

Reform of Physical Education Teaching in Colleges from the Perspective of Lifelong Physical Education: A Novel Perspective

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Abstract: Reform of physical education teaching in colleges from the perspective of lifelong physical education is studied in the paper. Information technology in education has become a major trend in the education industry, and physical education has become a trend in the education industry, and sports teaching is becoming more convenient due to the popularity of information technology convenient, whether students consult learning materials or teachers search. Under this policy background, update the educational concept, re-examine the core literacy of physical education, discover and explore the problems existing in the education reform and put forward countermeasures. This paper gives the novel suggestions and discussions.

Keywords: Novel Perspective; Physical Education; Teaching in Colleges; Lifelong Physical Education; Reform

1. INTRODUCTION

Under the concept of lifelong, colleges and universities should not only pay attention to physical education teaching and enhance the students' physique, but also pay attention to the shaping of students' personality and intellectual exploration in the reform of physical education teaching.

The traditional teaching concept has been unable to achieve the new teaching goals. The physical fitness level of college students in my country has shown a downward trend in the past 35 years, and also the speed, strength, endurance, and explosive power are declining. On the contrary, the myopia rate and obesity rate of students are increasing and hence, the lifelong education is essential.

Universities in the implementation of the physical education exploration process used to promote the development of the physical education with a credit system, physical exercise and physical education for students. The implementation of the curriculum is mandatory requirements, the students' physical education results into the comprehensive assessment of the year, this mandatory, the effect is not ideal, students once completed the physical education credits will be terminated all physical activities.

Once students completed their physical education credits, they terminated all physical education activities. Under the concept of the lifelong physical education, colleges and universities should reform the traditional physical education teaching model, build a physical education teaching model that meets the new curriculum standards and the needs of the social development, and inject continuous vitality into the physical education teaching to achieve the goal of lifelong physical education teaching. The focus of the reform of the physical education teaching mode is to take students as the main body, formulate multi-angle teaching plans, change the teaching mode of the collective indoctrination, respect the individual differences of students, adjust teaching content and teaching methods in time, so that students can achieve new goals in a relaxed and harmonious atmosphere. Physical education in higher vocational colleges is to cultivate the students' lifelong sports awareness, but the theoretical understanding is not systematic and comprehensive.

Most of the teaching content is based on the education of sports skills, and does not pay attention to the students' sports interests, sports habits, and sports awareness. The training of students in higher vocational colleges has led to a relatively weak lifelong sports awareness and hence, this will be essential. The figure 1 shows the sample and in the next few sections, the details will be discussed.

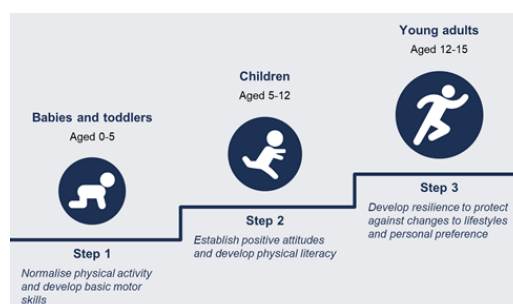


Figure. 1 The Lifelong Physical Education
(<https://portasconsulting.com/insights/small-steps-the-path-to-lifelong-physical-activity/>)

2. THE PROPOSED METHODOLOGY

2.1 The Lifelong Physical Education

When physical education teachers cultivate students' lifelong sports awareness, they should assist students to effectively establish the concept of lifelong sports. The combination of these will provide students with the more scientific teaching plan. In the reform of physical education teaching, students are the main body of learning, so it is necessary to establish a correct concept of lifelong physical education in teaching to guide college students to study.

The physical health of students is the goal, to improve the self-awareness of the college students, and to cultivate college students' emphasis on physical exercise. At the same time, teachers should strengthen the development of the students' physical education habits. The teachers should also strengthen the cultivation of students' physical education habits so that students can grasp the value of physical education.

The teachers should also strengthen the cultivation of students' physical education habits so that students can grasp the value of physical education and enhance their awareness of lifelong physical education. The "Compulsory Education Physical Education and Health Curriculum Standards (2021 Edition)" emphasizes that students should be guided to form sports interests and hobbies in the actual process of participating in physical activities in a form that consider students like, and then develop the habit of then participating in regular physical exercise to truly implement the concept of lifelong sports.

Practicing the concept of lifelong sports requires not only the efforts of families and schools, but also the efforts of the community. The ultimate goal of lifelong sports is to guide people to form a correct attitude towards life and achieve healthy development, so as to ensure people's life and quality of life. This has a certain consistency with community sports, so the two can be combined

2.2 The Suggestions for Physical Education Teaching in Colleges

The reform of physical education teaching under the "Internet +" means that all forms of physical education teaching need to be upgraded, indicating that the current educational models and methods of physical education in colleges and universities have been then greatly impacted. College physical education teachers should meet the following requirements in education reform and innovation: First, the college physical education teachers should master modern educational concepts and use them as the guiding ideology of physical education teaching, so that students can control their own learning progress, improve their own learning efficiency, and let the students Students can have better development in the learning process; secondly, in the process of on-the-job training of the physical education teachers in colleges and universities, professional ability and scientific research innovation awareness of college physical education teachers should be continuously improved.

College physical education teachers should not only have good teaching ability. Listed suggestions will be considered.

(1) With the continuous implementation of the reform of the physical education teaching in colleges and universities, in order to cultivate college students' lifelong sports awareness and interest, the physical education curriculum in colleges and universities in my country is also constantly innovating, and some new sports items have been added.

(2) The content of physical education requires that it must reflect the ideological and also political education specific requirements, rationalize the relationship between individual education and collective education in physical education The relationship between individual education and also collective education is rationalized, and the contents of individual teaching and collective teaching are combined. To then train students to students to recognize the relationship between achievement and frustration, to maintain a good enterprising attitude, and to combine the teaching contents of achievement and frustration that combine the contents of further teaching achievement and frustration.

(3) Due to the particularity of the sports, there are not many successful cases of the combination of general virtual reality technology and sports training, and the relevant research is not in-depth. The application of the virtual reality technology in sports training needs to be further explored.

3. CONCLUSION AND SUMMARY

Reform of physical education teaching in colleges from the perspective of the lifelong physical education is studied in the paper. Physical education teachers in colleges and universities should form a good habit of timely summarizing teaching experience and further discovering deficiencies, summing up experience, improving teaching content, teaching methods and teaching methods, and improving teaching efficiency. In the next stage, we will consider the different applications.

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