

# The Feasibility and Practical Path of Developing Aesthetic Education in Physical Education Teaching in Colleges

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**ABSTRACT.** *in college physical education, strengthening students' aesthetic education is an important measure to cultivate excellent talents. Aesthetic education is an important part of higher education, and the quality of its work has a direct impact on the smooth realization of talent training objectives in colleges. At present, there is still the problem of neglecting aesthetic education in physical education in China, resulting in weak aesthetic awareness and low aesthetic ability of college students. Aesthetic education is a common research issue of physical education teachers in various universities.*

**KEYWORDS:** *National fitness, Community sports, Mass sports, Physical fitness*

## 1. Introduction

College physical education is a kind of teaching activity with college students as the main body and campus as the activity place. Influenced by the diversity of college students' age structure, physical fitness, interests and hobbies, sports foundation and so on, the content and form of college physical education also presents the characteristics of diversity[1]. At the same time, physical education in colleges and universities also presents the characteristics of competition, special, comprehensive, interesting and so on. College students' active participation in community sports activities can enhance their physical fitness, enrich campus cultural life, improve the quality of life, and enhance interpersonal relations.

Based on the promotion value of college physical education to college students, colleges should attach great importance to physical education. College students are about to enter the society, they will be exposed to a variety of people and things. In social life, they should have the ability to distinguish beauty from ugliness. The content of physical education-sports, has the feasibility of aesthetic education. Regarding this conclusion, we can get answers from sports such as rhythmic gymnastics, fitness and fitness, diving and synchronized swimming. However, at present, there are still some problems to be solved in physical education in many colleges in China. One of the most obvious problems is the neglect of aesthetic education. Aesthetic education is to cultivate students' ability to recognize, discover,

create and disseminate beauty. Physical education in colleges ignores aesthetic education and artificially separates the internal relationship between physical education and aesthetic education. This negates the aesthetic value of college physical education, restricts the high-quality development of college physical education, and is not conducive to the healthy development of college students.

## **2. The Practical Path of Aesthetic Education in College Physical Education**

In order to achieve the goal of talent training in colleges and make college students meet the needs of social and economic development, this paper puts forward the main points of aesthetic education in college physical education at the present stage.

### ***2.1 Strive for the Assistance of Art Teachers to Further Improve the Teaching Content of Physical Education***

Art teachers (such as music teachers, dance teachers, art teachers) emphasize aesthetic education. They have accumulated a lot of aesthetic education experience in the long-term teaching practice. In view of this, physical education teachers should be open-minded to seek advice from them and learn from their experience in aesthetic education. There are three specific work points: first, actively discuss with art teachers to preliminarily understand the aesthetic consciousness and aesthetic ability of college students. Second, keep daily contact with art teachers and actively seek their help if they encounter difficult aesthetic problems in physical education. Third, taking art courses as the starting point, aesthetic education should be gradually carried out through “sports+dance”, “sports+music”, “sports+Photography”. During this period, physical teachers should actively seek the assistance of art course teachers.

### ***2.2 Colleges Should Continue to Strengthen the Construction of School Sports Infrastructure, and Be Able to Flexibly Adjust the Facilities According to the Aesthetic Needs of College Students***

Perfect physical education facilities in colleges are the important material basis for college students to participate in physical education classroom teaching activities and take physical exercise after class. Before the construction of college physical education infrastructure, physical education teachers should understand the basic sports needs of college students through questionnaires, classroom questions and other ways, and then report their sports needs to college leaders. Colleges should make sports infrastructure a platform for aesthetic education. In order to enable students to cultivate their aesthetic awareness and improve their aesthetic ability while using sports infrastructure, colleges should do a good job in the planning and design of sports infrastructure. When planning and designing, the shape and color of the facility, as well as the surrounding environment of the facility, should follow the design concepts of “comfort”, “beautiful” and “generous”, which can bring beautiful

feelings to college students [3]. Colleges should take seriously the opinions and suggestions put forward by students on sports infrastructure and formulate corresponding solutions in time.

### ***2.3 Give Full Play to the Advantages of New Media, and Further Strengthen the Publicity of Sports and Health Knowledge***

In China, the new media technology represented by Internet media and mobile media is booming. For contemporary college students, computers and mobile phones have become an important way for them to obtain all kinds of information. Aesthetic education emphasizes the influence of people and things with aesthetic feeling on students' thoughts and values, which can not be realized through repeated teaching by physical education teachers. College students, especially male college students, prefer the challenging, competitive and antagonistic nature of sports, but ignore the beauty of sports. However, compared with female students, male students prefer computers and mobile phones. In this regard, physical education teachers can give full play to the advantages of network media and mobile media in information dissemination, and publicize the knowledge of sports beauty to college students, especially male college students. In practical operation, physical education teachers can be WeChat class group (Q Qun), personal micro-blog (WeChat public official account or short video platform account), and regularly publish the content of sports beauty.

### ***2.4 Colleges Should Further Strengthen the Construction of Physical Education Teachers and Explore the Content and Methods of Physical Education Aesthetic Education***

With the continuous development of quality education, social enterprises have continuously improved the requirements for college students. At this stage, more and more social enterprises are paying attention to the knowledge and skill level of college students, and they are also concerned about the aesthetic ability of college students. In this context, colleges should infiltrate aesthetic education into the teaching of various courses. However, compared with art teaching, physical education in colleges in our country has long emphasized the teaching of sports skills and neglected aesthetic education. In this regard, college leaders should establish a complete aesthetic education training mechanism for physical education teachers and arrange for them to receive systematic aesthetic education knowledge learning. College leaders should encourage physical education teachers to infiltrate aesthetic education into teaching activities and actively explore the content and methods of aesthetic education. In order to further increase the enthusiasm of physical education teachers in carrying out aesthetic education, it is necessary for colleges to establish a perfect assessment system for physical education teachers' aesthetic education, and to praise and reward physical education teachers who actively carry out aesthetic education and have achieved excellent results.

### ***2.5 Colleges Should Further Enrich the Content of Extra-Curricular Sports Activities and Emphasize the Value of Aesthetic Education***

At present, the content of extracurricular sports activities organized by many colleges in our country is relatively simple. Investigation and research have found that most colleges take various ball games (such as basketball, badminton), martial arts and fitness equipment sports as the main content of extracurricular sports activities, and the extracurricular sports activities of college students are mostly spontaneous and are very random. It can be seen that most of these extracurricular sports activities are competitive sports events, and they often make college students pay attention to competition and confrontation, but rarely pay attention to beauty. Even some colleges have organized and carried out some extracurricular sports activities such as aerobics, cheerleading, sports dance, etc. with a sense of beauty, but most of them are small group activities and failed to form a strong aesthetic education atmosphere [5]. In view of this, colleges should take “aesthetic education” as the purpose to further enrich the content of students’ extracurricular sports activities. In the specific operation, colleges can take the students’ sports club as a platform to organize and carry out some aesthetic extracurricular sports activities, such as the aerobics, cheerleading, sports dance and yoga mentioned above. In the form of activities, colleges should not only organize and carry out some sports competitions, but also organize and carry out some sports performances, sports games, sports photography, sports essay writing and other activities.

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