

Application of Task-driven Teaching Method in Physical Education Teaching in Colleges and Universities

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Abstract: Physical education reform is an important requirement for the development of colleges and universities, and training high-quality talents is the key work of physical education reform and innovation in colleges and universities. Based on the significance of task-driven teaching method, this paper analyzes and discusses the importance of applying task-driven teaching method in college physical education teaching, and puts forward some scientific suggestions and countermeasures to improve the application value of task-driven teaching method.

Keywords: Task-driven teaching method; College physical education teaching

Application research With the progress of The Times and the development of national economy, more and more attention has been paid to physical education in colleges and universities in China, and many reforms and innovations have been made in teaching methods. China vigorously promotes the application of task-driven teaching method in college physical education teaching, which not only enables students to create situations and predict contents in the learning process, but also cultivates students' independent learning consciousness and cooperative learning ability. It is necessary to combine task-driven teaching method with physical education teaching in colleges and universities. They complement each other, depend on each other, help each other and benefit each other, which fully reflects the application value of task-driven teaching method in physical education teaching in colleges and universities.

1. Overview of task-driven teaching methods

"Task drive" is to point to in the process of learning information technology, with the help of the teachers and students closely around a common task activity center, under the intense question motives drive, through active application of learning resources, interactive autonomous inquiry to cooperative learning, and at the same time of complete the task, guide students to create learning practice. Task-driven teaching is a teaching method based on constructivism teaching theory. It requires the goal of the present "task" to create a teaching situation. Let students learn in the exploration, in the real task of learning. In this process, students constantly obtain a sense of achievement, can stimulate their desire for knowledge to a greater extent, and gradually form a virtuous circle of emotional and psychological activities, so as to cultivate independent exploration, enterprising self-study ability. It transforms the traditional teaching idea of imparting physical education knowledge into a multi-faceted interactive teaching idea of solving problems and accomplishing tasks. To transform teaching into inquiry learning, so that students can learn independently, each student can put forward solutions to problems according to their own understanding of practical problems, using common knowledge and their own unique experience. The multi-dimensional interactive teaching concept aims at solving problems and completing tasks, integrating the past reappearance teaching method into the inquiry teaching method, so that students have the enthusiasm for learning and the strong desire for knowledge, and achieve the learning quality of independent learning, inquiry and problem solving. Task-driven method also has the characteristics of creating teaching situation and task objectives, so that students can explore learning in real situation.^[1] Through the application of task-driven method in physical education teaching, students' strong curiosity and thirst for knowledge can be stimulated, students can feel the sense of achievement and satisfaction in exploration and learning, and gradually form the consciousness of students' independent learning and the ability of cooperative learning. In this way, students can form a good learning cycle of knowledge, cultivate their self-learning ability of independent learning, and make students have the courage to explore and seek truth and progress in learning.

Task driven teaching method in physical education teaching in colleges and universities refers to the teacher according to the specific requirements of the syllabus, according to the core of the total target of teaching, according to the teaching schedule, the corresponding teaching content can be divided into many tasks, take appropriate teaching methods for students under the subtasks, through guidance, inspiration and auxiliary means import task learning situation, students are encouraged to complete the teaching under the premise of mastering the subtasks must learn knowledge and skills. Task driven teaching method is based on piaget's constructivist learning theory, it emphasizes the inspire and cultivate students' autonomous learning consciousness of teaching methods, the basic program is "task design, task arrangement, task activation, to complete the task, sum up experience", therefore, the

task driven teaching method is a practical method of the characteristics of the learning process, through efficient drive sports teaching tasks of students' autonomous learning, inspire and mobilize students' learning desire, long-term sustainable development and ensure that students autonomous learning consciousness, cultivate students' comprehensive quality and ability, to promote and cultivate students' autonomous learning ability have certain effect. [2]Compared with physical education courses in colleges and universities, students' mastery of sports skills is also a process from shallow to deep. Therefore, the task-driven teaching method in college physical education teaching has certain practicability and plays an important role in promoting the innovation of teaching methods of college physical education courses.

2. The importance of task-driven teaching method in college physical education teaching

2.1 Task-driven teaching method can stimulate students' interest in learning physical education

PE class is a favorite subject of many students. However, there are still students who do not like sports all the time and do not like college physical education courses. For example, the athletics class and ball class in college physical education teaching. In many cases, students do not participate in physical education classes and do not play sports because of a lack of interest in the actual physical education classes. Einstein once said that "interest is the best teacher". In order to stimulate students' interest in training, college physical education teachers should mobilize students' enthusiasm through task-driven teaching method. Task-driven teaching method, on the one hand, get rid of the traditional teaching, physical education teachers control students too much situation; On the other hand, the task-based teaching method provides students with more opportunities for independent learning, which is conducive to mobilizing the initiative of students' independent learning, thus arousing their interest in learning physical education courses. When teachers take basketball as an example for teaching, some girls may not be interested in it, but through the task-driven teaching method, they are divided into different groups and assigned tasks, just like 10 basketball "relay teams". That kind of targeted teaching changes students, so that students can relax themselves and finish their tasks in time.

2.2 Task-driven teaching method can improve students' comprehensive quality

The purpose of education is to cultivate talents, and colleges and universities are to cultivate talents with comprehensive quality and all-round development. The traditional teaching method is mainly based on teachers' teaching and students' passive regional learning. It is difficult to cultivate students' independent learning ability, and even more difficult to cultivate long-term learning. The comprehensive quality of the students. Through the task-driven teaching method, the traditional teacher-centered teaching mode is changed. According to the characteristics of the set, students are divided into several groups and corresponding task arrangements are made. In the completion stage, students can discuss with each other, and teachers can not directly interfere with students' learning tasks, which is conducive to the development of students' independent learning ability and independent thinking ability. In the process of task execution, students can communicate and discuss with each other, which is helpful to cultivate students' team spirit and sense of cooperation, and even stimulate students' innovative thinking through task execution. In addition, with TBLT, teachers will guide students to communicate and enhance students' communication and expression ability. And students will make a self-summary after completing the task, which is helpful to cultivate the ability of self-summary of students.

3. Conclusion

In a word, the task-driven teaching method plays an important role in the current physical education teaching in colleges and universities, which helps to improve students' comprehensive quality, stimulate students' interest in learning and relieve teachers' teaching pressure. In practical application, we should arrange scientific tasks reasonably and strengthen PE classroom management.

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