

Necessity Analysis and Optimization Strategy Research of Integrating Health Education into Physical Education in Colleges and Universities

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Abstract: for college physical education, its main function is to enhance the physical quality of college students, and to cultivate their health consciousness and ability. This paper expounds the necessity of integrating health education into physical education teaching in colleges and universities, and puts forward a series of corresponding optimization strategies, in order to provide health education in physical education in colleges and universities education provides a useful reference and reference.

1. Introduction

Physical education in colleges and universities should set up the guiding ideology of health first, actively explore the new ways and methods of physical education teaching, and better complete physical education in colleges and universities Teaching tasks. According to the physical and mental characteristics of college students and the law of development, establish a sound and feasible goal of health education, and further improve the content of health education. As leaders and PE teachers in colleges and universities, they should change their ideas and improve their understanding. They should perfect the discipline system of combining PE teaching and health education both in thought and in action, and combine PE teaching and health education organically so as to promote the overall development of college students' physical and mental health to the greatest extent.

2. Necessity Analysis of Integrating Health Education into Physical Education in Colleges and Universities

2.1 The Objective Need of Social Development

Healthy body not only can maintain physiology in good condition, at the same time can effectively alleviate the psychological pressure of social competition, to make college students after graduation can better adapt to social development, the need to further reform the existing in colleges and universities sports teaching content, improve the quality of education, under this big background, integrated into the health education in colleges and universities sports teaching is the top priority.

2.2 The Ardent Hope of Teachers and Students

The healthy physical education teaching is interesting, active and extensive, which can effectively stimulate the interest and consciousness of college students in physical education learning. The physical teaching For teachers, they pay more attention to the performance of comprehensive ability and attach importance to the guidance of students' physical exercise ability. As far as students are concerned, it pays more attention to the interest in teaching materials, attaches importance to a pleasant teaching atmosphere, and pays attention to the communication and exchange between teachers and students.

2.3 The Urgent Need of College Pe Teaching Reform

Influenced by the traditional view of education quality and the view of ability quality, some

colleges and universities emphasize the cultivation of college students' knowledge and ability one-sidedly, but generally ignore the cultivation of college students' non-intelligence factors, such as physical quality, psychological quality and ideological and moral quality, the healthy function of college physical education is gradually weakened, which leads to the low quality of college health education. College education, especially physical education, must change the shackles of traditional thoughts, carry out the thought of quality education, actively establish the teaching guiding ideology of "health first", and promote health education to be integrated into all subjects, so as to realize the real development of health education in colleges and universities.

2.4 College Stage is the Key Period to Implement Health Education

Health education in colleges and universities has not been due attention, the college students to master knowledge of health care, develop good health habits is very bad, weak scientific exercise knowledge and comprehensive health care knowledge, affect the scientific nature and effectiveness of sports teaching, unfavorable to the cultivation of college students' active physical exercise habit, therefore, integrated into the health education in colleges and universities sports teaching is critical.

2.5 The Important Content of College Physical Education

Health education is an important part of physical education in colleges and universities, as well as a function of physical education in colleges and universities. First of all, can promote college physical education teachers have Targeted to strengthen the study of theoretical knowledge of health education, and further improve their own educational quality. Secondly, colleges and universities are urged to strengthen the research of physical health courses, so that the new curriculum meets the requirements of quality education, highlights the guiding ideology of "health first", and the teaching content reflects the combination of physical education and health education. Finally, a new physical health evaluation standard is constructed, that is, the transition from testing sports index to testing health index, that is, the transition from testing sports performance of college students to evaluating their physical form, physiological function and adaptive ability.

3. The Optimization Strategy of Integrating Health Education into College Physical Education Teaching

3.1 Change Ideas and Raise Awareness

As a school, it is necessary to pay more attention to physical health and health education, strengthen the leadership of health education for college students, and help them Master physical health knowledge, physical fitness methods and mental health knowledge, improve their self-health awareness and ability, at the same time, we need to increase investment, focus on improving sports conditions and environment, and strive to lay a solid foundation for health education.

3.2 Establish and Improve the Teaching Evaluation System

The principle of physical education teaching evaluation is people-oriented, adopting scientific and objective evaluation method, focusing on the incentive, avoiding the use of a single or unified standard to evaluate all the students, which is not fair, but also difficult to achieve the purpose of promoting their health. As a teacher, a fair and reasonable evaluation standard should be adopted, and the comprehensive evaluation should be given by comprehensively considering the students' moral cultivation, effort and improvement range and other indicators. The evaluation can affirm the progress made by the students, and promote the students to further enhance their self-confidence and ambition, and take the initiative to engage in sports learning.

3.3 Enrich Teaching Content

Reforming the traditional teaching content system based on competitive sports, and actively constructing it in line with the reality of colleges and universities, in order to enhance the physique of college students and promote their health The teaching content system for the purpose of heart

health and harmonious development. Actively the modern leisure projects and organic combination of the traditional sports and traditional sports project such as taijiquan boxing (or shadow boxing), dragon dance and other fitness effectiveness is very strong, national cultural value at the same time, an organic combination of traditional and leisure projects, can further enrich the sports teaching content, expand the choice of college students, at the same time to promote college students' understanding of eastern and western sports culture is very good.

3.4 The Teaching Goal Should Be Oriented by “Socialization”

“Education socialization” and “social educationalization” have long been centered on school education as an important symbol of the deep development of education. The influence of the habit of education as a school thing, has not yet formed a family education, and social education of the trinity of coherence. Health sports stressed in the process of health education, school education and social education, besides should pay attention to school education goals, but also pay attention to the social education goal, the long-term goal and the social education as the guidance, embodied in the colleges and universities sports teaching practice, strengthen the students' health perspectives, such as concept of lifetime sports humanities social sciences education, for lifelong exercise to lay the solid thought foundation.

3.5 Optimize Teaching Methods and Means

The teaching method should be shifted from fitness to intelligence, from “one size fits all” to differentiated teaching, and from injection teaching Turn to the teacher under the inspiration of the students to master the physical knowledge information independently. Actively using modern audio-visual education means, using open and exploratory teaching methods and means to teach students in accordance with their aptitude, the teaching classroom into a different starting point of students can accept and can obtain satisfactory knowledge and skills. Therefore, in terms of teaching methods, all physical education teachers should actively adopt open and exploratory teaching methods, treat them differently and teach them in accordance with their appetitiveness, so as to change the traditional classroom teaching position into one that is acceptable to college students of different levels and can obtain relatively satisfactory knowledge and skills.

3.6 Pay Attention to the Construction of Teachers

The reform of physical education in colleges and universities puts forward higher requirements to the physical education teachers, who not only need to complete the teaching of health knowledge, but also need to pass the physical education. Therefore, it is imperative to strengthen the training of physical education teachers. Through on-the-job training, the ability of physical education teachers in health education and health care is improved, so as to meet the needs of the combination of physical education and health education in colleges and universities.

3.7 Further Improve the Discipline System of Combining Physical Education with Health Education

The essential function of college physical education is to strengthen the body, and it is an educational process closely related to health education, so college physical education should be fully embodied. The guiding ideology of “health first”, the teaching mode of “combining physical education with health education”, and the scientific research of physical education and health education in schools should be strengthened. To help college students master the knowledge and skills necessary for lifelong benefit through extensive health education. As leaders and PE teachers in colleges and universities, they should change their ideas, improve their understanding, and perfect the discipline system that combines PE teaching and health education both in thought and in action, so as to further enhance the quality of education.

4. Conclusion:

In college physical education teaching, it is necessary to enhance the health consciousness of

college students and enhance the ability of students to exercise independently Knowledge, enrich the teaching means and methods, and constantly improve their own health literacy and education skills, enhance students' understanding of the importance of health education, help students master the idea and method of health, develop healthy college students an active part in fitness activities, so as to enhance their physique, powerful psychological, finally realize the beauty of morality, intelligence and physique full scale development.

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