

Research on the Overall Evaluation of Physical Education Teaching Environment

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Abstract: *School physical education is an important part of education. With the continuous development of society, physical education in colleges and universities must also keep up with the rhythm of the development of the times, and the concept of educational evaluation must also undergo corresponding changes. In reality, the physical education environment in colleges and universities should be evaluated holistically. This manuscript systematically analyzes the significance of the overall evaluation of the physical education environment by using research methods of literature and logical analysis to measures such as teaching content, improving teaching methods, etc., reform the physical education teaching plan according to the current social development situation, so as to enrich and improve the content and form of physical education teaching, and promote the overall coordination between physical education and other disciplines.*

Keywords: *physical education, teaching environment, holistic, evaluation, method*

1. Introduction

The educational ecosystem is a relatively independent subsystem in the human social ecosystem. The relationship between the educational ecosystem and various environmental elements, as well as the relationship between various environmental elements within the educational ecosystem and the people (especially students) who are the main body of the educational ecosystem are also very complex. In the classroom ecosystem subdivided by the educational ecosystem, there are both the existence of material forms and the composition of ideology[1].The physical education ecosystem in colleges and universities is a microscopic special ecosystem. In the physical education ecosystem of colleges and universities, there are various ecological connections between classroom ecological subjects (teachers and students) and the classroom ecological environment, realizing material circulation, energy flow and information circulation, which together make the classroom form an organic ecological whole. To achieve a dynamic balance relationship, so as to jointly play the basic function of the classroom ecosystem - the function of educating people. In teaching, there is an objective close ecological connection between the teaching subject (teacher and student) and the teaching environment. The physical education environment is the synthesis of various objective conditions necessary for the school to realize the physical education activities.

2. Related work

The physical education environment in colleges and universities is divided into broad and narrow senses. In a broad sense, the social system, science and technology, the students' family conditions, community environment, etc., all belong to the category of physical education environment. The quality of these environmental factors will also affect the effect of physical education activities in colleges and universities to a certain extent[2]. In a narrow sense, the physical education environment of colleges and universities mainly refers to the teaching place, the various teaching facilities used, the size of the teaching class, the teaching method, the school spirit, the class style and so on. In this article, it is more appropriate to discuss the physical education teaching environment in colleges and universities from a narrow perspective. In the actual teaching situation, sports venues are very important for physical education in colleges and universities, and this is also the hardware space basis for teachers and students to carry out physical education activities[3]. If there are restrictions on the conditions of physical education teaching venues, many sports programs that students like and have good effects on improving students' physical fitness can't be carried out. As a result, there will inevitably be a lack of certain sports programs. Judging from the current actual situation, the

construction of sports venues and equipment in some colleges and universities in the society still needs to be further improved, so as to effectively meet the needs of physical education teaching and better serve the development of physical education teaching activities in colleges and universities. Improve the quality of physical education in colleges and universities. In addition, in some colleges and universities, physical education teachers can flexibly choose some sports items that are not very dependent on the venue to carry out physical education and training according to the limitations of sports venues[4]. Therefore, for physical education teachers, in actual teaching activities, they should also fully consider the dependence of sports on venues, and make reasonable use and transformation of sports equipment and sports venues through their own efforts, as far as possible. To the greatest extent possible to meet the needs of physical education. The physical education materials used by different colleges and universities are also different. For example, the Beijing Sports University version, military sports, and sports and health theory tutorials, etc., when choosing sports teaching materials, major colleges and universities will also choose according to the actual needs of the school. At present, in addition to these fixed textbooks, some colleges and universities also have self-edited textbooks. This phenomenon shows that, after the reform of physical education curriculum, both the functions of colleges and universities themselves, and the enthusiasm and innovation of physical education teachers in physical education have been effectively brought into play, and initial results have been achieved[5]. For the content of physical education textbooks, its scientific nature is beyond doubt, and its order is also compiled according to certain standards. And the order can be adjusted reasonably. With the vigorous promotion of quality education, the purpose of physical education in colleges and universities has also undergone earth-shaking changes. Generally speaking, compared with other theoretical courses, the purpose of physical education in colleges and universities is not to make students regard physical education as a theoretical knowledge, but to stimulate students' sports spirit, to encourage them to love sports, to master basic physical skills and sports methods, so as to adhere to physical exercise and improve their physical fitness[6]. Therefore, from this point of view, some colleges and universities still have outdated teaching concepts, and they have not positioned physical education teaching in the aspect of serving students' health.

3. Characteristics of physical education teaching environment

Physical education teaching environment exists in the course of classroom teaching, which affects teaching and can affect the synthesis of various physical and psychological factors of people through teaching [7]. Therefore, the physical education environment is not only a kind of entity existence, but also a kind of relational existence. Relationship is the foundation of the existence of physical education environment. The physical education environment is a complex ecological system with specific functions, which is formed by a combination of several small ecosystems that are interconnected and restrict each other. The fundamental and node of this system is "relationship". A certain structure is formed between the elements of the sports environment due to the "relationship", and its function is the integration of the elements and the structure. Different combinations of physical education environment elements constitute different structures and also form different functions. In the process of physical education, teachers, students and the teaching environment constitute an important interrelationship. Ecological thinking emphasizes duality rather than dichotomy. Although the subject and object and the teaching environment are different, they also influence each other, interact with each other, depend on each other, and penetrate each other. These living bodies of teachers and students must exist in the teaching environment, and only through the environment can they form themselves and their behaviors. Therefore, life itself constitutes an indispensable part of the teaching environment. All physical education activities are carried out in a certain teaching environment. Teachers and students cannot exist without the teaching environment, and there is no subject if they leave the teaching environment. Teachers, students and the environment are infiltrated and integrated with each other. If they can develop harmoniously, teachers and students can adapt to the environment and actively create an environment conducive to the development of the subject. In turn, a good environment will be composed of physical and psychological elements for the development of teachers and students. At the same time, they are self-contained. Each has its own constituent elements, with a specific structure and function. In the past, the physical environment and the psychological environment elements were often separated and analyzed in the previous sports environment research. Although they have a certain depth and breadth, the research that is isolated from the mutual relationship will only get a one-sided understanding. Only by linking various environmental elements, studying each other in mutual relations, and understanding each other, can a correct and complete understanding be obtained. In physical education, we can often see this phenomenon, the same teachers, the same sports facilities, the same teaching content, the same teaching methods, but the teaching effect is completely different. Of

course, if the differences between individual students are not considered, even if the elements that constitute physical education activities are the same, they will produce different results, how so? This is because the relationship between the elements is dynamic under the same conditions, and the process of its formation is also dynamic, and the results are often different. Of course, the constituent elements of the physical education environment will also change with the reform of teaching and the requirements of the times, and the teaching process will inevitably change accordingly.

4. Overall evaluation strategy of physical education teaching environment

4.1 Adapting measures to local conditions and improving physical education teaching venues according to the actual situation

In the current society, some colleges and universities still have insufficient physical education venues and teaching facilities, and this has become an important problem that plagues college teaching. Therefore, in the context of the shortage of funds for physical education in colleges and universities, colleges and universities can adapt to local conditions, give full play to the unique advantages of the campus according to the actual environmental conditions within the school, scientifically design and skillfully arrange various physical education equipment and facilities, so as to get rid of The dilemma of the lack of physical education venues. Generally speaking, no matter how large the area of a university is, its internal environment has its own unique features, with different topography and features. At this time, colleges and universities can transform the open space, tree promenade, or rockery inside the campus into ideal sports teaching venues and facilities. For example, draw graphics of various activities such as running and jumping on the concrete open space. At the same time, colleges and universities can also actively attract sponsorship from various enterprises and institutions in the society to improve sports venues and sports facilities.

4.2 Repositioning the goal of physical education teaching

In recent years, the state has also put forward the concept of core literacy for student development, which emphasizes the ability of students, especially the ability of students to develop throughout life, the ability of students to adapt to social development and the needs of the country. And this is also a repositioning of education[8]. Therefore, in terms of physical education teaching in colleges and universities, it should also actively meet the requirements of the state, readjust and reposition the goal of physical education teaching, so that the goal of physical education teaching in colleges and universities is no longer simply to help students keep fit. Instead, we should establish a long-term vision and focus on cultivating students' lifelong physical exercise habits. Only in this way can we truly achieve the goal of physical fitness. Otherwise, relying on just one or two physical education classes is simply futile. In reality, only by fully cultivating students' sports spirit can students' life-long development in sports be promoted, which is in line with the country's core literacy concept for student development. On the other hand, colleges and universities also need to take a long-term perspective to locate the goal of physical education teaching, and improve the physical education teaching plan according to the current social development situation.

4.3 Adopt modern teaching methods

In the context of the wide application of information technology, it has also achieved good teaching effects in the field of education. In terms of physical education, the means of physical education in the future should also actively conform to the development trend of the times, carry out effective changes, and use advanced technology to carry out teaching, so as to keep pace with the times. At present, various advanced information technology, network technology and the Internet have penetrated into people's daily life, and have been widely used in various aspects. Moreover, it can also break the limitations of time and space and realize real-time interaction and communication. In the current society, physical education in colleges and universities is mainly divided into practical courses and cultural courses. In the teaching process of cultural courses, colleges and universities can break the traditional teaching mode and make full use of modern teaching methods to carry out teaching, which is in line with the requirements of the times. For example, college physical education teachers can present the knowledge in physical education textbooks in the form of technology. The physical education materials used in colleges and universities often involve a lot of pictures and physical movements. At this time, teachers can use information technology to present these flat and static

pictures and actions as dynamic pictures or videos. In this way, it can not only effectively improve the intuitiveness of physical education, but also improve the interest of the classroom, so that students can master these sports movement techniques more accurately.

4.4 Actively update teaching content

For the physical education teaching in colleges and universities, it should be different from the teaching in the elementary, elementary and high stages in essence. Moreover, with the change of the times, the content of physical education also needs to be changed, according to the actual situation of the teaching object and the external environment in which the teaching is located. Only in this way can the purpose of effective teaching be achieved. As a result, the teaching materials of physical education in colleges and universities must meet the development requirements of college students, and also need to be integrated according to the new situations and new things that appear in the development process of contemporary society, and these new factors must be properly it can be integrated into the process of physical education, so that the content of physical education in colleges and universities can keep pace with the times.

5. Discussion

The physical education environment is a complex ecological system with specific functions, which is composed of some interconnected and mutually restricting subsystems. To optimize the physical education environment, we should pay more attention to the relationship between various elements, and strengthen the research on the complementarity and correlation of various physical education environment factors. It is necessary not only to optimize the relationship between natural elements, space-time elements and facility elements in the external environment, but also to optimize the relationship between interpersonal elements, information elements, organizational elements and emotional elements in the internal environment, and more importantly, to optimize the elements of the external environment and internal environment complex relationship between them. Comprehensively using system theory, cybernetics and modern information theory, through mathematical methods and computer technology, the overall system analysis of the relationship between the physical education environment and the construction of relevant optimization models to seek the overall optimization solution.

6. Conclusion

The physical education environment plays a vital role in the physical education teaching in colleges and universities, and directly affects the teaching quality. In the physical education environment of colleges and universities, we should start from the whole point of view. The factors of the internal environment and the external environment are organically linked as a whole. They influence each other, promote and improve each other, forming a complex ecosystem. In this ecosystem, energy and information are continuously circulated and conducted between the teaching subject and the teaching environment and within each, so as to continuously meet the needs of teaching development and promote the dynamic improvement of the quality of physical education in colleges and universities.

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