

Research on Physical Education Teaching in Universities and Quality Education for College Students

Pan Yute

Yong Zhou Vocational Technical College
Hunan, Yongzhou, 425001, China

Abstract: Humanistic quality education, as an important measure for colleges and universities in China to cultivate outstanding social talents, is also one of the important contents of physical education reform in colleges and universities in the new era. Integrating humanistic quality education into current physical education teaching in universities not only conforms to the development requirements of modern society and the times, but also further promotes the need for quality education. It plays an important role in improving the comprehensive literacy of college students and cultivating more outstanding social talents. To enhance the physical fitness of college students, improve their comprehensive quality, and promote their healthy development, building an excellent team of physical education teachers is the key, establishing a good teacher-student relationship is the guarantee, and improving the quality of college students through physical education teaching is an important way.

Keywords: Physical Education, Quality Education, College Students

1. INTRODUCTION

The humanistic quality education in physical education teaching in universities mainly refers to the education of aesthetic, life, and values for college students. In addition, attention should be paid to expanding students' knowledge in various aspects such as literature, art, science, history, etc. The purpose is to help college students learn how to behave and ultimately promote them to transform the knowledge they have learned into the quality of life. At present, there are still problems in the cultivation of humanistic qualities among college students in physical education in China, such as insufficient infiltration of humanistic spirit in teaching, failure to fully play the role of students as the main body, imperfect teaching evaluation mechanisms, and relatively insufficient humanistic qualities of teachers. Emphasis is placed on the cultivation of students' sports interests and hobbies.

Physical education teachers should attach great importance to cultivating students' interests and make them run through the entire teaching activity. When guiding and organizing students to carry out sports activities, on the one hand, we should fully tap the students' inherent potential and fun in sports, enrich the lively teaching content with good teaching forms, adopt flexible teaching methods, cultivate students' interests, and transform the stable interest cultivation into the habit of self-exercise, so that students can learn something and benefit for life. On the other hand, while strengthening the teaching of basic physical education knowledge, teachers' pay attention to broaden students' horizons, teach students to use knowledge and skills and scientific fitness methods, and enhance students' ability to exercise themselves.

With the development of society, sports are no longer a means, but will become an important component of the content and purpose of modern life. Therefore, the goal of physical education teaching in universities is not only to inherit the "educational" goal, but also to develop and update it. Adopting different educational methods to conduct moral education for students. Adopting scientific and reasonable educational methods during class is not only a reflection of a teacher's teaching ability, but also an effective way to conduct moral education for students. An experienced physical education teacher should combine students' behavior and willpower, physical and psychological activities in the

curriculum, and utilize various aspects of the class to educate students.

The goal of physical education in colleges and universities is to cultivate outstanding social talents with all-round development of physical and mental qualities, such as morality, intelligence, physique, beauty, and labor. Therefore, when conducting physical education teaching, teachers should pay attention to adjusting the teaching plan according to the actual situation of students and reasonably setting the teaching content. Firstly, teachers should effectively link the course content with students' actual lives, and add some sports content related to entertainment, life, and leisure. For example, when teaching long-distance running courses, teachers can first tell students some small stories about hard work and willpower before organizing running practice. Teachers should be good at regulating students' emotional changes, so that they maintain a happy and positive mood, this is of great significance for emotional communication between teachers and students.

2. THE PROPOSED METHODOLOGY

2.1 Quality Education for College Students in Physical Education Teaching in Universities

A person with good emotions is easy to approach and conducive to heartfelt conversation. Teachers only need to have more contact with students, understand them, care for them, move people with emotions, pour in "mother" like love to care for them, and treat them sincerely. Only then can students understand and trust teachers. For a long time, under the influence of traditional concepts, physical education teaching in universities has overly emphasized biological indicators such as movement specifications, exercise load, and exercise density. The teaching process tends to be militarized and formalized, neglecting or suppressing the cultivation and development of college students' personalities. Therefore, physical education teaching in universities should be scientifically designed from the perspective of students actively and actively learning and exercising, stimulating learning wisdom and abilities.

From emphasizing the logical connection of textbook content as the focus, to arranging teaching links and steps based on college students' understanding of the laws and characteristics of sports textbook content. Set an example, be strict with oneself, play a leading role, and conduct ideological and moral education. As a teacher, one should pay attention to civilized speech and neat clothing. During the teaching process, one should play a leading role in demonstrating and clarifying the key points of various sports projects, demonstrating standards, and setting a good example for students. At the same time, it should be consistent in appearance and actions. Teaching evaluation is a crucial link that affects the effectiveness of classroom teaching. Teachers should not excessively pursue the quantification and absolute objectivity of evaluation when evaluating students, but should consider individual differences such as students' interests, hobbies, and physical fitness. Emphasis should be placed on the humanistic and scientific nature of evaluation methods to promote their development and motivation functions.

Therefore, in physical education teaching, teachers should pay attention to the humanistic nature of teaching evaluation and promote the transformation of teaching evaluation from a single type to a composite type. Maintain a coordinated teacher-student relationship. Most physical education classes are conducted outdoors, with students having more contact with teachers. During the teaching process, teachers not only need to speak, but also practice. If teachers can practice and actively participate in students' exercises, activities, and games, it will invisibly shorten the distance between teachers and students. Especially after a few indoor theoretical classes, once students enter the physical education classroom, they will feel extremely excited and eager to try like a bird out of a cage. Transforming from the rigid and standardized structure of physical education courses in the past to a more diverse, flexible, effective, and personalized direction.

Starting from the teaching objectives, content, and conditions of each class, we need to create a "structural model" of physical education classes with different characteristics that reflects the effectiveness of quality education. The basic structure still exists, but it is no longer the same as a thousand lessons and one person. It is more necessary to "reform" and "micro liven up" to promote rich teaching content, diverse forms, and easy acceptance by students. A physical education teacher should cultivate and exercise their abilities. And for students, what aspects should we cultivate and exercise from. For students, quality education is not only the cultivation of ideological and moral qualities, but also includes the cultivation of cultural and scientific qualities, physical and psychological qualities, and labor quality. As a teacher, one should strive to cultivate students in these aspects based on the normal implementation of classroom routines.

2.2 Reforming and innovating physical education teaching is an important way to implement quality education for college students

Teachers are the organizers and guides of the entire teaching activity, and the level of teachers' comprehensive literacy directly affects the teaching effectiveness of students. In the current physical education teaching in universities in China, there are still common problems such as relatively low educational qualifications of teachers, lack of exploration ability, and insufficient knowledge reserves, which to some extent seriously restrict the healthy development of physical education in universities. Therefore, in the new era of physical

education teaching in universities, schools should pay attention to taking various measures to strengthen the construction of the teaching staff and improve the humanistic literacy of teachers. Specifically, the improvement of teachers' humanistic quality includes multiple aspects, first, the improvement of cultural quality. Provide patriotic education to students. Teach students the purpose and significance of physical education teaching in combination with teaching and improve their correct understanding of physical exercise. Briefly introduce China's splendid sports culture, the touching stories of Chinese athletes fighting bravely for the honor of the motherland, and inspire students' patriotism, national confidence, and pride.

Educate students to cherish beautiful times, follow natural laws, actively and scientifically exercise, and maintain their bodies, to have a strong physique and make more contributions to the modernization construction of the motherland in the future. Moving from a simple "one size fits all" approach to encouraging students to develop and fully develop at their existing levels, combining the general development, common development, special development, and differential development of college students. While focusing on the overall teaching objectives, fully develop students' creativity and creatively solve individual learning problems for college students. A student with a good spirit of teamwork will be able to excel both on campus and after graduation.

For physical education classes, teamwork means cooperation between teachers and students, as well as cooperation between classmates. Only a collective with strong cooperation, unity, and cohesion can excellently complete teaching tasks and achieve good teaching results. In the process of team cooperation, students should always be taught to care about the collective, love the collective and be proud of the collective. It is also in this process that students can be taught to respect and understand others, and they can also be good at getting along with others. Let students understand that collective honor represents personal honor, and only in a good cooperative group can excellent results be achieved. Teachers should also pay attention to improving their own innovation awareness and ability. The physical education teaching in universities cannot be separated from innovation. In practical teaching, only by possessing innovative awareness and thinking can teachers more accurately control classroom teaching, excavate the connotation of "humanistic spirit" in teaching, and better educate students and deepen their understanding of the humanistic spirit of sports. Finally, the cultivation of teachers' personal strength is particularly important in physical education teaching.

With the socialization and lifelong development of physical education, college students' physical education is the key link of lifelong physical education, which puts forward the requirement for college students to carry out willpower education, to cultivate their ability to exercise independently. College physical education teachers require students to master the four links of self-study, self-practice, self-adjustment, and self-control, allowing them to repeatedly try to succeed or fail in a reasonable way of exercise, to cultivate students' excellent qualities of perseverance, courage to accept challenges, and overcoming difficulties. Students not only engage in physical exercise.

3. CONCLUSION

With the development of China's politics and economy, the demand for talent from the country and enterprises is becoming increasingly high. Middle school students are the hope for China's future development, and quality education for middle school students is becoming increasingly crucial. Only students with all-round development can adapt to the needs of the country's development. Middle school physical education is the key content of middle school education. Only by better implementing physical education teaching can we promote the comprehensive development of college students' quality in physical education teaching; Starting from educational evaluation, it is not only important to consider the absolute level of performance achieved by college students in physical education classes, but also to pay attention to the progress and effort of college students in physical education learning. Try to implement positive feedback regulation in the process of physical education teaching in universities through various functions of assessment and evaluation and achieve the goals of physical education teaching in universities.

4. REFERENCES

- [1] Ye Shaofan. Research on Physical Education Teaching in Universities and Humanistic Quality Education for College Students [J]. Journal of Guangxi University of Education, 2004 (5): 3. DOI: 10.3969/j.issn.1006-9410.2004.05.013
- [2] Zhou Xinliang. Research on the Current Situation and Countermeasures of Physical Education Teaching Reform in Universities [J]. Sports World: Academic Edition, 2014 (4): 2. DOI: CNKI: SUN: TYSJ.202014-04-047
- [3] Yang Ping. Exploratory research on Physical Education Quality Education and Small Group Learning Method for Female College Students [J]. Anhui Literature Monthly, 2007, 000 (001): 68-69. DOI: 10.3969/j.issn.1671-0703.2007.01.041
- [4] Zhang Huan. Research on Quality Education for College Students and the Reform of College Physical Education Curriculum [J]. Sports Goods and Technology, 2019 (1): 2. DOI: CNKI: SUN: WTYP.0.2019-01-082
- [5] Lv Shuo. On the Role of Physical Education in College Students' Quality Education [J]. China Off campus Education (Basic Education Edition), 2009
- [6] Bu Hongjie and Yu Zhihai. Experiment and Research on Improving Female College Students' Endurance Quality in Optional Physical Education Teaching in Colleges and Universities [J]. Journal of Inner Mongolia Normal University: Education Science Edition, 2003, 16 (4): 105-106
- [7] Yang Ping. Exploratory research on Physical Education Quality Education and Small Group Learning Method for Female College Students [J]. Anhui Literature: The Second Half of the Month, 2007 (1): 2. DOI: CNKI: SUN: AHWA.0.2007-01-041
- [8] Ji Xiuming. Research on Frustration Education in the Teaching of Physical Education Majors in Universities in Changchun City [D]. Jilin Institute of Physical Education [2023-07-21]. DOI: CNKI: CDMD: 21011.247012
- [9] Lv Shuo, Chen Chunhua. On the Role of College Physical Education in Quality Education for College Students [J] two thousand and nine
- [10] Lv Shuo. On the Role of College Physical Education in Quality Education for College Students [J]. China Extracurricular Education, 2009. DOI: CNKI: SUN: XWLL.0.2009-S4-286
- [11] Pan Yu. Research on the Impact of the Current Situation of Physical Education Teaching in Higher Education Institutions on the Physical Health of College Students [J] two thousand and twenty-one
- [12] Wang Libi. Research on the Application of Sports Games in the Reform of Physical Education Teaching in Universities ① [J]. Contemporary Sports Technology, 2016
- [13] Weng Huigen. Reform and Exploration of Physical Education [M]. Zhejiang University Press, 2005
- [14] Wang Xiaoshuang. Research on the Cultivation of Practical Ability of College Physical Education Students under the PBL Model [J]. Progress in Sports Science, 2023, 11 (2): 4. DOI: 10.12677/APS.2023.112051