

Research on the Current Situation and Improvement Strategies of Physical Education Management in Colleges

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ABSTRACT. *As an important reserve force to promote national economic development, college students' health is crucial. For a long time, colleges regard physical education as an important means to promote the healthy development of college students, and attach great importance to the management of physical education. However, there are still some problems in the management of physical education in many colleges. This paper first analyzes the current situation of physical education management in colleges, especially the outstanding problems in the management process, and then puts forward the countermeasures to improve these outstanding problems. The purpose of this study is to ensure and improve the efficiency and quality of physical education teaching and ensure the smooth completion of physical education tasks.*

KEYWORDS: *College physical education, Physical education, Teaching management*

1. Current status of college physical education management

Physical education management in colleges refers to the effective management of the physical education teaching process and various links of college in accordance with the basic theories and methods of physical education management, combined with the tasks, characteristics and laws of physical education in schools[1]. For a long time, physical teaching has occupied a very important position in the college teaching system. In the new era, with the strengthening of physical education reform in colleges, college students' physical health problems continue to appear. Some colleges have exposed new problems in the management of physical education, such as the imperfect management system of physical education, the insufficient reform of physical education curriculum, the low quality and management ability of physical education administrators. To some extent, these problems restrict the development of physical education in colleges.

1.1 Physical Teaching Management System is Imperfect

Sports teaching management system is the "standard" to ensure the smooth progress of sports teaching management. At present, some colleges sports teaching management work is very casual, there is no clear management goal and focus. As an important decision-maker of sports teaching management, school leaders have not established a strong management department in the process of teaching management, which leads to unclear main procedures and responsibilities of sports teaching management[2]. In addition, some college leaders have not fully considered the particularity of the school's physical education management and directly copied the physical education management system of other colleges, resulting in a mismatch between the system and the school's physical education management. As an important executor of physical education management, physical education teachers have the problem of "emphasizing teaching but neglecting management" in the process of teaching management, and have not formed an orderly and responsible management atmosphere.

1.2 The Teaching Reform of Physical Education is Weak

Physical education is an important part of physical education in colleges. At present, many physical education courses in colleges are still very traditional in the teaching concept, methods, mode, evaluation, environment construction and so on. The lack of reform and innovation leads to the low enthusiasm of students to participate in physical education courses.

1.3 The Quality and Management Ability of Physical Education Management Personnel Are Not High

Physical education management personnel are mainly members of physical education management team. The quality and management ability of physical education management personnel have a great influence on the efficiency and quality of physical education management. At present, some colleges physical education management personnel do not have enough understanding of the importance of physical education management, and there are problems such as resistance, blind obedience, and evasion in management. There are some sports teaching managers who actively carry out sports teaching management, but their management ideas and methods are relatively traditional and single, in addition, there are problems of neglecting the actual situation of students. With the rapid development of internet technology, some sports teaching managers ignore the value of network in sports teaching management, resulting in low effectiveness of management.

2. The Improvement Strategies of Physical Education Management in College

In view of the outstanding problems existing in the current management of physical education in college, the following countermeasures are put forward.

2.1 Establish and Improve Physical Education Management System

The management of physical education teaching is a long-term and systematic work, which is influenced by many subjective and objective factors. In order to ensure the smooth development of sports management, colleges should establish and perfect sports teaching management system. Colleges should set up a sports teaching management group with the vice president of teaching as the group leader, the director of the academic affairs office and the director of the sports teaching and research office as the vice group leader, and the physical teachers and students' representatives as the members. The group should formulate the management system of physical education according to the physical education teaching objectives, physical education hardware facilities, physical education teachers, physical education learning needs of college students, etc..

The physical education management system should cover all aspects of physical education management in colleges, especially focusing on physical education teaching management and extracurricular physical activity management. According to the new changes in the development of college physical education, the management system of college physical education should be targeted and instructive[3]. Among them, pertinence means that the management system of physical education in colleges should establish and perfect relevant systems from the aspects of personnel training objectives, physical education teaching planning, physical education reserve personnel training program, physical education teachers' teaching ability improvement, and physical education extracurricular activities management, so as to solve specific problems in physical education in college. Guidance means that the management system of physical education teaching in colleges must be able to guide the development of physical education teachers' "teaching" and students' "learning" towards the direction of standardization and formalization, so as to improve the efficiency and quality of physical education teaching.

2.2 Strengthen the Management of Physical Education Curriculum Teaching

Physical education course teaching is an important content of physical education teaching management, and strengthening physical education course teaching management can promote the reform of physical education course teaching. Nowadays, the enthusiasm of college students to learn sports is increasing day by day, and the demand for learning is also increasing. In this context, the traditional teaching concepts, teaching content, teaching methods, teaching evaluation, etc. of physical education curriculum can no longer guarantee the quality of teaching. Therefore, colleges should strengthen the teaching management of physical education courses to promote the reform of physical education courses. Firstly, colleges should scientifically formulate physical education curriculum plan, including overall plan, academic year work plan, extracurricular teaching work plan, amateur training plan, sports competition plan, etc.[4]. Secondly, colleges should formulate scientific physical education curriculum syllabus (curriculum standard). Finally, colleges should purchase or develop their own sports teaching materials according to the actual situation of physical education and students. It needs to be pointed out that in the process of physical education teaching management, colleges should pay attention to the inspection and evaluation of physical education teaching management, find problems and correct them in time, so as to continuously improve and improve the quality of physical education teaching.

2.3 Strengthen the Construction of Physical Education Teachers

First of all, give full play to the supervision and guidance of physical education teachers. Physical education

teachers are not only organizers and executors of physical education classroom teaching, but also supervisors and directors of physical education teaching management. Colleges should strengthen the construction of physical education teachers, regularly carry out the study and training of physical education management, enrich their knowledge of physical education management, and improve their skills of physical education management. Secondly, physical education teachers are required to establish a “student-oriented” teaching concept in the process of teaching management. In the management of physical education teaching, physical education teachers should set up a “student-oriented” teaching concept, fully respect the main position and learning needs of students, and pay attention to the long-term development of students. In the process of management, physical education teachers should combine the theory of management, physical education and pedagogy to ensure the scientific management of physical education.

3. Conclusion

Strengthening the management of physical education is an important work to ensure and improve the quality of physical education. At present, there are still some problems in the management of physical education in some colleges, such as the imperfect management system of physical education, the insufficient reform of physical education curriculum and the low quality and ability of physical education administrators. Therefore, colleges should have an objective understanding of their own problems in physical education teaching management, and improve these problems in a targeted, planned and systematic way. In this way, physical education in colleges can give full play to its educational value.

Acknowledgments

1) Xi'an University of Science and Technology teaching reform project in 2018: Inspiration of “Individual and Social Responsibility Teaching Mode” to Physical Education Teaching from the Perspective of Moral Education in 2018, project No.: JG18088.

2) New engineering project of production, teaching and research collaborative education of Higher Education Department of Ministry of education: Construction of Practical Teaching Mode System in Colleges Under the Background of Artificial Intelligence Technology in 2019, project No.: 201901044004.

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