

# **Research and Construction of Teaching Practice Course System for Students Majoring in Physical Education in Colleges and Universities**

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**Abstract:** College physical education continues to transmit a large number of talents to primary and secondary schools, and the quality of teaching in physical education has an important impact on the future professional skills and education of students majoring in physical education. In this regard, colleges and universities must prepare students for full employment, formulate practical sports education programs, and improve their teaching skills.

## **1. The Function of Establishing Practical Course System of Physical Education Major**

Practical education in Colleges and universities aims at improving students' skills and is very useful for cultivating students' innovative ability and consciousness. It also effectively strengthens students' integration ability and provides the society with various skills, such as comprehensive application and skills. Although the evaluation system of physical education and practical courses and the content of practical courses are gradually improving, in practice, the teaching track of practical courses is gradually improving in the current major. College education and physical education are still weak, system defects are obvious, teaching time, teaching content and teaching form are unreasonable. Practice learning cycle, narrow learning scope, weak vocational education infrastructure, incompatible teaching technology and modern characteristics, inadequate teaching materials in practice, lack of scientific basis for management, inefficient management, poor examination quality. Therefore, colleges and universities should improve professional skills in sports vocational education. According to the content of practice and applicability, we should establish a practical system that meets the current goal of physical education and training, and combine professional skills, technical skills and comprehensive practice ability, physical education professional quality with physical education practice curriculum to form a perfect physical education practice curriculum. System.

## **2. Principles of Establishing Practical Course System of Physical Education Major in Colleges and Universities**

### **2.1 Principle of Sustainability**

In order to deepen the reform of education system and keep the content of curriculum and syllabus evolving, the design of practical curriculum for Physical Education Majors in Colleges and universities must ensure the long-term simplification of this process from top to bottom. In order to implement the continuity principle of physical education in Institutions of higher education, many factors are needed, such as diploma, scientific research and training, extracurricular practice, classroom practice, physical education curriculum, physical education curriculum and physical education recovery. College physical education and physical education discipline must ensure that students can fully understand their own learning characteristics at different stages, so that they can learn in all aspects of practical education curriculum. Establish a sound scientific and physical education teaching system.

### **2.2 Principles of Practicality**

Practice of students majoring in Physical Education in Colleges and universities must be based

on useful principles. The effective operation of local physical education requires that physical education teachers have qualified scientific training methods, practice and theoretical knowledge. The practice of students majoring in physical education is very important. All sports problems need teachers. For example, referees of sports activities, sports training, teaching of sports theory, and so on, all require sports majors to take responsibility in sports. In carrying out physical education in Colleges and universities, we should follow useful principles and actively improve physical education teaching and working ability so as to meet the needs of qualified teachers for students majoring in physical education and become the seeds of future education.

### **2.3 Scientific Principles**

The major of physical education in Colleges and universities must be based on scientific principles, which is reflected in respecting the theoretical knowledge of physical education in vocational training and skill application. Therefore, physical education teaching in Colleges and universities must be planned according to the employment and social development needs of students majoring in physical education, and the physical education teaching system and content must be actively reformed and innovated. Practical education and theoretical knowledge should be integrated into the education of students majoring in physical education. At the same time, universities should emphasize not only students' learning of physical education theoretical knowledge, but also students' learning of sports skills. In order to enable students to understand, define and make full use of the knowledge they have learnt, and draw lessons from the education they have learnt, besides solving practical problems and basic knowledge, they also need to solve relevant theoretical and technical problems. They need to accept practice so that they can adopt better knowledge and teaching methods. In the practice system, they can show high level of sports skills in the process of practice, and actively participate in sports-related practice, in the trend of interest and hobby to better carry out sports practice.

## **3. Strategies for Constructing Practical Course System for Physical Education Majors in Colleges and Universities**

### **3.1 Extending to the Teaching Content of Physical Education Practice Course in Many Aspects**

The practice of students majoring in physical education is an important part of the syllabus of physical education in Colleges and universities. The content of the actual syllabus is very important for the future development of students. Therefore, physical education must ensure the unity of vocational courses and practical education. At the same time, the introduction of practical sports education program aims to provide physical education teachers resources for primary school physical education, and should promote the development of physical education. At present, our country has formulated new content standards for physical education courses, but because the students of colleges and universities will complete theoretical and technical learning in the school, they will face a new round of difficulties and challenges when using new teaching materials after completing their studies. Therefore, it is necessary to further consider and improve the theory and skills of physical education. Practical education. At the same time, higher education institutions should incorporate the reform of the basic content of physical education curriculum into the curriculum system of practical education in order to strengthen the ability of innovation and specialization. The guiding principles of practical education system for students majoring in physical education must fully reflect the multiple functions of skill learning, classroom learning and practical learning as well as their all-round development. Because of students' comprehensive ability and quality, through various means, such as sports social practice, teachers' professional skills, life skills and social activities, their education system should be integrated into a whole. Implementing sports programs in secondary schools to avoid students' blindness in theory and practice. Therefore, in the process of implementing sports professional education, teachers try to avoid students' blindness in theory and practice, repetition and indiscriminate learning. By

improving students' enthusiasm, strengthening practical functions in practical education and implementing practical education, teachers can make up for the gap of skill education in physical education and realize physical education. The interdisciplinary function of education.

### **3.2 Use each teaching activity to cultivate students' practical ability**

The structure of physical education teaching in Colleges and universities should enable students to pay more attention to the concept of modern education under the guidance of teachers and develop their ability of independent learning. At the same time, while emphasizing the importance of compulsory physical education, teachers should emphasize the use of different ways of physical education. The teaching methods of target education, such as game teaching, physical education and project teaching, can increase students' practical experience. Football, basketball, track and field teaching requires students to learn, fully understand the equipment, venues, rules of competition, gymnastics syllabus has the necessary demonstration, action, explanation and other basic skills to organize teaching. In addition, physical education teachers can improve students' sports practice ability by adding Taekwondo teaching, yoga teaching, skating teaching, field survival and online courses. The practical syllabus enables students to acquire a more comprehensive knowledge system in their future work. In addition, physical education teaching must be included in the syllabus to improve students' future employability. Practice and theory include cultivating students' ability to organize sports activities and innovating in sports specialty and teaching methods.

## **4. Suggestions on the Construction of Practical Course System of Physical Education Major in Colleges and Universities**

Practice syllabus is a dynamic interactive process between theory and practice. The learning activities of theory and practice should not be a whole, but complement each other. The theoretical teaching of primary education and the training of secondary physical education teachers must include corresponding practical contents. Practical experience in theoretical teaching, such as education and school physical education, can be supplemented by practical experience. Video teaching, on-site observation and so on, enable students to obtain good sensory perception in theory. Physical education curriculum should promote the integration of theory and practice, while the National College of Higher Education is responsible for it. Theoretical research, discussion and other practical methods, such as simulation teaching, practice and application of teaching skills described in theory, not only deepen the internalization of knowledge theory, literature and art, but also theory. Secondly, learning must be based on the corresponding curriculum arrangement and structure. According to the education level of the first and second grade physical education teachers, the education curriculum is divided into different stages. Practical tasks are identified at each stage. The educational curriculum combined with the P. E. teacher training program can be a participatory teacher skill training activity, that is to say, helping and cultivating teachers'abilities. Participation in the implementation of specific educational tasks, not only in primary and secondary education, organization of informal sports activities, guidance of informal training competitions, but also includes the theoretical knowledge of examinations. Understanding the situation also helps to further improve teachers'skills. Finally, a comprehensive practical curriculum must be incorporated into educational theory. Comprehensive practical courses, such as syllabus, inevitably require students to use their theoretical knowledge to solve specific educational problems, whether in practice or in the final examination. They follow the theory in practice, so that students can really establish the connection between theory and practice in practice.

Strengthening the reflective ability in teaching practice is an inherent requirement of teachers'professional development. Educational practice not only emphasizes the practice of "observation" and "participation" in teaching, but also emphasizes the professional development of students majoring in physical education. On the contrary, students practice "thinking" and "researching" in observation and participation. If we are not only familiar with the working methods of formal education and acquire the necessary skills, but also familiar with the working methods of formal education and think independently, it is difficult to develop comprehensive

teaching wisdom and ability based on practical experience. The reform of teacher's syllabus is still in progress, and research reflection has become a challenge. Although it is necessary to summarize and evaluate the learning and learning curricula in the fields of education and education, and some schools also require a review of these curricula, in some cases, the contents and objectives of these curricula and syllabuses are not identical. Due to the lack of clear objectives, directions and forms, there are no teaching journals or teaching thinking in the teaching curriculum, so there is no effective development of students' thinking and research ability. In educational investigation, teaching thinking and targeted educational research, we should establish theoretical basis, internalize practical educational skills, and use thinking and research methods to enable students to learn real practical methods and become a qualified sports teacher.

## 5. Conclusion

Practical syllabus is a teacher-oriented syllabus, aiming at cultivating students' practical knowledge and sports skills, emphasizing the practical characteristics of curriculum content and syllabus. At present, China has a unique physical education model, which is decoupled from theory and practice. Combining education and practice with linkages, project integration and tracking, experience and application: The principle of integrating theory and practice into practical syllabus must be respected, with special attention to thinking and research practice, and implementation of these requirements. These thoughts run through the practical education curriculum, and focus on the quality management of the practical education curriculum and effective practical education programs. Attention should be paid to two issues: one is to attach importance to reflective practice and research practice, and to implement reflective requirements in the whole process of educational practice curriculum; the other is to attach importance to the quality management of educational practice curriculum and to establish an effective evaluation system of educational practice curriculum.

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