seeking knowledge and innovation, and health first", and help each student find their own learning methods and exercise methods.

Teachers should critically inherit traditional teaching concepts and methods, innovate educational concepts, goals, content and methods, emphasize quality education, and guide students to think and explore actively, so as to improve students' innovation ability. Teachers should update their teaching concepts in a timely manner and select appropriate teaching content, not only limited to the teaching of textbook knowledge, but also pay attention to the cultivation of students' comprehensive quality and ability, so that students can understand the importance of physical education, improve the important position of physical education in students' hearts, and promote students' active participation in sports, so as to achieve twice the result with half the effort and improve the effectiveness of students' learning [3].

The concept of innovative physical education has penetrated into the reform of physical education

teaching in colleges and universities, which has put forward higher requirements for teachers. Therefore, colleges and universities should organize a number of activities such as physical education reform seminars, special lectures on innovative educational concepts, education and training, etc., to improve the innovative quality of teachers from multiple perspectives, help teachers actively adapt to the changes in physical education reform, achieve self-improvement and improvement, and meet the development requirements of the new era. In addition, colleges and universities can improve teachers' educational skills through various measures such as collective lesson preparation, teaching observation, experience sharing and exchange, ensure that teachers' professional knowledge and skills are always in a state of dynamic update, improve students' skill innovation ability, give full play to their job responsibilities, and effectively promote the smooth progress of physical education teaching reform.

5.2 Innovate teaching content and improve the curriculum teaching system

In the reform of physical education teaching in colleges and universities, the development of rich and diverse courses and innovative teaching content are the basis for innovative education. In order to stimulate students' interest in physical education and better cultivate students' innovative spirit, it is necessary to fully integrate the superior resources of physical education teaching, reasonably allocate the teaching content of physical education courses, analyze students' interests and learning needs in detail, and continuously introduce innovative sports projects or develop new sports projects, which are more in line with students' personalized learning needs. 1. Colleges and universities should correctly recognize the importance of innovative educational concepts in the reform of physical education teaching, give full play to the advantages of school-based curriculum resources, integrate sports with school characteristics into classroom teaching, and increase the proportion of school-based curriculum in physical education courses to enrich the teaching content. For example, the north is cold in winter, and has unique conditions for the development of ice and snow sports, and a variety of innovative sports such as ice skating, skiing, skating, and curling can be added to physical education. 2. In the process of updating the teaching content, colleges and universities need to analyze in detail the actual situation of various sports projects under the background of the development of the new era, select the sports that college students are interested in, and integrate them into the teaching of physical education courses, so as to be recognized and favored by more students. For example, in the process of teaching aerobics and physical fitness classes, popular street dance, yoga and other contents are integrated; Integrate innovative content such as freestyle basketball and street ball into basketball classrooms, so as to add popular elements to physical education teaching content, enhance the fashion of physical education teaching, keep up with the pace of development of the times, stimulate students' interest and enthusiasm for learning, and actively participate in it. 3. In the process of innovating physical education teaching content, teachers continuously improve the teaching system of physical education courses, analyze students' professional characteristics and learning requirements in detail, design a variety of different sports programs, and enhance the pertinence and practicability of physical education teaching content. For example, tourism students, teachers in the process of physical education, appropriate addition of martial arts, self-defense, taekwondo and other content, improve students' physical fitness, and help students to enter the society in the future to engage in work with better safety protection ability, to ensure personal safety; For students majoring in performance and dance, teachers should reasonably innovate the physical education programs of physical education and yoga classes, promote the internal connection between physical education teaching and students' majors, improve the participation of middle school students in the development of various sports activities, and achieve the expected teaching goals [4].

5.3 Innovate teaching methods and optimize teaching evaluation mechanisms

Physical education teachers should make reasonable use of network communication technology in actual teaching, enhance the connection between teachers and students, help students to also get online guidance from teachers in practice, and use the online learning platform before class to send students well-designed pre-study tasks in advance, so that students have a preliminary understanding of the physical education knowledge to be learned. Physical education teachers can grasp the difficulties encountered by students based on the results of students' preview, so as to adjust and improve the teaching plan. In addition, physical education teachers upload relevant sports videos through the online learning platform after class, so that students can allocate time reasonably, watch videos repeatedly, consolidate classroom knowledge, and assign extracurricular exercise homework for students, so as to answer students' questions and provide correct guidance online. In physical education teaching, teachers can convey ideological and political elements through emotional education, provide

opportunities for emotional education through physical education courses, and guide students to express emotions in physical activities, cultivate emotional management skills and interpersonal relationships.

Colleges and universities need to actively carry out sports competitions, teachers personally participate in sports competitions, attract more students to actively participate in sports competitions, and at the same time, in this process, we should combine individual differences and design sports competitions in layers to help each student gain something in various activities. In addition, colleges and universities guide students to actively build clubs and give full play to the educational value of sports clubs. Teachers can actively build the culture of sports clubs, enhance the cohesion of students, and promote students to truly appreciate the charm of sports from the heart, so as to have a subtle effect on students, and constantly establish the correct three views, improve personality, and form excellent moral character under the influence of sports club culture [5]. In addition, in the publicity work of sports clubs, it is necessary to fully reflect its positive role in students' core sports literacy and interest, enhance students' awareness of participation, and promote students to get more positive experiences. In the development of sports club activities, modern new sports activities are integrated to bring students a new activity experience and improve their enthusiasm for participation.

6. Conclusions

Under the concept of innovative education, teachers need to update the teaching content and methods in the reform of physical education teaching, and pay attention to the optimization and improvement of the teaching evaluation mechanism. In the reform of physical education teaching evaluation, colleges and universities not only pay attention to students' sports performance, knowledge and skills, but also assess students' sports ability, and include students' participation in physical education learning activities, unity and cooperation, communication, innovation and creativity in the physical education teaching evaluation system. Teachers conduct a comprehensive evaluation of the final results, improve the development level of students' innovation ability, and provide a strong guarantee for students' future learning and development.

Sports innovation is the only way to promote the reform of physical education teaching in colleges and universities. Physical education teachers in colleges and universities shall update their educational concepts, comprehensively infiltrate innovative educational concepts in the process of innovating teaching content and methods, and cultivate students' innovative spirit and ability. At the same time, colleges and universities have formulated a sound teaching evaluation mechanism based on the development of students, and comprehensively improved the overall level of physical education teaching reform.

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