

Physical Education and Sports Training in Colleges and Universities from the Perspective of "Sunshine Sports"

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Abstract: "Sunshine Sports" is a brand-new model developed in sports in China in recent years to change the health decline of modern primary and middle school students due to bad living habits and tight life rhythm. This paper takes the connotation and application significance of "Sunshine Sports" as the starting point, and combines the problems existing in the current college physical education mode, aiming to provide an effective mode for the innovative development of sports. Starting from the perspective of "Sunshine Sports", this paper aims to promote the continuous improvement of traditional sports teaching methods in colleges and universities, adjust national sports policies, and put forward practical guiding opinions for promoting sports reform in Colleges and universities.

Keywords: Sunshine Sports, College Physical Education, Innovation-driven Development, Research and Analysis

1. Introduction

The "Sunshine Sports" sports curriculum model with "health first" as the core guiding concept has become an important support for the reform of sports curriculum in colleges and universities in China in recent years. At present, the existing traditional school physical education model in China can not meet the latest requirements of the reform of higher education in the new era, nor can it meet the basic needs of the talents in the new era. Under the guidance of "Sunshine Sports", the school has thoroughly implemented and implemented the traditional campus physical education mode. Through innovative development and construction, it has effectively overcome the difficulties faced by the current traditional physical education mode of schools in China, further strengthened the physical training of students, and enhanced their comprehensive ability of physical education and sports, so as to improved the health quality of students.

2. The meaning and application of "Sunshine Sports"

2.1. The basic connotation of "Sunshine Sports"

The "Sunshine Sports" in the real sense advocates that the contemporary youth go out of the room, walk outdoors, and actively take physical exercise to achieve the ultimate goal of getting close to nature and strengthening their bodies. Its essential meaning is to enable the school to enter a more natural life form, arouse the students' interest in sports under the sun, thereby mobilizing the enthusiasm and enthusiasm of students to participate in physical exercises, in order to increase the frequency of students to participate in sports, the effect of sports, and develop the physical quality and physique of students.[1]

2.2. Application significance of "Sunshine Sports"

First of all, the innovation and introduction of physical education teaching methods in colleges and universities under the vision of "Sunshine Sports" will help promote the deepening reform of physical education curriculum. The organic integration of sunshine sports curriculum concept and sports curriculum will help improve the level of sports curriculum. It can improve the quality and effect of students' classroom sports, realize the extracurricular expansion teaching, and improve the students' sports consciousness, as well as promote the comprehensive development of school physical education reform. The second is the innovation and development of teaching methods. From the perspective of

"Sunshine Sports", the school will guide students to actively participate in sports activities by enhancing their sports subject ability, so as to enhance their understanding of nature and get close to nature, and imperceptibly help students form good sports habits, which can establish the concept of taking the body as the basis, effectively carry out physical exercise education, and establish a lifelong beneficial sports awareness.[2]

3. Problems in the current physical education teaching mode in colleges and universities

3.1. The innovation and development of physical education teaching mode in colleges and universities have a weak sense of target

Sports teaching has always been hard to receive sufficient attention in the teaching structure of colleges and universities in China. Therefore, the positioning of sports courses in teaching design and teaching content mainly follows the traditional model of China, and the education content mainly focuses on the introduction of sports knowledge and the training of skill movements, so as to improve the core quality and physical quality of learners. However, it often neglects the students' dominant position and fails to provide students with a good concept of autonomous learning. The subject consciousness of sports comes into being in the process of forming the teaching mode, so that students can understand the significance of sports and better exercise their physical quality.

3.2. The innovation of physical education teaching mode in colleges and universities neglects the students' dominant position

Although some colleges and universities have begun to explore and establish the innovative development model of sports teaching, the ideological motivation of students to become the main body of education is still the inevitable process of the emergence of the new teaching concept of sports. This has also contributed to the development of new sports teaching concepts and the emergence of sports culture. The randomness and blindness of higher education in our country at present deviate from the fundamental of cultivating students' core quality in the current educational system reform. However, the establishment of healthy sports civilization is restricted and influenced by various external factors, and it is difficult for the quality education mode to achieve innovative development.[3]

3.3. Teaching evaluation needs to be comprehensive

In sports evaluation, we need to optimize the evaluation system. The traditional physical education evaluation only considers the evaluation results of students, while the physical education evaluation under the new curriculum standard is to evaluate the students' sports theoretical knowledge, sports skills proficiency, and cooperation and communication ability. However, some teachers neglect the training of students' sports ability, fail to comprehensively evaluate the learning effect of students, and students neglect the real intention of "Sunshine Sports" in the learning process. Teachers should not only pursue students' sports achievements, but should pay attention to how to promote students' healthy development, and also play a great role in students' psychological health.

4. How to carry out the innovation and development of college physical education teaching mode from the perspective of "Sunshine Sports"

4.1. Constructing innovative teaching mode of sunshine sports

The teaching mode of school physical education class will be based on the teaching idea of "Sunshine Sports" and gradually form a new teaching mode. First of all, the campus sports education should always carry out the teaching concept of "Sunshine Sports", carry out the transformation of innovative ideas, and build the campus sunshine sports culture with the educational idea of "Sunshine Sports", in order to promote the reform of campus education with the new development idea of education. Secondly, the campus sports education fully implements the education concept of students. By guiding students out of the classroom and into the natural environment, it forms more diverse forms of activities under the sun, and improves the classroom teaching form through the construction of outdoor courses on campus, so as to provide more colorful courses for students.

4.2. Enriching the teaching content design of sunshine sports

Under the guidance of the "Sunshine Sports" curriculum concept, with the continuous innovation and in-depth development of the school sports curriculum, it is not only necessary to carry out rich and diversified face-to-face courses, but also to enrich the teaching content of the sunshine sports class. First of all, the school's physical education teachers emphasize the organic transformation of theoretical knowledge and practice in the curriculum design, and transform the traditional boring sports theory and physical education into more vigorous outdoor sports classes, so that students can gradually carry out outdoor sports. In the process of outdoor sports, school students must understand the sports technology required by the curriculum, and teachers should also incorporate the educational concept of sunshine sports into the curriculum to mobilize students' enthusiasm for practice; Second, teachers of physical education in schools should also enrich the content, types of physical education, and the teaching content of sunshine sports. By integrating the spirit of competitive sports into the teaching content, it is intended to guide college students to cultivate good sports values and learn more sports technical knowledge.

4.3. Carrying out more abundant extracurricular expansion practice activities

Under the guidance of the teaching concept of "Sunshine Sports", the innovative development of physical education in colleges and universities must also consider expanding the role of physical education to help students cultivate a good sense of lifelong sports activities. First, colleges and universities can regularly hold various sports competitions or organize various professional sports clubs to enrich their extracurricular activities and expand the field of extracurricular sports activities; Second, college sports teams should also actively explore the combination of university sports clubs and community sports clubs to expand sports to the community field, promote the expansion of college sports to the comprehensive health field, and improve their sports ability.

4.4. Establishing correct educational concept

To carry out the reform of public physical education in colleges and universities, we should first correct the teaching concept, improve the social physical education consciousness, and improve the physical education consciousness in colleges and universities. First, we should further improve the position of college physical education in college education. Through the reform of teaching system, we should properly design and arrange other basic disciplines such as physical education and mathematics in colleges and universities, so that physical education and these disciplines can occupy a common position. Only in this way, can we fundamentally improve the importance of all aspects of society facing college sports. On this basis, through reform and innovation, we can improve the existing individualized education form and the effectiveness of college physical education. To establish a correct educational concept, we must closely follow the requirements of the development of the times, attach importance to the education and guidance of students' physical exercise in teaching, and encourage students to move freely in physical education classes. However, we should avoid the serious separation between theory and practice.

4.5. Attaching importance to the teaching of sports theory

In the current sports curriculum of colleges and universities, there is a serious situation of neglecting the teaching of theoretical knowledge. Most sports events are carried out outdoors. Nowadays, the proportion of theoretical knowledge teaching in sports courses in colleges and universities is less than 5%. Because of the serious shortage of this kind of theoretical teaching, the current basic theory and practical teaching of physical education in colleges and universities seem to attach importance to practice rather than theory. Therefore, physical education teachers in colleges and universities must combine sports theory and practical teaching contents, coordinate each other, and promote the progress of physical education theory with the need of guiding practice with theory. Only in this way can we effectively promote the smooth development of the sports cause in colleges and universities in China.

5. Final Thinking under the View of Sunshine Sports

5.1. The contradiction between "learning and exercise"

Students entering universities, especially those in their freshman and sophomore years, have

relatively heavy academic tasks. The full class hours every day often makes students feel tired of their studies, and have no time to put in physical exercise. In addition, the campus sports association, the student Youth League committee and other sports work awareness is not high, but also makes the holding and development of school sports activities is not deep enough, and the phenomenon of low student participation often occurs. Complete their studies and into sports activities will consume a lot of students' time, many students also can't plan their sports time well, combined with the school has the main focus on the cultural teaching, when students have a lot of spare time, put a lot of time on leisure and play, rather than completely into the sports. In addition, due to the current mobile phone, make many primary and middle school students will also spend a lot of time on mobile phones, rather than into physical exercise, poor performance, this and their academic life actual direct contact, many students is not reasonable movement and caused their low physical quality. [3]

5.2. The understanding of the sunshine of university physical education

Sunshine sports has many slogans: "exercise for an hour a day, healthy for a lifetime" and so on, its core thought is still to advocate more people to devote themselves to physical exercise, to participate in physical exercise. And about the understanding of this concept, not only requires physical exercise time the more healthy, participate in physical exercise is to pay attention to science, first of all to locate all stages of students should participate in physical exercise, and exercise, for example, for part of the fat students can be designed for a relative to less exercise, time is a long type of exercise, which is conducive to their weight and fat, but also can improve their body quality [3]. For some students who like intense activities and performances, the school should consider holding more activities, basketball games, football games and so on for them. Meet the actual needs of all levels of groups, improve the enthusiasm.

5.3. Thinking on the Positioning of College Physical Education Work

The purpose of student sports is to cultivate people's lifelong sports health concept, and the establishment of this concept must do a lot of preparation work in the early stage. Only when you are interested in sports and are willing to actively participate in it, can you gradually form a concept and gradually form a [2] through long-term activities. And what is the goal of colleges and universities in the initial period of contact with sports sports? This problem needs to be further considered by physical educators. In view of the positioning of sports major in college, the most basic sports guidance education for college students should be conducted to establish positive sports hobbies, which has positive significance to the establishment of college students' sports outlook on life in the later period. Do a good job in the study of the positioning of sports projects in institutions of higher learning, correctly determine the teaching objectives of sports projects in institutions of higher learning, select the physical development characteristics of students, and make the students devote themselves to physical exercise as much as possible, which is the fundamental positioning of sports projects in higher education stage. Therefore, under the background of sunshine physical education, it will be more important to continue to promote the reform of physical education teaching and the construction of teaching methods in institutions of higher learning to keep up with the social development

6. Conclusion

In short, the development and reform of physical education in colleges and universities must closely follow the pulse of the times. While conforming to the essential characteristics and basic functions of physical education, we must reform the unreasonable factors and rigid models in the development of physical education in China. College physical education needs to improve the interest of contemporary college students in physical education under a variety of teaching modes, so that college students can become lifelong sports groups, which is the basis of contemporary college physical education reform.

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