

Discussion on the optimization path of physical education teaching environment in colleges

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Abstract: Entering the new era of education, China's physical education has been widely concerned by the society from all walks of life, among which the teaching environment occupies an important position in the teaching system and directly affects the quality and teaching efficiency of college physical education. In the current college physical education, the setting of teaching environment is influenced by various factors such as the level of economic development, social and cultural construction, government policies and educational conditions. Teaching environment plays a decisive role in the quality of physical education in colleges and universities. Therefore, we should attach great importance to the construction of teaching environment and optimize the setting of teaching environment to create a positive teaching atmosphere for students to stimulate their interest in physical education and promote their development.

Keywords: college sports, Teaching environment, Optimized development

1. Introduction

The physical education teaching environment of ordinary colleges and universities is a "nurturing mind", "nurturing body" and "educating people" environment planned, constructed and created under guidance of the top-level design of education policy and the grass-roots practice of school training which takes the improvement of students' physical and mental health level as the basic core, the promotion of students' all-round development as the basic criterion, and the cultivation of students' health concept as the long-term goal. It is a key part of physical education, but it is also the most easily ignored. In recent years, the academic research on physical education teaching environment is multi-level and multi-angle, and also promotes the theoretical research on physical education teaching environment to a more comprehensive, more practical and higher level. However, at the level of empirical research, the shortage of sports venues, equipment and equipment will not be solved with the progress of research. The existing physical environment of sports teaching is difficult to meet the teaching needs of teachers and students, and the teaching atmosphere is not active. It is of great and far-reaching historical significance to optimize the physical education environment for deepening school reform and improving the quality of quality education in colleges and universities.

2. The theoretical basis for the optimization of physical education teaching environment in colleges

2.1 Constructivist theory

Constructivism can also be called structuralism (structuralism is structuralism, but there are similarities and differences between the two), is an important branch of cognitive psychology theory. One of the core of this theory is schema, which is the understanding and thinking form of a single individual's perception of the world or the basic framework and organization structure of individual mental activities. Whether as the starting point of cognition or as the basis of understanding things, the formation and evolution of schema are essentially cognitive development, and the influencing factors this process mainly include assimilation, adaptation and balance [97]. Assimilation is the process by which learners filter or change the input stimulus. That is, after the individual comes into contact with stimulus, he generalizes it into the schema that already exists in his head, integrates it into the body, transforms it into a certain part of himself^[1]. Adaptation refers to the process in which the original cognitive system is unable to assimilate new information when the external environment changes, resulting in the internal reorganization, change and creation of cognitive structure. Generally speaking, is the process in which its own cognitive structure changes due to its inability to face the continuous

influence of external stimuli. Balance refers to the process of smooth transition between different equilibrium states in cognitive development through the internal adjustment mechanism of the body.

2.2 Field dynamic theory

American psychologist Kurt Lewin proposed the field dynamic theory, a psychological concept, pointing out that a person's mental life space determines the motivated behavior, in which the mental life space is the sum of all the facts that affect an individual's behavior at a certain time. It mainly consists of the inner "mental field" including belief, emotion and purpose, and the outer "environmental field" including the outer environment. In this theory, the "field" is dynamic, interactive, and always in motion, rather than always stationary.^[2] There is a demand in the internal "mental field", and people's internal force field will produce tension, which is called the "tension system". Human motivation comes from the signals released by its own "tension system," in which the environment also plays a role. As the representative figure of cognitive theory and the founder of topological psychology, Lewin's learning theory is called field learning theory, which takes the study of personality as the principle. Therefore, he also put forward the concept of "motivation", which has extremely important significance for social psychology, and naturally has positive guiding significance for the improvement of the mental environment of sports.

3. The composition and main characteristics of physical education environment in colleges

3.1 Composition of physical education teaching environment in colleges and universities

Theoretically speaking, the physical education teaching environment in colleges and universities is the external conditions of physical education activities, and it is a comprehensive concept composed of all the elements that can provide support for it and influence the teaching effect^[3]. As far as its attributes are concerned, it is an indispensable part of physical education, mainly including external environment and internal environment, they can also be called material environment and psychological environment. The former mainly includes school geographical conditions, sports equipment, places, etc. The latter has the relationship between teachers and students, sports information, classroom atmosphere and so on.

3.2 Main characteristics of physical education teaching environment in universities

The physical education environment in colleges and universities has its particularity and flexibility. First of all, the creation of physical education teaching environment is based on teaching objectives and teaching organization form and structure, which needs to go through strict selection and processing procedures. Compared with other environmental factors, physical education teaching environment is more concentrated and easier to give full play to its function. Secondly, it can be adjusted. In order to achieve the optimization of teaching objectives, teachers and even university administrators can adjust their material and psychological environment accordingly.

4. The factors which affecting the physical education teaching environment

4.1 Influence of hardware environment on PE teaching

Physical facilities, such as physical education venues and equipment, are the basic conditions for physical education and the material guarantee for the development of teaching activities. Sports teaching places refer to the venues of college sports teaching, such as stadiums, basketball courts, gymnasiums, etc. These factors should be the most basic guarantee of sports teaching, but due to the vast territory of our country, various areas of economic development is unbalanced, school funds and different degrees of physical education, there are many factors at present in terms of sports teaching venues there are great differences. Moreover, the difference of sports equipment can also have a significant impact on sports teaching, sports teaching equipment should not only be maintained and updated in time, but also make the best use of equipment to ensure the efficient use of equipment. But the reality is that many schools do not pay enough attention to physical education, physical education facilities are obsolete, and even many have not been used, one is the waste of resources, the second is unable to ensure the effective promotion of new teaching forms.

4.2 Influence of software environment on PE teaching

Software teaching environment is equally important to physical education. Specifically, first of all, the level of physical education teachers has an impact on physical education. The physical education skills of physical education teachers, the physical education teaching methods, the physical education knowledge framework, etc., directly affect the quality of physical education. Second, students' own attitude towards physical education, interest in physical education, and ability have an indirect impact on physical training. In other words, the physical education atmosphere created by college leaders and college teachers and students has a subtle influence on physical education teaching courses

4.3 Influence of Space-time Environment

The time and space environment factors refer to the time and space factors in PE teaching, and the smooth development of PE teaching activities needs some time and space elements to support. The time element in physical education teaching is an invisible element, which can not be seen and touched, but it has a great impact on physical education and is most easily ignored. The influence of PE teaching time factor requires teachers to arrange teaching plan reasonably and use teaching time reasonably according to teaching content and students' specific needs. Colleges and universities need to impart appropriate knowledge at appropriate time according to the teaching content and the characteristics of the knowledge received by students to ensure the maximization of teaching effect. But now many colleges and universities do not arrange teaching time reasonably, teaching time is concentrated and mostly for other courses do not like the time, which seriously affects the enthusiasm of students to participate in class, and it is easy to make students loathe physical education. The spatial factors mainly include the size of the class system and the arrangement of the formation, etc. As the physical education courses in colleges and universities are mostly defined as public courses, it is difficult for them to receive sufficient attention and the class size is generally large, which will also have a negative impact on the teaching effect.

4.4 Influence of psychological environment

Psychological environment mainly refers to the school spirit, classroom teaching atmosphere, communication between teachers and students, students and other factors that can have an impact on students' psychology. The school spirit of colleges and universities is accumulated over a long period of time, which can subtly affect the psychology of students, so that students can gradually adapt to and converge to the style of school spirit. Therefore, colleges and universities should pay attention to the construction of school spirit and affect the growth of students with healthy and positive school spirit. The atmosphere of physical education classroom teaching can reflect the common emotions of the vast majority of students, and can have an important impact on the enthusiasm of students to participate in the classroom. Interpersonal relationship is the psychological change produced in the process of interpersonal communication, and interpersonal relationship can directly affect students' psychology. Therefore, teachers should pay attention to guiding students' healthy development of interpersonal relationship in the process of physical education teaching and promote the improvement of physical education teaching effect.

5. The optimization and development of PE teaching environment in Chinese universities at present

5.1 The principle of optimization and development of physical education environment

5.1.1 Humanity

The humanism here refers to the creation of a physical education environment to be student-oriented, to attach great importance to the safety and health of students, to pay attention to the cultivation and improvement of students' physical quality, to provide a harmonious, democratic and equal atmosphere for the healthy development of students, and to reflect the humanistic care of the school and even the society.

5.1.2 Scientific

The science here means that the design of physical education teaching environment in colleges and universities should follow the law of scientific development, and can not violate the law of teaching

and physical and mental development of college students. That is to say, when designing the physical and mental development of college students, we should fully consider their differences and needs. Secondly, the design of college PE teaching should also meet the needs of the development of PE teaching activities.

5.1.3 Availability

The biggest feature of practicality is practical, not false. Practicability requires that when designing the physical education teaching environment in colleges and universities, it should conform to the actual needs and economic conditions of colleges and students, so that the physical education teaching environment can be "used for me" and have its own characteristics.

5.2 The optimization strategy of college physical education teaching environment

5.2.1 Increase capital investment and improve physical education hardware environment

First, from the perspective of the government, the government should deeply understand the key significance of physical education teaching environment to physical education, and allocate physical education teaching funds according to the actual situation of colleges and universities, to achieve fairness, justice, science and rationality, and ensure the balance of funds division between regions and colleges and universities. In addition, if conditions permit, the government should provide a certain space for the development of physical education in colleges and universities to ensure that the setting of physical education environment meets the development needs of physical education. Second, from the perspective of schools, colleges and universities, as the direct units to carry out sports teaching activities, should reasonably control the use of sports funds and increase the investment of sports environment construction funds. On the one hand, colleges and universities should add sports venues, sports facilities, etc., and strengthen scientific management to ensure the utilization efficiency of various infrastructure; On the other hand, colleges and universities should expand the channels for raising funds for physical education, ensure the normal operation of sports venues with the help of social forces and social subsidies, and timely add sports infrastructure and equipment. For some sports facilities with serious depletion or outdated facilities, they should be replaced and repaired in time to ensure the advanced nature of physical education. Thirdly, from the perspective of teachers and students, as the direct users of sports facilities and sports venues, teachers and students should improve the utilization rate of sports equipment and sports venues. For the current physical education hardware facilities, teachers should optimize the teaching design, and give play to the teaching function of physical education hardware facilities to ensure the physical education hardware teaching environment. In addition, teachers should give full play to their imagination and creativity, using daily necessities and utensils to make some sports equipment, so as to ease the shortage of current sports teaching equipment.

5.2.2 Innovate the teaching concept of physical education and optimize the software environment of physical education

At present, physical education in colleges and universities in China should innovate the teaching concept, pay attention to the deepening reform of quality-oriented teaching, and improve students' physical quality and sports physique. First of all, colleges and universities should adopt innovative teaching ideas and methods, improve the shortcomings of traditional teaching, and actively play the role of physical education. As a physical education teacher, they should adhere to the new teaching concept, design the physical education teaching content reasonably according to the physical education teaching syllabus and the actual situation of students, and promote the interaction and communication with students to fully understand the various problems encountered by students in reality. At the same time, teachers should constantly enhance their physical education skills, consolidate their professional knowledge, etc., to ensure the quality of physical education. Secondly, colleges and universities should guide students to establish a correct learning attitude, attach great importance to physical education courses and daily physical exercise, stimulate students' initiative and enthusiasm, so that students can devote themselves to physical education courses; Finally, colleges and universities should pay more attention to physical education, pay attention to the combination of theory and practice teaching, build a new type of physical education culture, improve the traditional physical education examination system, with the main purpose of helping students build up their bodies and entertainment, create a strong physical education atmosphere, provide students with a good physical exercise environment, and promote students' physical education.

5.2.3 Improve the teaching ability of college physical education teachers

As the organizer of physical education in colleges and universities, teachers are the links that cannot be ignored in the software environment of physical education in colleges and universities, especially the modern society has higher and higher requirements for talents in colleges and universities, and the reform of physical education has become the main trend of teaching, and the requirements for physical education teachers are also higher and higher. In the actual teaching, teachers should not only design the teaching content strictly according to the requirements of the teaching syllabus, but also pay attention to the characteristics of students at all times, and make reasonable adjustments in time to ensure the effectiveness of teaching. Colleges and universities should pay attention to the training of physical education teachers, guide teachers to update teaching knowledge and teaching ideas in time, improve teachers' awareness of innovation, organize regular discussion and exchange activities among physical education teachers, and enhance teachers' professional knowledge and skills.

5.2.4 Establish and improve the psychological environment of physical education

Compared with other teaching environments, the psychological environment is more complex, more ethereal, but also more systematic. The optimization of psychological environment is divided into two aspects: First, the communication between students. Schools should guide the establishment of good interpersonal relationships between students, set up teaching activities and extracurricular activities according to the teaching content and the characteristics of communication between students, and create opportunities for communication between students; The second is the communication between teachers and students. Schools should encourage teachers to get closer to students, take the initiative to establish a good relationship between teachers and students, and take the lead in breaking the barriers of communication between teachers and students. Harmonious teacher-student relationship can not only promote the improvement of students' communication ability, but also improve students' learning enthusiasm and improve the efficiency of classroom teaching. In addition, colleges and universities should do a good job in the construction of school spirit, with a positive and healthy school spirit to promote the healthy development of students' physical and mental health. Colleges and universities should extend the construction of psychological environment to off-campus to avoid the unhealthy atmosphere in society affecting the healthy development of students.

6. Conclusion

Physical education in colleges and universities is of great significance to the physical and mental health development of students. With the development of society, the degree of emphasis on physical education is increasing, and the quality of physical education teaching environment can directly affect the effect of physical education. Therefore, education departments at all levels should pay more attention to the establishment and improvement of physical education environment in colleges and universities. Colleges and universities should combine their own actual situation and the characteristics of students, increase the funds for facility construction, improve the overall strength of teachers, improve the atmosphere of school interpersonal communication, strengthen the construction of school spirit, and ensure that the physical education teaching environment plays a positive role in promoting physical education.

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