

Construction of the Sunlight Physical Education in Colleges and Universities

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Abstract: To implement the spirit of the 19th CPC National Congress, the Ministry of Education strongly advocated carry out sunlight sports education mode in physical education in colleges and universities. A call for continuous innovation in classroom teaching and transformation for traditional sports teaching mode has been practically responded by college and universities. The construction of the sunlight sports education in physical education teaching in colleges and universities will be discussed so that ensure the healthy growth of students and cultivate new type of talents for all-round development.

1. Introduction

The sunlight sports teaching in universities and colleges is beneficial to students interest in sports and enhance their physical fitness. Universities and colleges students' physical quality is the important guarantee for training social talents. The implementation of sunlight sports in the sports education provides basic condition for improving the students' physical fitness. Under such a background, teaching content in has constantly been reformed and innovated by the colleges and universities. But still there are many deficiencies in the process of innovation. So here it will delve into the question [1].

2. The Significance of Sunlight Physical Education in College Physical Education

On April 29, 2007 It was the first time that sunlight sports was jointly proposed by the ministry of education, the general administration of sport of China and the central committee of the communist youth league across the country [2]. The goal is "to reach the standard, struggle for the best and build a strong body", in which student can feel the charm of nature in their extracurricular activities. Mastering of the daily sports skills can develop students' good exercise ability and improve their health level. At present, the department of education in our country has gradually attached importance to the physical quality of students, and sunlight sports has been introduced by many of universities and colleges into classroom teaching [3]. In view of different physical quality among students, the introduction of sunlight sports makes the class more interesting. As a result, students' physical quality can be enhanced in a relaxed and pleasant atmosphere. Besides, it is of great value to students' mental health. Too much of studying pressure leads to students' mental health problems, so that affects their life and growth. The implementation of sunlight physical education will help students to release their own pressure, regulate bad emotions and maintain positive attitudes towards life in the course of physical class [4]. And also their social and language skills will be exercised in it.

3. The Present Situation of Sunlight Sports Education in College Physical Education

3.1 Cognitive inadequacy

The cognition of physical education in colleges and universities is not comprehensive, and also some adverse factors are lying in it. Cognitive inadequacy mainly manifests both of macroscopic and microscopic aspects. 1. macroscopic aspects Not form scientific mechanism in college PE classroom teaching, and the basic reason is that there is no guarantee of funds [5]. Specifically, the infrastructure of PE in colleges and universities is not perfect and part of facilities is backward, which is in conflict with students' own needs in development and enrollment expansion. In this case, students gradually

lose interest in sports, resulting in a decline in physical function. It is our traditional Chinese values to attach great importance to the culture but ignore PE. Physical system test of students results to an attention of the society.² Micro aspects: According to the analysis of national colleges and universities' emphasis on sports investigation, it can be concluded that: At present, colleges and universities do not pay much attention to students' sports scores. The main reason lies in that the ranking of sports scores in schools is not ideal, which leads to the leaders of schools not focusing on sports education. In addition, the student's sports spirit is not strong, especially when entering the stage of experiment research, their PE has been cancelled.

3.2 The single teaching methods

Teaching method is the core content in physical education, teaching mode is as its basic guarantee. Currently, the mode in colleges and universities in China is mainly based on classroom explanation of theoretical knowledge and extracurricular practical activities. Under such a teaching mode, theoretical knowledge and practice cannot be well integrated, so that with abundant theoretical knowledge of physical education but relatively weak practical abilities. As a result, students cannot freely choose their practical activities. Imparting knowledge and correcting students' errors is the main teaching mode in class, but this kind of methods ignores students as its core in class. Students acquire knowledge in a passive way, and then lose interest in physical exercise. In practical activities, teachers spend most of the class time on queuing and warm-up exercises. Students do not have enough free time to meet their needs.

3.3 Lack of evaluation mechanism

The lack of enforcement of sports activities in colleges and universities and the neglect of supervision and management are mainly reflected in the supervision of physical education classroom teaching, competition and sports theoretical knowledge. The school has not formed a perfect supervision system so that cannot effectively drive sports. The classroom evaluation mechanism of colleges and universities is unitary, which pays attention to students' sports scores and ignores students' psychological factors. Teachers do not make use of the evaluation given to students, the lack of feedback on the evaluation results and reward mechanism. Such problems in teaching cannot play the real significance of sports.

4. The Solution Strategy of Sunlight Physical Education in College Physical Education

4.1 To build the supervision system

The construction of sunlight sports supervision system in colleges and universities can be divided into two modes: external supervision and internal supervision. External supervision: This kind of monitoring system is mainly the monitoring of the society and the main social intermediary organizations. External monitoring is based on the perspective of a third party to evaluate teaching quality. Parents' evaluation and Suggestions are also the main evaluators of external monitoring, and their evaluation of colleges and universities can set up a good image and reputation for colleges and universities. In addition, network media is an important group for the construction of external supervision. With the help of network communication and the evaluation of news model, it provides direct and valuable Suggestions for the sunlight physical education classes in colleges and universities.² Internal supervision: An important component of internal monitoring is teachers, who track and evaluate students' physical education classroom activities in real time to make the teaching mode of physical education classroom more scientific, systematic and professional. According to students' comprehensive performance, teachers formulate teaching methods, evaluation and reward mechanism that is in line with the development of students. Students' control indexes of sunlight physical education mainly come from running emotions, sleep quality and appetite etc. They will monitor your own movements in an objective manner. In the process of exercise, they will closely monitor their own performance, conduct real-time measurement, and then according their own physical conditions, to make a suitable exercise plan. Based on the premise of adhering to and

mastering themselves, they need to improve their exercise level and do fitness, so as to achieve the effect of sunlight sports.

4.2 To innovate the teaching environment

The classroom education of physical education in colleges and universities should take sunlight physical education as its core content. A good classroom atmosphere is beneficial to both of students and teachers to learn and progress together. The core factors that influence sunlight physical education are the school's infrastructure, faculty team, teaching objectives and etc. Therefore, priority should be given to clarify the classroom teaching objectives and train students for all-round development in colleges and universities' innovative teaching. To improve the comprehensive quality of teachers, build a "scale, structure, comprehensive ability" of the teacher team, recruit sunlight physical education teachers, so that lay a foundation for the schools to carry out sunlight sports. It is an important factor for schools to improve facilities, in which a relaxed and interesting learning environment for students will be created by the advanced and perfect teaching facilities

4.3 To innovate the evaluation mechanism

In the process of carrying out physical education in colleges and universities, teachers are the designers and practitioners of sunlight physical education. In order to achieve the expected goal, in addition to innovating the teaching environment and improving the infrastructure, we still need to establish a sound education evaluation mechanism. The evaluation mechanism should be characterized by innovation, comprehensiveness and normality, quantifying the comprehensive performance of students and focusing on their comprehensive sports ability and awareness. The evaluation content should follow from two aspects: The evaluation mechanism should be innovative and accurately reflect the progress of students. Due to the difference between students' physical fitness and comprehensive quality, it is not possible to evaluate students with a unified index, which is not conducive to the development of students' personality. In order to avoid such problems, an evaluation mechanism integrating "relative evaluation and absolute evaluation" should be built to accurately show students' overall performance and progress, so that give objective and fair evaluation for their comprehensive performance. Focusing on students' sports consciousness is the core part of innovative evaluation mechanism. Teachers should take students' attitudes and emotion towards sports, as well their psychological quality and etc. into consideration instead of taking sports scores as a basis when they conduct the assessment; Attention should be paid to students' sports time and frequency so as to comprehensively monitor their physical abilities. The classroom evaluation mechanism will be integrated with the teacher's salary reward and professional title promotion. And students' overall abilities in sports and teachers' economic interests should be combined so that effect of sunlight physical education can be brought into full play.

4.4 To perfect management system and innovate teaching form

Sunlight physical education should emphasis on the management system. In order to achieve the educational goal, teachers should establish the relationship with students, namely the "students-oriented" teaching mode, to arouse their interest in sports, and actively participate in it. The perfect teaching content is the key part of the work. Through the practical activities and the suitable educational content, our goal to exercise the students will be achieved. Innovative sports education is an important component of carrying out physical education in colleges and universities. We will respond to the national requirements for student sports, closely implement the work of sunlight physical education and make innovation as our pointcut in teaching. Theoretical knowledge and actual practices can be combined with together in classroom teaching. We will achieve innovative teaching by the means of group and club activities to let the students make their specialty into full play, which will exert great significance to train comprehensive talents.

5. Conclusion

Based on the above, the introduction of sunlight physical education in colleges and universities

should pay attention to the existing problems in teaching so as to effectively promote its development. Teachers should constantly enrich and innovate the teaching content in class, and establish and improve the management system so that students will meet the educational goal of "quality and happiness" in physical education class. To cultivate all-round development of talents, it is an important measure to vigorously promote sunlight physical education.

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