

Research on the Content Construction for Physical Fitness Education Curriculum in Junior High Schools

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Abstract: *With the deepening of China's education reform in recent years, the teaching policy of "health first" and the educational concept of "moral, intellectual, physical, aesthetic and laborious" have become the core essence of physical education in schools. Physical fitness, as an important part of physical education at the compulsory stage, has received widespread attention in recent years due to its strong advantages in cultivating students' physical fitness and mental fortitude. Influenced by social development and other factors, at this stage, actively optimizing and constructing the content of junior high school physical fitness courses has become a hot topic of research. This paper explores the necessity of carrying out physical fitness courses in junior high school, existing problems, optimization measures and innovative measures in four aspects, with a view to providing reference for the development and implementation of physical fitness education courses in front-line schools, and better promoting the healthy development of secondary school students' physical fitness.*

Keywords: *Junior high school, Physical education, Physical fitness curriculum, Analytical research*

1. Introduction

The objective of junior high school physical education is to realize the effective improvement of students' physical fitness and mental perseverance through systematic physical education theory teaching and scientific physical education practice teaching. Therefore, in the process of physical education teaching in recent years, physical educators have shifted their focus to the scientific and systematic aspects of physical education. In addition to the traditional cultivation of sports skills, the focus has also added the improvement of the basic physical quality of students, i.e., the basic dimension of physical fitness. Although physical training has a relatively mature and scientific system in the field of athletics, there are only a few studies on the integration of physical training into school physical education programs. This paper analyzes the necessity of physical training into junior high school physical education curriculum, existing problems, and puts forward relevant countermeasures and innovative paths, with a view to realizing the further enhancement of junior high school physical education teaching in China.

2. Analysis of the necessity of carrying out physical fitness training at junior high school level.

2.1 Effectively improve students' physical fitness

The purpose of physical training is to enhance the student's strength, stamina, speed, and other aspects of their body. It plays a crucial role in promoting the physical well-being of students. During junior high school, students are in a stage of growth, and engaging in moderate physical exercise can effectively stimulate the development of their bodily functions, ensuring healthy growth^[1]. In the actual investigation process can be clearly found, although in recent years the national education department has introduced the corresponding double reduction policy, but most of the junior high school students are still under heavy pressure of schoolwork. Especially in some areas where the competition for higher education is more intense, students spend most of the day studying. Mental exertion can lead to fatigue, and at the same time due to the lack of time to exercise makes students' physical function decline, which leads to adolescent physical health problems are more prominent. From the physiological point of view, abundant physical strength can effectively promote the smooth progress of mental labor. Therefore, it is highly significant to actively implement physical training programs for junior high school students to promote their physical and mental development.

2.2 Effectively alleviate students' pressure of coursework

Several studies have confirmed that appropriate exercise can effectively relieve students' learning pressure, attention and concentration, and improve learning results. The traditional concept of exam-oriented education makes teachers pay more attention to students' cultural achievements, and in order to improve their performance, some teachers will adopt the sea of questions tactic. Students are required to spend a lot of time on repetitive brain training, through which the improvement of students' cultural achievements is realized. The existence of this problem leads to a greater pressure on students' schoolwork, and their physical and psychological qualities will be affected to some extent. At the same time, prolonged mental labor will make students tired, and learning efficiency will be affected to a certain extent. Effective physical training can effectively solve this problem. By carrying out regular physical training, students' physical quality will be effectively improved. At the same time in the process of physical training students' emotions can be released, so it can play a role in reducing stress. After the completion of physical training, students can be relaxed, and at the same time in the process of physical training students can continue to break through the self, self-confidence has been cultivated, so the learning efficiency will be greatly enhanced^[2].

3. Challenges with the physical education curriculum in Junior High Schools

3.1 Under-appreciation of physical education in middle schools

The junior high school curriculum system under the concept of exam-oriented education pays relatively little attention to physical education. This problem can be reflected in several ways: first, junior high school physical education teachers are relatively few and their degree of specialization is relatively low. In the process of investigation, it can be clearly found that some physical education teachers have not received professional training in physical education, and even some schools do not have full-time physical education teachers, but part-time by teachers of other subjects. The existence of this situation to a large extent affects the normal teaching of junior high school physical education. Secondly, the number of junior high school physical education classes is small, the proportion of the total number of courses is relatively low, and the situation of occupying classes is more serious. The existence of these situations leads to the physical education and physical fitness program training work can not be carried out smoothly.

3.2 Insufficient systematization of physical training courses

Although after a long time of development, the reform of quality education at the present stage of China has strongly promoted the further improvement of physical training teaching in junior high school physical education^[3]. However, affected by various aspects, the systematic nature of the content of the current junior high school physical fitness program is still insufficient. The main cause of this problem is the lack of scientific and reasonable physical education planning and physical training planning by teachers. In the process of teaching practice, many teachers still take the traditional teaching concept, in the process of teaching practice, whether it is for sports theory teaching or physical training work, lack of good systematic design^[4]. The consequence of the high degree of arbitrariness is that many students do not receive standardized physical training, so the effect is relatively poor.

4. Measures to enhance the content of physical fitness courses in junior high schools

4.1 Strengthen the linkage between inside and outside the classroom and carry out multidimensional teaching and learning

As a result of the reform of the sports examination policy, the degree of importance attached by schools to junior high school physical education courses has been improved to a certain extent, but there are still certain deficiencies if we rely only on classroom teaching to realize the cultivation of students' sports habits^[5]. Therefore, in the process of subsequent teaching practice, teachers should strengthen the linkage of teaching inside and outside the classroom, through which to help students gradually establish good sports habits, cultivate the awareness of physical exercise, so as to enhance the students' athletic ability, and realize the effective optimization of the school physical education curriculum. To achieve this goal, it is necessary to work in the following aspects: first, physical education teachers should actively improve the teaching quality of the physical education classroom, and enhance the enthusiasm

of students to participate in physical exercise. For example, teachers can innovate on the basis of the existing sports activities, and constantly design some new forms of sports that are popular among students, so as to help students gradually build up their trust in sports activities. Secondly, teachers should extend the time of physical exercise, not only limited to the physical education classroom. For example, teachers can make full use of the time between classes to carry out a variety of sports activities in the classroom, so that students can have enough time to feel the fun of sports activities, and thus gradually develop the habit of exercise.

4.2 Combination of home and school to build a perfect physical education program system

The construction of the physical fitness curriculum system is not only focused on inside and outside the classroom, but also can realize the linkage between inside and outside the school. Through the combination of in-school and out-of-school, the richness of the physical education curriculum can be effectively enriched, so as to realize the improvement of the teaching effect^[6]. Therefore, in the subsequent process of carrying out teaching practice, teachers should be based on the actual needs of physical education teaching, fully consider the learning characteristics of junior high school students, and do a good job of designing and making a perfect teaching plan in the teaching process. On this basis, teachers should take the initiative to communicate and collaborate with parents, so that in-school exercise and out-of-school exercise form a synergy and a mutually complementary relationship. In family life, teachers should consciously cultivate students' exercise habits, so that students can have sufficient opportunities and time for physical exercise. At the same time can form a good atmosphere of sports exercise in the family, so as to gradually attract and stimulate students' interest in exercise. In addition, the school can also form a synergy with all sectors of society to form a culture of promoting physical exercise in society, encourage and guide junior high school students to actively use extracurricular practice to exercise, so as to realize the cultivation of students' sports awareness and sportsmanship.

4.3 Adjust the relationship between teaching, training and evaluation to ensure the scientific nature of course content

The teaching of sports theory, sports skills training and the evaluation of training effect is a whole, only the formation of linked teaching mode can ensure that the teaching effect meets the expectations. Therefore, in the subsequent teaching process, teachers should be fully aware of the close relationship between "learning", "practice" and "evaluation", and actively adopt a systematic and integrated teaching methods. By adopting a variety of highly targeted methods, we can ensure that students can carry out physical education learning and exercise in a perfect teaching mode. Therefore, in the process of subsequent teaching practice, teachers need to work in the following aspects: first, teachers should optimize the teaching content and teaching methods in the process of carrying out the theoretical teaching of physical education and sports, for example, can take the information technology teaching mode to help students understand the theoretical knowledge, so as to lay a foundation for subsequent sports training. Secondly, in the process of carrying out sports training, teachers should be guided by the theory of the textbook, in order to ensure the safety of the students under the state of continuous innovation training methods, to enhance the enthusiasm of the students' training, and in this way to ensure that the training effect can be achieved successfully. Finally, the scientific evaluation of training results should be carried out. The content of the evaluation should include not only the student's mastery of various sports skills, but also the student's motivation. This evaluation provides more accurate feedback on the adjustment of follow-up training programs.

5. Innovative approaches to physical fitness courses for junior high schools

5.1 Further enhancement of physical education teachers' business skills and professionalism

Although after a longer period of development, the degree of importance attached to junior high school physical education classes at this stage in China has increased. Junior high school physical education teachers have made great progress in terms of business ability and specialization level. However, in terms of the current middle school physical education teaching mode, there are still certain deficiencies. In most junior high schools, the general physical education teaching mode is a one-teacher multi-class system. A teacher needs to face a large number of students, so the teacher's workload is larger. Especially after adding the relevant content of physical training, teachers are no longer able to meet the actual requirements of teaching in terms of physical strength^[7]. In this case, some teachers will choose

easier physical training subjects, such as letting students run. These teaching contents that lack characteristics and interest will cause students' learning interest to be affected. In order to solve this problem, in the process of subsequent teaching practice, it is necessary to innovate in the following two aspects: first, we should actively carry out the construction of junior high school physical education teachers, and improve the professional level of junior high school physical education teachers. At the same time, schools can regularly formulate training plans to strengthen training so that the majority of physical education teachers realize the importance of physical training, and formulate more targeted training programs in the process of teaching practice. For some students with poor physical fitness and special circumstances, teachers can develop a personalized training program, through this way to achieve the quality of junior high school physical fitness course teaching. Secondly, actively promote the enthusiasm of students' physical training. On the one hand, teachers should actively communicate with students, and cultivate students' awareness of physical training, to ensure that students can actively cooperate in the training process. On the other hand, teachers should actively carry out training content innovation. For example, they can extend and expand on traditional training subjects and develop interesting activities. In this way, students are guided to carry out physical training work in a cheerful atmosphere to achieve the effect of continuous reinforcement.

5.2 Science and effectiveness of intensive training programs

The strengthening of physical fitness is a long-term process that requires cumulative exercise. In this process, if the training program has a strong scientific and effective, you can achieve twice the result with half the effort^[8]. In order to ensure the effectiveness and sustainability of the training program, we need to be based on the past in two aspects of innovation: first, strengthen the ideological education of students. Physical training will produce physical fatigue, so some students have difficulties. Especially with the amount of exercise and training intensity continuing to increase, many students will have the heart to give up. At this time, teachers need to be psychological guidance to students, motivate students, and cultivate students' perseverance, so as to ensure that the training program can be successfully implemented. Secondly, to further strengthen the scientific nature of the physical training program. Physical training in junior high school generally has two aspects: basic training and special training. Teachers need to fully understand the individual differences of students in the case of targeted design of training programs, and do a good job of overall planning to ensure that students can consistently complete the training content. At the same time, teachers should minimize the complexity of the training plan, enhance the fun of the training plan to increase the enthusiasm of students, and at the same time help students constantly break through themselves in the training process and play a real role in physical training.

5.3 Rational planning of training time and training programs

Physical training itself is highly comprehensive and specialized, and the content of physical training in junior high school physical education is generally based on the scientific and reasonable design of the load to link the students' sports movements, so as to improve the students' physical quality. However, the improvement of physical fitness is a long-term process that cannot be achieved overnight. In the spring of the year, to ensure that students can meet the corresponding teaching standards, it is necessary to develop a scientific and efficient training program, and rationally arrange the training time and training subjects for students. As far as training time is concerned, the relevant information shown that the best exercise practice time is from six to seven in the morning and from five to six in the afternoon. The oxygen content of the air before 6 a.m. is relatively insufficient, which may cause damage to students' cardiorespiratory function^[9]. Therefore, in the process of program design, students can be arranged to do morning running or gymnastics from 6:00 a.m. to 7:00 a.m. and special training from 5:00 p.m. to 6:00 p.m. in the evening. As far as training subjects are concerned, middle school students are in the period of physical development, when students experience more vigorous. Therefore, you can arrange for students to carry out cardiorespiratory training or strength and flexibility training. The training subjects that can be chosen include long and short distance running, push-ups, sit-ups, pull-ups and so on. However, it should be noted that in order to ensure the safety of students during training, students must be required to warm up fully before training.

5.4 Enriching physical training methods and improving students' motivation to train

In the past, it can be clearly found in the process of junior high school physical fitness training, affected by the training methods and other factors, the enthusiasm of students to participate in training is

relatively low. Therefore, in order to further improve the teaching effect of junior high school physical fitness courses, teachers need to constantly innovate and enrich the training methods to help students establish a good interest in training and actively participate in the training. For example, teachers can add some teamwork training programs according to the training needs, so that students can work together to complete, so as to cultivate students' team spirit. You can also design some competitive and confrontational training programs in the training process. Junior high school students have a strong sense of victory and sense of honor, this training method can better meet the psychological needs of students, while cultivating the positive spirit of students. In addition, in the process of designing the training program, teachers should add rest and physical recovery time, so as not to cause harm to the students' body due to overloaded exercise.

6. Conclusion

In summary, junior middle school physical fitness teaching is related to the cultivation of students' physical quality and mental strength, which is of great significance to students' future development. Therefore, in the subsequent process of teaching practice, teachers should actively carry out the innovation and optimization of the content of junior middle school physical fitness courses, and constantly strengthen the teaching effect to ensure that junior middle school physical fitness teaching can meet the corresponding requirements.

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