

# Theoretical Thoughts on Adaptive Development (AD) of Current College Physical Education Teaching Content

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**Abstract:** Theoretical thoughts on adaptive development (AD) of current college physical education teaching content is the key idea of this paper. The goal of flexible management is for everyone to become a talent, and the diversified needs of students are taken as the starting point. Therefore, in flexible management, various teaching management systems and organizational forms should be flexible. In the process of teaching management reform, there is an urgent need to build a new model that has the characteristics of the times, conforms to the development of students' personality, and hence, we consider the integration of the novel perspectives.

**Keywords:** Current Education, Physical Education, Teaching Content, Theoretical Thoughts, Adaptive Development

## 1. INTRODUCTION

On the basis of the fundamental task of "cultivating morality and cultivating people", the cultivation of core literacy takes "all-round development of people" as the core, which is the main link to implement advanced educational concepts and an important part of the goal of talent training.

There is still a lot of room for development in the scientific understanding of the laws, the integration mechanism of the evaluation system, the evolution path of curriculum reform, and the development of transformational research and revision of curriculum standards. Therefore, efficient physical training and teaching play an important role in the improvement of related qualities. Our government has put forward the concept of curriculum reform in order to change the status quo through the curriculum reform of various disciplines.

The ultimate goal is to connect education with the times and continuously cultivate new talents that are in line with the pace of the social development. The construction of sports environment is the prerequisite for the smooth progress of the teaching process of university physical education and health courses. However, through the analysis of the interview results, it can be concluded that the construction of sports facilities in most colleges and universities in ethnic minority areas is not sufficient. Currently, we are facing with some challenges, in the teaching process, the teacher's activities are emphasized, and the teaching activities are then guided by the teacher's experience. The students' learning is subordinate to the teacher's teaching, and the teachers and students are in a "master-slave" relationship. The teaching content is relatively fixed, and the technical teaching of competitive events is the main one well lack of practical fitness teaching content.

The concept of education centered on students' learning and also development is an educational philosophy that guides students' active learning, stimulates their independent learning, and develops their ability to explore and then discover. The function of the curriculum is to provide each student with experiences that contribute to his or her personal development and is the main way to implement the educational philosophy. In the figure 1, the teaching scenario is defined.



Figure. 1 The Current College Physical Education Teaching Scenario (The image referred from: <https://resilienteducator.com/teaching-careers/physical-education-teacher/>)

## 2. THE PROPOSED METHODOLOGY

### 2.1 The Basic Features of the Current College Physical Education

In our country, the physical education courses have always existed, but they are all in a secondary position. Its status in the hearts of teachers and students is far inferior to the other cultural courses, so that the college physical education teaching mode is backward. Therefore, it is then essential and urgent to improve the physical education performance.

The current challenges are:

- (1) Although many colleges and also universities currently implement three core independent course selection teaching, students can choose sports, class time and teachers according to their own hobbies, but ignore the individual differences in students' physical functions and qualities, and some students with poor physical qualities complete the training.
- (2) Due to the influence of traditional forms of the physical education teaching, some of the teachers do not pay enough attention to the study of pedagogical theories, and their learning and understanding of the curriculum theories are not comprehensive enough.
- (3) Physical education takes physical exercise as the main form of activity. It is inseparable from specific sports venues and sports equipment. It requires sports hardware facilities to be in place, otherwise it will affect the normal progress of the physical education activities, and it will be futile.

The university stage is the most important time in a person's life. When they are about to enter the society, students will spare no effort to read books and strive to master professional courses so that they can find the job they want in the graduation season. We consider expanding students' horizons and thinking on the basis of consolidating the existing teaching content, providing effective concepts and paradigm support for the achievement of the goal of physical education

## 2.2 The Adaptive Development (AD) of Current College Physical Education Teaching Content

At present, when many colleges and universities are teaching physical education, they only teach students relevant sports skills through classroom teaching, but do not fundamentally let students understand the true meaning of the sports. When colleges and universities carry out physical education teaching, they should choose the teaching content according to the needs of social development and the physical foundation of students themselves. Only by starting from the students' own physical conditions to choose their favorite sports, and then can they learn in a pleasant mood. Teaching management is an important part of the university management; it is the fundamental guarantee for maintaining normal teaching order; implementing basic teaching operations; and realizing the goal of talent training. The teaching management model is a specific style formed by school education management under certain social conditions. It usually has a certain typicality or leading character. It has a unique personality externally. It has a relatively unified commonality internally, and hence, we consider this as the perspectives.

We consider the following suggestions.

(1) Flexible management fully respects the autonomy of organizational members, that absorbs members to actively participate in organizational management and supervision, and moves decision-making power to the lower levels of the organizational structure as much as possible, shortening the time delay between decision-making and action. The lower-level units have full autonomy and act bravely responsible for results.

(2) We consider taking the form of the optional physical education courses to guide and teach students the skills and abilities of physical exercise, and to develop students' personality.

(3) The object of talent training is flexible, that is, it is then student-oriented, respects the individual intelligence differences of the students, and creates conditions for the individual development of the students, so that students' knowledge structure, thinking mode, and professional ability can meet the diversified needs of the talent market.

As the basis of the entire physical education, the physical education has been placed in a very important position, and

the reform of physical education is also being promoted by more and more physical education workers in colleges and universities. Physical education not only has social value, but also lifelong significance.

## 3. CONCLUSION

Theoretical thoughts on the adaptive development (AD) of current college physical education teaching content is the key idea of this paper. In the process of teaching management reform, there is an urgent need to build a new model that has the characteristics of the times, conforms to the development of students' personality, and can improve the effectiveness of teaching management. This paper gives the suggestions for the current college physical education teaching content.

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