

Inquiry on Health Education in PE Classroom Teaching

Lina Yang, Jie Zhang

Shandong Vocational and Technical University of International Studies, Rizhao, 276800,
Shandong, China

Abstract

The country promotes the "healthy China" strategy, and the university physical education classroom teaching is an important content. At present, students' health has become an important issue in the society. How to improve students' physical literacy and maintain students' mental health is the key content of physical education classroom teaching in colleges and universities. However, from the current reality of physical education classroom teaching in colleges and universities, there are still big problems in health education. Based on the above analysis, this paper takes health and health education as the theoretical starting point, discusses the purpose and significance of health education in physical education classroom teaching in colleges and universities, analyzes the existing problems, reflects, and puts forward suggestions and measures for improvement.

Keywords

College physical education; Classroom teaching; Health education.

1. Introduction

In 1917, Chairman MAO Zedong published the "Research on Sports", which put forward the view of "to civilized its spirit, first to savage its body", which still has great guiding significance and points out the essence of health education. On April 21, 2020, General Secretary Xi Jinping also stressed the importance of health education from the context of the rise of the Chinese nation. Health education is a kind of educational behavior with physical health as the actual object and mental health as the theme, which is related to the growth and future of students[1]. In the thirteenth session of the second session of the National People's Congress, "education reform", "healthy China" become an important issue, contemporary college students as the main body of higher education training, to grow into useful talents to society, colleges and universities must improve the overall quality of physical education classroom teaching, starting from the concept of health education, the reform of physical education classroom teaching in colleges and universities.

2. Overview of Health and Health Education

"Health" refers to a normal state of life existence, which is the first right of people. The World Health Organization defined "health" as early as the 1940s, meaning that people not only have no physical symptoms and diseases, but also maintain a good condition both mentally and socially. Entering the new period of social development, the definition of the word "health" has a new connotation, which expands from the original three dimensions of body, spirit and society to seven dimensions, including physical, emotional, social, rational, occupational, mental and environmental health[2]. Its specific performance can be vividly described as a person living in the society, with strong immunity, resistance to general infectivity and cold, a positive and optimistic attitude, full of mood, strong adaptability to various changes in the outside world, sensitive response, and walking freely.

"Health education" is based on the "health" take a kind of teaching behavior, its aims to through the system planning and design, system, scientific, organized, planned help individuals to achieve a good way of life and social activities, eliminate the individual body, spirit, society, environment, occupation, reason, mind, interference, to improve the individual quality of life, and the process of the effect evaluation. The germination of health education in China can be traced back to the ancient history of ancient times. Since the modern education in China in the 19th century, the concept of health education was not formally introduced until the 1980s, and since then the research and practice of health education have been deepened [3]. At the current historical juncture of the rejuvenation of the Chinese nation, the Party and the country attach great importance to health education, and closely linked with the great rejuvenation of the Chinese nation, health education has developed to a new height.

3. The Purpose and Significance of Implementing Health Education in Physical Education Classroom Teaching in Colleges and Universities

(1) The purpose of implementing health education in physical education classroom teaching in colleges and universities

College education is an educational form that trains talents for the country and the society after multiple layers of screening. Physical education classroom teaching in colleges and universities is an important carrier of health education. Physical education classroom teaching health education, its purpose is to college students as the main education object, through the organized and planned teaching arrangement and guidance, constantly strengthen college students' health concept, enhance health knowledge, understand the meaning and function of health, consciously adopt scientific methods to improve health consciousness and sense of responsibility, and improve the ability of disease prevention, help college students choose a healthy lifestyle, develop healthy living habits, so as to better study and future work.

(2) The significance of implementing health education in physical education classroom teaching in colleges and universities

With the development of The Times, the concept and content of physical education classroom teaching in colleges and universities must change with The Times. Therefore, it is inevitable to carry out health education. Health education is an important embodiment of quality education and an inevitable choice to promote the physical health and mental health of college students. At present, China is comprehensively promoting quality education and implementing the development strategy of "healthy China". It is of great significance to implement health education in physical education classroom teaching in colleges and universities. First, health is 1 and health is 0. Health education is the basis of other educational activities. Secondly, health education can improve the health concept of college students and improve their behavior habits, which plays an important role in the healthy growth of college students. Third, healthy physical literacy can promote students' potential and lay a solid foundation for students' future career development. Fourthly, the implementation of health education plays an important role in improving students' personality and is conducive to the overall development of college students.

4. The Current Situation and Problems of Health Education in Physical Education Classroom Teaching in Colleges and Universities

(1) There are deviation in physical education classroom teaching philosophy

At present, the primary problem in the university physical education classroom teaching is the deviation in the curriculum concept. Although the current country vigorously carries out the education reform, but the physical education teaching still follows the traditional teaching ideas

to a large extent, and does not absorb the advanced teaching ideas in time. Specifically reflected in the sports classroom teaching still takes "sports competitive sports" as the main body, whether in the talent training program, or in the teaching objectives, course content, assessment program and teaching evaluation, are the sports skills as the main object. But in fact, health education and competitive sports level are two different concepts. In addition to sports students with the purpose of competitive sports, general college students do not need to master high-level sports skills. Health education is the core, the physical quality and sports performance of competitive sports is just the shell, the current physical education teaching concept is exactly the priority reversal.

(2) Lack of innovation in physical education classroom teaching methods

The choice and use of teaching methods for teaching quality has direct influence, the current university sports classroom teaching method is still the traditional sports skills teaching, specific way for the demonstration and explanation, no health management guidance, lack of multimedia information technology for college students about the relationship between sports and health [4]. Even in some teaching of track and field, martial arts, ball projects, excessive emphasis on sports skills, focus on the external performance of sports, ignoring the real teaching purpose of college physical education classroom teaching on health, resulting in poor teaching results.

(3) Students lack of attention to physical education courses

For a long time, China's education is lack of attention to physical education teaching, so that the current society often joked that "physical education teachers are often sickly". Extending to physical education teaching in colleges and universities, although college students have much less academic pressure and have more time to choose sports, an important problem is the lack of concept of health education training for college students. College students lack both cognition and no interest. At present, college physical education class is a course selection system, and college students choose according to their own interests and hobbies. Some students choose their favorite basketball, taekwondo, etc., but this kind of course has a relatively high individual physical quality requirements, students can not really improve the level in a short time, students are in class just to play. And dance, aerobics and some physical education courses will appear emotional rejection, that is, boys are not willing to choose. In general, most students choose physical education just to get credits, lack of attention to physical education, resulting in health education out of the question.

(4) The teaching evaluation and feedback mechanism is low

The feedback mechanism of physical education classroom teaching in colleges and universities is not good, the university physical education teachers need to be responsible for the physical education teaching work of many classes, and most of the communication with students is only in the classroom, which leads to the frequency and effect of communication can not reach the ideal effect, and the implementation and implementation of health education concept is not in place. The evaluation mechanism of physical education classroom teaching in colleges and universities still follows the traditional evaluation mechanism. Teachers teach skills and skills in classroom teaching, and mid-term and final evaluation often quantify skills. For example, basketball teaching evaluation is to test students' 3-point shooting rate. This evaluation mechanism completely deviates from the original intention of health education.

5. Strategy Analysis of Implementing Health Education in College Physical Education Classroom Teaching

(1) Change the teaching concept of physical education classroom and introduce health education thinking

The introduction of health education thinking and changing the concept of physical education classroom teaching is an important basis for the implementation of health education in college physical education classroom teaching. Physical education classroom teaching in colleges and universities is not a "sports skill factory", and simple skill teaching can not meet the requirements of social development. For this kind of situation, physical education in colleges and universities should have health education concept, with health knowledge, health management, health intervention as the breakthrough point, constantly enrich course content, strengthen knowledge, emotion, education orientation, balance and sports skills, efforts to promote "emotion, attitude and values", "process and method", "knowledge and skills" three-dimensional balance[5]. The physical education classroom teaching in colleges and universities should take "health" as the core, deeply understand the connotation of health, establish the target system of health education, so as to guide the physical education classroom teaching work in colleges and universities.

(2) Strengthen cognitive cultivation and balance practical courses

In view of the problems existing in the teaching mode of physical education classroom in colleges and universities, innovation should be made in the course teaching, so as to enrich students' physical education knowledge, improve students' physical literacy and exercise students' physical quality. Carrying out the PE classroom teaching work under the guidance of the above cognition, we can balance the abnormal teaching effect brought by the demonstration and explanation. At the same time, we should highlight the practice of physical education courses, starting from the life science, sports human physiology, sports health care and other basic theories, to teach students about life, psychology, physiology, biochemistry and other related knowledge, so as to lay a solid foundation for sports practice[6]. The development of sports is precisely based on the above purposes, students only know how, can be so. Physical education classroom teaching in colleges and universities should not stick to specific sports items, but should make students master the methods of healthy exercise and health management scientifically. In view of this, the physical education classroom teaching in colleges and universities needs to reasonably allocate the proportion of theoretical teaching and practical teaching on the basis of making students understand the purpose of the course, so as to better highlight the purpose of health education.

(3) Enhance the cognition of health education and attach importance to physical education classroom teaching

College students are the main body of physical education classroom teaching. From the perspective of quality education, they should pay attention to physical education classroom teaching and enhance their cognition of health education. College students should face up to the role of physical education classroom teaching. Physical education classroom teaching is not the time for students to relax and play, nor the means to get credits. College students should actively understand the connotation and significance of health through physical education classroom teaching, so as to guide themselves to develop a healthy lifestyle and interests. In order to achieve the above purpose, college sports classroom teaching to emphasize the students' subjectivity, from the students' emotional experience, in each link of teaching, attaches great importance to students' interest, efforts to stimulate students' learning enthusiasm, develop the students' learning potential, make students can face up to the physical education work.

(4) Change the teaching evaluation mode and build a diversified physical education curriculum system

In order to effectively promote the development of health education, the physical education classroom teaching in colleges and universities should actively change the teaching evaluation mode, transform the traditional sports skill form assessment into the assessment of students'

comprehensive literacy ability, and transform the result evaluation into the process evaluation. Through the examination to make students to understand their own understanding of health deficiencies, cultivate students' correct cognition. Students' learning attitude, classroom performance and attendance in physical education classroom teaching should be included in the evaluation system, rather than just students' competitive ability and level in a certain sport. In order to better achieve the purpose of health education, the physical education classroom teaching in colleges and universities should build a diversified physical education curriculum system. Specifically, the system mainly includes five aspects: the first is health test, the second is health evaluation, the third is health management, the fourth is health evaluation, and the fifth is health intervention. Through different sports, testing and feedback of the above five aspects, to improve the interest, systematization and effectiveness of health education. A more comprehensive evaluation of students' physical, psychological, mental and other aspects of the health degree.

6. Conclusion

At present, social pressure is increasing and social competition is fierce. As a new force in the future socialist construction, if college students do not have health awareness and ability, they will not be able to bear the pressure of the future society, and will not be able to perform their responsibilities and missions. Therefore, the physical education classroom teaching in colleges and universities should carry out the concept of health education, start from the overall situation of quality education, constantly carry out the reform of physical education and health education, reposition the tasks and functions of physical education classroom teaching in colleges and universities, and cultivate real comprehensive talents for the society. In addition, as an important part of higher education, physical education classroom teaching in colleges and universities practices the concept of health education, which can also effectively improve the quality of higher education and improve the national physical literacy and happiness.

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