

Research on the Thought Path of Integrating Lifelong Physical Education in College Physical Education

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Abstract: Lifelong sports reflects the overall and long-term sports thought, according to this thought to understand, sports should run through life, and life is inseparable. Under the influence of the thought of lifelong physical education, college physical education has made a series of reform measures, has gradually integrated the thought of lifelong physical education into college physical education, theoretically combined with the actual situation of college physical education constantly improve. However, the integration path of lifelong physical education and college physical education still needs to be further deepened. Through the scientific analysis and research on the inner connection between college physical education and lifelong physical education, this paper finds the objective connection and convergence point between the two, and puts forward suggestions on the integration path of college physical education and lifelong physical education, hoping to provide beneficial reference for the development of college lifelong physical education.

Keywords: College physical education; Lifelong sports; The fusion path

Preface

College physical education is an important part of lifelong physical education. College physical education is not only the last station of school physical education, but also the “bridge” connecting school physical education and social physical education, especially in the future employment after the formation of exercise habits, as well as in the future to maintain a healthy level and quality of life have played an important role in laying the foundation. Colleges and universities are the foundation of cultivating students and the final stage of systematic lifelong physical education. The physical quality of students will directly affect the strength of national constitution and the long-term development of the country. Physical education in colleges and universities is an important aspect of cultivating qualified talents in an all-round way, and also the foundation for the smooth development of national fitness. The development of college physical education needs to dig out new theoretical connotation and apply new sports concepts. At the same time, as the last stage of school physical education, the link between school physical education and social physical education, it has special significance to cultivate students’ lifelong physical education thoughts.

1. The connotation of lifelong physical education

At present, there are two kinds of arguments about the idea of lifelong physical education among domestic scholars. First, “lifelong physical education refers to a person’s lifelong physical exercise and physical education”. Secondly, “From the beginning to the end of life, learning and participating in physical exercise activities, so that sports truly become an indispensable part of one’s life; The practice process of providing opportunities to participate in activities at different times and in different areas of life with the goal of systematization and integration of sports. The so-called lifelong physical education is physical exercise and physical education throughout a person’s life. From the human life cycle, we can define “lifelong physical education” as the sum of physical education and training received in a person’s life^[1]

2. Lifelong physical education thought motivation

2.1 The call of education

Education is the core of training people, it exists widely in human social life, it is the transmission of production and life experience necessary means, it is a lifelong process. People in the process of learning and participating in sports, not only different goals can have different means, methods, forms and other choices, but also the same goal, different people can have different choices; The same person, in different age stages, its sports means, methods, forms can have a lot of choice. Such diversity and flexibility can fully reflect the development of people’s personality, which can not be compared with lifelong physical education in cultivating personality. Lifelong physical education also has an educational problem, because sports consciousness, interest, habit and so on are related to personality psychology, lifelong physical education does not exclude personality development.^[2]

2.2 Social change

The diversity of sports activities in modern society mainly shows as follows: mass sports include leisure sports and health sports; Special sports include competitive sports (professional team, professional club team), adventure sports, sports for the disabled, and national sports existing as traditional culture. School physical education includes kindergarten, primary school, middle school and college physical education; Watching sports includes on-site observation, event videos, sports TV, sports movies, sports magazines, sports topic exchanges and so on. From the numerous social sports phenomena, we can clearly understand the overall social situation of sports, but also clearly understand that only school sports through the whole development period and education period. From the perspective of pedagogy, the formation of a person's life style and behavior are all closely related to the education received.^[3] Especially in the college era, students' intelligence, body and thought development tend to mature, forming the idea of lifelong sports in the college stage has a great influence on the formation of lifelong sports life style in the future.

2.3 The awakening of life consciousness

The idea of lifelong sports makes people get rid of the monotonous life centered on work. In leisure time, participating in sports can eliminate loneliness, restore self-confidence, relax the nervous mood caused by work or life labor, and enrich the monotonous life. In sports, in addition to physical exercise, rich culture, but also can increase the fun of life. Human development is the essence of social development, and all development aims at human development. If people cannot develop in an all-round way, society cannot and cannot progress in an all-round way. Social development is more people-oriented, to meet the overall development of people as much as possible to provide conditions, so that the quality of people constantly improve. Therefore, human quality not only includes ideological and moral quality and scientific and cultural quality, but also includes physical quality and psychological quality. Physical education is the foundation and important component of improving national quality and constructing harmonious society. So the scale and level of development of sport reflects people's rethinking of the meaning of life^[4]

3. The relationship between college physical education and lifelong physical education

3.1 Fundamental dimension

The reform of physical education in colleges and universities is to integrate physical education, physical learning and physical exercise with the thought of lifelong physical education, focusing on strengthening college students' self-physical education, cultivating their self-physical awareness, forming self-physical exercise habits and laying a good foundation for lifelong physical education. In the concrete operation, first of all, it should be clear that the purpose of combining physical education with personal lifelong physical education is to cultivate students' initiative, habit and interest in participating in sports and enhance their lifelong exercise consciousness. Secondly, improve sports skills and level, imparting fitness knowledge, skills and scientific exercise principles, methods together, so that the physical education teaching better instill lifelong physical education thought. Thirdly, every link and every project of physical education should reflect the idea of lifelong physical education, and through lifelong physical education, students should gradually establish lifelong fitness sports concept in the process of physical education, so that students really know that lifelong physical education has a long-term and important impact on the healthy development of people's life. Health is the capital, have good health to work better^[5]

3.2 Necessity dimension

People's whole life should be accompanied by physical fitness, but the purpose of fitness is different in different stages of life. For example, the growth and development period is to promote the normal growth and development of the body, the mature period is to maintain vigorous energy and abundant physical strength, and the decline period is to delay the decline and prolong life. Secondly, it conforms to the needs of modern social development. As the abundance of material life and spiritual life, and improve the mode of production and lifestyle change has a great influence on people's health, and physical activity, reduce work pressure, speed up the pace of life, spirit is excessive consumption of tension, fatigue and excessive intake of food of high quantity of heat, have led to some modern civilization disease, occupational disease, mental disease, such as In particular, the number of patients with cardiovascular and cerebrovascular diseases and the "three High" population is increasing year by year and tends to be younger, posing a serious threat to human health and life. This phenomenon has caused widespread concern and high attention of the whole society, people are also gradually sober to realize that strengthening physical exercise, improving health, physical fitness is an indispensable important content in modern life, but also the premise and basis of life extension. The establishment of lifelong physical education will certainly lead the reform and innovation of college physical education concepts.

4. The integration path of college PHYSICAL education and lifelong physical education

4.1 Concept of lead

Having a correct understanding of the benefits of physical exercise is the first thing that people should have when they participate in sports and insist on doing it for a long time. It is also an important link in the formation of lifelong sports concept. From the persistence of lifelong sports on their own advantages. First of all, persisting in physical exercise can make bones thicker, muscles stronger, blood circulation more unimpeded, respiratory system enhanced, thus enhancing the immune capacity of the whole body. In addition, through appropriate physical activity to observation, a memory, imagination and thinking ability are very good improvement and improvement, very beneficial to the development of the mind. Today's society, in the face of increasingly fierce competition cruel reality. If you do not have a good physical condition, it is difficult to have a healthy attitude to study, life and work, even if barely support, the quality of life is certainly not high. And the lifelong physical exercise, can effectively alleviate this kind of social pressure, reduce the sub-health population. Sports behavior intention depends on sports cognition and sports emotion. As long as sports cognition is clear and sports emotion is enhanced, the ideological preparation for sports action will follow.

4.2 Emotional guide

The most important thing in college physical education teaching is to establish lifelong sports emotion so that students can take physical exercise as a part of their daily life. Only when students are penetrated by lifelong sports emotion, can they have

strong interest, deep interest and strong emotional experience, so as to arouse the initiative, enthusiasm and pursuit of lifelong sports. Generally speaking, the cultivation of sports emotion usually revolves around sports morality, reason and sports aesthetic feeling. Taking the aesthetic feeling of sports as an example, bodybuilding exercise has gradually become a fashionable way of bodybuilding favored by modern college students. Highlight sports and beauty education, let students appreciate and participate in sports and activities to get emotional experience of beauty, which will help them form a lifelong habit of taking part in physical exercise. Good exercise habits need repeated training and persistence to form, and lay a solid foundation for lifelong sports.

4.3 Course lead

Course objective is the starting point of course effect. It is very important to establish specific course objectives in the whole course. The establishment of appropriate goals is directly related to future learning, of course, practical and clear goals is the premise of promoting students to exercise. First of all, students' physical fitness, physical quality, sports knowledge, technology and skills are evaluated. Before the implementation of target-oriented teaching, teachers can design their own teaching methods, objectives and contents according to their own teaching characteristics and the characteristics of students, and implement them in the actual teaching. But a reasonable and effective goal must be reached after thinking about the current situation of students, otherwise it can only be an armchair strategist. Imperceptibly in cultivating students' lifelong sports consciousness, in moistening things silently effect.

5. Conclusion

As an important part and the last station of school physical education, college physical education is the key link of students' transition from school physical education to social physical education. It has far-reaching influence on the formation of students' lifelong physical education concept and ability. The period of higher education is an important period for the growth and development of students and the formation of their personalities, as well as the key period for the formation of lifelong sports consciousness and ability. College physical education should seize this favorable opportunity, conform to the trend of sports historical development, base on reality, face the society, face the future, and actively develop lifelong physical education.

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