

## **The influence of lifelong physical Education thought on physical Education Teaching Reform in Colleges and Universities**

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**Keywords:** Lifelong physical education thought; Reform of physical Education Teaching in Colleges and Universities; influence

**Abstract:** At present, the teaching quality and teaching means of physical education in colleges and universities in our country have been improved and improved, but there are still some problems in cultivating students' thought of lifelong education. Physical education teachers should not only pay attention to the current learning situation of students, but also pay attention to the development after students. This paper mainly focuses on the analysis and research of the influence of lifelong education thought on the reform of physical education in colleges and universities.

### **1. The Importance of Physical Education in Colleges and Universities in the Lifelong Education of the Students**

#### **1.1 Can help students develop awareness of lifelong education**

Physical exercise can help students to build up their physique and help them to learn more sports skills. In the life of a person, different exercise modes and exercise contents can be selected to keep their physical health, but because the students' learning pressure is too large, the learning task is too heavy, so that the students' union can ignore the sports and devote themselves to the study and the life. For this reason, the teacher should instil the life-long physical education thought to the students, and let the students pay more attention to the physical training, and only the students are in good health to better develop themselves.

#### **1.2 Practical projects can be provided for lifelong education**

To a certain extent, physical education in colleges and universities can enhance students' lifelong physical education thought, but also make students pay more attention to physical education, and implement lifelong physical education thought into life. In the physical education classroom, teachers can provide more practical sports for students according to their interests and hobbies, and students should also choose suitable sports and exercise their physique according to their physical quality. Physical education in colleges and universities can help students change from loving physical education to lifelong physical education, turning short interest in physical education into long-term physical habits, and cultivating students' sports spirit and ability.

#### **1.3 Provide guidance for lifelong physical education through scientific methods**

College physical education teachers should actively cultivate students' lifelong physical education ability, but also help students to make lifelong physical education plan, in order to achieve lifelong education, college physical education teaching has more advantages. As an educational institution, colleges and universities can provide more physical exercise methods for students, and these physical exercise methods may not be available in society, so that colleges and universities can make students develop correct physical exercise habits so that students will not be misled. At the same time, in the process of physical education teaching for students, teachers should also infiltrate the thought of lifelong physical education into students, so that students can maintain the good habit of lifelong physical exercise. At the same time, teachers can also In order to give students more support in sports theory. Let students strengthen their physique better under the guidance of teachers.

## **2. Problems in the cultivation of lifelong physical Education for College students at present**

### **2.1 Students lack awareness of lifelong physical education**

In the process of investigating the physical education consciousness of college students, we can find that at present, the lifelong physical education consciousness of college students is relatively weak, most students focus on the study of professional courses, some ignore the physical education curriculum, and even some students think that as long as the results of professional courses are excellent, they can not carry out physical exercise at all. And students in physical education class will not be as attentive as when studying professional courses, in many physical education links, students will have escape psychology. If students do not correct their physical education learning mentality, then it is difficult for students to really strengthen their physique and set up lifelong physical education thinking. Yes.

### **2.2 The physical education teaching system in colleges and universities is not perfect enough**

In order to realize the lifelong education of physical education in colleges and universities, the school should also constantly reform the physical education teaching system in colleges and universities, because there are still many problems in the current physical education teaching system in colleges and universities. In the curriculum arrangement of colleges and universities, the proportion of physical education hours is very small, and even some colleges and universities only carry out physical education in the first and second grade, the physical education knowledge learned by students is not systematic and complete, and students do not have more opportunities to communicate with teachers in physical education. This will happen because the physical education teaching system in colleges and universities is not perfect, and the physical education system in colleges and universities is not standardized enough to provide students with a better body. Education support.

### **2.3 Lack of interest and motivation in learning**

The students lack interest in the study of physical education, and the enthusiasm of the students in the course of physical education is not high enough, which is the reason why the students are difficult to develop the life-long physical education. The students grow in the environment where the education is to be tested. The students' learning idea is that as long as the professional courses are well learned, the other courses can be ignored, and even from the beginning of the middle school of the students, the students can take the course of the specialized course to study. So the students have not paid much attention to the physical education, and the learning attitude to the physical education is not good enough. In addition, the physical education system of the university is not perfect, so even if the students have a certain sports consciousness, they want to carry out physical training, the physical building materials and the body of the school The education equipment can't meet the student's learning needs. That's why the students are more active in sports.

## **3. Measures to improve the lifelong education ability of college students**

### **3.1 Pay attention to the improvement of teaching thought and teaching design**

In order to help students develop lifelong physical education, colleges and universities should first improve the teaching content of physical education curriculum, change teaching ideas and cultivate students' physical habits. When students develop physical habits, students can maintain long-term physical exercise. At the same time, schools can also add students' lifelong physical ability to students' final physical examination, so that students can attach importance to lifelong physical ability. In addition, in the process of arranging physical education curriculum, teachers should also constantly improve the teaching content, according to students' learning ability and interests, so that students can selectively choose the appropriate physical education to study. So The sports offered by the school should not be too single, but should be richer and diverse so that students can choose freely. At the same time, the relationship between teachers and students should also be adjusted, the main role of students should be brought into play in the teaching process, all

teaching activities should be carried out around students.

### **3.2 Strengthen propaganda and enhance students' consciousness of physical exercise**

In order to cultivate students' lifelong physical education thought, it is far from enough to rely on the teachers' efforts in the classroom. Schools should also strengthen the propaganda of lifelong physical education thought, hold sports activities or sports competitions from time to time, actively mobilize students' subjective initiative, let students participate in sports activities or sports competitions, and improve their sports ability.

### **3.3 Penetrate the right outlook on life in sport**

The purpose of physical education teaching in colleges and universities is not only to improve students' physical quality, but also to help students establish correct values. In sports activities, competition is a very common form of physical education, and some students will have the psychology of seeking victory for sports competition. At this time, teachers need to guide students correctly and let students face up to the competition. Students should not only realize the importance of group cooperation, but also maximize their abilities in group competitions. When students encounter difficulties in physical education, teachers should also provide psychological guidance to students, so that students can face difficulties positively and deal with difficulties. Culture Raising students' awareness of lifelong physical education is a very important point in physical education teaching in colleges and universities. At the same time, cultivating students' correct values is also a very important point in physical education teaching in colleges and universities.

## **4. Conclusion**

In a word, physical education in colleges and universities can cultivate students' lifelong physical education thought, and can also play a very important role in the future development of students. Therefore, both schools and teachers should attach importance to physical education teaching, help students to make lifelong physical education plans, strengthen students' physique and promote students' personal development. As physical education teachers in colleges and universities, teachers should also pay attention to the above mentioned problems. In the face of the problems in physical education teaching in colleges and universities at this stage, teachers should actively reform and perfect them. At the same time, teachers should also provide corresponding theoretical guidance for students' lifelong physical education, and lay a foundation for students' lifelong physical education habits. .

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