

Analysis of the Development Trend of College Students Physical Education under the Background of National Fitness

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Abstract

In recent years, with the continuous deepening and implementation of national fitness activities, physical education in colleges and universities should also conform to this tide. Continuously realize the educational reform. Under the embarrassing situation of the continuous influence of the national fitness campaign and the declining physique of college students, colleges and universities should also pay more attention to physical education, strengthen the research on theoretical knowledge and practical activities of fitness, and aim at cultivating college students' good physical exercise awareness and habits. Good physical behavior will affect students' future life quality and mental state. This requires all colleges and universities to constantly innovate the concept, teaching contents and teaching methods of physical education in colleges and universities, really play an important role in physical education, and cultivate more applied talents that meet the requirements of social development. Nowadays, under the background of national fitness, college physical education not only has brand-new opportunities for development, but also faces various challenges. How to overcome the challenges and seize the opportunities to really promote the development of national fitness is an important research topic in colleges and universities in China.

Keywords

National fitness campaign; Physical education; Construction.

1. National Fitness Education and Physical Education in Colleges and Universities

1.1. National Fitness Campaign

First of all, we should know the source of the national fitness campaign. The Constitution has certain importance for China's sports. Fitness for all is an important part of the national sports undertakings, and it is also a manifestation of the development of sports undertakings in China. "Because the physical conditions of the people are closely related to their economic interests, fitness for all plays an important role in the people themselves and the national economic development." [1] Through the nationwide fitness campaign, people's physical quality can be improved and their lifestyle will be changed, which is conducive to people's national development, maintaining social stability, promoting social progress and increasing consumption in sports, thus promoting social and economic development. Overall, the national fitness campaign has a strong social value.

1.2. The National Fitness Campaign Has Brought Development Opportunities for Physical Education in Colleges and Universities

"The so-called "National Fitness Campaign" is actually a fitness program led by the state, supported by the whole society and attended by the whole people." [2] This program meets the

requirements of the sustainable development strategy, and is also a physical education program for colleges and universities in China.

The cause has brought a certain development opportunity, and given a brand-new task to the physical education in colleges and universities. "Physical education in colleges and universities can cultivate students' awareness of lifelong physical exercise, and students can take the initiative to participate in sports after entering the society in the future, and radiate their good habits to people around them, so as to promote the development of nationwide fitness campaign." [3] Creating a sports and fitness atmosphere in colleges and universities can help students develop healthy physical quality and strong physique, and offer rich and varied sports contents, so that students can choose the sports they are interested in and participate in them. This can help to form a healthy campus culture, and students can cultivate correct moral qualities through physical exercise, fully tap their potential abilities, and enrich their ordinary study life. With the continuous progress of society, people's material life is getting richer and richer, and people's health awareness is getting stronger and stronger. "They all know that a healthy body is the capital of everything." [4] Therefore, physical exercise is a kind of healthy investment. Physical education in colleges and universities can cultivate students' awareness of healthy investment, and help them become all-round talents that the country needs, thus promoting the development of the whole country and contributing to the country's revitalization.

1.3. The Importance of Physical Education in Colleges and Universities in the National Fitness Campaign

College students' physical and psychological development has entered a mature stage, and they are about to enter the society. This age stage is just an important turning point for their world outlook and values. Therefore, higher education plays a key role in students' own development. The main goal of education in colleges and universities is to cultivate talents and carry out scientific research activities. Under the background of the national fitness campaign, physical education in colleges and universities conforms to this development trend and cultivates students' lifelong physical awareness, which can not only improve students' physical quality, but also make them feel happy in physical exercise. Students develop a good habit of physical exercise, and they can stick to this habit after they step into the society in the future. "Through their own actions, they will have a certain influence on their friends and family, so that people around them will gradually develop the habit of physical exercise." [5]

2. The Purpose of Physical Education in Colleges and Universities

Physical education is an important part of higher education. Its primary educational purpose is to cultivate talents and educate students to develop morally, intellectually, physically, aesthetically and laboriously. In the process of education, we should adhere to the student-oriented educational concept, cultivate students' awareness of physical exercise and increase their understanding of sports culture, so as to cultivate noble moral quality and strong social adaptability. Through physical education, students can maintain a healthy physical and mental quality, enhance their awareness of physical exercise, and learn about physical theory and various physical exercise skills, thus laying a good physical foundation for their future social work. The implementation of physical education in colleges and universities is also the inevitable requirement of quality education at present.

2.1. Physical Education in Colleges and Universities Cultivates the Awareness of Physical Exercise for the Whole People

Through physical education, college students can cultivate their own sports consciousness and become more energetic, because It is said that physical education in colleges and universities is

the only way for the national fitness movement. In order to respond to the concept of quality education, colleges and universities should earnestly cultivate students' all-round development in morality, intelligence, physique, beauty and labor, so that students can form a correct "three views".

Physical education in colleges and universities can not only improve students' physical quality, but also cultivate students' perseverance and establish lifelong physical exercise consciousness. In a word, physical education in colleges and universities can promote the broad masses of the people to establish sports consciousness, thus accelerating the development process of national fitness.

2.2. The Significance of Physical Education Reform in Colleges and Universities under the Background of National Fitness

The concept of nationwide fitness has theoretical guiding significance for the reform of physical education in colleges and universities. Under the guidance of the concept of nationwide fitness, the reform of physical education in colleges and universities takes sports talents who meet the needs of social development as the starting point, which requires the reform of physical education in colleges and universities to closely follow the needs of the social situation and the pace of social development, and realize the unified trend of physical education institutions and social development. The 13th Five-Year Plan promulgated by the central government calls for vigorous advocacy of national fitness. "At present, the national fitness campaign in China is also in full swing." [6] Because of this, physical education teaching in colleges and universities in China should be in line with the requirements of social development, be unified with the trend of social development, be in line with the goals of social development, and make contributions to the cultivation of specialized physical education talents for the needs of social development.

2.3. The Reform of Physical Education in Colleges and Universities Promotes the Development of the National Fitness Campaign

The national fitness campaign emphasizes the participation of the whole people, and its main feature is a large number of participants, while sports colleges and universities are professional sports talents gathering places, which have a natural advantage in the requirement of the number of participants. Sports students in colleges and universities play an important role in the national sports campaign. Compared with ordinary people, professional students in sports colleges are relatively skilled in sports skills, solid in sports professional knowledge and high in sports literacy, and they are participating in sports.

The national fitness campaign will play an important leading role, drive more sports fans around to participate in the activities, and promote the improvement of the national fitness campaign. Therefore, the importance of physical education reform in colleges and universities to the national fitness campaign can be seen. National fitness and physical education reform in colleges and universities interact and complement each other, and both are indispensable.

The strong implementation of the concept of national fitness is inseparable from the reform of physical education in colleges and universities; The teaching reform in colleges and universities of physical education also needs the effective guidance of the concept of national fitness. Only by effectively combining the development of the two can we meet the people's growing demand for sports culture, promote the rapid development of sports in China, and make the concept of lifelong sports deeply rooted in the hearts of the people.

3. The Current Situation of Physical Education in Colleges and Universities in China

The traditional teaching concept still exists in the new era of national fitness.

At present, most colleges and universities' physical education teaching ideas still follow the traditional education ideas, which are far behind the actual needs of college physical education under the new situation. The traditional concept of physical education and the traditional teaching mode have been deeply rooted in the hearts of the people. Physical education in colleges and universities is still accompanied by the shadow of the traditional idea of physical education, that is, unified syllabus, unified teaching and unified examination. The traditional teaching concept and teaching mode limit students' thinking in the inherent framework, and students lack unique personality and creative spirit, and their learning flexibility is insufficient, so that they cannot meet the development needs of modern teaching mode. The classroom pays attention to the "three basics" teaching, ignoring students' participation. Under the unified leadership of teachers, students listen, speak and watch the teacher's explanations and demonstrations carefully. Traditional binding teaching methods make it impossible for students to experience the fun of physical education study wholeheartedly.

3.1. The Construction of Physical Education Facilities Is Not Perfect, The Site Resources Are Lacking, and the Sports Funds Are Insufficient

Stadium and sports facilities are essential conditions for college students to exercise. However, many college stadiums only set up a small number of venues such as track and field, basketball, football, badminton, etc., and there are no venues for the newly emerging sports and other projects that students like, which is far from meeting the needs of students for physical learning. Some colleges and universities have some problems in the management of teaching venues, such as poor management, closed stadiums and sports facilities to the masses, ineffective and rational use of sports venues, and less time for students to participate in activities.

Sports funds are the economic guarantee to carry out physical education. Due to the restriction of economic conditions, most sports colleges still lack funds, especially the inland areas are far from coastal cities.

3.2. The Teaching Professional Level of Physical Education Instructors Is Low

Compared with foreign sports colleges, the number of instructors in domestic sports colleges is not only small, but also the quality is not dominant. The instructors in Chinese sports colleges are quite different from those in foreign sports colleges in terms of professional sports skills, sports teaching experience and educational level. At present, the instructors in China's physical education institutions seldom receive professional and systematic training, lack of teaching experience, short working years in physical education, and some of them have not obtained professional qualification certificates for physical education instruction. The existence of this problem has become an obstacle to the deep development of physical education in colleges and universities.

4. Development Trend of Physical Education in Colleges and Universities

Although the physical education in colleges and universities has made corresponding rectification based on the analysis of its original drawbacks, the requirements of quality education are manifold, and simple reform cannot meet the requirements of the overall education reform. The reform of traditional college physical education still has a long way to go. Physical education in colleges and universities should develop in the following directions on the original basis.

4.1. Strengthening the Consciousness of Physical Education Reform in Colleges and Universities

At present, colleges and universities in our country still pay attention to the evaluation of academic achievements. University leaders make a big fuss about civil service examinations and

postgraduate examinations, and students also spend limited time studying and neglect sports. Therefore, the reform of physical education in colleges and universities is also a long-term project. From school leaders, teachers to students, we must completely change our understanding of physical education. School leaders should pay attention to the teaching of physical education fundamentally, not only increase the investment in sports facilities, but also rectify the curriculum. Not only meet the students' sports requirements in hardware facilities, but also improve the software facilities. At the same time, physical education teachers should enrich their own curriculum content, systematize their own teaching, diversify physical education and cultivate students' interest. In addition, students should change the concept that physical education class is a burden, and strive to release themselves in sports, learn from various aspects, and improve their comprehensive ability.

Strengthening the construction of teaching staff in physical education in colleges and universities

In order to promote the further development of physical education in colleges and universities, colleges and universities should first strengthen the construction of teaching staff of physical education in colleges and universities, and the following points should be achieved: First, it is necessary to improve the professional titles, educational background and age structure of physical education teachers in colleges and universities, and balance the professional titles of professors, associate professors, lecturers and teaching assistants through a series of incentive measures and talent introduction schemes; In addition, colleges and universities should encourage college physical education teachers working in schools to improve their physical education level by improving their academic qualifications and obtaining on-the-job master's degrees. Finally, it is the age composition of physical education teachers in colleges and universities. When introducing physical education teachers, colleges and universities should introduce middle-aged physical education teachers with rich physical education teaching experience in a planned way to guide the existing young physical education teachers in colleges and universities.

4.2. Renew Values

The traditional cultivation methods of core values are poorly guided to college students, which is not conducive to the deep-seated values construction of college students. Under the background of micro-culture, we should renew our values and adopt new methods to guide college students, so as to improve their pursuit of values and make them rise from personal values to social values or national values. When cultivating college students' ideas, we should focus on cultivating their ideals and beliefs, which have a very important influence on shaping their core values. College students' ideals and beliefs can be divided into three aspects: professional ideas, political ideas and moral ideas. Career idea is the college students' view on the future career path. When colleges and universities guide students' career ideas, they need to follow the objective principle, so that college students can recognize the current employment situation and their own ability level, and form correct employment ideas through objective analysis. Political ideas are the basis for students to build their core values. When cultivating political ideas, students need to be clear about the content of political ideas, adhere to the socialist road, and actively contribute to the realization of a harmonious socialist society. Morality can restrain college students' daily behavior. "When cultivating college students' moral concepts, teachers need to make college students know what they can and can't do, so that college students can safeguard social interests and improve their ideological consciousness in daily life. Besides, in the cultivation of core values, various ways can be taken to broaden the horizons of college students, so that they can make correct judgments when faced with temptation and improve their comprehensive quality." [7]

4.3. Strengthening the Construction of Sports Venues and Facilities in Colleges and Universities

Sports venues and equipment are the necessary hardware conditions for physical education in colleges and universities. According to relevant surveys, the construction of sports facilities in colleges and universities in Beijing, Shanghai and other relatively developed areas in China is relatively perfect, and there are good sports facilities in colleges and universities. However, the construction of sports venues and equipment in the central and western regions of China is not optimistic, and many colleges and universities often lack equipment standards and perfect indoor sports venues, which requires colleges and universities to solve this problem pertinently. First, colleges and universities are required to raise funds in various ways to increase investment in sports ground construction, and to improve old equipment that is outdated, backward and has potential safety hazards; In addition, it is to improve the utilization rate of college sports equipment as much as possible; Finally, when carrying out physical education in colleges and universities, it is necessary to rationally allocate the layout of sports equipment, pay attention to the maintenance of sports equipment, and prolong the service life of sports equipment as much as possible.

4.4. Strengthen the Organization and Construction of College Sports Associations

The importance of sports associations to physical education in colleges and universities, therefore, when teaching physical education to college students, it is necessary to guide the employment purpose and employment direction, so that students can reasonably arrange their own employment according to the current employment policy of the state, thus realizing self-improvement. In addition, every teacher should instill employment ideas in students and mobilize the power of colleges and universities to realize the healthy development of ideological and political education in university employment.

4.5. Strengthen the Construction of Campus Culture in Colleges and Universities and Form A Good Campus Psychological Environment

Strengthen the construction of campus spiritual environment. As a university, it should strongly embody the atmosphere of respecting morality and respecting ability, erudite innovation, respecting teachers and respecting ethics, making professional contributions, cultivating talents and serving the society, and form a good social influence and image. The campus embodies the spirit of respecting knowledge, respecting talents, loving students, stressing civilization, righteousness and contribution, which provides spiritual support for forming a good psychological environment.

“Pay attention to the harmony of interpersonal relationships and form a good interpersonal environment. Harmonious interpersonal relationship is an important aspect of establishing a good psychological environment.”[8]The harmonious interpersonal relationship between the university leadership and the leading group plays a decisive role in the harmonious interpersonal relationship of the university. The harmony between teachers and staff has an important influence on the formation of a good campus psychological environment; The harmony between teachers and students plays an important role in teachers' effective teaching and students' active learning to form a good psychological environment. To establish harmonious interpersonal relationships in schools, it is necessary to establish a scientific interpersonal interaction system and form a healthy, harmonious, democratic, open and open interpersonal environment. The enhancement of consciousness is beneficial to the organization and guidance of college sports associations, encouraging college students to set up distinctive and diverse sports associations, and equipping the associations with corresponding

professional instructors, so as to enhance the standardization of the development of associations, which is the sound development of college physical education in China.

4.6. Optimization of Assessment Methods

The traditional college physical education examination is a single examination method to accomplish the teaching objectives and tasks, and the development direction of students' comprehensive quality is bound to change for the examination method. At the same time, because different students are different in physical quality and physical strength, the original assessment method can't fully reflect students' ability. In the reform of physical education examination in colleges and universities, a scientific and perfect evaluation system should be established, and the degree of students' efforts should be taken as an important standard for evaluation. This new assessment method should give consideration to the cultivation of students' sports awareness and reflect the guiding ideology of "lifelong physical education", and push the reform of physical education in colleges and universities into a scientific track.

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