

## **Research based on the Reform Trend of the teaching of the Physical Education in Colleges and Universities from the Perspective of Sports Life**

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**Abstract:** With the development of economy, China pays more and more attention to the education level, especially the level of college education. As a part of college education, sports education not only spreads sports culture, but also plays a role in enriching students' sports life. Especially in the context of the current popularization of sports life, the education of college sports has recently been fully valued by the education community. This article will discuss the trend of physical education reform in colleges and universities from the perspective of the concept and significance of sports life and the achievements and problems of college sports reform.

### **1. Sports life**

#### **1.1 The concept of Sports life**

At present, there is no specific affirmative concept for sports life. The relevant experts generally agree that sports life is the participation of people in sports activities and the infiltration of sports activities into all aspects of life. Sports life is also a part of leisure culture. Sports-related behaviors can be regarded as part of sports life. Sports and life are closely related and affect each other. Sports life is the necessary process for the formation of daily sports behavior. Sports life makes sports behavior an indispensable part of life. It is a kind of positive influence on people's life under the guidance of correct sports thought and contemporary health theory. Sports behavior.

#### **1.2 The significance of sports life**

The sports industry generally believes that the realization of sports life is of great significance. First of all, sports life has greatly improved the health of the people and greatly improved the quality of life of people. At the same time, it also has a positive impact on people's mental health, sports activities make people's happiness and satisfaction with life greatly improved. Sports life not only enriches people's spiritual life, but also meets the needs of people's material life. This determines that the life of sports will become an inevitable trend.

At the same time, sports life is the result of people's pursuit of trend and more emphasis on health. It not only has a positive meaning for personal life, but also has great significance for improving social problems, promoting human progress and social harmony and stability.

### **2. College sports reform achievements and existing problems**

In China, since the 1979 college sports curriculum reform was fully launched, it has been going on for 30 years, and we have achieved a lot of results in the reform process.

#### **2.1 Achievements of college sports reform**

##### **2.1.1 The theory of physical education in colleges and universities is constantly improving**

In these 30 years of research, all the sports workers in the education field have continuously explored and studied the theory of physical education teaching, greatly enriched the content of physical education teaching theory, improved the theory that cannot be applied to practice, and summarized A set of teaching theories more suitable for the development of contemporary physical education provides a basis for further reform practice of physical education.

### **2.1.2 College sports teaching management system is more perfect**

Through the insatiable struggle of countless college sports workers, the physical education curriculum management system of colleges and universities has been continuously improved in practice and enriched in reforms, and the quality of physical education materials has been continuously improved. The perfect physical education curriculum management system has made the sports reform of colleges and universities have a good foundation and conditions.

### **2.1.3 The content of physical education courses in colleges and universities is more abundant**

In the 21st century of reform and opening up, domestic colleges and universities, keeping up with the trend of the times, and drawing on domestic and foreign rich experience, have opened a series of sports courses suitable for Chinese students. There are basic courses such as aerobics, basketball, football, volleyball, etc. There are also courses with Chinese characteristics such as martial arts, Sanda, and Ping Pong. At the same time, some schools also offer fashion courses like yoga. Compared with the boring primary and secondary school physical education curriculum, college courses are rich, and can meet the needs of different types of students for sports activities.

### **2.1.4 College physical education teaching method is more scientific:**

In the current physical education environment that encourages diversified teaching in China, domestic sports workers have developed more scientific teaching methods according to actual conditions, and constantly improve them to develop them into teaching methods more suitable for contemporary colleges and universities. These scientific teaching methods have been highly praised by college students, fully mobilizing students' initiative in learning, and at the same time greatly improving the quality of college physical education.

## **2.2 Problems in the Reform of Physical Education Teaching in Colleges and Universities**

### **2.2.1 The level of college sports workers is uneven**

The reform of college sports in China has always been in the stage of development. That is to say, the physical education curriculum and teaching in colleges and universities have been in constant reform, and some of the college sports workers can't keep up with the pace of reform, which leads to the education concept is too old. At the same time, it is impossible to better implement the requirements of college sports reform. In addition, there are still a small number of college physical education teachers who are not seeking to make progress, so that they cannot better implement the reform requirements of colleges and universities.

Teaching evaluation plays a vital role in any subject, but it is especially important for physical education, because physical education can only be evaluated by teachers. For the interactive state of teachers and students in teaching, it can not be observed through monitoring like the rest of the classroom teaching courses. Therefore, teaching evaluation is crucial for the feedback of physical education. It plays an important role in the reform of physical education, but because its system is not perfect, the reliability of teaching evaluation is low, and the reference value is greatly reduced [1].

### **2.2.2 Teaching equipment and facilities are not perfect**

For physical education, sports grounds, equipment and facilities are the basis for carrying out teaching activities. Although under the big wave of college sports reform, colleges and universities actively improve hardware facilities, due to financial and other factors, most of the current college sports in China. Teaching hardware facilities are far from enough and some are too aging. For some of the most popular items for students such as swimming, they have to limit the number of students selected. All colleges and universities must pay attention to the improvement of teaching equipment, so that students can explore their favorite sports activities and better participate in physical education courses.

### **3. The trend of college physical education reform under the vision of sports life**

#### **3.1 The teaching content is more abundant and the course structure is more reasonable.**

The life of sports requires that college physical education is closer to life and more able to meet the needs of students' physical and mental development. However, the current curriculum can not satisfy these, so "the teaching content is more abundant, the curriculum structure is more reasonable" will become the trend of teaching reform. Education departments and college sports workers will focus on setting a richer teaching content and continuously improving the curriculum structure to better meet the needs of students [2].

#### **3.2 The faculty continues to strengthen and the literacy of teachers continues to improve.**

Teachers have a vital and irreplaceable role in physical education activities, and teachers, as the instructors of knowledge, should first have strong professional knowledge to better teach. In addition, the life of sports also requires college physical education teachers to better understand the students' interests and characteristics, in order to encourage students to cultivate sports interests, develop sports life, explore the daily sports for students, and make sports life more Get into the lives of the students quickly. At the same time, the supervision system should be implemented for the management of teachers. For those teachers who are irresponsible, they should first criticize and educate. If they repeatedly commit crimes, they should be expelled, and timely introduce high-educated talents to improve the level of teachers.

#### **3.3 The perfect course Course evaluation**

In recent years, in the teaching of physical education in colleges and universities, there has been a weakness in the evaluation of teaching. In the context of sports life, colleges and universities are required to better implement the evaluation mechanism, and continue to improve the curriculum, teachers and students. Good curriculum evaluation enables teachers to understand students' perceptions of the curriculum to better design the curriculum. Good teacher evaluation can make teachers understand their own deficiencies and improve them better. Good student mutual evaluation can make students better understand. Know your own sports and know your own sports hobbies. Under the perspective of sports life, college physical education reform will pay more attention to curriculum evaluation, and better strive to integrate sports into student life [3].

#### **3.4 Teaching hardware facilities continue to improve**

The above mentioned the problem of the current teaching hardware facilities in colleges and universities, because it is directly related to the content and quality of physical education in colleges and universities, and for the perspective of sports life, the lack of hardware facilities will directly lead many students to participate in their favorite s

ports. Activities are very unfavorable for the life of sports among students, so it is necessary for the education department and universities to take a series of actions.

#### **3.5 Teaching methods continue to innovate**

At present, due to the particularity of the physical education discipline and the lack of attention paid by the relevant schools to physical education, many college teaching methods are old-fashioned and single, lacking certain innovation. Not enough attention is paid to the subject position of students in the teaching process. The enthusiasm of students is not mobilized, the hobbies are not developed, and the life of sports is difficult to achieve. In the context of sports life, innovation and improvement of teaching methods has become a trend and focus.

#### **3.6 Teaching environment is more life**

Sports life will infiltrate into the physical education environment of colleges and universities. Teaching reform will make the physical education environment more life-oriented, and the content will be more abundant to be closer to students' daily life. The teaching methods will be more

practical, and the college physical education environment will live more. Turning is an inevitable trend.

#### **4. Conclusion**

In summary, sports life is an inevitable trend in the development of college sports, and college sports reform has been on the road. The author believes that under the continuous efforts of the education department and the sports workers of universities and colleges, the reform of physical education in colleges and universities will be more perfect, and the life of sports will gradually infiltrate into the life of contemporary college students, which will enhance the physical fitness of college students and enrich the life of college students. Great significance.

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