

A Probe into the Cultivation Strategy of Lifelong Physical Education Awareness in Physical Education in Colleges and Universities

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ABSTRACT. *The cultivation of students' lifelong sports consciousness mainly emphasizes the cultivation of students' sports concepts and habits so that students not only regard sports as a learning task, but also need to form a new sports concept through teaching and understand the importance of sports to their physical and mental health. In the teaching process, teachers need to help students develop sports habits in certain ways, from which teachers should train students to have correct sports awareness and effectively improve the teaching results of physical education in colleges and universities.*

KEYWORDS: *Colleges and universities, Physical education, Lifelong physical education consciousness*

1. Introduction

Sports lifelong consciousness has been accepted by more and more educators. Most colleges and universities can take lifelong sports consciousness as the main teaching purpose, also, actively expand the scope of physical education and help students to have a correct awareness of sports. Under this background, physical education teachers in colleges and universities need to: i. correctly establish the concept of physical educational; ii. comply with the requirements of the development of the times; iii. effectively integrate new teaching ideas into physical education and help students develop a good concept of physical exercise;iiii. put education in the first place and finally make students form a lifelong sense of sports.

2. The Present Situation of Physical Education in Colleges and Universities

2.1 *The Enthusiasm of Physical Education Learning is Poor*

Based on the current educational background, most teachers pay more attention to the study of other subjects, which leads to students' superficial understanding of physical education curriculum. Many students think that physical education course is a way of physical exercise, so their physical quality is better, in addition, students who understand that physical education courses do not affect the study of other subjects often do not attach importance to physical education courses and can not actively participate in teaching activities. On the other hand, affected by the learning atmosphere in colleges and universities, many students do not have good living habits on campus and have strong inertia, which also reduces students' enthusiasm for physical exercise.

2.2 *Teaching Methods Are Traditionally Single*

Due to the influence of the traditional teaching mode, most college PE teachers still use a single teaching method for PE teaching. The relatively single teaching method leads to a dull and boring classroom atmosphere, and students are unable to concentrate on physical education. The teaching of cultivating sports consciousness needs teachers to cultivate students' interest in learning, so the single traditional teaching method violates the current teaching concept and leads to the decline of teaching efficiency. At the same time, teachers' setting of teaching content in physical education curriculum is relatively simple, which has a great impact on students' learning enthusiasm. In the process of teachers' explanation, students can not effectively understand sports-related knowledge and have no opportunity to practice. As a result, students reduce their enthusiasm for physical education and fail to achieve the purpose of physical education teaching.

2.3 The Concept of Life Cannot Be Implemented

Although at this stage, most colleges and universities can actively advocate and integrate the concept of life-long teaching into physical education, they can also realize the importance of life-long consciousness to the development of students. Due to the lack of educational resources in colleges and universities, the weak basic conditions of physical education and the lack of teachers' qualifications, these objective reasons affect the implementation of lifelong sports consciousness. The lack of effective implementation of lifelong sports awareness also leads to teachers' inability to achieve teaching goals to formulate and change teaching plans in time and to make use of physical education to really help students.

3. The Significance of Forming Lifelong Consciousness of Physical Education

3.1 Improve the Health Level of Students

Sports is the best way to improve the level of health, long-term adhere to physical exercise can effectively enhance the human body's ability to adapt to the environment.

Through the correct guidance of teachers, students can cultivate the concept of active physical exercise and actively complete the task of physical education, so as to form healthy exercise habits and lay a foundation for future study and development.

At the same time, the formation of lifelong sports awareness can effectively promote the level of health, so that students can take the initiative to carry out sports, and provide some help to improve the overall health level of the people.

3.2 Promote Teaching Reform in Colleges and Universities

The teaching purpose of physical education is to enhance the physical quality of students, but the time of physical education course is limited and can not achieve the goal of physical education. Therefore, only by training students to have life-long consciousness can students achieve lasting physical exercise and develop a good state of health over time [1]. The teaching of physical education in colleges and universities with lifelong consciousness as the teaching goal can enable students to form healthy exercise habits in their work and life in the future, take the initiative to carry out sports, and provide basic guarantee for future development. This kind of teaching thought not only conforms to the requirements of the current teaching reform, but also meets the needs of all-round talents in the society.

4. Strategies for the Cultivation of Lifelong Physical Education Awareness

4.1 Change the Traditional Teaching Thought

If colleges and universities want to implement life-long consciousness in physical education, they first need to change the teaching concept of PE teachers, abandon the traditional mode of thinking and make life-long consciousness be effectively implemented in teaching. Teachers need to realize that the purpose of physical education in colleges and universities that it is not to complete teaching tasks or to help students improve their physical quality but to enhance their awareness of sports through the study of physical education courses and be able to take the initiative to carry out physical exercise.

Due to the continuous change of life style, people's amount of exercise is getting less and less, and more and more people have health problems. College teachers can strive to guide students to take sports as an indispensable part of their study and life, and effectively enhance students' subjective consciousness of physical exercise, from which can not only reduce students' utilitarian thinking so that students can easily carry out sports but also make use of a variety of sports to help students form good living habits, also, strengthen their own physical quality and provide help for future study and life.

Teachers need to actively change their thinking. In the process of physical education, It is a good choice to organize some Mini Games to help students consolidate their sports skills and enhance their interest in sports. For example, when playing basketball, the teacher can organize the students to have a group match, the team members can take over the shooting and select the group with the most shots.

Through this form, we can change the situation that the students' movements are not standard or can not grasp the essentials under the traditional teaching mode, what's more, make the students' sports more efficient.

4.2 Enrich the Teaching Content of Physical Education

Due to the continuous development of modern culture, the content of physical education curriculum has become more rich and colorful. Teachers need to make active use of this feature, pay attention to the effective connection between teaching content and society, and understand the importance of students' sports ability to the future development of life, moreover, they are also supposed to actively discover students' sports needs to provide more and better materials for teaching and enable students to participate in teaching activities.

In addition, colleges and universities can also create characteristic projects according to their own sports characteristics to ensure that students can actively participate in sports under the correct guidance, develop into lifelong sports expertise, and effectively enhance sports awareness. For example, many colleges and universities have their own sports specialties, such as Tai Chi, fancy rope skipping, rhythmic gymnastics and so on. Through inspiration, teachers can first conduct a survey of sports specialties in the school and then organize a professional school team and encourage students to actively participate in the sport. In the case of less learning tasks, students can actively participate in sports, so that sports can not only be carried out in the curriculum, but also through the cultivation of their own sports in colleges and universities to provide some help to improve students' awareness of physical education.

4.3 Innovate Teaching Model

Due to the influence of traditional teaching concepts, physical education in most colleges and universities is still explained and demonstrated by teachers and practiced by students themselves in the process of teaching. Under this teaching mode, students will always be in a state of passive learning. It is not conducive for students to form active exercise habits, but also does not meet the current teaching needs. On the contrary, the physical education teaching model, which aims to cultivate students' life-long consciousness can actively innovate the teaching methods and effectively reflect the students' dominant position and improve the teaching efficiency. In teaching, teachers need to develop teaching methods that meet the needs of students' sports and set up teaching contents reasonably so that students can actively participate in teaching and improve their physical quality. At the same time, the lifelong consciousness of sports can be formed and finally lay a good foundation for students' future study and life [3].

In the course of teaching, teachers can find out the different sports needs of students through investigation. Some students want to play ball games, while others want to exercise in track and field events. Therefore, teachers need to group students with the same sports ideas to enhance students' awareness of independent sports and interest in sports. When students are engaged in sports, teachers need to guide them from the side to help students master correct sports skills and methods to avoid physical damage caused by irregular movements and improve the efficiency of sports.

Furthermore, teachers also need to pay attention to students who do not want to exercise, popularize sports knowledge for students, and arouse students' interest in sports by explaining the history and achievements of sports, so as to gradually enhance students' sports initiative. So that every student can actively participate in the physical education curriculum and improve the teaching efficiency of physical education.

3.4 Improve the way of sports evaluation

Although some colleges and universities have begun to attach importance to the evaluation methods of physical education curriculum, due to the influence of the traditional evaluation model, some colleges and universities are generally unable to update the evaluation methods, which has a certain impact on the cultivation of students' awareness of life-long physical education.

Colleges and universities need to realize that sports evaluation is not limited to the ability test and achievement test of a certain project, but needs to comprehensively evaluate students' participation in physical education curriculum, completion and sports quality, so as to gradually improve the evaluation system and form an evaluation system in line with the education reform. Therefore, teachers need to establish a diversified sports evaluation system, including individual performance, team performance, sports skills, participation attitude and other contents in the evaluation system, and set different evaluation standards for it. As a result, physical education in colleges and universities no longer pays attention to achievement as much as subject teaching but pays attention to whether students' sports ability can be exercised and whether sports consciousness is formed [4]. In this way, we can help students realize the importance of sports and understand that physical education

curriculum essentially requires students to form lifelong consciousness, thus students can take the initiative to carry out sports not only in study, but also in life.

For example, teachers can change the qualification standard of a certain sport in sports evaluation. In the final exam, students are required to shoot five out of ten basketball shots to pass, however, some female students usually focus on sports such as volleyball and badminton, they can not effectively master their skills in basketball, and they do not have peers to learn together, so they do not have the ability to complete the shooting task. For this situation, teachers can take students' usual sports performance, participation in classroom enthusiasm or achievements in sports as an evaluation content. That is to say, even if the student's basketball shooting performance is not qualified, but he or she has achieved relatively good results in the volleyball match of the whole school, then he or she can also meet the qualified standard in the total score, improving the evaluation system without damaging the students' enthusiasm for sports.

Sports itself is an important part of improving students' comprehensive quality, the use of scientific evaluation system enables students to consciously regard sports as an important part of study and life, so as to help students form life-long sports consciousness.

5. Conclusion

The traditional mode of physical education in colleges and universities can no longer comply with the current trend of social development. Contemporary youth urgently need to establish a correct sports consciousness and sports concept, with strengthening their own quality as the main goal of physical exercise. Therefore, when carrying out physical education courses, colleges and universities need to be accurately aware of the role and significance of lifelong awareness of physical education to the future development of students. By changing the traditional teaching concept, enriching the teaching content of physical education, innovating teaching methods and improving the evaluation system and other methods. By guiding students to take sports as an integral part of life, colleges and universities enable students to form the concept of lifelong sports and lay a good foundation for their future study and life.

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