



Research on Physical Education Teaching and Sports Training in Colleges and Universities under the Background of “Healthy China”

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Abstract: As an important base for cultivating social compound and innovative talents, colleges and universities should cultivate the comprehensive quality of students in all aspects according to the development of society. However, in the sports teaching activities carried out in colleges and universities, the traditional teaching mode focuses on the study of competitive sports skills, which has some problems such as vague teaching objectives, single teaching content, and outdated teaching methods. Ignoring the individual differences of students' body and mind, sports level and individual needs, and lacking advanced teaching methods and reasonable teaching content, the teaching effect is not ideal. In view of this, this paper puts forward innovative countermeasures of college physical education teaching model based on a healthy China environment, in order to promote the construction and development of a healthy China.

Keywords: *Physical Education Teaching; Sports Training; Healthy China*

I. INTRODUCTION

Physical education curriculum in colleges and universities is an important part of college education and an important link in the overall training of innovative talents. With the advance and deepening of education and teaching reform, new education thoughts and new teaching guiding ideology also keep pace with the times. The physical education teaching mode is also constantly updated with the progress of the times. Emerging sports events and modern teaching methods emerge in endlessly, greatly improving the teaching conditions and meeting the students' learning needs.

With the continuous expansion of the enrollment scale of various colleges and universities, the number of students in colleges and universities has not increased, the per capita occupancy of sports venues is insufficient, the number of sports equipment is insufficient, and the aging phenomenon is serious. The hardware facilities in colleges and universities cannot meet the needs of students in sports learning. Furthermore, due to the outdated teaching concept of physical education in colleges and universities, sports facilities are relatively backward, students often need some relatively new facilities, and teachers are unable to carry out relevant sports teaching activities due to the lack of corresponding facilities.

When colleges and universities carry out physical education teaching, they mostly adopt traditional teaching methods. In actual teaching, teachers first transfer theoretical knowledge to students, then demonstrate teaching, and finally let students practice according to the demonstration. Although this teaching process seems very reasonable, it does not give full play to the dominant position of students. In terms of optimizing the

setting of physical education courses in colleges and universities, we should understand the actual needs of students for sports, set up physical education courses according to students' physical quality and interests, and increase the proportion of interesting courses.

II. THE PROPOSED METHODOLOGY

A. Innovating the Teaching Mode of Physical Education in Colleges and Universities

Schools can initiate a democratic vote on the content of physical education courses on the website to list sports items suitable for college students. College sports should not only develop students' physical and mental health qualities, but also learn 1 to 2 sports skills, master scientific health knowledge and fitness methods, adapt to the needs of future social development and healthy life, at the same time, develop students' interest in sports, and cultivate students' good sports literacy, Develop a healthy lifestyle, actively participate in physical exercise habits, and promote the development of students' personality. In order to ensure the smooth progress of physical education in colleges and universities, the corresponding teaching facilities should be improved and the aging sports facilities should be updated according to the physical education teaching projects set up by schools. It is worth noting that sports facilities need to be added according to the number of students to improve the per capita occupancy of sports venues and facilities for college students.

At the same time, indoor stadiums and gymnasiums will be built to ensure that students can exercise and study normally in bad weather. The information and digital era has become globalized, socialized and life oriented, and online learning has entered daily life. In order to meet students' needs for physical exercise, respect students' rights and interests of independent choice, and develop students' personality, students can make full use of advanced educational administration management system and advanced campus network technology platform to independently choose teaching content, teachers, and class time according to their own actual conditions.

B. Innovation Strategy of College Physical Education Teaching Mode under the Background of Healthy China

Under the environment of a healthy China, the state takes the health of all people as the main content of development. At present, how to ensure that students develop good living habits, and after leaving the campus, they can insist on long-term exercise. We need to pay attention to the scientific design of teaching content to promote its modernization and leisure. In order to ensure the smooth progress of physical education in colleges and universities, the corresponding teaching facilities should be improved and the aging sports facilities should be



updated according to the physical education teaching projects set up by schools. It is worth noting that sports facilities need to be added according to the number of students when they are being built. Colleges and universities should pay attention to multi style teaching methods and create a happy classroom teaching atmosphere when carrying out sports teaching activities, which can stimulate students' interest and promote the cultivation of students' lifelong sports awareness.

Therefore, in the actual teaching process, under the basic premise that teachers should take students as the core, colleges and universities should establish a scientific and comprehensive teaching evaluation system. In the new evaluation system, students' sports theoretical knowledge, sports skills, sports habits, learning attitudes and other aspects should be assessed. In the assessment, attention should be paid to students' growth and efforts, and students should be encouraged to carry out daily sports and exercise, So that students have good exercise habits.

When students enter the society after graduation, they will also participate in some recreational sports in their spare time, which not only cultivates their sentiment, but also plays a role in strengthening their health. Sports are gradually developing towards modernization. In order to ensure that students can master different sports, the current teaching system needs to be further improved and perfected. We will increase the per capita occupancy of sports venues and facilities for college students. At the same time, indoor stadiums and gymnasiums will be built to ensure that students can exercise and study normally in bad weather.

CONCLUSION

In a word, in the process of physical education reform in colleges and universities, we should fully integrate the humanistic education concept, improve the management effect, and establish and improve a more systematic teaching mode, so as to lay a solid foundation for the implementation of the education goals. To improve the level of humanized teaching reform, we should focus on the actual needs of students and the structure of teaching development. In the process of developing a healthy China, college sports construction plays a very important role. Teenagers are an effective force to promote the development of the country. Under the situation of sustainable social development, it is necessary to strengthen the innovation and development of college physical education teaching, and constantly innovate new teaching models, so as to promote the physical health of college students.

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