

Research on the Cultivation of College Students' Sports Core Literacy under the Guidance of Peer Education

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Abstract

Peer education is a new education mode that emphasizes common interests, equality and mutual assistance, communication and sharing and mutual acceptance. Based on the characteristics of the peer education model, explore the important value of peer education to college students' sports core literacy, and put forward the peer education guidance, to innovate college students' sports teaching mode, improve college students' sports core literacy, in sports promotion guide college students to form a sound personality and lifelong sports learning.

Keywords

Peer education; Sports; Core literacy.

1. Introduction

As a new education mode that emphasizes common interests and hobbies, equality and mutual assistance, communication and sharing and mutual acceptance, peer mutual assistance plays a positive role in improving the psychological quality of college students and creating a convenient educational environment. To carry out mutual education in physical education is conducive to the innovation of sports team activities and further improve the core quality of college students.

2. The Overview and Characteristics of Peer Education

(1) The concept of peer education

"peer" in peer education mainly refers to peers or peers, emphasizing their age, background or interests and hobbies are roughly the same. Peer education is to organize groups with similar ages, the same backgrounds or common interests and hobbies to share knowledge, experience, ideas and skills. The core purpose is to complement each other's advantages, grow and progress together. Peer education has been widely used in social work. Through the cooperation and mutual encouragement of friends and partners, everyone's personal problems can be better solved, and the enthusiasm of peers can be better mobilized by creating an atmosphere of equality and mutual assistance.

(2) The characteristics of peer education

(1) Exchange, sharing and mutual assistance

According to the characteristics of university teaching, influenced by different life and work and rest, there is less communication and interaction between teachers and students outside the classroom, and students mainly solve problems by themselves or turn to partners and friends. The peer education in colleges and universities mainly considers the high similarity and overlap of the extracurricular time and space of students, and students can influence and help each other. In addition, students can also learn from each other and complement each other. Through successful experience sharing, life, learning and progress, further realize mutual

learning, mutual imitation and common progress, and further promote the resonance of ideas and the improvement of comprehensive quality through mutual assistance and sharing.

(2) Easy, happy and equal

The implementation of peer education emphasizes that groups must have common interests, similar attitudes, and similar values, etc., so that individual students close to all aspects can form a group of peer education. Peer education emphasizes the similarity of their age stage, interests, values, cognitive ability and learning background, which is also an important requirement for creating an equal teaching relationship, carrying out flexible mutual aid education, and forming a relaxed and pleasant teaching atmosphere in classroom teaching. Peer education emphasizes mutual learning among groups and pays more attention to the equality of education, which is conducive to group discovering and discovering each other's strengths and weaknesses, guiding students to learn from each other, learn more knowledge and constantly improve themselves.

(3) Teaching is targeted and mutual acceptance

Peer education fully explore and play to the role of peer teachers, the core lies in its performance, high reserve knowledge system and high quality skills, corresponding to the needs and demands of peer students, peer students identity and affirm the role of peer teachers, peer formed a certain group or group, in expression, communication, learning background, language style are similar, let peer teachers more targeted teaching, and let peer students in a more relaxed and harmonious atmosphere accept learning knowledge and skills.

3. The Role of Peer Education in the Cultivation of College Students' Core Sports Literacy

(1) Create a good sports culture atmosphere

The introduction of peer education mode in the physical education teaching mode of college students is helpful to create a good sports culture atmosphere, create a positive sports culture, and cultivate the sound personality and upward attitude of college students. Peer education can guide the like-minded and interests of college students gathered to participate in sports activities, in sports competition, competition, let peer education idea into the university sports culture content, on the basis of the students fully tap and play students' subjective initiative and creativity, in practice sports activities in campus sports culture, promote sports culture diversity at the same time, let different majors have the same interests of students to participate in sports activities, further enhance the depth of extracurricular sports culture. Moreover, the introduction of peer education mode is conducive to improving the inheritance and development mechanism of sports culture in colleges and universities. Peer education mode changed the led by students, teacher designated, sports led by campus sports activities, also held by the youth corps committee, sports department, student guidance, further clarify the campus sports culture, build a long-term system of sports teaching organization mechanism, expand the campus sports culture construction strength, organic unified campus cultural activities and college students' talent training goals, etc. Finally, peer education further emphasizes the students' self education characteristics, keep consistent with the goal orientation of campus culture construction, college students have more opportunities to participate in campus culture construction, as campus culture practitioners at the same time, and develop campus culture beneficiaries and inheritance, guide college students to strengthen sports culture, mining their own advantages and contribute to the campus sports culture construction, at the same time through self display, learn from each other, develop more forms of sports culture.

(2) Promoting mental health education and lifelong physical education learning concept

Peer education is conducive to cultivating the all-round development of college students, carrying out sports activities in a more relaxed and pleasant way, comprehensively cultivating the core sports literacy of college students, is conducive to promoting the good mental health education of college students, and guiding college students to maintain a good attitude and healthy state. Physical exercise under the mode of peer education can better cultivate college students 'sense of service, overall situation, spirit of unity and cooperation, so that they can have the key ability to adapt to social development, form healthy exercise habits, and lay a foundation for lifelong physical exercise in college students' life. Moreover, peer education help college students to form reasonable exercise habits and lifelong exercise consciousness, the core lies in the mutual mode of college students sports core literacy, through group team learning to improve college students 'sports interest and exercise level, sports skills, in the atmosphere of cooperative learning to help college students to reasonable movement, to master the correct sports concept and movement technology, physical exercise plan, to lay a foundation for college students' core literacy. Because peer education emphasizes team assistance, to have similar growth experience, concept cognition, emotional experience, learning background of students together, easier to understand each other, respect each other and quickly establish trust relationship and identity, through basketball, volleyball and other group activities for peer assistance, competition, etc., further experience interpersonal relationship and emotional communication, combined with quality training to comprehension, constantly exercise college students' cooperation consciousness, psychological quality, etc.

4. The Application Strategy of Peer Education in the Cultivation of College Students' Sports Core Literacy

(1) Scientific groups according to age, interest and background

Scientific and reasonable grouping is an important basis for the application of peer education in the cultivation of college students' core sports literacy. The core of peer education in college students lies in group cooperative learning. To excavate and analyze the interests and hobbies of every college student, and to form college students with similar ages, similar interests and similar ideas into a team through scientific grouping, which plays a vital role in stimulating students' interest in learning and cultivating core qualities. Implement the peer education mode, we need to pay attention to the following points: it is according to the college students' interests and hobbies, scientific group, grasp the difference of college students, accurately grasp the physical quality, training time and sports ability, improve the core sports quality of the college students through the peer support.

(2) Scientifically arrange education tasks in accordance with the requirements of core sports literacy

The implementation of the peer education model needs to integrate the concept of quality education, so that college students with similar interests and personality characteristics can form a cooperative group and become the main body of classroom teaching. In college students 'sports core literacy application peer education mode, need scientific physical learning task, the core literacy cultivation in the priority, further optimize college students' group cooperative learning mode, sports teaching task arrangement cannot from the essence of peer education cooperation and mutual assistance, also cannot ignore the physical teaching "aptitude" principle, accurately grasp the students 'interest in learning and physical quality, sports ability, to arrange the moderate difficulty of sports learning task, while ensuring college students' interest improve college students' sports ability and comprehensive accomplishment.

(3) Improve the learning and application evaluation of the peer education model

Learning evaluation is the key link to the implementation of peer education. The evaluation results are not only related to the cultivation of the core literacy of college students, but also

related to the adjustment and improvement of peer education mode. Especially in the traditional teaching methods, learning evaluation mode, on the basis of the application of peer education mode will give students comprehensive affirmation, through playmates or peer group other students sports learning advice, together to carry out sports activities, participate in sports, together to dig and find sports problems and core literacy, common make recommendations to enhance each other's self-confidence and sports interest. The evaluation of peer education mode on the cultivation of college students' sports core literacy also lies in the behavior evaluation of each student in the group. While encouraging and affirming, peers should point out each other's learning shortcomings, and find goals and methods to improve each other's learning enthusiasm, sports ability and cooperation consciousness. The evaluation of peer education mode should not leave the evaluation of teachers. Teachers should also deeply observe the details of peer education learning, enrich the peer education evaluation form through peer mutual evaluation and teacher comments, and optimize the application effect of peer education in the cultivation of college students' core sports literacy.

5. Epilogue

As a new education mode that emphasizes common interests and hobbies, equality and mutual assistance, communication and sharing and mutual acceptance, peer mutual assistance plays a positive role in improving the psychological quality of college students and innovating the convenient educational environment. Under the new situation to accurately grasp the characteristics of peer education and important value, according to the age, interest and background of college students, according to the requirements of sports core literacy scientific arrangement education task, improve the peer education model of learning application evaluation, through peer education model to build college students' sports core literacy environment.

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