

Research on the Reform Path of College Physical Education Curriculum Teaching from the Perspective of Life Safety Education

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Abstract: As an important carrier of students' physical quality and healthy development, college physical education course has become a platform to cultivate students' safety awareness, improve emergency handling ability and promote healthy lifestyle. Based on the analysis of the concept of life safety education and the current situation of physical education courses in colleges and universities, this paper discusses the teaching reform path of physical education courses in colleges and universities, which will help to enhance students' awareness of life safety, improve the overall quality of life, train students' ability to cope with emergencies, and make positive contributions to the construction of a safe and harmonious society.

Keywords: Life safety education; Physical education teaching; Practical exploration

1. Introduction

The General Office of the State Council issued the Outline for Building a powerful country in Sports, which put forward relevant policies and measures to strengthen physical education in schools and promote the development of sports undertakings. In this outline, the importance of life safety education in physical education curriculum is emphasized, and the teaching of physical education courses in colleges and universities should pay attention to training students' safety awareness and emergency ability to cope with emergencies. The General Office of the Ministry of Education issued the "Sports and Health" Teaching Reform Guidelines (Trial) "also put forward clear requirements for the teaching reform of physical education courses in colleges and universities. The document emphasized the social responsibility of physical education courses and the cultivation of students' overall quality, and put forward specific measures to promote the integration of life safety education and physical education courses, providing policy support for the teaching reform of physical education courses in colleges and universities. As an important part of the physical and mental health of college students, the college physical education course undertakes the important mission of cultivating students' safety awareness and self-protection ability. The physical education curriculum is characterized by focusing on teamwork, leadership and self-challenge ^[1], which is in line with life safety education to cultivate students' teamwork spirit and crisis management ability, and is conducive to students' all-round development. Physical education curriculum can enhance students' physical fitness and adaptability through a variety of sports items and activities, and provide guarantee for dealing with emergencies. The organic integration of life safety education and physical education courses can not only enhance students' physical quality and safety awareness, but also cultivate students' teamwork spirit and crisis handling ability, laying a solid foundation for their future development.

2. Concept analysis of life safety education

Life safety education refers to the educational process that enables individuals to have life safety skills and consciousness such as accident prevention, self-rescue and mutual rescue, and safe escape through systematic educational activities, so as to maintain life and property safety and promote individual comprehensive development. The core concept of life safety education is to take human life safety as the primary goal, emphasize prevention first, comprehensive policies, through the training of knowledge, skills and attitudes, so that individuals have the ability to prevent dangers, self-protection and response to emergencies. The content of life safety education includes safety awareness education, safety knowledge education, safety skills training and so on. Safety awareness education aims to guide

individuals to form correct safety concepts and realize the importance of life safety; Safety knowledge education focuses on teaching various kinds of safety knowledge to individuals, so that they can understand common safety risks and countermeasures; Safety skills training focuses on cultivating individuals' self-rescue and mutual rescue ability in dangerous situations, such as fire fighting, escape, first aid and other skills training.

Life safety education is not only about imparting knowledge and skills, but more importantly, cultivating students' safety awareness and safety literacy^[2]. Through life safety education, students can keep calm in the face of emergencies, quickly make the right judgment, effectively avoid the occurrence of accidents or reduce the loss caused by accidents. Therefore, integrating life safety education into college physical education teaching can not only improve students' safety skills, but also promote the comprehensive development of students' physical and mental health, and lay a solid foundation for their future life and work.

3. Analysis of the current situation of college physical education courses

3.1 Curriculum setting level

There is a lack of specialized life safety education modules or units in the curriculum, and physical education courses focus more on skill training and physical fitness improvement, while neglecting the cultivation of students' self rescue ability and safety awareness in emergency situations. The content of life safety education in the existing physical education curriculum is relatively scattered and has not been systematically integrated into the curriculum system, lacking specificity and unable to truly achieve the goal of life safety education. In addition, some physical education courses lack the training of emergency management, first aid knowledge and safety awareness, and students lack the coping ability and correct emergency response in the face of dangerous situations.

3.2 Teaching staff level

As the traditional physical education pays more attention to sports skills and competitive performance, the lack of systematic training and education on life safety education leads to the omission of teachers in dealing with emergency situations and teaching first-aid knowledge. There is a lack of professional life safety education talents in the teaching team, and most of the physical education teachers lack the training of relevant first aid and safety knowledge, which can not effectively guide students to deal with emergencies in sports activities. The lack of professionals leads to the inability to effectively impart life safety education knowledge in the physical education course, which affects the cultivation of students' safety awareness and self-rescue ability.

3.3 Evaluation system level

The existing evaluation system overly emphasizes the physical skills and competitive level of students, neglecting the importance of life safety education. Evaluation system should take into account students' physical fitness, mental health and ability to cope with emergencies more comprehensively, rather than just athletic performance. This evaluation system lacks specific indicators and evaluation standards for life safety education. In this evaluation system, the teaching of life safety knowledge and the training of students' emergency handling ability should be clearly reflected, in order to comprehensively evaluate students' life safety education level.

4. Advantages of integration of life safety education and college physical education courses

4.1 Promote the overall improvement of physical fitness and safety awareness

Through physical exercise, students' physical fitness can be effectively improved, including strength, endurance, sensitivity and other aspects^[3], thus enhance the body's resistance and adaptability, and improve the ability to cope with emergencies. Combined with life safety education, students in the physical education curriculum is not only physical exercise, but also can learn how to protect themselves and others in dangerous situations skills and awareness, develop self-protection awareness and emergency handling ability. This kind of integration can make students get a more comprehensive education in physical exercise, not merely pay attention to the improvement of physical quality, but

also the cultivation of safety awareness, and provide a more comprehensive guarantee for students' life safety. By promoting the overall improvement of physical quality and safety awareness, the integration of life safety education and physical education courses in colleges and universities will provide more powerful support for the healthy growth and safe development of students.

4.2 Cultivate teamwork and emergency handling ability

Through sports courses, students can participate in a variety of team projects, such as basketball, football, etc., from which they learn teamwork and coordination, and cultivate the importance of teamwork. In emergency situations, students need to quickly make correct judgments and respond, which requires them to have a certain degree of physical fitness, sensitivity and responsiveness. By means of sports activities that simulate emergency situations, such as escape drills and first aid skills training, students can improve their emergency handling ability and be fully prepared for daily life and emergencies. In the physical education course, the cultivation of the comprehensive ability of teamwork and emergency handling will enable students to cope with various challenges more calmly in the future work and life, and show more excellent comprehensive quality.

4.3 Shaping healthy lifestyle and safe behavior awareness

Through the guidance of physical education courses, students can understand the benefits of different sports on the body, cultivate the habit of adhering to exercise, and form a good healthy lifestyle. At the same time, physical education courses can also impart health knowledge, help students realize the close relationship between sports and health, and guide them to develop good habits and stay away from bad behaviors. College physical education courses can set the corresponding safety knowledge and skills training content, so that students can understand how to prevent accidental injuries in daily life, learn the correct first aid measures and self-protection skills. By means of training and drills that simulate real scenarios, students can enhance their ability to deal with emergencies, enhance their safety awareness and emergency handling ability.

5. Reform and innovation path of college physical education from the perspective of life safety

5.1 Strengthen life safety awareness education

Through the introduction of life safety related knowledge, such as self-rescue, first aid and other common emergency skills in physical education curriculum, enhance students' life safety awareness and self-protection ability. In the classroom, teachers can explain the importance of life safety awareness, guide students to realize that life safety is a top priority, and educate them how to protect themselves and others in emergency situations. In the meantime, students can be introduced to common self-rescue and first-aid knowledge, such as fire escape, cardiopulmonary resuscitation, so that they master basic emergency handling skills. Moreover, the physical education curriculum can also design practical activities related to life safety awareness education, such as simulated fire escape drills, first aid skills, etc., so that students can realize the importance of life safety skills in actual operation, and improve their ability and self-confidence to cope with emergencies. Through these practical activities, students can not only learn knowledge, but also develop a sense of teamwork and emergency handling ability in practice, so as to be fully prepared for daily life and emergencies.

5.2 Innovative teaching methods and means

In combination with modern scientific and technological means, such as virtual simulation technology and mobile intelligent devices, vivid and interesting physical education content is designed to improve students' acceptance of life safety education and practical ability. Through virtual simulation technology, various life safety scenarios can be simulated, such as earthquake, fire, drowning, etc., so that students can experience and learn the correct way to deal with these situations. And interactive operations in a virtual simulation environment, students can react quickly and make the right decisions, thus improving their emergency handling ability. Combined with mobile smart devices, corresponding mobile phone applications or tablet applications can be developed to integrate life safety knowledge into them and teach by gamification. Students can also engage in interactive activities such as role playing and completing exams through the app to increase the fun and participation of learning. Meanwhile, the application can also provide real-time feedback and personalized learning guidance to

help students better grasp life safety knowledge.

5.3 Optimize curriculum content setting

In the physical education curriculum, add content related to life safety, such as evacuation drills, safety knowledge popularization, so that students can exercise their bodies and cultivate their ability to face emergencies in life. Evacuation drills will be added in the course, so that students can learn the skills and methods to deal with emergencies by simulating fire, earthquake and other emergencies in actual operation. Such practical training can effectively improve students' crisis handling ability and emergency response speed, and enhance their resilience in the face of disasters. Life safety knowledge popularization can be included in the course content, including but not limited to self-rescue, mutual rescue, escape skills, first aid measures, etc. Through professional life safety knowledge education, students can not only understand how to protect their own safety and others' safety in critical moments, improve the ability to respond to emergencies, and cultivate correct safety awareness and behavior habits. It is also possible to introduce some case analysis and discussion related to life safety through course design, so that students can get in touch with real life safety incidents in class, learn lessons from them, and enhance their alertness and prevention awareness of safety issues.

5.4 Strengthen the construction and training of teachers

Provide life safety education training and guidance for physical education teachers, improve their professional level and teaching quality, so that they can effectively guide students to learn life safety skills. Colleges and universities may organize special life safety education training courses, invite professional safety education experts to give lectures, and impart life safety knowledge and skills to teachers. Such training can help teachers understand the latest safety education concepts and methods, as well as enhance their safety awareness and crisis management ability. By establishing regular teaching observation and communication mechanisms, teachers can learn from each other, draw on experience, and jointly improve their teaching level. By observing the teaching of peers, teachers can identify their own shortcomings and make timely improvements. Universities can also encourage physical education teachers to participate in relevant academic conferences, lectures, and seminars, broaden their horizons, and deepen their understanding of life safety education. Through academic exchanges, teachers can continuously update their teaching concepts, enhance their professional competence, and better guide students in learning life safety knowledge and skills.

6. Practical case of integration of life safety education and physical education curriculum

A certain university has deeply integrated life safety education with physical education courses, proposing an innovative concept of "avoiding danger through physical education". Physical education courses are regarded as an important carrier of life safety education, which exercises students' basic sports abilities and risk avoidance skills. Based on recent data on swimming accidents, the university has focused on drowning incidents that occur during the swimming process. It has been found that there are many reasons for students to drown while swimming, including swimming in unopened waters, lack of understanding of their physical condition, and insufficient preparation before and after swimming. Therefore, the school has decided to combine swimming teaching with life safety education to enhance students' safety awareness and self rescue ability, and has introduced application cases of "swimming education and drowning prevention safety education". The specific implementation is as follows:

In the safety awareness education, through increasing the explanation of safety common sense, training students to understand the potential dangers in various sports. For example, in swimming education, the emphasis can be placed on water safety knowledge, such as drowning causes, drowning first aid methods, so that students can understand the water safety rules and enhance their self-protection awareness in the water. Combined with real cases to analyze safety accidents, let students understand the importance of life safety education, and guide them to form correct safety values. Through discussion and reflection on cases, students are guided to clarify the importance of safety awareness to life, stimulate their awareness of self-protection and help of others, and cultivate students' ability to cope calmly in dangerous situations.

In the curriculum design, swimming education and drowning prevention safety education are integrated into the core content of physical education courses, ensuring that students can not only learn

sports knowledge but also master necessary survival skills. When designing courses, specialized modules are set up to teach swimming skills and drowning prevention knowledge. Through a combination of theoretical teaching and practical operation, students' skill level and safety awareness are enhanced. Combining practical cases and accident analysis, students are guided to understand the hazards and prevention methods of drowning accidents, and their correct awareness of self rescue and mutual rescue is cultivated.

In terms of teaching methods, situational teaching method is introduced to simulate real drowning scenes or accident cases, allowing students to experience and learn correct self rescue and rescue skills in a safe environment, enhancing their ability to cope with dangerous situations; By combining multimedia technology and using videos, images, and other forms to demonstrate correct swimming postures and drowning rescue methods, students can better understand and master knowledge more intuitively; Using group cooperative learning method, students are divided into groups for swimming skill training and drowning simulation exercises to cultivate their teamwork and emergency response abilities. Through the innovative application of these teaching methods, students' learning enthusiasm and safety awareness have been effectively improved, promoting their comprehensive ability improvement in swimming education and drowning prevention safety education.

In the construction of the teaching team, physical education teachers in universities need to have solid professional knowledge and rich teaching experience, especially in swimming education and drowning safety education, constantly improve their professional level, understand the latest teaching concepts and methods, in order to better guide students to learn swimming skills and master drowning safety knowledge. Pay attention to individual differences among students and tailor teaching plans accordingly to help each student master swimming skills and improve their ability to save themselves.

Through the case analysis of swimming education and anti-drowning safety education, the problems and challenges in course design, safety awareness education, teaching methods and so on can be found, and then the corresponding improvement and optimization plan is proposed. This case combines life safety education with physical education through innovative teaching methods, which enhances students' safety awareness and self-rescue ability, and also provides a teaching model for other colleges and universities.

7. Conclusions

As an important position to train future talents, colleges and universities shoulder the responsibility of cultivating students' comprehensive quality. As an indispensable part of the college curriculum system, physical education plays an important role in shaping students' physical and mental health, cultivating students' teamwork spirit, etc. Life safety education, as an important content related to everyone's survival and development, has become an indispensable part of the education field. The reform of physical education teaching is not only the demand of higher education teaching quality improvement, but also an important guarantee for students' life safety education. Through strengthening life safety awareness education, innovating teaching methods and means, optimizing course content setting and strengthening the construction and training of teachers, the teaching quality and teaching effect of college physical education courses can be effectively improved, and the physical and mental health development of students can be further promoted. By constantly exploring and innovating the teaching reform of physical education in colleges and universities from the perspective of life safety education, it can make greater contributions to improving students' comprehensive quality and safety awareness, and also provide new ideas and directions for the teaching reform of physical education in colleges and universities.

References

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