

The Practice of Physical Education in Colleges and Universities Helping Rural Revitalization in the New Era

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Abstract: If the Chinese nation wants to complete the task of rejuvenation, promoting rural revitalization construction is one of the indispensable conditions, comprehensively promoting rural revitalization construction is a big article, and the rural revitalization strategy is an important strategic guide for China to complete the socialist modernization construction, which is related to the future good life of the whole people. As the third industry of the country, China's sports industry plays an important role in promoting the development of China's economy and is also of great significance to the revitalization of rural areas. Promoting rural revitalization and development with college physical education is a hot spot of current development. This paper will discuss the problems of college physical education in the new era, the significance of rural revitalization and development, and the strategies of college physical education to help rural revitalization in the new era.

Sports help rural revitalization, not only make people's pockets "rich", but also provide protection for people's health level, promote people's vitality, and make the countryside take on a new look. Major colleges and universities cultivate a batch of excellent reserve forces for rural revitalization. In college physical education, according to the concept of "physical education helps rural revitalization", cultivate professional talents and promote China's socialist modernization.

1. Problems in physical education in colleges and universities in the new era

1.1. The types of courses are not rich enough to promote the all-round development of students

At present, sports to promote rural revitalization is in full swing, but there are still some problems in college physical education. From the current situation of physical education in most colleges and universities in China, it is a common problem that there are too few physical education training programs. Most of the physical education programs carried out in colleges and universities still focus on primary and secondary physical education programs, such as football, basketball, sprint, etc., and lack of sports programs with school characteristics and interest. Students do not have too many choices in physical education classes.[1] Many students cannot choose their favorite physical education classes. In order to obtain credits, they choose a physical education class at will. In class, students will have too low enthusiasm for class and do not cooperate with teachers. Teachers can not complete teaching objectives, students' physical skills cannot be effectively improved, physical fitness is not high, and the effect of physical education courses is very poor. Under such a teaching

background, it is difficult for physical education to help rural revitalization and development to become a reality.

1.2. The teaching concept is outdated and lacks the description of sports theoretical knowledge

Physical education teaching in colleges and universities attaches great importance to the practice of sports, so it often ignores the description of sports theoretical knowledge. Students do not have enough knowledge of the basic knowledge of sports, and sports injuries often occur in actual practice. At present, China's college physical education teaching is still based on traditional teaching ideas. The teaching process basically includes: assembly, preparation activities, theoretical explanation, independent practice, and class ending.[2] The teaching concept is backward, which does not meet the requirements of the current new curriculum standard for college physical education teaching, and students' enthusiasm for class cannot be well mobilized. In addition, the time of physical education courses in colleges and universities is urgent and the task is heavy. Therefore, most teachers will compress the time of explaining theoretical knowledge and make time for students to practice more. But it is due to the lack of students' theoretical knowledge of physical education that physical injury occurs in physical education classes. Most students will lose interest in sports, the development of physical education in colleges and universities is limited, and the teaching task cannot be completed. We have no time to take into account the development of physical education in the direction of rural revitalization.

1.3. The teaching method and teaching means are single, and college physical education is lack of fun

China's rapid economic development has promoted the continuous and in-depth development of teaching reform, but the traditional exam-oriented education has dominated China's education sector for thousands of years, and its impact is deep-rooted. At present, physical education in colleges and universities cannot get rid of the shackles of the traditional exam-oriented education model. In the course of physical education, the neglect of the students' dominant position has led to many students not paying attention to physical education, and most teachers have adopted the traditional teaching methods that have been inherited.[3] They have not innovated teaching methods and means according to the development of the times and the requirements of quality education reform. Students have completely lost the vitality that young people should have in physical education, and students have not enough enthusiasm and interest in sports. As the saying goes, "interest is the best teacher for a person", students lose their interest in sports, and they will not consider the employment direction of "sports+rural revitalization" in the future employment choice.

2. The significance of rural revitalization and development

2.1. It is beneficial to promote farmers to become rich and narrow the gap between rich and poor

The report of the 19th National Congress of the Communist Party of China clearly pointed out that the issue of agricultural and rural farmers is a fundamental issue related to the national economy and the people's livelihood, and promoting the construction of a well-off society in an all-round way is the main goal of China's current development. We must always take solving the problems of agriculture, rural areas and farmers as the top priority of the Party's work. Rural revitalization is the breakthrough in the development of "three rural issues" in China, and points out the direction for the construction of rural agriculture in China. The main purpose of rural revitalization is to make farmers'

lives rich. If farmers are not rich, then rural revitalization is an empty talk. Rural revitalization has developed rural resources to be used, developed rural industries, and the people have good employment, high income, and the countryside is full of vitality and vitality. The problem of the excessive gap between rural and urban development has been improved, the gap between rich and poor has narrowed, and the potential for rural economic development is great, driving the development of China's economy for the better has also contributed to the development of China's education. In turn, the talents cultivated by major universities have returned to the countryside to help the countryside develop better.

2.2. It is conducive to promoting the development of rural undertakings

The biggest characteristics of rural areas are large area, weak foundation, small labor force and backward farmers' ideas. The rural revitalization strategy is based on the existing problems in rural development and the actual situation of each village to formulate different development plans. Some rural areas are close to mountains and rivers or have scenic spots and historic sites to be developed. Such rural areas can develop tourism industry, attract tourists, benefit from tickets, meals, etc., and promote local economic development. Some rural areas are suitable for planting orchards or other crops, and rely on the industrial chain of selling crops to promote economic development. The climate and development situation of each region are different, but basically there are industries to be developed that can benefit from. The development of rural revitalization makes these industries can be developed and farmers have considerable income.

2.3. It is conducive to maintaining and inheriting Chinese farming culture

The road of rural revitalization is formulated according to China's national conditions and conforms to China's development. It is an inevitable result of exploring the laws of rural construction in the past 40 years since the implementation of reform and opening up. It is a great practical achievement with innovative significance. Rural revitalization is a great initiative of no one before or after. There is no experience to learn from, and we can only explore step by step. China has experienced a farming society for thousands of years. Agriculture is the foundation of development. The traditional excellent culture left over from history depends on rural society to maintain and inherit. The process of urbanization in China is developing at a fast speed. The phenomenon that farmers give up farming and go to work in cities is becoming more and more common. The development of rural culture is shelved. The inheritance, promotion and development of rural traditional virtues become a problem. Rural revitalization allows most farmers who go out to work to choose to return home for development. Rural cultural revitalization has been creatively developed and excellent traditional culture has been continued.

3. Strategies of Physical Education in Colleges and Universities to Promote Rural Revitalization in the New Era

3.1. Give full play to the advantages of sports discipline and cultivate students' awareness of "sports+rural revitalization"

"Sports carry the dream of national prosperity and national rejuvenation. Strong sports will lead to strong China, and the national movement will lead to the prosperity of sports. Sports is an important part of college education, which can cultivate students' healthy body and psychology. Consciousness is of guiding significance to action. Therefore, if you want to promote the development of rural rejuvenation by relying on physical education teaching, teachers need to let students understand the

important role of rural rejuvenation in the development of the motherland, and train students The awareness of "sports+rural revitalization". For example, in the teaching of Tai Chi course, students can not only be taught the action and connotation of Tai Chi, but also be introduced to the students that the hometown of Tai Chi is Yongnian District, Handan City, Hebei Province. If you want to promote the rural revitalization of Yongnian District, you can make full use of Tai Chi culture to drive the township economic development of Yongnian District. In normal teaching, teachers should imperceptibly integrate rural revitalization into physical education teaching in China, which is conducive to cultivating students' awareness of "sports+rural revitalization", so as to strengthen students' confidence in returning to work and helping rural revitalization.

3.2. Cultivate more talents and promote the development of comprehensive fitness activities

Physical education in colleges and universities is an important way to cultivate sports talents. At present, there are a large number of young people who love "lying flat" and "lying rotten". Without the vitality of young people, life and entertainment are full of fragmented information. It is very difficult to push forward rural revitalization and development by relying on sports. However, sports and rural revitalization are inseparable. China's national conditions have become the contradiction between the people's ever-growing good needs and unbalanced and inadequate development. Rural revitalization should not only make the villagers' wallets swell, but also enrich their spiritual world and meet the farmers' pursuit of a better life. Therefore, major colleges and universities should pay attention to physical education, cultivate sports talents, introduce sports events, such as square dance, taijiquan, etc., and carry out a series of activities of "beautiful rural fitness tour" to promote national fitness and promote the development of rural sports, so as to drive the economic boom.

3.3. Hold social practice activities to promote rural revitalization

You will never know what you have to do. Social practice is the extension and supplement of the school classroom, so that physical education and rural revitalization can be truly combined, it is necessary to arrange college students to practice in the countryside, which is an important link to promote the growth of college students, let students feel the charm of the countryside, accumulate work experience, and lay a good foundation for the future rural revitalization work. For example, teachers can arrange students of different courses to go to the countryside and carry out sports knowledge popularization activities, so that the villagers can realize the important truth of "being well-off and healthy", and make physical exercise a new way of life for the villagers. In this process, students can fully understand the importance of sports for rural revitalization. In the future study, students will certainly attach importance to the study of physical education, Strive to do one's part for physical education to promote rural revitalization and development.

3.4. Carry out the course of rural revitalization career planning to cultivate students' psychology of targeted employment

Many college students are not very clear about their future plans and do not know how to choose their future career. They are very confused. At present, rural revitalization is the focus of China's development and an important way to drive China's economic growth. If we want to achieve an overall well-off society, rural revitalization work must be done well. Many students are biased against the "return home" work, think it has no development prospects, and are unwilling to choose to do their best for rural revitalization after graduation. Physical education teachers in colleges and universities need to correct students' thinking, and let students understand the importance of sports for rural revitalization, and have a very good prospect. They should tell students the great significance

of rural revitalization, and let students be willing to return to the countryside after graduation, and make contributions to the development of the countryside.

4. Conclusion

In a word, the combination of physical education and rural revitalization is an important means to promote rural revitalization and development. Rural revitalization cannot be separated from the support of sports spirit. "Civilized its spirit, savage its physique", the power of sports has a great impact on every generation. The road of rural revitalization is a new one. In the process of implementation, it is bound to be full of thorns. Let the sports spirit of going forward bravely and cutting through the thorns lead the rural revitalization. Physical education in colleges and universities should inject new vitality into rural revitalization, cultivate reserve forces, and promote the vigorous development of rural revitalization.

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