

# Research on Physical Education Teaching and Sports Training for College Students

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**Abstract:** After the country proposed the Sunshine Sports, physical education in colleges and universities started to promote the teaching reform work and built a sunshine sports teaching model in line with the national sports strategy, which achieved good results. In view of the problems existing in traditional physical education teaching and sports training, it is necessary to use the sunshine physical education teaching to change the current teaching status, and to fully exert the positive role in the process of physical education teaching and sports training by building the ecological environment of the sunshine physical education teaching and innovating the forms of activities in and out of the sunshine physical education, enhance students' physical fitness and cultivate students' sportsmanship. This article mainly provides an overview of the concepts, similarities and differences, and complementary relationships between physical education teaching and sports training in colleges and universities.

**Keywords:** PE, sports training

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## 1. INTRODUCTION

Sunshine sports is a new national requirement for physical education in the new era. Promoting sunshine sports is conducive to cultivating college students' physical literacy, realizing curriculum diversification, building a harmonious teacher-student relationship, and then improving the shortcomings of the current physical education teaching model. In this regard, colleges and universities should actively recognize the importance of sunshine sports education, constantly improve its guaranteed mechanism, and promote the sustainable development of sunshine sports in colleges and universities. With the continuous advancement of the reform process of physical education in colleges and universities, the relationship between physical education and sports training has become more and more complicated. Control the proportion of competition. Physical education in colleges and universities mainly shoulders the important responsibility of improving students' physical fitness and ensuring students' physical health. The application of competitive sports in the physical education process can effectively stimulate students' interest in learning and continuously optimize the physical education curriculum. Therefore, in the process of physical education teaching reform at this stage, teachers need to deeply analyze the internal relationship between physical education teaching and sports training in colleges and universities, and continuously improve and optimize the content and teaching mode of physical education teaching.

At present, many colleges and universities show low attention to physical education, which has a negative impact on education, mainly in two aspects. On the one hand, from a macro perspective, the importance of physical education has not been recognized at the strategic level, resulting in a long-term lack of investment in educational resources and insufficient investment in sports infrastructure construction. Facing the continuous expansion of colleges and universities, it reflects the contradiction between the two the number of sports facilities is difficult to meet the needs of students for exercise, and the teacher-student ratio is seriously unbalanced.

Over time, compared with other institutions, the development of physical education lags.

On the other hand, from a micro perspective, for non-sports colleges and universities, the quality and level of physical education teaching will not play a decisive role in the ranking of colleges and universities, nor can they be shared. The internal motivation of colleges and universities to invest in physical education is insufficient, resulting in squeezed time for physical education teaching, and weak support for physical education activities inside and outside the class. Even many colleges and universities directly cancel the physical education curriculum setting for postgraduate education, which reflects the problem of insufficient attention to physical education. During physical education, to ensure the safety of students and the mastery of sports skills, the teaching process should reflect the characteristics of system, unity and education. Among them, systematic mainly means that teachers formulate relevant teaching plans according to the actual physical fitness of students.

College physical education courses are mainly aimed at college students, whose body functions are well developed. During the arrangement of physical education activities, the order from simple to difficult should be adopted to prevent damage to students' physical fitness caused by excessive physical training. The unity in physical education mainly refers to the synergistic growth of physical quality and sportsmanship in the process of physical education teaching. Teachers are required to pay attention to the cultivation of students' physical and psychological qualities in the process of physical education teaching, so that students can be more active and active. Invest in physical learning activities to help students form a healthier mental state and achieve the goal of growing both physical and psychological quality.

## 2. THE PROPOSED METHODOLOGY

### 2.1 The Similarities Between Physical Education Teaching and Sports Training in Colleges and Universities

Educational mainly means that in the process of physical education, physical activities should be aimed at improving students' physical fitness, combined with teaching principles and teaching experience, to continuously improve the teaching content and teaching mode, to ensure that physical education courses can cultivate applied talents with comprehensive qualities. play a more active role in the process. During physical education, to ensure the safety of students and the mastery of sports skills, the teaching process should reflect the characteristics of system, unity and education.

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Sports training belongs to competitive sports training. It mainly aims to maximize the potential of the human body in terms of physical fitness, psychology, and athletic ability, and obtain better sports performance. Most of the training objects are students with high physical fitness and athletic talents. In the process of physical training, it is necessary to use activities in line with physical training to maximize the physical potential of athletes. Colleges and universities implement sunshine sports teaching and guide students to participate in sports training. It is necessary to rely on classroom teaching, consolidate the theoretical knowledge base of students, and use extracurricular teaching to further expand and supplement classroom teaching, so that most students can truly realize sunshine sports and exercise every day. A basic goal for an hour. The current physical education classroom teaching in colleges and universities mainly focuses on traditional sports such as table tennis, football,

badminton, and swimming, which are relatively less attractive to students.

### 2.2 Complementary Ways of Physical Education and Sports Training in Colleges and Universities

In this regard, college physical education teachers can integrate aerobics, martial arts, yoga, Tai Chi, and other physical education content, introduce traditional folk physical education resources, stimulate students' interest and enthusiasm in participating in sunshine sports learning, and provide students with a variety of sports training items. In the process of implementing extracurricular teaching, colleges and universities should give full play to the role of campus cultural activities, set up sunshine sports associations and sunshine sports clubs in colleges and universities, organize sports knowledge competitions and sports culture festivals on campus regularly through associations and clubs, and strengthen the role of sunshine sports in the campus. The dissemination on campus provides students with a variety of extracurricular sports training forms, attracts more college students to actively participate in sunshine sports activities, and promotes the realization of educational goals.

Promote the two-way development of students' physical quality and psychological quality, form the concept of lifelong physical exercise, and better adapt to future study and work life; while sports training is mainly aimed at cultivating high-quality athletes, through more scientific exercise methods, improve athletes' various physical functions, master sports skills more firmly, obtain more excellent sports results, and lay a solid foundation for accelerating the construction of sports in our country. First, re-establish the teaching concept and guiding ideology, always follow the people-oriented, aim to promote students to participate in sports events happily, carry out in-depth communication and interaction between teachers and students based on the perspective of equality between teachers and students, strengthen students' sports learning and enthusiasm for sports, and innovate traditional and Instill theoretical knowledge-based teaching concepts, and then under the promotion of sunshine sports, promote college students to improve their physical and mental health in pleasant physical education and exercise.

Second, for the construction of the teaching content system, the practicability, practicality, and feasibility of the teaching content should be emphasized. To fundamentally improve the quality and efficiency of physical education teaching in colleges and universities, relevant physical education teachers should do a good job of reasonably using sports training methods to effectively improve students' physical fitness, help students develop good physical exercise habits, and master certain sports skills. In the actual theoretical teaching activities, the theoretical education is organically combined with appropriate sports training methods, and the physical quality and learning needs of students are considered. The content of physical education is reasonably designed to ensure that students' physical and psychological qualities are steadily improved. To meet the higher requirements for new talents put forward by national and social construction.

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### 3. CONCLUSION

In the physical education teaching and sports training in colleges and universities in my country, the full implementation of the sunshine sports education model is a major systematic project, which requires high attention from the leadership of colleges and universities, and joint efforts of physical education teachers to improve the existing teaching objectives, teaching content, teaching methods and assessment. The evaluation system respects the individual characteristics of college students. Teachers need to conduct in-depth analysis of routine physical education and sports training methods, combine physical education and sports competition with students' interest in physical education, and ensure that the level of physical education in colleges and universities can better meet the needs of students. Social development puts higher demands on the comprehensive quality of college students.

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