

Reflections on the reform of Gymnastics Teaching in Colleges in the new era

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ABSTRACT. *Gymnastics is an important part of physical education in colleges in our country, which plays a decisive role in training students' physical quality, promoting their overall development and improving their sports skills. At present, the development of gymnastics teaching in our country is slow, and there are also some problems in gymnastics teaching. The traditional gymnastics teaching model can not meet the needs of the times, this situation also hinders the development of college physical education to some extent. Starting from the problems existing in the development of gymnastics in colleges in China, this paper deeply considers the reform of gymnastics teaching in colleges in the new era and puts forward some suggestions for the reform. The author hopes to provide references for the reform of gymnastics teaching in colleges in our country in the new age and promote the sustainable development of gymnastics teaching in colleges.*

KEYWORDS: *Artistic Gymnastics; Gymnastics Teaching; Sports*

1. Introduction

Gymnastics is one of the sports items, which can be carried out by hand, or with light equipment, or practice on the equipment. Gymnastics includes basic gymnastics, competitive gymnastics and artistic gymnastics. It requires people to complete different difficult movements through physical exercises, and give the effect evaluation. Through gymnastics exercise, people can strengthen their physique, maintain good physical condition and develop good sports habits. It is also an important function of gymnastics to improve the learners' sports skills, shape their beautiful physique, promote mental health and self-development in an all-round way, and establish lifelong sports consciousness. Gymnastics is not only a popular sport, but also an essential course in physical education in schools.

The gymnastics teaching in our country has entered the college classroom quite early, and which has taken shape and developed steadily at present. However, with the development of the times, the original teaching mode of gymnastics in colleges and universities has become backward, which hinders the further development of college sports to some extent, fails to meet the future development trend of college sports, and is difficult to meet the goal of college sports teaching talent cultivation. Facing the present situation of gymnastics teaching in colleges, we need to deeply

analyze the various factors affecting gymnastics teaching. This means that we should not only find out the reasons, but also explore a more suitable model for college gymnastics teaching in the new era, and put it into practice.

2. The current problems in gymnastics teaching in colleges in China

2.1 The concept of gymnastics teaching is backward.

In the process of gymnastics teaching, a considerable number of professional PE teachers in Colleges lag behind the trend of the times. On the one hand, they pay too much attention to gymnastics skills, but lack of explanations about the theoretical knowledge of gymnastics. Without strong theoretical knowledge to support teaching, it affects the teaching effect of gymnastics. On the other hand, the teacher only pays attention to the teaching of students' gymnastics skills, deliberately emphasizes the students' technical movements, and neglects the various gymnastics functions that realized through the gymnastics skills, such as enhancing the physical fitness of students and cultivating students' good mental outlook, etc[1]. This situation leads to the majority of students only master the gymnastics skills on the surface, but in the practice of fitness activities, they can not consciously apply these learned gymnastics skills. The reason is that PE teachers in colleges do not fundamentally understand the value of gymnastics. Although through the backward educational concept college gymnastic teachers can complete their teaching content, the overall quality of students cannot be improved, which also hinders the further development of college physical education[2].

2.2 The strength of gymnastic teachers in colleges is very weak.

Teachers are the guarantee of teaching quality and the premise of improving teaching efficiency. At this stage, the level of teachers in Chinese colleges is generally poor, and the weak teachers are the status quo of the colleges. On the one hand, the leaders of colleges and universities do not have a good understanding of gymnastics teaching, which makes it impossible to carry out gymnastics teaching in accordance with the requirements of the teaching syllabus. Most colleges rarely carry out effective gymnastic activities, resulting in a declining trend of students' physique. On the other hand, many college gymnastics teachers are badly exhausted, some schools even do not have professional gymnastics teachers, the colleges are facing the serious problem of weak teachers[3].

2.3 College gymnastics teaching mode is relatively simple in China

The backward teaching concept of gymnastics in colleges results in the unitary teaching mode to some extent. The traditional gymnastics teaching takes the teacher as the main role, the teacher inculcate forcefully, the student accepts passively. In this teaching mode, the teacher mainly explains and demonstrates the gymnastic

techniques and movements, but does not pay attention to the fitness and entertainment of gymnastics. In the teaching classroom, students often feel boring, have no interest and enthusiasm for learning, and the quality of teaching is naturally poor.

3. Suggestions on promoting the reform of gymnastics teaching in colleges in the new period

3.1 Changing the concept of gymnastics teaching in colleges

From a formal point of view, the concept of teaching depends on the development of society and changes with the changes in social development, but ultimately it must meet the needs of social development. In order to develop gymnastics teaching in colleges in the new period, it is necessary to renew teaching concept and promote quality education. The gymnastics teaching in colleges in China should clarify the teaching objectives, comprehensively improve the physical quality of students, and let students master the basic theoretical knowledge and technical movements of gymnastics. The college gymnastics teachers should pay attention to strengthen the students' cognition of gymnastics exercise, form their consciousness of lifelong sports, and apply the gymnastic skills to the practice of fitness activities, so as to achieve the consistency of gymnastics teaching and the needs of the times[4].

3.2 Strengthen the construction of gymnastics teachers in colleges

In gymnastics teaching in colleges, the weakness of teachers is the root of the problems. To solve this problem, we can proceed from two aspects--introduction and cultivation. On the one hand, we should improve the talent introduction mechanism of colleges introduce professional gymnastic teachers to fundamentally improve the quality of teachers. On the other hand, we should cultivate and improve the teaching level of gymnastics teachers in the college, and improve their professional quality through training and re-education. In addition, gymnastic teachers in colleges should strengthen the communication with excellent gymnastic teachers in the same colleges, and share their efficient teaching methods in time, so as to improve their own teaching ability[5].

3.3 To promote the diversification of gymnastics teaching pattern in colleges

In the teaching process, the teacher is the leader, and the student is the subject, and the effectiveness of teaching and learning should be paid attention to, so that the theoretical knowledge and practical skills of the students can be improved simultaneously. Teachers should master a variety of teaching methods to attract students' interest. For example, teachers can attract students' attention through games and other means, mobilize students' enthusiasm, and let them actively

participate in gymnastics teaching. In addition, teachers can also use multimedia teaching to broaden students' horizons and stimulate students' motivation for learning.

3.4 Teaching students in accordance with their aptitude to promote the personalized development of students

Students in colleges have different gymnastics learning effects due to differences in physical fitness, comprehension, learning attitude, and temperament. In this case, college gymnastics teachers are required to adopt different teaching methods for different types of students in the teaching process, so that the learning efficiency will be improved. The teaching method of teaching students in accordance with their aptitude can improve students' enthusiasm for learning and also enhance their self-confidence. Students with good receptivity can develop rapidly, while students with poor receptivity can complete basic teaching tasks without feeling bored or giving up gymnastics.

4. Conclusion

In short, the reasons that affect the development of gymnastics teaching in colleges in China are very complicated. Our countries' gymnastics teaching urgently needs reform, so as to keep up with the demand for talents in the social development in the new era. The reform of gymnastics teaching in colleges is a systematic project, which requires the participation of many subjects. It is necessary for the school leaders to pay attention to it. It requires the promotion of teachers and requires students to take the initiative. Only by working together in many aspects can we promote the smooth reform of gymnastics teaching in colleges.

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