

Analysis and Research on Development Measures for University Physical Education

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Abstract: The development of physical education in universities aims to enhance students' physical fitness and cultivate modern, well-rounded individuals with both physical and mental health. Therefore, exploring issues related to the development of university physical education is greatly beneficial for improving teaching models and showcasing teaching achievements. This paper explores effective measures and methods for the development of physical education in universities, with the hope of improving the overall strength of university physical education teaching and demonstrating higher quality teaching outcomes.

Keywords: University education; Physical education; Educational development

Introduction

The organization and implementation of university teaching work contribute to student progress, helping students to gain a deeper understanding of professional knowledge content and promoting the improvement of their overall quality. This paper researches and explores the issues and corresponding measures related to the development of university physical education, hoping to provide necessary references for the growth of university physical education teaching capabilities and to demonstrate the significant advantages that physical education holds for student development.

1. Analysis of Issues in the Development of University Physical Education

1.1 Outdated Sports Facilities in Universities

Although China's physical education sector is steadily advancing, there are still significant shortcomings in the availability and quality of sports facilities in educational institutions. Many universities prioritize the development of other academic courses over the improvement of physical education infrastructure. As a result, many sports facilities are outdated, with numerous pieces of equipment being unusable and posing safety risks. The sports resources available to students are very limited, and there are no large-scale sports activity venues provided for students. This situation makes it difficult to conduct physical education activities, leading to low student participation, decreased enthusiasm, and hindered physical fitness improvements. The limitations of existing sports facilities have become increasingly evident with the expansion of university enrollments. Many physical education teachers have had to rely on multimedia devices for basic theoretical instruction, which offers limited practical guidance and restricts the improvement of teaching quality. The issue of outdated sports facilities urgently needs to be addressed.

1.2 Outdated Teaching Concepts Among Physical Education Instructors

Some university physical education instructors exhibit a lack of attention and dedication to their teaching duties. Their teaching primarily follows the curriculum without focusing on the primary goal of improving students' physical fitness. Classes typically involve routine activities like running laps and basic warm-up exercises, followed by simple movements before allowing students to engage in free activities. This approach lacks innovation and practical utility, significantly impeding the scientific development of student physical training. Consequently, students fail to develop a lifelong interest in physical fitness. Many studies have shown that the limitations based on traditional educational concepts have led to a very slow and limited development path of physical education in universities at present, seriously affecting the comprehensive quality and effectiveness of physical education.

1.3 Disparities in Physical Education Teacher Competence

In recent years, China has invested more energy and put forward more requirements in physical education teaching in universities. However, the impact of outdated teaching thinking is very profound, and the shortage of talents in the development of sports has not been alleviated. Some physical education teachers are not stable personnel in universities. They may not have received professional training and are only

temporarily assigned personnel. These unprofessional teachers pose obstacles and limitations to the steady progress of physical education in universities. Although some higher education institutions have introduced high-quality talents and expanded the team of master's and doctoral teachers, these personnel have insufficient experience as teachers, and many unrealistic problems are obvious in teaching work. However, some universities do not attach great importance to the role of physical education teachers, which leads to them being perfunctory, free and lax in their work, lacking motivation for self-improvement, and seriously lacking passion for work, resulting in a slow pace of construction of the physical education teaching staff in universities.

2. Research on Development Measures for University Physical Education

2.1 Updating and Improving University Sports Facilities and Equipment

With the rapid and stable development of the market economy, the management of physical education in higher education institutions cannot be too limited in its goals. If only relying on the national funding for physical education, there will inevitably be many gaps and problems cannot be fully solved. In this regard, schools can seek ways out from other perspectives, such as actively seeking cooperation with social sectors and related enterprises. Strive for more funds for the development of sports, enrich the sources and channels of sports education funds, and make the implementation of sports education in schools smoother. Reasonable planning should also be made for sports education projects, correct selection and configuration of teaching equipment and facilities should be made, and sports teaching venues should be appropriately expanded to bring more free activity space for students, so that the school's sports industry can achieve long-term and stable development. In addition, limited funds can be used to build sports venues, expand their scale, improve the configuration of sports facilities, enrich sports teaching resources, and strengthen the management of sports investment funds to ensure the orderly implementation of various work.

2.2 Optimizing and Enhancing Physical Education Teachers' Teaching Concepts

To achieve the goal of innovative development in physical education in universities, the first thing to solve is the phenomenon of outdated teaching concepts. It is necessary to transform the ideological concepts of the existing physical education teacher talent team, so that they have more innovative and correct thinking, thereby promoting the orderly development and smooth progress of physical education teaching work. In order to enhance the understanding of the importance of sports education innovation among physical education teachers, regular guidance activities on teacher thinking should be organized to ensure that teachers have a deep understanding and analysis of the current era's important tasks, recognize the value of this work, and actively carry out exploration activities for improving teaching models. For example, by carrying out theoretical learning such as core literacy and undergraduate education, interaction and exploration between teachers and students can be integrated into teaching design. Teachers can ask a question and arrange for students to solve it. Students can also seek help from teachers when encountering obstacles, in order to guide students to actively participate in the entire learning process, lay a stable path for the orderly development of physical education teaching, and promote the smooth operation of physical education in universities.

2.3 Improving and Strengthening the Construction of University Physical Education Faculty

In the process of strengthening the management of education funds, higher education institutions should fully consider the actual situation of teacher team construction, pay more attention to the formation of the teacher team, search for better teacher resources, and enable them to participate in the existing teacher team and become stable talents. Higher education institutions should provide regular training opportunities for physical education educators, so that they can continuously improve their comprehensive strength and teaching staff level, add specialized training programs, enrich their professional abilities, improve their technical literacy, and also demonstrate the core values and educational status of teachers in the process of physical education teaching. At the same time, universities should also establish and improve talent incentive mechanisms for physical education teachers, clarify the task goals of physical education teaching and the quality requirements for talent development, so that physical education teachers are serious, rigorous, pragmatic, professional, and willing to cooperate with the achievement of current physical education teaching goals. They should devote themselves to the cause of physical education teaching with a professional attitude, adopt diversified teaching methods based on the situation of students, improve their strength and quality, and demonstrate better physical education teaching effectiveness.

3. Conclusion

The purpose of offering physical education courses in higher education institutions is to enhance students' physical fitness, help them learn sports skills in physical education courses, create a comfortable and relaxed learning atmosphere, alleviate student pressure, and balance their physical fitness. However, there are certain shortcomings in the current development of physical education, which limit the effective development of physical education teaching. Solving these problems is of utmost importance.

References

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