

Analysis of the cultivation strategy of college students' core physical education literacy in college physical education

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Abstract: *The cultivation of college students' core qualities in college physical education teaching is conducive to stimulating college students' physical quality, psychological quality and innovative awareness, cultivating their innovative thinking and ability, so as to lay a good foundation for the improvement of their sports literacy and innovation ability. Based on this, this paper first introduces the meaning and characteristics of the core literacy of college sports, and then lacks enough attention to the cultivation of core sports literacy. Lack of students' athletic ability development; There are deficiencies in the cultivation of students' good sports habits and healthy behaviors; The current situation of the cultivation of core sports literacy in college physical education is summarized in four aspects: college students' sports character and moral literacy still need to be improved, and finally the teaching is carried out from the educational concepts of "building virtue and cultivating people" and "health first". Optimize teaching goals based on the cultivation of core competencies; Promoting students' "unity of knowledge and action" through diversified sports practices; Innovate physical education teaching methods to effectively implement core competencies; The full use of modern information technology to cultivate the core sports literacy of college students in several aspects puts forward the strategy of cultivating the core sports literacy of college students in college physical education.*

Keywords: *College sports, Core literacy in sports, Peculiarity, Nurturing strategies*

1. Introduction

Physical education is an important component of college education and teaching, and is a public basic course that all college students must take. The cultivation of students' core qualities in college physical education teaching is not only conducive to enhancing college students' physical fitness and strengthening their physique, but also allows college students to temper their own willpower and resilience in the process of participating in sports activities, relieve physical and mental pressure and fatigue, so as to improve psychology and sound personality at the same time, develop a positive attitude, cultivate good spiritual quality, and promote their comprehensive development, which has important value and significance. Therefore, as a college physical education teacher, in the process of physical education teaching, we should pay attention to the cultivation of core sports literacy based on the characteristics and future development needs of college students, so as to improve the quality and effectiveness of teaching while laying a good ability and quality foundation for the all-round development of college students.

2. The meaning and characteristics of the core literacy of college sports

2.1. The meaning of the core literacy of college sports

The so-called core literacy refers to the term proposed in the context of quality education, from its functional point of view, the core literacy is mainly based on the curriculum, the subject is regarded as the content of development, following the corresponding teaching rules, and promoting the comprehensive quality of students to be more comprehensively improved, so that the relevant requirements of quality education are met, and a good foundation for students' subsequent life and work. Curriculum teaching under the background of core literacy requires teachers to adhere to the idea of

being student-oriented, to ensure that students' physical and mental development is consistent with social needs and educational laws. In terms of teaching objectives, the core competencies not only cover the relevant subject knowledge necessary for students' future development, but also include mental health, moral emotions, learning attitudes and various abilities, etc., using scientific guidance to enable students to shape a good and optimistic attitude and strong social adaptability^[1].

From the perspective of the core literacy of college sports, although different scholars have different interpretations, and their analysis also has different dimensions and directions, there is a general understanding at its root, even if college students can master sports health knowledge, form good sports character, sports ability, sports attitude and sports habits and other core qualities through sports learning.

2.2. Characteristics of the core literacy of college sports

In order to effectively cultivate students' core physical literacy in physical education teaching in colleges and universities, teachers must master the characteristics and fundamental nature of core physical literacy.

2.2.1. Present uniqueness

The core literacy of physical education based on sports must be the embodiment of the value and essence of sports. Through physical education, college students not only master basic sports skills, but also cultivate their own sports character, emotions, sports knowledge and behavior goals through the study of sports knowledge and participation in sports activities. Through physical education, college students can slowly find a more suitable learning method for themselves, and gradually understand that they have a comparative advantage in sports, and such uniqueness is difficult to achieve in other course teaching. In the process of college physical education, students should abide by the rules of sports competition, and at the same time have a sense of competition and good cooperation ability, only in this way can the basic training and competitive goals be well achieved^[2].

2.2.2. There is essentiality

Compared with the literacy in the ordinary sense, the essence of the core literacy of the subject is literacy, which refers to the quality and ability that college students must have in the process of learning sports knowledge and participating in sports activities, and with the continuous deepening of their learning and the continuous improvement of students' athletic ability, the value of the core literacy of the subject will be more prominent. This requires teachers to encourage students to understand various forms of sports, master relevant sports skills, and learn emergency treatment measures for sports injuries in the process of teaching.

2.2.3. Operability

The core literacy of the subject in college physical education teaching has a significant presentation, which can allow students to effectively form through learning. In the process of teaching, teachers can present the core competencies of physical education in a special way and evaluate them according to the corresponding standards. For example, teachers cultivate students' national consciousness and patriotism by leading students to watch large-scale sports events; Through the simulation of various sports injury scenarios, students can master the methods of timely treatment of sports injuries, so that students can master the relevant sports injury management skills and enhance their problem-solving ability^[3].

2.2.4. Lifelong

The essence of college physical education teaching to cultivate the core qualities of college students is to cultivate students' lifelong sports thinking and lifelong sports habits and behaviors, only in this way can we promote their better learning, better adapt to social life, so that students can enhance their social skills at the same time, form good will quality and sportsmanship, and lay a good foundation for future development.

3. The current status of the cultivation of core sports literacy in physical education teaching in colleges and universities

From the perspective of China's higher education system, physical education is generally in a relatively backward state, and the talent training goals in physical education are not clear, the content is

lagging behind, the teaching methods are single, the subjectivity of students is not prominent, and the evaluation system is not perfect. The cultivation of core competencies provides a new development direction for the construction of college physical education courses, which helps physical education teachers to reconstruct the teaching points in the teaching process, so that the educational value of physical education teaching is highlighted.

3.1. There is a lack of sufficient attention to the cultivation of core sports literacy

The core literacy of sports is an important component of the comprehensive literacy of college students, including many aspects of students' sports life and learning. However, from the actual point of view of physical education teaching in colleges and universities, the proportion of physical education class hours is significantly smaller. At the same time, from the perspective of the evaluation system of physical education, there are also widespread problems of paying too much attention to sports skills and ignoring theory, and paying too much attention to results and ignoring the process, which makes it difficult to realize the educational value and personality cultivation functions of physical education courses.^[4]

3.2. The cultivation of students' athletic ability is relatively lacking

Sports ability is the premise and basic composition of the cultivation of students' core sports literacy, including not only physical literacy, skills and tactics, but also project display and development ability. According to relevant surveys, it can be seen that college students do not know enough about their physical fitness, nor can they scientifically evaluate their physical fitness level, which causes that in the usual sports training, the training methods they use are likely to not match their actual skill level, and there is an inappropriate problem. When students take the initiative to practice, most of them are implemented in a spontaneous state, and there is a lack of attention to the use of technology and tactics, and few students can apply sports theory to guide technology and tactics. In addition, when conducting sports competitions and activity displays, most students lack a strong sense of community and initiative, resulting in the effectiveness of physical education being affected.

3.3. There are deficiencies in the cultivation of students' good physical habits and healthy behaviors

The concept of core literacy has changed the traditional teaching mode of college sports, not only paying attention to the exercise of students' physical fitness, but also paying more attention to the cultivation of students' good sports habits and healthy behaviors. However, from the current practice of physical education, no attention is paid to cultivating students' physical habits and healthy behavior habits, and most physical education teachers only let students carry out corresponding simple exercises after completing theoretical teaching, and do not formulate a clear and detailed training plan for students. From the student's point of view, there is a lack of correct cognition in terms of healthy behavior habits, and they are very reluctant to make sports exercises independently. In the process of allowing students to carry out physical training, teachers also pay more attention to the practice of their skills, and lack attention to their environmental adaptability and emotional regulation ability, resulting in a lack of guiding function in the cultivation of core literacy. [5]

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3.7. College students' sports character and moral quality still need to be improved

Sports character is an important component of the core literacy of sports, and it is also a basic quality necessary for college students to adapt to social life. In the process of participating in sports activities, university students are required to have a good sense of cooperation, team spirit, and respect for opponents and rules. However, from the current college physical education teaching, the cultivation of sports character and moral literacy is obviously insufficient, resulting in the lack of rationality of the core literacy cultivation system, and it is difficult to effectively improve students' sports character and moral quality.

4. Strategies for cultivating college students' core physical literacy in college physical education

The cultivation of college students' core qualities in college physical education teaching can not only enable college students to master the skills and methods of sports well, but also enable them to gradually develop good habits of sports, so that they can feel the charm of sports learning in the participation of sports activities, and better feel the fun brought by sports, so that their enthusiasm for independent learning can be effectively stimulated and a healthy lifestyle can be developed. In addition, students' active participation in sports activities can gradually cultivate a sound personality, form good qualities, and establish good habits of lifelong sports in effective interaction with peers, and the mining of moral education elements in physical education is more conducive to promoting the formation of moral character and the enhancement of moral sentiments of college students. To this end, as a college physical education teacher, we should actively take measures to pay attention to the penetration and cultivation of core competencies in physical education based on the physical and mental development characteristics of contemporary college students and the needs of sports learning.

4.1. Carry out teaching in accordance with the educational concepts of "cultivating virtue and cultivating people" and "health first"

To cultivate the core sports literacy of college students, it is required that in the process of physical

education teaching in colleges and universities, we must attach importance to reform and innovation, continuously improve and optimize the current education model, strengthen the implementation of the educational concept of core literacy cultivation, and implement the new educational concept through the creation of a good teaching atmosphere. Considering the task of talent training in colleges and universities and the characteristics of sports disciplines, college physical education teaching should first follow the educational concepts of "cultivating virtue and cultivating people" and "health first", guide students, make them develop a healthy lifestyle and good exercise habits, and lay a good foundation for lifelong sports, which is not only the basic requirement of talent training in the new era, but also the basic demand for the development of high school physical education. The observance of the fundamental task of "building virtue and cultivating people" can subtly influence students, pave the way for the formation of lifelong sports awareness, the stimulation of active learning consciousness and the improvement of sports literacy. To this end, in the construction of college sports courses, we can combine the actual situation of the university and students to build a perfect curriculum standard, refine the teaching objectives, highlight the nature and characteristics of the physical education course, and continuously improve the teaching content, so as to guide students to establish a good "three views" in the process of practicing healthy behaviors, truly highlight the educational function of the physical education course, and promote the comprehensive ability improvement and all-round development of college students in an all-round and multi-dimensional manner^[7].

4.2. Optimize teaching objectives based on the cultivation of core competencies

The goal is action-oriented, and in order to cultivate students' core competencies more effectively in college physical education, it is necessary to optimize the teaching goals, and then guide the correct direction for the development of teaching. To this end, first of all, as a physical education teacher, we should design the teaching objectives at multiple levels and dimensions to ensure that students can master sports-related knowledge and skills through physical education, promote the improvement of comprehensive ability, perceive the charm of sports, and develop good sports habits. Secondly, based on the subjective status of students, we should fully respect the differences between individuals, carefully design teaching goals in a targeted and hierarchical manner, and try to meet the physical learning needs of students of different genders and different foundations, and then effectively implement the relevant requirements of core physical literacy^[8]. Third, it is necessary to correctly recognize the important value of core literacy to the growth and development of universities, actively create a good teaching environment, and pay special attention to the cultivation of students' sports skills and their multi-element cultivation, that is, based on the medium of physical education, comprehensively cultivate students' core qualities, so that students' learning initiative can be stimulated, and their comprehensive ability and literacy level can be enhanced. Finally, it is necessary to do a good job in corresponding planning and design from the top, optimize the teaching process and teaching strategies, sort out the relationship between the core literacy of physical education and subject teaching, attach importance to the in-depth excavation of teaching content, and promote the improvement of students' comprehensive literacy through the flexible conversion between physical education subject literacy and curriculum teaching.

4.3. Reconstruct the framework system of college sports courses based on the cultivation of core competencies

To cultivate students' core literacy in physical education, in addition to optimizing the curriculum and teaching objectives, the curriculum objectives should also be optimized and improved to the curriculum framework system, only in this way can the content taught be more consistent with the development needs of students. To improve the framework system of the core literacy curriculum, it is necessary to integrate the content of the physical education curriculum, the teaching organization and the connotation and basic system of the core literacy, so that it can organically build a more perfect teaching system, and take the cultivation of the core literacy of physical education as the top priority in the implementation of teaching, so as to adapt physical education and the development of physical culture and the progress of society. Based on this, as a college physical education teacher, in its teaching implementation and sports training, it should be based on sports practice, more scientific organization of other contents, and construction of a teaching system that integrates learning competitions and examinations, so that the designed teaching and training content can be combined with learning and training, so as to promote the all-round development of students^[9].

4.4. Promote students' "unity of knowledge and action" through diversified sports practice

Physical education is a discipline with strong practical nature, and practical teaching is the premise and foundation for improving its teaching effectiveness, which determines that the cultivation of students' core competencies in physical education is inseparable from practical teaching. To this end, as a physical education teacher in colleges and universities, we should actively carry out practical teaching on the basis of theoretical teaching, and promote the realization of students' "intellectual unity" through the development of diversified sports practice activities. In this regard, physical education teachers should be based on the personality characteristics and actual needs of contemporary college students, through the organization and development of sports practice activities, attract students out of the classroom and onto the court, so as to lay the foundation for their good sports and health habits. For example, campus sports and cultural festivals can be held regularly, outward bound training, formation and innovation of various sports club activities, so that students have more platforms for sports activities, so that students can form a vigorous attitude to life through the participation of various sports activities, cultivate good personality qualities, temper tenacious will, and gradually cultivate a sound personality in effective interaction with peers; By allowing students to watch large-scale sports events, students' sports knowledge and vision can be enriched; Moral education can be integrated into sports activities, into sports practice, and into sports competitions, so that students can promote their comprehensive literacy and quality improvement through the participation of sports practice activities. In addition, teachers can also purposefully design intramural sports challenges, so that students can feel positive and competitive through competition. Experience a collective sense of honor and responsibility, and let your own learning pressure be released. Only by forming an effective linkage between sports practice activities and physical education classroom teaching can we better mobilize the subjective initiative of college students, continuously cultivate their sports quality, and improve students' sports skills through harmonious teacher-student relationship, so that they can develop good and healthy sports habits and behaviors.

4.5. Innovate physical education teaching methods and effectively implement core competencies

Teaching methods are an important way to effectively implement teaching content, and in order to better cultivate the core literacy of college students in physical education, it is necessary to continuously innovate teaching methods based on the teaching objectives of core literacy to make them better adapt to the teaching content and the needs of students. Based on this, as a college physical education teacher, students can cultivate their core competencies through the creation of sports situations and achieve the goal of curriculum education. The creation of sports competition scenarios helps to cultivate complex thinking in college students. Teachers can use ball games or competitions to allow students to learn and master sports-related concepts in the created sports situations, have a good understanding of the relevant rules and characteristics of sports, and better understand the relevant tactical applications in sports competitions. In this process, students can solve problems such as the application of skills and tactics in sports competitions through cooperation and group discussion, enhance their sense of experience, and better understand the relevant techniques and knowledge in sports games or competitions, so as to cultivate their complex thinking. In addition, physical education teachers can cultivate students' sports conduct through heuristic teaching methods, so that students can be inspired in terms of emotions, psychology and thinking, while mastering various sports skills, cultivate a sense of respect for opponents, honor and loyalty to the collective, form a spirit of fair competition and other basic sportsmanship qualities, and teach students to know how to abide by rules, maintain dignity and honor, self-control and fair competition in the process of competition, so as to effectively implement the educational concept of core competencies.

4.6. Make full use of modern information technology to cultivate the core literacy of college students' physical education

Physical education in colleges and universities should not only teach students basic sports skills, but also highlight the educational function of physical education courses, cultivate college students' health awareness and exercise habits, and attach importance to the cultivation of their willpower, sound personality and core qualities such as healthy psychology. Traditional offline classroom teaching is limited by time and space, and it is difficult to ensure the effective play of the educational function of physical education. With the development of modern information technology, the emergence of hybrid teaching mode is promoted, so that the traditional classroom teaching time and space can be extended, so that students can have more opportunities and platforms to understand the knowledge of sports and

health, through the micro-lesson videos or learning materials uploaded by teachers on the learning platform, college students can meet their learning needs, and in the process more comprehensively understand and feel the charm of sports, influenced by the mind and spirit, and promote the improvement of their own comprehensive literacy. At the same time, teachers can also combine the difficulties of college students in sportsmanship, teamwork and other aspects, through the use of modern social software, and interactive communication with students, timely discover the dynamic problems in their thinking, and then train them in a targeted manner in teaching to promote the improvement of students' core literacy^[10]. In addition, teachers can also make full use of new media, combined with the sports needs and behavioral characteristics of college students, and push videos and articles rich in sports literacy and sportsmanship to students through WeChat public accounts, Douyin, Kuaishou and other media, so that students can continuously shape good sports awareness and develop good sports habits in the process of watching and reading videos or articles.

5. Conclusions

In a word, as PE teachers in colleges and universities, we should actively take measures to attach importance to the infiltration and cultivation of core literacy in PE teaching based on the characteristics of physical and mental development of contemporary college students and the needs of PE learning. so as to promote the overall ability and comprehensive quality of college students.

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