

Research on the Goal Setting of College Physical Education Teaching Driven by the New Curriculum Reform

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Abstract: Compared with the previous college PE(physical education) curriculum objectives, the new curriculum reform PE curriculum objectives enrich many new contents, concretize some original abstract requirements, and enhance the operability of the curriculum objectives. Therefore, PE must straighten out the relationship of all links, reflect the harmony of PE, and fully promote the development of students. Through the analysis of the present situation of the teaching objectives of college PE, this paper puts forward the basic framework of the teaching objectives system of college PE driven by the new curriculum reform. The author thinks that the teaching goal of PE in colleges and universities is consistent with the goal of talent cultivation in China. The goal of PE is a complex system composed of many related contents. Different types of PE teaching objectives have different characteristics.

1. Introduction

The goal of college PE(physical education) is not only a fundamental theoretical problem, but also an inseparable and frequently involved practical problem in PE practice. However, as far as the current situation of college PE teaching system is concerned, we have not yet established a complete theoretical system and practical system that can replace the traditional PE teaching. In the current PE teaching goal, it is common to attach importance to physiology, neglect psychology, attach importance to general education, neglect personality cultivation, and ignore the law of students' psychological development.

Different viewpoints have been tried to explore the teaching objectives of PE. The theory of physical health is not only the goal pursued by PE courses, but also meets the requirements of teaching documents and syllabus at school level [1]. Driven by the new curriculum reform, the teaching objectives play a guiding, regulating and information feedback role in PE, making the teaching objectives clear, cultivating students' abilities concrete and evaluating old studies scientific, which is helpful to comprehensively improve the quality of PE and accomplish the aims and tasks of college PE.

2. New requirements for college PE teaching driven by new curriculum reform

Compared with the previous college PE curriculum objectives, the new curriculum reform PE curriculum objectives enrich many new contents, concretize some original abstract requirements, and enhance the operability of the curriculum objectives. The new curriculum reform of PE curriculum goal has changed the phenomenon that mental health goal was only attached to the goal of strengthening physical fitness in the past. From the height of educating people, the goal of improving students' mental health level is put forward, that is, improving students' mental state, overcoming psychological barriers, adjusting emotions and developing a positive and optimistic attitude towards life through conscious and reasonable physical activities [2-3]. The goal of the new curriculum reform in PE class puts forward the basic methods and skills of mastering more than two fitness exercises, mastering the knowledge and methods of effectively improving physical fitness and developing physical fitness in an all-round way, actively participating in various sports activities and basically forming the habit of conscious exercise, basically forming the awareness of lifelong sports and promoting the sustainable development of students.

With the social changes, educational development, the change of sports concept, the continuous development of sports functions, the diversification of college students' physical and mental needs and the improvement of college teaching conditions, the original college teaching objectives are lagging behind and inadequate. The fundamental task of classroom teaching under the new curriculum standard is student development-oriented. When making classroom teaching objectives, teachers should not only have specific and operable knowledge and skills objectives, but also pay attention to the improvement of students' overall quality, the integration of knowledge field objectives and developmental objectives, and give students the initiative in learning. For example, when setting the goals in the field of motor skill learning, the achievement degree of skill learning is always the same based on the existing experience, and the difficulty degree of teaching materials and students' differences are not taken into account. These non-specific performances are now shown by many PE teachers [4].

The goal of the new curriculum reform PE curriculum clearly emphasizes: to fully respect students' dominant position and give full play to students' initiative. Therefore, PE must straighten out the relationship of all links, reflect the harmony of PE, and fully promote the development of students. When teachers choose teaching methods, they must know students' learning habits, knowledge base, acceptance ability, participation initiative and interest specialty, combine the different characteristics of teaching objects, and carry out targeted teaching. Teaching methods should pay attention to interest and effectiveness, and combine teaching by reason with teaching by emotion. We should make full use of all kinds of teaching skills to regulate the teaching process, so that students can learn in a harmonious, relaxed and democratic atmosphere, and cultivate students' sense of competition and cooperation.

3. Problems existing in the current PE curriculum objectives

3.1. Sports activities are single in content

In the practice of PE curriculum, PE teachers often only pay attention to whether students' physiological movements have reached the standard, but lack the guidance of mental health, which leads to students' rebellious psychology and negative emotions in PE, which completely violates the teaching principle of "health first". The beneficiaries of PE in universities are all students. College PE is the last stage for college students to receive PE systematically. Students' exertion and long-term maintenance in PE practice need rich knowledge of PE science to guide them [5]. Because of the lack of consensus on this issue, the practice of PE has been blind for a relatively long time, which makes the reform of PE difficult. Therefore, the reform of PE teaching must follow the systematic reform process and procedure from inside to outside and from inside to outside, and the reform of PE teaching objectives must be taken as the breakthrough first.

3.2. The setting of teaching objectives is unreasonable

The establishment of school PE curriculum has taken various forms. While each school follows the provisions of education documents, it also develops a large number of school-based curriculum, and innovates the PE teaching mode that conforms to the healthy development of students' body and mind according to the school's own situation. The choice of teaching content is limited by the syllabus, which reflects students' dominant position, and there are limited attempts to freely choose sports according to their hobbies; Too much emphasis on discipline-based PE classes will inevitably lead to the decrease of students' interest in participation; The "unchangeable" teaching organizational form restricts the innovation and development of PE class [6-7]; In the actual teaching practice, PE courses appear in the form of examination courses in most universities. The resulting attitude of teachers in preparing lessons and students' psychological expectations of PE class's qualified standards have a chain effect, which cannot be fulfilled accordingly.

3.3. The quality of teachers needs to be improved

According to the survey (Table 1), some teachers still hold the idea of "physique center" and

simply aim at improving students' motor skills. This tedious PE teaching ignores the improvement of students' physical and mental health level and the cultivation of students' sports interests and habits, which is not conducive to the development of students' lifelong PE.

Table 1 Attitude towards students' different opinions (n=60)

| Project | Number of people | Proportion (%) |
|------------------|------------------|----------------|
| Very welcome | 44 | 73.3 |
| More welcome | 9 | 15 |
| Not very welcome | 4 | 6.7 |
| Disgusted | 3 | 5 |

Most teachers have realized that new PE teaching methods must be adopted to implement the PE curriculum objectives of the new curriculum reform. Most teachers don't adopt special teaching methods for some physical abnormalities and special groups such as the sick, the disabled, the weak and some senior citizens, and they don't choose different teaching methods according to individual differences. It shows that quite a few teachers have not considered the sports needs of the above-mentioned special groups.

In view of the new requirements put forward by the PE curriculum objectives of the new curriculum reform for venues and facilities, many universities are facing the situation of being short of money. As a result, students' interest in PE can hardly be met, and the number and time of extracurricular exercises can not be guaranteed, which brings great difficulties to the implementation of the new curriculum reform PE curriculum objectives.

4. Countermeasures of setting the teaching goal of college PE driven by the new curriculum reform

4.1. Innovation of PE methods

We should formulate a reasonable teaching plan, instead of simply focusing on theoretical knowledge, pay attention to combining with theory, cultivate students' practical ability and coordination ability, improve students' communicative ability, and enhance their sense of collective responsibility. For students with different abilities, we should train them in stages, actively encourage students with poor abilities, make them have the courage to face their own shortcomings, and establish a harmonious teacher-student relationship, which will play a positive role in cultivating the development of PE [8]. In addition, we can also refer to some excellent foreign teaching methods and ways, combine the teaching characteristics of our country, extract their essence, and promote the development of education in our country, which is more beneficial to improve and enhance students' comprehensive quality.

The function of school PE is the characteristic reaction of school PE itself. There is a close logical correspondence between school PE function and school teaching objectives. It should be said that only when its function exists, it is possible to pursue its goal, and there is no non-functional goal. The innovation of college PE teaching is not only the need of strengthening students' physique and lifelong PE consciousness driven by the new curriculum reform, but also the need of comprehensively carrying out quality education and promoting the new curriculum reform. Cultivating students' hard-working and unswerving qualities will help them to face the pressure in work and life correctly and start their life with a positive and optimistic attitude after leaving school. Therefore, the innovation of college PE teaching helps to improve students' thoughts and physique, and lays a good foundation for students' development.

4.2. Constructing teaching objectives according to the social requirements for students' PE

The formulation of teaching objectives must unify and coordinate the individual needs of students with the sports requirements of the state and society, and must not exclude the sports requirements of the state and society with the individual needs of students, so as to avoid the serious bias that the sports requirements of the state and society are regarded as "the product of planned

economy" and "the suppression of students' personality". We must stand on the height of educating people, strengthen the cultivation of students' correct sports learning motivation and the education of sports values through scientific and reasonable teaching objectives of PE courses, and at the same time actively reform teaching methods, so as to stimulate students' interest in sports learning and exercise. This is the core of college PE curriculum teaching objectives and the responsibility of PE teaching [9].

According to different stages, we should offer sports-related courses, such as sports optional courses, elective courses, practical courses and other forms of sports activities, and constantly update and improve the structure of sports courses. Make students receive the education of correct sports concept and the cultivation of physical exercise ability in school, make them deeply understand the principles of sports and the short-term and long-term effects of exercise on human body, and make them realize that the success of their career depends on their physical health, so that they can make physical exercise a voluntary action to achieve the goal of lifelong sports.

4.3. Understand the target system of college PE correctly

The new curriculum reform requires teachers to constantly innovate teaching modes and methods, so that teaching methods can meet the needs of students and educational development. Under the background of promoting quality education in an all-round way, college PE should change the traditional teaching concept, actively absorb advanced teaching concepts and methods, firmly establish the "people-oriented" teaching concept, take students' needs as the guide, and carry out teaching activities with the goal of cultivating students' lifelong PE awareness [10].

The teaching objectives of PE should have different levels. According to the modern teaching theory and the characteristics and laws of college students' physical and mental development, the teaching objectives of PE should include four basic objectives: sports load objectives, cognitive objectives, emotional objectives and technical skills objectives (Figure 1).

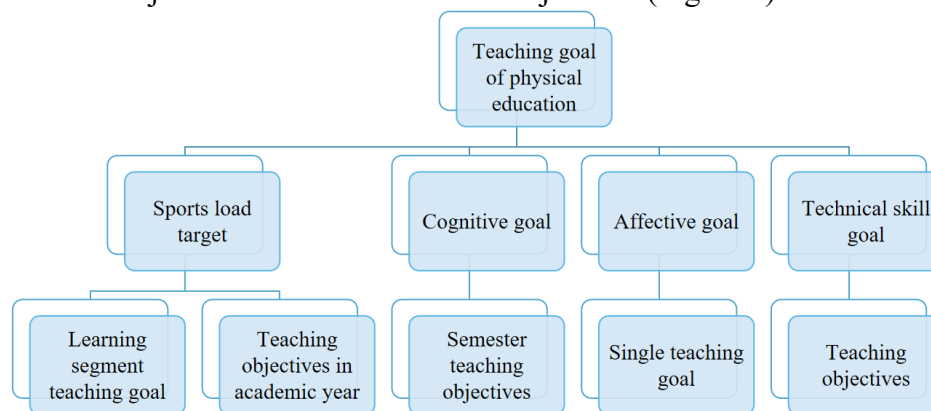


Figure 1 The system structure of college PE teaching objectives

The goal of sports load mainly puts forward the requirements for PE from the biological point of view. It is the basic goal of PE and the goal that PE must achieve. The cognitive goal is to put forward the requirements for PE teaching from the sociological point of view. Emotion goal mainly puts forward the requirements for PE teaching from the psychological point of view, and it is a deep-seated requirement for PE teaching goals. Technical goal reflects the requirement of learning technical specifications, which enables students to learn technology and skills and develop sports ability while exercising. The teaching objectives of the period, the school year, the semester, the individual teaching objectives and the class hours reflect the hierarchical characteristics of the PE teaching objectives from the time dimension.

4.4. Strengthen the construction of teaching staff

Is the first need of healthy people. PE should not only strengthen students' physical ability, but also improve their physical and mental health level, and cultivate their sports consciousness, ability and habits. PE teaching under the goal of new curriculum reform requires the establishment of a

new type of teacher-student relationship with cooperation and guidance and a new concept of teaching and learning.

Teachers should not only seriously study the spirit of the new curriculum reform PE curriculum objectives, but also organize regular study and discussion, and deepen their understanding of the new curriculum reform PE curriculum objectives on the basis of mutual discussion. Schools should arrange PE teachers to receive regular education and training purposefully and in a planned way, constantly improve their knowledge structure and ability structure, and gradually improve their academic qualifications, so as to improve the overall level of PE teachers and meet the needs of modern education.

5. Conclusions

Different viewpoints have been tried to explore the teaching objectives of PE. The theory of physical health is not only the goal pursued by PE courses, but also meets the requirements of teaching documents and syllabus at school level. With the social changes, educational development, the change of sports concept, the continuous development of sports functions, the diversification of college students' physical and mental needs and the improvement of college teaching conditions, the original college teaching objectives are lagging behind and inadequate. Teaching objectives of PE show hierarchical characteristics. Different types of PE teaching objectives have different characteristics. Based on the new curriculum reform standards, we should deepen the reform of college PE, constantly explore and innovate the teaching mode of college PE, and implement the teaching concept of "people-oriented" in the whole process of college PE, so as to promote the development of college PE in China and the development of national fitness.

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