

Research on Basic Theory and Practice of Physical Education in Colleges

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ABSTRACT. College physical education is one of the important measures to promote the healthy development of college students' physical and mental qualities and improve their comprehensive quality. The imparting of sports skills and sports knowledge in PE classroom is based on certain theory and practice. The research on the basic theory and practice of college physical education is of great significance in the process of realizing the goal of college physical education.

KEYWORDS: College physical; Education; Theory; Practice

1. Introduction

As an important way to implement quality education and cultivate all-round development talents, college physical education also gives basic goals and development goals for curriculum goals. As an important part of the university curriculum system and the central link of the school's physical education, college physical education is a physical education with reasonable application. It is a public compulsory course that guides college students to take physical exercises as the main means to enhance their physique, improve their health, and improve their sports literacy through scientific physical exercise [1]. Physical education in colleges is not an isolated course, but a course that includes cultural science education, ideological and moral education, life and physical education. It is a comprehensive course aimed at improving students' specialized theoretical and technical levels, promoting students' physical and mental harmonious development, and fostering the qualities of will, such as unity, cooperation, collectivism, patriotism, and bravery, tenacity, and courage.

2. The Construction of the Basic Theory Teaching System of College Physical Education

2.1 Determine the Main Purpose

The goal of the establishment of the teaching system of the basic theory of physical education in Colleges and universities is to make the students understand

the basic technology and skill knowledge of physical education, master the scientific exercise methods and the treatment methods of sports injuries, form the lifelong physical consciousness and the habit of insisting on exercise, and form a healthy physique and an optimistic attitude towards life through the teaching of the basic theoretical knowledge of physical education.

2.2 Establish Guiding Ideology

The construction of the basic theory teaching system of college physical education should be guided by the idea of “lifelong physical education”[2]. Lifelong physical education is an important goal and direction of physical education, as well as an educational concept that adapts to the actual needs of physical education in colleges, which has a profound impact on the reform of physical education in colleges. In actual physical education, teachers should pay attention to the importance of basic theoretical courses in physical education, attach importance to the combination of practice and theoretical teaching, train students' basic qualities through the teaching of theoretical knowledge, and promote the development of quality education. The construction of colleges physical education basic theory teaching system should be based on the needs of social development and practical teaching, while respecting the individual development of students and the learning needs of knowledge, enhancing students' autonomy in daily physical exercise, and training their lifelong physical exercise concepts. In addition, the basic theoretical education of sports combines the knowledge of basic techniques and methods of physical exercise with the qualities of collaboration and self-control, which is conducive to cultivating the concept of lifelong sports for students.

2.3 Construction of Teaching System

According to the actual teaching of colleges and the individual characteristics of students, the teaching of college physical education basic theory has constructed a teaching structure with obvious stages. The teaching system of the basic theory of physical education in Colleges is divided into four stages: the first stage is the content of the teaching materials for physical appreciation, the theoretical basis of which is physical education and physical aesthetics, with the purpose of generating physical consciousness; the second stage is the judgment of the victory or defeat of the competition, with the theoretical basis of which is physical competition and game science, with the purpose of generating the consciousness of physical interest; the third stage is the setting of the physical exercise prescription, with the purpose of sharing the theory on the basis of lifelong sports and leisure sports, the purpose is to produce sports behavior; the fourth stage is physical fitness evaluation and health care setting, its theoretical basis is health science and sports health care, the purpose is to produce healthy sports behavior. The above four stages construct a complete teaching sequence activity with theoretical system, stage theory, specific practice and goal realization. The teaching system of the basic theory of physical education in colleges is to teach the students the basic knowledge of the theory of physical

education, the methods of sports and the skills of physical education in the form of words, so that they can continuously deepen their understanding and mastery of the theoretical knowledge of physical education, and finally apply the theoretical knowledge they have learned in daily exercise. The main purpose of constructing the basic theory teaching system of physical education in colleges and is to enhance the physical knowledge and physical quality. It takes lifelong physical education as its guiding ideology, aiming at improving students' physical fitness and overall quality, and realizing the ultimate goal of physical education in colleges.

3. The Optimization of Physical Education Practice in Colleges

3.1 Continuously Enrich the Content of College Physical Education

Sticking to people-oriented and paying attention to the individual development of students is an important task in the reform of contemporary college physical education. In the actual physical education process, physical education teachers can listen to students' opinions, increase the number of sports activities reasonably, and gradually expand students' right to choose and learn freely. In the process of sports activities, physical education teachers must carefully observe the learning situation of students, discover as much as possible the items that students are suitable for, constantly tap the students' potential, cultivate the students' sports ability, and thus realize the concept of college physical education. Teachers can let students choose their own sports, so that students can be exposed to sports they are interested in, and then continue to stimulate students' interest. In this way, it will not only help students improve their physical fitness, but also help achieve the goal of college physical education.

3.2 College Physical Education Teaching Forms Should Be Diversified

The Ministry of Education proposes that according to the goals of physical education teaching and the development of sports health courses, physical education in colleges should be targeted at all students and carry out different sports programs for different students. Physical education teachers must use flexible and effective organizational methods for teaching to meet the needs of students of different levels and hobbies, and then achieve the teaching goals of physical education in colleges. Therefore, in the actual physical education process of colleges, physical education teachers must adopt a variety of teaching methods to constantly stimulate students' interest and enthusiasm for physical exercise to promote students to actively participate in physical exercise. In addition, physical education teachers can use information technology to assist teaching and further cultivate students' interest and enthusiasm for physical education [3].

3.3 Strengthen Unity of the Guiding Ideology of Physical Education Teaching

The core of college physical education practice is to enable students to achieve physical fitness through physical exercise. With the continuous development of society, college physical education has been impacted by many aspects, and gradually changed to a pluralistic direction. The core concept of physical education is gradually weakening, and the guiding ideology in physical education is gradually being forgotten. As a result, there are irregularities in physical education in many colleges. Therefore, adherence to the people-oriented, health-first guiding ideology is becoming increasingly important in this context. This guiding ideology is the basic prerequisite for all college physical education courses and activities. At the same time, college physical education teachers should also pay attention to the cultivation of students' comprehensive quality, highlight the people-oriented teaching concept, continuously optimize the educational goals of college physical education, deepen reforms, gradually improve the physical fitness of students, and promote the quality of college physical education.

3.4 Establish a Scientific and Reasonable Evaluation Method

The scientific and reasonable evaluation system of physical education should be based on the idea of taking students' development as the foundation. In the actual teaching process, the proportion of end-of-term summative evaluation should be reduced, and the proportion of performance evaluation in the teaching process should be continuously strengthened. In addition, physical education teachers should also pay attention to the differences in physical quality and age of different students, and then choose different evaluation methods, so as to make physical education teaching evaluation give full play to its positive role. In the process of evaluation, help students find their own strengths and weaknesses, so as to carry out targeted exercise.

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