

The Realistic Dilemma and Innovative Strategy of Physical Education Talent Training in the New Era

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Abstract: In the new era, the strategy of strengthening education and healthy China has risen to the height of national development, which has brought new and changing requirements to the field of physical education. As a key link, physical education carries the heavy responsibility of shaping students' strong physique, tough will and good social adaptability. It can not only improve students' physical quality, but also cultivate students' competitive consciousness, teamwork spirit and innovative thinking. Therefore, starting from the cultivation of physical education talents, this paper first clarifies the new requirements for the cultivation of physical education talents in the new era, and then analyzes the current practical dilemma of physical education talents cultivation. Based on this, this paper tentatively puts forward the strategies of innovative physical education talents cultivation, in order to provide reference for practice.

1. Introduction

At present, the cultivation of physical education talents is facing many difficulties. There is a significant gap between talent cultivation and the actual needs of the society, which makes it difficult for a large number of sports graduates to quickly integrate into their jobs and meet the diversified needs of the market for physical education talents. Therefore, to solve this talent training dilemma has become an urgent practical problem in the field of physical education. It is helpful to promote the theoretical innovation of physical education reform to explore the training strategy of physical education talents. Through the in-depth study of talent training system, curriculum, teaching methods and other aspects, it can provide solid theoretical support for the reform of physical education, enrich the theoretical connotation of physical education, and promote the long-term development of physical education. Therefore, it is urgent to explore the practical difficulties and innovative strategies of physical education talent training in the new era.

2. Requirements of physical education personnel training in the new era

2.1. Policy oriented requirements

A series of policy documents have been issued to clearly incorporate physical education into the

core planning of national education development, emphasizing its fundamental role in the all-round development of students. In 2020, the general office of the CPC Central Committee and the general office of the State Council issued the opinions on Comprehensively Strengthening and improving school physical education in the new era, which pointed out the direction for the development of school physical education and required to improve the quality of physical education and cultivate students' lifelong sports consciousness. In addition, the "integration of sports and education" strategy has been deepened in recent years, striving to break the barriers between sports and education and realize the deep integration of sports resources and education resources.

2.2. Social development needs

The rise of the nationwide fitness boom and the steady progress of the construction of a healthy China have made the social demand for physical education talents continue to grow. People's demand for scientific fitness guidance and sports activity organization and planning is increasingly urgent, which requires that physical education talents have rich fitness knowledge, good organization and coordination ability, and can provide personalized sports services for people of different ages and different needs; At the same time, the sports industry is no longer limited to the traditional manufacturing and sales of sporting goods, but to the diversified fields of sports event operation, sports media, sports finance and so on. This requires that physical education talents have interdisciplinary knowledge background, can play professional advantages in different fields of the sports industry, and promote the innovation and development of the sports industry.

2.3. Trend of education reform

The implementation of the new curriculum standard puts forward more extensive requirements for the development of physical education teachers' ability. Teachers should not only be proficient in sports skills teaching, but also have the abilities of curriculum design, teaching evaluation, mental health education and so on. For example, in the course design, we should be able to combine the characteristics of students and teaching objectives to develop innovative and interesting physical education courses; In teaching evaluation, we should use diversified evaluation methods to comprehensively and accurately evaluate students' learning achievements. And the vigorous development of information teaching and intelligent sports has brought new opportunities and challenges to physical education. Physical education talents need to master advanced information technology means, such as using online teaching platform to carry out distance teaching, using sports monitoring equipment to collect and analyze students' sports data, etc., in order to improve the teaching effect and management efficiency, and adapt to the development needs of the era of smart sports.

3. The realistic dilemma of current physical education personnel training

3.1. Cultivation system

There is an obvious disconnection between the professional curriculum and the needs of the times. Some college physical education courses still focus on the teaching of traditional sports skills, ignoring the teaching of emerging sports and sports industry related fields. With the booming development of e-sports, outdoor sports and other emerging sports industries, many university courses have not been included in time; The weakness of practical teaching is a major problem in the cultivation of physical education talents. The proportion of practice teaching in the whole training system is relatively low, and the construction of practice teaching base is not perfect, and

students lack enough practice opportunities and guidance. This makes it difficult for students to quickly adapt to the complex situation in practical work after graduation; In addition, the lack of interdisciplinary integration limits the improvement of the comprehensive quality of physical education talents. The integration between sports major and pedagogy, psychology, sociology and other disciplines is not deep enough. Students fail to fully absorb multidisciplinary knowledge in the process of learning, and it is difficult to use interdisciplinary thinking to solve problems in practical work.

3.2. Teacher construction

The imbalance of the structure of university teachers is more prominent. On the one hand, the number of "double qualified" teachers with rich practical experience is insufficient, most of them focus on theoretical teaching and lack of front-line practical experience in the sports industry; On the other hand, some teachers have insufficient reserves in the emerging sports field and interdisciplinary knowledge, which is difficult to meet the diversified learning needs of students. The professional development of teachers in basic education is limited. Physical education teachers in primary and secondary schools are facing the problems of heavy teaching tasks and limited training opportunities, which lead to the slow updating of their professional knowledge, the difficulty in innovating teaching methods, and the inability to effectively implement the new requirements of physical education in the new era.

3.3. Resource guarantee

Insufficient investment in teaching facilities seriously affects the quality of physical education. Many schools' stadiums and facilities are old and backward, which can not meet the needs of modern physical education teaching and training. Especially in some remote areas and rural schools, the lack of sports teaching facilities is more prominent. The school enterprise cooperation mechanism is not perfect, which makes the relationship between schools and sports enterprises not close enough. The enthusiasm of enterprises to participate in talent training is not high, and it is difficult for schools to obtain the advanced technology and practice resources of enterprises, and to realize the effective connection between talent training and market demand^[1].

4. Innovative strategies for the cultivation of physical education talents in the new era

4.1. Innovative training mode

"Sports+" interdisciplinary training program design can break the boundaries of disciplines and cultivate sports education talents with interdisciplinary knowledge and ability. Colleges and universities can try to set up interdisciplinary professional directions such as "sports+computer" and "sports+finance", so that students can master the basic knowledge and skills of related disciplines while learning sports professional knowledge, and improve their comprehensive quality; The characteristic cultivation path of hierarchical classification can divide the cultivation of physical education talents into different levels and categories according to students' interests, abilities and career planning. For students in the direction of competitive sports, we should strengthen the cultivation of professional sports training and competition organization ability. For students in the direction of social sports, we should pay attention to the cultivation of fitness guidance, sports activity planning and other abilities, which can realize the accuracy of talent cultivation.

4.2. Reconstruct the curriculum system

The core competence oriented modular curriculum builds a modular curriculum system around the core competencies required by physical education talents, such as teaching ability, sports training ability, sports industry operation ability, etc. Colleges and universities should reconstruct the curriculum system so that each module contains several related courses. Students can choose the corresponding module to study according to their own development needs, so as to improve the pertinence and effectiveness of curriculum learning; In addition, the construction of digital teaching resources is an inevitable requirement to adapt to the development of information teaching. Through the development of online courses, virtual simulation experiments, teaching videos and other digital teaching resources, colleges and universities can provide students with rich and diverse learning channels, break the time and space constraints, and meet students' personalized learning needs^[2].

4.3. Strengthen practical teaching

Building a collaborative education platform can strengthen the cooperation between schools and governments, enterprises, social organizations and other parties, so all parties should try to build a collaborative education platform for physical education talents. All parties share resources and participate in the talent training process on the platform to achieve complementary advantages and improve the quality of talent training. The practice teaching link of students is planned, and the internship internship study integration is designed. Through the internship, students can initially understand the actual situation of physical education work. By enabling students to exercise professional skills in a real working environment, students can be guided to conduct in-depth research on problems in practice, improve their teaching reflection and innovation ability, and form a complete practical teaching chain.

4.4. Improve the security system

Policy support and resource investment are the important guarantee for the cultivation of physical education talents. The government should increase the policy support for physical education and introduce relevant preferential policies to encourage enterprises to participate in talent training; At the same time, we should increase capital investment in physical education, improve teaching facilities, and strengthen the construction of teaching staff. The professional construction of teaching staff in Colleges and universities can improve the professional level of physical education teaching staff by introducing high-level talents, strengthening teacher training, and encouraging teachers to participate in scientific research and practice. Build a team of physical education teachers with reasonable structure, excellent quality and innovative spirit. The construction of quality monitoring system establishes and improves the quality monitoring system of physical education talent training, and monitors all links of talent training. Formulate scientific and reasonable quality monitoring indicators, regularly carry out teaching quality evaluation, timely find and solve problems, and ensure the realization of talent training objectives^[3].

5. Conclusion

This study deeply analyzes the new requirements of physical education talent training in the new era, reveals the current practical difficulties in the process of talent training, and puts forward a series of innovation strategies and path choices through the reference of international experience. The research shows that through the innovation of training mode, the reconstruction of curriculum system, the strengthening of practical teaching and the improvement of security system, the quality

of physical education talent training can be effectively improved to meet the needs of the development of physical education in the new era.

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