

# Research on Problems and Countermeasures of Physical Fitness Training in Colleges

**Junjie Sun**

*Pingdingshan University, Pingdingshan, Henan 467000, China*

**ABSTRACT.** *As the main participants and builders of China's future economic development, the comprehensive quality of college students has always been paid attention to by the society. Only having a healthy body can help college students achieve their personal learning and work goals. Physical fitness is the sum of physical fitness, which includes all physical fitness. Physical fitness training in colleges and universities can help college students improve their speed, strength, coordination, toughness, and other abilities, thereby helping to improve the students' comprehensive sports ability. Therefore, in the process of physical education, colleges and universities should pay full attention to physical training to help students get more comprehensive development.*

**KEYWORDS:** *Colleges and universities, Physical training, Problems and countermeasures*

## 1. Introduction

Physical training is the guarantee for the learning and training of higher sports load skills. Physical training is the basis for higher-load skill learning and training. Lack of good physical fitness, skills, or tactics cannot be displayed in sports. Physical fitness training can improve muscle strength. In physical fitness training, the targeted strengthening of abdominal muscles, back muscles, limb support and other aspects of exercise can improve the reaction and explosive power of college students, and provide for the development of higher exercise load skills learning and training. Secondly, physical training is the basis for efficient learning. Compared with elementary and middle school students, college students have a clear trend of personality development. In the process of physical training, they can help them release bad emotions, sharpen their strong will and quality, and release endorphins, Dopamine and other substances allow college students to obtain spiritual pleasure and improve physical function, laying a solid foundation for efficient learning. Finally, physical training is the cornerstone of healthy work and life in the future. Carrying out physical training in colleges and universities can help students have a healthy body and go to work. At this stage, the pressure and work intensity of young

people in society are constantly increasing. Without a strong body, they cannot adapt to the high-intensity and high-pressure work environment. A good physique can also reduce the probability of college students getting sick, improve the balance, flexibility and adaptability of the students' nervous system, thereby improving their endurance, perseverance and flexibility, and laying a solid foundation for future work and life.<sup>[1]</sup>

## **2. Problems in the Development of Physical Fitness Training in Universities**

At present, there is still a certain objective gap in physical fitness training in China's colleges and universities compared with the international sports powers. On the one hand, it is due to the late understanding of physical fitness training in China, lack of certain practical experience, and no corresponding physical training concepts and theories. The system also has many problems during training.

### ***2.1 Low Emphasis on Physical Training***

At this stage, many colleges and universities in China are not paying enough attention to physical training. Due to the lack of physical training, many college students are lacking in speed, strength, and coordination, and their physical fitness is not satisfactory. Many college physical education teachers still focus on the traditional teaching mode in the process of physical training. They only cultivate the skills of sports events. They do not adequately train the physical fitness of students. At the same time, they relatively train more teaching methods. Single and boring classroom contents make students do not maintain a good interest in physical training, and ultimately there is no way to achieve the teaching goal of improving students' physical quality.

### ***2.2 Low Motivation for Physical Training***

In the teaching process, teachers will require students to carry out a lot of training on some designated projects due to many mandatory teaching plan requirements to obtain designated results. Such mandatory requirements have largely dispelled the students' enthusiasm for physical training. At the same time, they can easily lead to personal rebellious psychology and various bad emotions. The physical training not only does not help students improve their physical fitness, but also brings psychological burden. In addition, the current content of physical fitness training in colleges and universities also has a single form and excessive basic content. Most of the physical fitness training in colleges and universities in China still stays at some simple equipment exercises, and the training concept is also relatively backward. There are many deficiencies in the process of physical training in terms of professionalism, pertinence, and basicity.<sup>[2]</sup>

### ***2.3 Teachers' Professional Quality is Not High***

Due to the limited abilities of teachers, the quality of physical training is largely affected by the comprehensive qualities of teachers, which in turn affects students' enthusiasm for learning, and ultimately it is difficult to create a good classroom atmosphere. However, many teachers only emphasize the study of theoretical knowledge and ignore the actual physical exercise. The training method is too rigid and blind, and there is no corresponding guidance and assistance for students who do not like physical exercise.

Meanwhile, some teachers have misconceptions when instructing students to perform physical training, pay attention to the form but ignore the experience. Teachers let the students memorize some movement skills by rote, but ignore the effective experience. It is only instilling education, ignoring the "practice" of sports, and only emphasizing the explanation of knowledge, so it is difficult to cultivate students' sports ability. Teaching emphasizes skills too much but neglects the cultivation of students' interest and neglects students' emotional experience. The main status of the students' physical training is not taken seriously, the students' enthusiasm for participation is not strong, the teacher only explains the action requirements and content, ignoring the students' personal characteristics and actual understanding; the students can only vaguely grasp the teacher's explanation content. The one-to-one error correction of the action makes it easy to forget the essentials of the action during the actual training, and the actual physical training effect is not obvious.

## **3. Countermeasures for Physical Training in Universities**

### ***3.1 To Increase the Importance of Physical Training***

Physical training needs to organize group activities to further improve the frequency and quality of student training, and enhance students' enthusiasm for participation. Through student interaction and communication, it can enhance students' unity and cooperation ability and team awareness, and develop students' physical fitness. Regarding the cultivation of students' re-learning ability, it is necessary to strengthen the students' application level through the use of games such as competitions. The students master the rules of the competition, and the teacher clarifies the students' learning status based on the results. In the process of participating in sports activities, enhance students' organizational ability and inquiry ability, and create a platform for students to show themselves. To make physical training richer and more interesting, you can play some more interesting games to achieve the purpose of training, such as jumping with sandbags on your feet, or skipping games in the process of organizing physical training. Thus, monotonous physical training is no longer needed.

### ***3.2 To Stimulate Students' Interest in Training***

Teachers should adopt flexible and diverse teaching methods to enhance students' interest in learning. In the process of physical training in physical education classroom teaching, students' age, personality, and hobbies should be combined, and the classroom atmosphere should be activated by means of entertaining and entertaining, so as to fully mobilize students' interest in learning. By combining teaching content and student characteristics to arrange appropriate interactive activities, students can effectively participate in activities, thereby mobilizing students' interest, allowing students to learn happily in a pleasant atmosphere, and improving learning efficiency. The traditional teaching method is relatively single. Without an intuitive display mode, students cannot get the resonance of intuitive perception, and the learning efficiency is not high. Physical education teachers also need to visually present relevant teaching content through intuitive displays, such as pictures, videos, and audio, to make physical classroom teaching more vivid, which requires teachers to master the operation and use of multimedia teaching equipment. Students can accelerate their understanding of relevant teaching content through intuitive experience, and physical education classroom teaching will not be boring. For example, in the physical training of football, pictures and videos are combined to show vivid football scenes, so that students can intuitively experience football skills and movements, sort out competitive tactics, and deepen their understanding and application.<sup>[3]</sup> Of course, physical training needs to follow the principle of gradual and orderly progress while focusing on the characteristics of students' interests. It should not be rushed. It should pay attention to the rhythm and regularity of skill mastering. For example, in jumping training, one can't continue to do jump training for a long time. Single-foot jumping can be combined with straddle jumping, and double-feet jumping can be combined with different jumping methods such as standing and running jump.

### ***3.3 To Enhance Teachers' Professional Quality***

Physical training is not done once and for all. It needs long-term persistence. Teachers organize to exercise students' physical fitness, cultivate students' learning ability, and improve teaching effectiveness. Physical training cannot be carried out blindly, otherwise it will cause students to produce negative emotions. Teachers can test teaching content in a timely manner by means of test and practice, and clearly set test standards and scores, which can be divided into participation, skills, team awareness, or quantity, to enhance students' learning ability and learn from other related classrooms. Currently, it is necessary to improve the mental health of students, carry out physical training according to the law of physical and mental development of students, ensure the scientificity and rationality of training methods, and innovate the methods and contents of physical exercises to enable students to develop in an all-round way. For example, in running exercises, it is necessary to instruct students to master the "one exhale each three steps" and "one inhalation each three steps" breathing methods, and correctly guide the students to exercise the way. Finally, teachers should focus on the integration of physical training inside and

outside the class, and expand physical training to widen the field of extracurricular life. Teachers can organize students to strengthen practical exercises in the classroom. After the course is over, after-school training homework can be arranged to integrate sports and life, so that students can take the initiative to strengthen training. Physical education can combine game method and review method to strengthen the cognition of action content. Teachers can decompose the action and observe the students' learning and mastering.

#### **4. Conclusion**

In summary, excellent physical training can help college students improve their overall physical fitness. To further improve the effectiveness of physical fitness training, colleges and universities also need to increase the importance of physical fitness training, focus on cultivating students' interest in training during the physical training process, and comprehensively strengthen the professionalism of teachers, so as to promote the more long-term development of physical fitness training in China.

#### **References**

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