

Research on Influencing Factors and Development Countermeasures of Physical Education Teaching Reform in Colleges and Universities in China

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Abstract: At present, China pays attention to the promotion of quality education and students' comprehensive ability, so the importance of physical education curriculum is constantly highlighted. In recent years, physical education curriculum is also the main reform content in education, especially in colleges and universities, which has gradually combined theory with practice, paid attention to instilling sports spirit and cultivated students' core quality. At that time, even though the physical education reform in colleges and universities had made obvious progress, there were still many shortcomings. Based on the influencing factors of college physical education reform, this paper puts forward various development countermeasures, aiming at promoting the high-quality development of college physical education teaching in China and creating a good sports environment.

Keywords: Physical education reform in colleges and universities; Influencing factors; Development countermeasures

Introduction:

At present, China's college physical education is in a critical period of reform. With the implementation of the "National Fitness Program", the efficient teaching of physical education is in line with the main training requirements of quality education talents in China at present, paying attention to the cultivation of students' spiritual and physical qualities. The college physical education curriculum must follow the policy to innovate and cultivate more high-quality talents. In this case, it is necessary to improve the shortcomings existing in college physical education classes in the past, and develop students' interest in sports in a variety of ways, so that students can participate in sports activities and develop good physical fitness.

1. Factors affecting the reform of physical education in colleges and universities in China

1.1 Physical Education Teachers in Colleges and Universities

As an important training base for talents, colleges and universities have professional teachers. It can be said that the teachers working in colleges and universities are excellent in both academic qualifications and scientific research level. However, physical education curriculum has its particularity. Compared with other professional courses in colleges and universities, physical education has always been neglected. Whether it is curriculum arrangement or assessment, physical education curriculum is only a course to cultivate students' sentiment. Therefore, there are the following problems in many college physical education teachers' teams at present: First, the level of teachers is not up to standard. Some colleges and universities are not as rigorous as teachers of other courses and disciplines when recruiting PE teachers, and there is no continuous assessment of the teaching situation in physical education class. Second, teachers' training and teaching methods lack innovation. At present, the physical education curriculum is being reformed, and various new ideas and new teaching requirements are constantly issued. However, physical education teachers in some colleges and universities lack opportunities for learning and communication, and cannot improve and optimize the classroom according to the new requirements of current quality education, which leads to the backwardness of teachers' ideas. Third, the number of physical education teachers in colleges and universities is small. There are not enough teachers to teach, and many physical education teachers

are responsible for the teaching of multiple projects. Some sports themselves are not very proficient, and the small number of teachers leads to the unreasonable distribution of physical education courses, which cannot make students exercise scientifically^[1].

1.2 Sports infrastructure construction issues

Colleges and universities need a lot of capital investment in the process of development. As an important training base for talents, colleges and universities need the support of funds for the development of each subject, as well as the construction of other infrastructure of the school. Therefore, the funds that can be invested in physical education courses are relatively scarce or even short. The construction of sports infrastructure directly affects the teaching quality of physical education courses in colleges and universities. However, at present, many colleges and universities' stadiums and gymnasiums are very old, and some basic sports equipment and equipment are not introduced, but some football fields and basketball courts are simply built, while other sports equipment is not updated, which can't support students to learn some sports they are interested in, such as tennis, balloon volleyball, swimming, etc. The lack of infrastructure has also led to the failure to set up some sports, which is not conducive to the innovation and development of college physical education courses. Colleges and universities continue to expand enrollment, but the sports venues are not expanded, and the per capita sports space of students is getting smaller and smaller, which restricts the development of physical education courses.

1.3 Physical education curriculum content is boring, single form.

In the process of teaching physical education courses, many physical education teachers did not realize the requirements of physical education reform, did not integrate quality education with physical education, and still explained theoretical knowledge in a single way in class, and then led students to do some imitation training, and even let students move freely most of the time, failing to achieve the teaching purpose and paying attention to developing students' interest in sports. In the process of teaching, there are still traditional misconceptions, teaching students the skills of various sports, but not really starting from the actual situation of students, not fitting the interests of young people, and the classroom teaching atmosphere is boring, which does not make students feel the joy of sports^[2].

1.4 Did not create a positive learning situation

Physical education course, like other courses, will achieve better teaching effect under the creation of certain situations. However, at present, in the teaching of physical education courses, we don't pay attention to the actual situation of sports events, and create situations such as competitions. In the classroom, we put too much emphasis on the organization of "teaching". In the performance assessment, we only do exercises at the end of the period, and teachers grade them, without considering the comprehensive situation, which inhibits students' interest in sports.

2. Development countermeasures of physical education reform in colleges and universities in China

2.1 Building a high-level teaching team

The level of teachers directly affects the quality of teaching. In the development of colleges and universities, we must change the traditional concept and realize the importance of physical education courses. First, we must ensure the rigor of recruiting physical education teachers, recruit enough physical education teachers, and assess the qualifications and teaching level of teachers to ensure that teachers meet the post requirements. Secondly, we must do a good job in building a team of PE teachers. Physical education teachers of all ages should be evenly distributed, and the selection method of senior titles should be reasonable to avoid hitting the enthusiasm of teachers. Finally, we should do a good job in the follow-up training of physical education teachers. Physical education curriculum reform is the main content of China's current educational reform, and physical education teachers should constantly strengthen themselves. Schools should do more training and education, and increase the exchange activities among PE teachers in colleges and universities, so that PE teachers can constantly learn and innovate, constantly absorb new teaching concepts, improve their own shortcomings in the classroom, understand the new requirements for PE courses, change the teaching form and better teach students^[3].

2.2 Increase the purchase of sports resources.

Colleges and universities must increase the purchase of their own sports resources and allocate certain funds. Some funds can be allocated to the school, and at the same time, some supervisors at higher levels can be asked to invest funds to repair and expand the stadiums in the school, and the construction of their own stadiums can be carried out in combination with the actual situation of the school, such as the area occupied, the distribution of stadiums and the number of students. Purchase sports equipment and related

equipment according to the physical education curriculum in your school. Give full play to and tap the school's own advantages, set up some sports characteristic activities according to local conditions, attract students, enable students to have sufficient conditions and platforms for exercise, and also enable students to choose their favorite sports according to their hobbies to ensure the high-quality development of physical education courses.

2.3 Promote the diversified development of physical education classroom

We must make the classroom lively and use diversified teaching measures. First of all, teachers must carry out various sports competitions. Physical education curriculum can't be an armchair strategist, only in the competition can students fully feel the charm of sports spirit. For example, swimming competition, basketball competition, etc., the teacher informs the students of the professional competition process and rules, and the teacher guides the competition well. Secondly, the use of Internet technology, physical education. At present, the Internet is an indispensable technical means in people's lives. Teachers can use Internet technology to get close to students' lifestyles, choose interesting videos to play on the Tik Tok platform, and inform and broadcast the competition events in WeChat official account, which will lead to students' "autonomous learning" and "creative learning" [4]. Third, the game teaching method can be used in the teaching process. The physical education curriculum itself is full of interest, which is similar to the game teaching. Teachers can adapt it appropriately according to the sports, so that students can exercise and learn in the game, so as to achieve the purpose of creating a happy classroom and make the physical education class course of the university run smoothly.

2.4 Create a good teaching situation

We must pay attention to the interest of students, create a good teaching situation and drive the reform of physical education in colleges and universities. For example, when explaining the theoretical knowledge of sports, multimedia and video are used to make teaching videos to attract students' attention. When specifying the assessment criteria, we should consider them comprehensively, such as students' class situation, progress, physical quality, etc., to avoid the rigid assessment criteria from hitting students' enthusiasm for sports and eliminating their interest in sports [5].

3. Conclusion

In order to make college physical education work develop better and improve the teaching quality, college physical education teachers must recognize the concept of quality education, improve the shortcomings in previous classes, do a good job in reform, and make students form the habit of loving sports and cultivate talents with excellent physical quality.

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