



# Probe into the Problems and Solutions in the Development of Physical Education in Colleges and Universities in China

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**Abstract:** The influencing factors of the development of physical education in colleges and universities include: teaching management level, teaching guiding ideology, curriculum, teaching mode and teaching quality, etc. By analyzing the problems and influencing factors in the development of physical education in domestic universities and colleges, this paper puts forward some corresponding development strategies based on these analyses to ensure that college students can not only consolidate the achievements of physical education in the school period, but also acquire the primary ability to learn independently. In the process of physical education reform, there are many factors that hinder the implementation of education reform. Only by properly handling these factors can we effectively promote the development of physical education. This paper studies the development of physical education in colleges and universities, and puts forward corresponding countermeasures on the basis of pointing out the existing problems in the development of physical education in colleges and universities.

**Keywords:** Physical education, problems and solutions

## I. INTRODUCTION

Physical education is an indispensable part of college education and teaching under the modern comprehensive high-quality talent training mode. With the further deepening of China's education and teaching reform, the reform of college physical education has gradually entered a new stage. The "Analysis and Reform Research on the Development of Physical Education in Colleges and Universities" compiled by Zhu Mingjiang analyzes and summarizes the current development of physical education in colleges and universities in recent years. On the basis of further improving and perfecting the theoretical system of physical education, it puts forward some feasible opinions and suggestions on the reform and innovation of physical education in colleges and universities.

The vigorous promotion of quality education has brought major policy guarantees to college students in China, but the reform of college physical education in China has still not been able to get rid of the old model of the concept of sports skill-oriented. Under this mode, physical education teaching overemphasizes the teaching of sports knowledge and skills, but pays less attention to the cultivation of students' physical health and psychological quality. As a result, students have made great efforts and lost the opportunity for self-development of sports, which is because the ability of self-innovative thinking of college students has been ignored. At present, there are many contents of physical education, but its quality needs to be improved.

**Most of the physical education teaching content is lack of pertinence, which makes the study of students' physical education knowledge only stay at the superficial level and lack of in-depth exploration.** This kind of formal teaching mode cannot achieve the improvement of students' physical education level, and the arrangement of teaching content needs to be adjusted. At present, most of the teaching methods of physical education courses in medical colleges still follow the traditional teaching methods, which are mainly based on the teacher's explanation. The teacher infuses the knowledge of physical education into the students, and does not play the subjective initiative of the students, and does not follow the student-oriented principle, let alone cultivate the ability of students to combine the theoretical knowledge learned with practice, and the teaching methods of different teachers are basically the same. In the process of physical education reform, the innovation of teaching ideas and concepts is often an important prerequisite.

In the traditional concept of physical education teaching, physical education teaching has been neglected for a long time. The concept of teaching is also mainly to promote the growth of students' physical quality through sports stimulation. This teaching concept and method can no longer adapt to the current reform and development of physical education teaching. This teaching method can not reflect the student-centered concept advocated by modern education concepts, but can make students gradually lose their interest in physical education courses, and can not develop good awareness and habits of physical exercise. When students enter the society to participate in work, the foundation of sports and health established in school may slowly deteriorate over time. Some colleges and universities unilaterally adopt the method of grade evaluation to evaluate students' learning level. This evaluation method is unreasonable. It pays one-sided attention to students' scores and ignores the cultivation of students' physical quality and spirit.

## II. THE PROPOSED METHODOLOGY

**Using this evaluation method, it is easy to attack the enthusiasm of students in sports learning and is not conducive to the effective development of sports teaching.** At present, many medical schools still have many problems in the reform of physical education teaching, and there are also many pressures in the reform. Therefore, the problem of physical education teaching in medical schools is one of the key points of the current reform. Although many colleges of traditional Chinese medicine have made some achievements in the reform of physical education, the degree of reform is not enough, and there are still some problems in medical integration. In response to these problems, the following reform measures are proposed. The teacher-student relationship in the reform of college



physical education needs further interaction. In the practice of further deepening the teaching reform, the relationship between teachers and students has also ushered in new changes. The traditional teacher-centered teaching model has been gradually broken, and the main role of students has been fully emphasized.

The same is true in the reform of PE teaching. Students are experienced, learners and thinkers in PE teaching activities. Their initiative and enthusiasm determine how much they can gain in PE teaching. Improving the enthusiasm of teenagers to participate in campus football, expanding the football population, and improving the overall level of youth campus football are the most basic ways in the development of campus football. However, only by strengthening the construction of football teachers can we ensure the sustainable development of campus football. Because excellent football teachers are more able to find talented teenagers and maximize their potential.

In addition, excellent football teachers can better handle the relationship with the players. At this stage, although the professional quality of teachers has been improved to a certain extent, there is still a certain gap compared with the actual educational needs. As the implementer of physical education teaching and reform, teachers must first improve their professional level in order to effectively implement the reform of physical education. In the process of physical education teaching in medical college, it is also necessary to formulate a detailed and complete teaching plan, from explaining theoretical knowledge to strengthening the training of practical ability, so as to improve students' understanding of sports, and also stimulate students' interest in learning sports, so as to regulate their actions according to different requirements of different course contents, so as to effectively improve students' physical quality, Cultivate their initiative.

For teachers, the reform of modern physical education is developing in the way of research-based teaching. It has set up a new student-centered learning mode. It requires teachers to guide students to think and summarize in the course teaching, so that students can broaden their sports vision, exercise their sports will, and comprehensively improve their sports literacy in the personal experience of sports theory and practice. In addition to respecting students' dominant position, teachers should also strengthen the interaction between teachers and students in physical education teaching, guide and help students in time, so that students can correctly participate in physical education teaching activities, and avoid students from falling into the wrong zone in improper physical education learning and training, and even lead to unnecessary injuries.

**The football management department actively cooperates with the education department to continue to promote the development of campus football,** and provides business communication and guidance to the relevant personnel in charge of the competition in the education department, so that the participants in football activities can gain experience in a fair and fair competition system. On the basis of the existing youth campus football league, integrate the sports teaching content. The arrangement of teaching content is very important for physical education teaching. Teachers should carefully integrate the physical education teaching content according to the needs of actual teaching, the objectives of school teaching and the actual situation of students. In the arrangement of teaching content, the school fully reflects the importance of students' physical education teaching, and stimulates students' interest in physical education learning through rich and colorful teaching content.

In view of the reform of physical education teaching methods in medical colleges, teachers should formulate a set of scientific and reasonable teaching plans and try to apply them to practice, so that students can change from imperative teaching to autonomous learning, change learning motivation, and selectively improve according to different curriculum standards and key and difficult content, cultivate students' innovative awareness, and achieve the ultimate goal. In the actual reform process, college physical education should aim at the overall goal of reform, comprehensively promote the continuous optimization of theoretical innovation, curriculum and teacher-student relationship, and carry out more scientific, open and effective physical education and teaching activities, so that the physical education reform can continue to develop in depth and obtain more innovation and progress in the process of constantly finding and solving problems.

Organize the National Amateur Football League and select excellent football teenagers to receive training in the national football team or foreign youth training team. At the same time, sports departments at all levels should attach great importance to the construction of campus football and give effective guidance to its construction. Adopt reasonable and effective teaching mode for teaching. In the choice of teaching mode, teachers should not only adjust the traditional teaching mode, but also not completely abandon it. In this process, teachers should learn from each other and make full use of the advantages of various teaching models. For example, teachers can adopt the teaching mode of group cooperation to reflect students' dominant position in teaching, improve the effect of physical education teaching, and also realize the cultivation of students' group cooperation awareness and ability. In the teaching process, we should adopt scientific evaluation methods, pay attention to encouraging students, and improve students' enthusiasm and confidence in sports learning.

**This traditional teaching mode is not conducive to the reform of modern physical education teaching and will inhibit the development and progress of physical education curriculum to a certain extent.** Therefore, it is necessary to constantly expand learning resources and reform teaching methods, which is different from traditional teaching methods. In addition to requiring teachers to have a strong professional background in physical education, Teachers are also required to have basic medical knowledge, so that medical knowledge and sports professional knowledge can be integrated together to form a sports activity mode combining medicine and sports.

Summarize the experience, reveal the laws, guide the reform of physical education teaching with scientific theories and methods, and improve the quality of physical education teaching. At present, a variety of teaching ideas in the sports academic circle are "contending" and learn from each other. With the interactive research of social science, natural science and psychological science, the scientific research ability of sports teachers is on the right track on the scientific development path, and sports scientific research plays an important role in promoting the development of sports teaching reform towards a higher scientific direction. Relevant departments should strengthen the professional training of teachers and improve the professional level of physical education teachers. Strengthen the assessment of teachers' teaching and promote the improvement of teachers' teaching level.

In addition, teachers are encouraged to improve their academic qualifications and enrich their cultural level through



self-study, so that they can have a better understanding of physical education, facilitate the implementation of physical education reform, and make contributions to the development of education. In the process of physical education teaching in medical college, it is also necessary to formulate a detailed and complete teaching plan, from explaining theoretical knowledge to strengthening the training of practical ability, so as to improve students' understanding of sports, and also stimulate students' interest in learning sports, so as to regulate their actions according to different requirements of different course contents, so as to effectively improve students' physical quality, Cultivate their initiative.

### CONCLUSION

The development of physical education is in the important process of transition from "teaching theory" to "learning theory". Colleges and universities and physical education workers should firmly grasp the correct direction of physical education reform, firmly establish the guiding ideology of "health first", and provide a firm ideological guarantee for deepening the reform of physical education in colleges and universities. In college physical education teaching, with the society paying more and more attention to the development of students' quality, college physical education teaching must be reformed to effectively solve the problems existing in current physical education teaching. Through teaching reform, improve the effect of physical education teaching, and cultivate the backbone of the healthy development of body and mind for the motherland.

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