

The reform of physical education in colleges and universities under the background of physical education integration

Shi Lan

Anshan Normal University, Anshan City, Liaoning Province, 114000, China

Abstract: *Under the background of quality education reform, colleges and universities establish the concept of talent training with all-round development of morality, intelligence, physical education, the United States and labor, pay more and more attention to physical education, physical education has entered the stage of deepening reform, and put forward the teaching concept of physical education integration. However, due to the existing problems in physical education teaching in colleges and universities, such as the deviation of educational concept, the unreasonable curriculum, the quality of teachers to be improved and the insufficient guarantee of teaching resources, the effect of physical education teaching is greatly weakened. Therefore, colleges and universities should realize the reform and development of physical education in colleges and universities and make contributions to the cause of physical education in colleges and universities by "enhancing cognition and changing sports concepts", "clarifying reform goals and rationally setting courses", "improving teachers' quality and realizing professional development", "implementing sports concepts and promoting teaching practice", "improving sports facilities and providing resource guarantee" and other paths.*

Keywords: *physical education integration; Universities and colleges; PE teaching reform*

1. Introduction

At present, the state adheres to the socialist direction of running schools, upholds the educational concept of "health first", comprehensively promotes the coordinated development of cultural learning and physical exercise among young people, and officially elevates the healthy growth of young people the new era to the national strategic level. If physical education leaves, it will become a tree without Therefore, the physical education integration is an inevitable trend of the reform of physical education colleges and universities, which is related to the healthy growth of contemporary college students. As main link of the physical education system, college physical education is not only an important part of national sports cause, but also the main sports personnel training base. Under the background of the era, colleges and universities should coordinate the two systems of physical education and education, actively explore the reform path of physical education teaching to better promote the healthy development of college students.

2. The concept and goal of physical education integration

2.1 The concept of integration of sports and education

The integration of sports and education with Chinese characteristics helps to promote the development of cultural learning and physical exercise of young people, has positive significance in training the quality of young people's will, cultivating a sound and perfect personality and healthy and helps colleges and universities to train socialist builders and successors with all-round development of morality, intelligence, physical fitness, the United States and labor. It can be seen that promoting the integration of sports and education is a new deployment and strategic plan of modern education and sports in China under the background of the new era, and its essence is to integrate youth sports ability training with professional education. Especially for college students, compared with students in the compulsory education stage, they need to have a good physical education foundation and physical education ability. Comprehensively deepening the physical education integration has far-reaching significance for the reform and development of physical education in colleges and universities.

2.2 The goal of the integration of sports and education

The integration of sports and education is a complex systematic project, which should give full play to the role of the two main bodies of the sports department and the education system, adopt the mode of multi-subject co-governance, establish two-way responsibility organization association, and formulate specific measures and countermeasures. To design, implement and promote the integration of sports and education, it is necessary to form a whole force, realize the circular interaction between sports and education, and strive to create a new situation in the development of college sports. Specifically, there are two goals of the physical education integration in colleges and universities: first, improve the physical quality and perfect the personality of contemporary college students. In the perspective of the integration of sports and education, college sports teaching should cultivate the comprehensive quality of college students on the basis of attaching importance to physical exercise, follow the concept of "people-oriented", cultivate the values of college students, including patriotic enthusiasm, collective consciousness, responsibility consciousness, cooperation spirit and struggle spirit, and guide college students to harvest fun in the process of physical exercise. Second, give play to the basic function of college sports and improve the competitive level of contemporary college students. Under the background of the integration of sports and education, college sports teaching should give full play to its own advantages in education, training and competition, carry out systematic training for college students, and organize college students to participate in competition activities, cultivate outstanding competitive sports talents and competitive sports reserve talents for the country, and help improve the level of sports competition in China.

3. The infiltration of the concept of integration of sports and education into the development of college sports

Traditional educational philosophy is to pay more attention to intellectual education in physical education, moral education, intellectual education, aesthetic education and other aspects, and academic performance comes first. From primary school to university, physical education has been used as the main evaluation standard to assess students' learning in school. Physical education is in a weak link in school education. Within the education system, exam-oriented education and elite education have always been the main driving force for parents, students and schools. Students rush into colleges and universities from a high-pressure environment, the way of study and leisure life has been greatly changed, and the freedom of free time and course selection has been greatly different from the previous middle school learning, and the educational status of physical education in colleges and universities has become more difficult to evaluate and evaluate. Refining their professional level, participating in a large number of social practices, and preparing for graduation work, make their weak physical exercise habits easily destroyed by the time lock of college students. What role and position physical education plays in students' lifelong education will become a very severe challenge in the course of education in the new era.

4. The practical principles of the integration of sports and education

4.1 The principle of people-oriented development

From the perspective of the main body and the perspective of policy implementation, the deepening of the reform of the integration of sports and education in colleges and universities takes the cultivation of college students' physical literacy as the root point, takes emotion, body and cognition as the starting point, and does a good job in the education cognition and service of youth health promotion according to the principle of people-oriented development, so as to meet the diversified sports needs of college students as far as possible.

4.2 The principle of equitable development

Based on the different family backgrounds and physical conditions of college students, in the practice of sports integration, it is necessary to break through the thinking of departments, industries and fields, crack the bottleneck of sports resource allocation, implement equal development through mutual coordination and cooperative governance according to the scale, region and background of colleges and universities, and improve the depth and breadth of policy implementation. The concept of ensuring fairness, justice and openness is effectively integrated into policy implementation.

4.3 The principle of efficient development

Colleges and universities should play a pioneering and exemplary role in the reform of sports and education integration demonstration practice, deeply understand the new direction of sports and education integration goal, uphold the pioneering spirit of "doing something while not doing something", constantly expand the field and channel of trial, scientifically formulate the system of sports participation trajectory design, and build a cooperative governance mechanism of mutual integration and interoperability according to the deployment of overall reception and local innovation. Construct a new path for the development of college sports work efficiency^[1].

5. The reform path of college physical education from the perspective of the physical education integration

5.1 Establish the concept of PE education

The "integration of physical education" proposed in the new period is based on promoting the healthy physical and mental development of young people, aiming at strengthening the school physical education work and promoting young people to participate in physical exercise. In practice teaching, teachers are the ultimate practitioners of educational concepts. Facing the challenges and opportunities of the new era, front-line teachers should change the inherent concept of physical education teaching, deepen the re-understanding of "integration of physical education", establish a three-tier physical education teaching concept of "strengthening the body with the body and increasing the intelligence with the body", and realize the educational purpose of cultivating the all-round development of physical education.

Firstly, we should strengthen the characteristics of PE teachers' education and gather humanistic quality training. Although the educational idea of our country emphasizes the all-round development of morality, intelligence, physical fitness, the United States and labor, it is limited by traditional thought and influenced by historical reasons. Pure physiological physical care has become the only goal of school physical education, physical education has become a veritable "physical education" or "physical education", the result is the lack of physical education and physical education teachers humanistic quality. Therefore, physical education teachers with better humanistic quality is the basis of humanistic education. However, the formation of humanistic literacy can not be achieved overnight, it needs a lot of humanistic knowledge accumulation, and constantly refine the results of transformation. Therefore, for first-line physical education teachers, regardless of age, educational background, and professional title, they need to continue to self-study and self-education, continue to improve their humanistic qualities, such as reading good books, writing good words, saying good words, and establishing a good image of "being a teacher, athletic, talented and charming".

Secondly, it is necessary to guide PE teachers to reform teaching methods and deepen the PE teaching reform under the new situation, which is to reverse the traditional teaching method system and method concept centered on teachers' teaching of PE knowledge and skills, establish a teaching method and content system centered on strengthening education, comprehensively improving the physical quality of college students, and forming a lifelong PE thought. Therefore, under the concept of "integration of physical education", the teaching purpose of teachers should not only stay on "teaching technology", but should pay attention to guiding college students to think about the more important and deeper educational significance obtained from physical exercise for their own growth, so as to achieve the educational purpose of "physical education".

The third is to improve the evaluation standards of physical education curriculum results. In the past, the evaluation of sports performance was mainly based on the assessment of college students' sports events, ignoring the psychological development of college students. There were many unscientific and unfair factors, which made college students have a "tired of learning" mood in sports learning, thus affecting their interest in participating in sports. In the new round of curriculum reform, the evaluation of physical education curriculum should advocate "based on the process and promote the development" and emphasize the establishment of teaching evaluation to promote the all-round development of college students. In the evaluation criteria of physical education curriculum results, it is suggested to pay more attention to the cognition of college students' lifelong sports view, the daily independent sports situation and the impact of sports on their growth on the basis of the investigation of college students' basic sports ability.

5.2 Improve the physical education curriculum system

Colleges and universities should follow the idea of integrating physical education and strive to build and perfect the physical education curriculum system. On the one hand, it is necessary to properly reduce the proportion of physical fitness teaching, and at the same time, appropriately improve the degree of attention to sports skills learning, and organize college students to run and jump, strength, speed, balance and sensitivity skills training and physical quality training. On the other hand, sports elective courses with their own characteristics, such as track and field, football and tennis, should be added to better meet the needs of college students for differentiated sports learning [2]. In addition, hierarchical teaching should be adopted to guide college students to master sports skills step by step. The college should give full play to the intellectual enlightening function and moral education function of physical education curriculum, guide college students to study cultural courses seriously, actively explore the multiple values of physical education curriculum, and effectively improve college students' sports skills and cultural quality.

5.3 Improving the physical education teachers' ability

Under the background of the physical education integration, PE teachers, as the main body of the implementation of physical education, should abandon the traditional concepts of physical education, deeply learn the knowledge of the physical education integration, and constantly improve their personal physical education teaching ability. At the same time, in the process of personal professional ability improvement, we should actively involve in other professional disciplines, and better promote the physical education integration and cultural education. Therefore, in the process of implementing the integrated teaching mode of physical education, physical education teachers should continuously accumulate useful teaching experience, and combine the advantages of physical education of the university, actively explore the teaching methods of college physical education, effectively promote the improvement of physical education teaching level, and cultivate more sports talents with good professional ability and comprehensive quality for the country.

5.4 Create a three-dimensional physical education system

Colleges and universities should build physical education teaching mechanism for college students, realize the integration of education and teaching and competitive talent training, effectively improve the physical health level of college students, fully tap the outstanding sports competitive talents, and increase the reserve of economic and sports talents. Specifically, we should do the following three aspects of work: First, uphold the "health first" concept of physical education teaching, ensure the quantity and quality of physical education classes, and constantly improve physical education teaching methods to help college students gain strong will and sound personality through participation in physical education courses. The second is to organize and implement after-school training and competition activities with high standards, hold enriched projects and different levels of intramural competitions, and construct and perfect the talent selection system. The third is to adopt and promote the teaching model of clubs and sports associations, use the university's superior resources to build sports event brands, and select excellent athletes from clubs and sports associations.

5.5 Improving the development of high-level athletes

Organizing sports competitions in colleges and universities can, on the one hand, cultivate college students' national spirit and improve their comprehensive quality; On the other hand, the health crisis of college students can be effectively alleviated by adopting a fair, just and open selection mechanism and docking with the market. Therefore, colleges and universities should follow the modern university governance system, on the basis of ensuring the quality of physical education, further open up internal and external communication channels, form echelons, improve the personnel reform system of coaches, form a multi-field competition situation, and rationally allocate sports training projects. In addition, channels for talent selection should be broadened, resources should be integrated, and multiple elements of youth sports governance should be integrated through sports competition activities [3].

5.6 Innovative integration model of physical education

Colleges and universities should actively change the concept of traditional sports teaching, follow the reform goal of "promoting health by competition and development by competition", constantly

innovate the mode of sports competition, speed up the progress of sports and education integration, and build a system for selecting, cultivating and transporting competitive sports talents. On the basis of physical education practice activities, the cooperative education mechanism is established by means of teachers' mutual communication to realize the unification of learning time and training time. The college should improve the condition guarantee system, unify the sports management and sports training to meet the differentiated needs of college students; The college should improve the competition system, enhance the sports consciousness of college students and promote the popularization of sports culture; The college should carry out the reform of the teacher recruitment mode, support the coexistence of diverse teacher recruitment modes on the basis of setting up diverse teacher positions, so as to ensure the stability of the teacher team and improve the level of physical education teachers, and truly achieve "one school, one product".

5.7 Cultivating just-needed talents for the integration of sports and education

As far as the status and function of the concept of physical education integration are concerned, this work is a long-term development. In order to consolidate the practical work of the physical education integration, the content of physical education in schools should be perfected and improved with The Times, the past thinking set of emphasizing physical fitness and neglecting skills should be changed, and the content of health education, basic sports skills and different types of sports should be actively improved. On the one hand, physical education courses should have a variety of textbooks, which can enable students to master a variety of sports skills, learn to scientifically arrange sports, and on this basis improve special skills, technology, game tactics, etc. On the other hand, in order to further promote the integration of sports and education, sports departments should take the initiative to integrate into school sports and break the phenomenon of separation between sports and education. In the specific assessment implementation process, it is required to refine measures and division of labor, but also to gather the concept of integration and education consensus, step by step, establish a scientific and effective healthy growth incentive mechanism, and further reflect the dividends of institutional integration. In addition, the amateur sports system should be established, flexible types of education organizations should be set up, a complete system of talent selection should be formed according to scientific criteria for talent selection, personality should be advocated and talents should be given full play, a reasonable project layout should be formed, and professional sports resources should be integrated into the education field to create a one-stop operation mechanism for cultivating talents and improve the reserve of sports talents in colleges and universities ^[4].

6. Conclusion

The deep and organic integration of sports education is related to the healthy growth of college students, the training of sports reserve talents, and the future of a nation. The policy of the integration of sports and education has created a new environment and pattern for the healthy growth and all-round development of college students, and the bridge between sports and education is being firmly built. As an important part of education, the essential attribute of physical education is "sports people", which emphasizes that people can achieve spiritual cultivation through physical practice, and finally complete the molding of college students' sound personality. Therefore, implementing and deepening the concept of "integration of sports and education" is an important theory and method of college physical education reform.

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