

The construction of college physical education curriculum based on students' physical training

Shaolou Duan

Hebei Sport University, Shijiazhuang, 050041, China.

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Abstract: With the continuous deepening and rapid development of the teaching reform of higher education, the physical education teaching of college students has gradually begun to play an increasingly important role. However, due to the influence of many factors, there is still many connection problems between the physical training of college students and the physical education curriculum, cannot achieve the real goal of physical education. Many colleges and universities only hope that the physical fitness foundation of college students can be tested through the only physical fitness test in the school. Therefore, the physical education and curriculum quality education still need to be further improved and optimized.

With the continuous deepening of the current teaching reforms in colleges and universities in our country, the popularity of physical training in college physical training courses has been increasing day by day. In recent years, the physical fitness test of college physical education courses has been gradually improved, and the physical fitness coefficient of college students has gradually improved. However, there are still many new problems in the college physical education curriculum. This article is based on the physical training of students, analyze how to carry out scientific and reasonable physical training.

1. The starting point and end point of the construction of college physical education curriculum

According to the current status of higher education, to further improve the physical quality of contemporary college students is an important starting point for physical education. On the basis of ensuring that students can carry out certain physical training, continuously improving the physical quality of students is an important goal of developing physical education. The huge difference in students' own comprehensive ability and physique makes many physical education workers need to teach students in accordance with their aptitude in the actual physical education work process to improve the overall physical fitness of students. However, in the actual teaching process of higher physical education schools, many schools generally tend to focus on traditional physical education methods, supplemented by other physical education methods. Therefore, it will have a certain negative impact on the establishment of sports ideology and the promotion of sports spirit of the students in school, and it is also easy to cause many students' resentment and rebellious psychology. Therefore, in the process of advancing the construction of the university physical education curriculum system, various forms of physical education should be closely integrated with the construction of school physical education projects to give students more and greater choices and

development space, so that they can both cultivate their own while sports are fun, they are also willing to learn the sports of their choice, so as to create a good atmosphere for university sports teaching.

2. Innovation of physical education model based on student physical training

The current physical education in colleges and universities is very practical, which is also summarized in the long-term practical teaching of physical education in our country. Therefore, it is necessary to pay attention to the physical training of students, which should also be closely integrated with the current technical sports training. For example, the teaching of many professional skill courses only teaches a complete set of continuous technical actions to each student, and allows students to learn this complete set of technical actions by themselves, only for the convenience of coping with the skill test. In many cases, students simply do not have much learning interest and sports hobby, these technical movements not only make the student's exercise volume insufficient, but also can not promote the improvement of the overall student's physical fitness. Through investigation and research, it is found that many colleges and universities have taken the lead in introducing Taijiquan teaching, but the ultimate goal of many students learning Taijiquan is only to quickly adapt to the final exam, which is essentially different from the true traditional Taijiquan teaching. For the teaching of physical education courses for college students, the setting of curriculum teaching and textbooks is not only the basic need of higher education, but also an important way to directly promote the physical and healthy development of college students. In the current teaching model of college physical education, we should pay special attention to the following a few points: First, colleges and universities should subtly try to change the students' misunderstanding of sports in our country, publicize the various advantages and characteristics of sports and student physical training, so that students can better accept physical education. It is necessary to actively make full use of the important forces of our school's student sports communities and clubs, and give full play to their active role in the physical training of our school's students. Many student sports and student physical training activities can be carried out through various forms of school communities and clubs. Second, college teachers should attach great importance to the comprehensive and in-depth development of students' moral, intellectual, physical, aesthetic, and labor education, increase the teaching time system arrangements and curriculum settings for college sports knowledge courses, and increase capital investment in college sports facilities, efforts to create a good learning environment for the scientific development and construction of physical exercise and physical knowledge courses for college students. Only when students are placed in a good school physical education environment for a long time, can they effectively overcome the study-weariness of some students to a certain extent and stimulate their interest in educational physical training and other physical education courses. When organizing and constructing physical education courses, we should try our best to meet the requirements of students' diversified interest in school sports. Therefore, by strengthening the quality education and training of students in the teaching of physical education in my country's colleges and universities, not only can effectively cultivate the good interest and sports hobbies of the majority of students in sports, but also can directly achieve the main purpose of students' physical fitness.

3. College physical education curriculum construction plan based on student physical training

3.1 Grasp the difficulties in constructing college physical education courses

Under the current actual situation, there are still two major difficulties in physical education in colleges and universities. One is that college students generally lack interest in sports; in addition, physical training does not do much to promote the continuous improvement of students' physical

fitness. The problems between the two are not independent, but have a certain connection, and it is not particularly difficult to solve them. As long as a teacher can develop them scientifically and reasonably in classroom teaching, they can definitely solve the two problems. Not only can many college students feel and get a certain amount of sports fun in sports training, but also can enhance their physical fitness. In the classroom teaching of physical education, if a student is very interested in the physical education activities of a certain project, he will take the initiative to learn. This is exactly what every teaching worker engaged in physical education is eager to be able to a phenomenon. The results of the study show that students should have their own preferred physical exercise methods, and can persist in physical exercise for a long time, which can effectively improve their physical fitness. Therefore, when colleges and universities develop college physical education courses, they mainly teach from the following two aspects. One is the need to continuously strengthen and improve students' overall physical fitness, and design some specific teaching plans for students' physical exercise. The second is to fully stimulate the students' strong interest in various sports activities, let the students freely choose the sports they really like, and cultivate their own sports hobbies. If these two aspects are fully and closely integrated, the two difficulties in the physical education curriculum of colleges and universities can be completely eliminated.

3.2 Develop club sports teaching mode

Actively promoting the club teaching model in college physical education is a new physical education model, which can be used in the process of college students' physical education, which can promote the comprehensive physical quality of the college students to have a significant improvement. Sports is the main basic course for students to continuously and actively improve their physical fitness in school. School leaders should continuously strengthen guidance and encouragement, so that students can actively participate in various sports clubs and actively participate in various physical exercises in their spare time, so that the majority of students can deeply experience the joy of participating in sports from various sports activities. Encouraging students to master more physical skills and knowledge and encouraging physical education is also an important manifestation of strengthening students' physical training. Student activities are an important part of the practical teaching of physical education in our school.

4. Discussion

In summary, we can know that the school education system is constantly reforming and deepening, and the quality of physical education curriculum is also being improved accordingly. To stipulate specific standards for the implementation of physical education courses in colleges and universities, not only must strictly follow the basic interests and hobbies of college students, but also it must ultimately achieve the main educational purpose of students' comprehensive physical fitness. Cultivate students' strong interest in participating in physical exercises and actively participate in physical exercises, which will help guide students to gradually form a sense of lifelong participation in physical exercises.

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