



About College Sports Education Professional Learning to Learn

Strategies discussed in this Paper

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Abstract:with Prosperity to

the National economic Development , people Material Life level unceasing Enhancement, people For their Health More and More high standard requirements . As a national National Fitness Sports one to the most effective Way and means are strongly advocated by , country . For physical Education , College Sports professional Education plays an important role , one to the most Effective for a realization in This national fitness, However, Professional sports need to Develop certain Learning Strategies in Learning, master scientific Learning method , Then to Obtain the very Very, Sports fitness Effect. A Very, Learning Strategy canmake physical Education learning get twice the result with half the effort. This article analyzed This College Physical Education Major in the main Purpose of of learningto Learn Strategies, View To the problems appeared in the process of Learning strategies , effective Countermeasures are put forward .

KeyWords : Education; Learning strategies; College Sports; Questions and Discussion

1. The main purpose of the learning strategy of the College Physical Education Professional Association

1.1 For students to learn physical education course

Since the introduction of comprehensive education in our country , people generally improve their academic qualifications , in each Among the many students who are studying in the year , have 5/9 The high school student in accepts the actively or passively Tertiary education . so , Junior College Physical education plays a decisive factor in the whole of the sports teaching action . as if you were a culture-theoretic subject . , for college sports Majors study likewise need to understand and master certain learning methods and learning strategies . making college sports major Learning Strategies , enables students to identify effective ways and objectives for learning Physical Education, and then actively combine their own physical learning habits and learning characteristics , Better Sport Learning for professional courses , and training interest in physical education , to implement teaching and using .

1.2 help teachers complete physical education goals

Every college P.E. teacher implements and carries out the teaching of physical education theory and practice before , the main objective and specific of the education outline for college P.E. students content , Clear all teaching contents of different physical education programs , for college P.E. teaching there is a framework for teaching programs , therefore develop a learning strategy for college sports majors , can make college P.E. teachers more scientific Master of

teaching progress and teaching methods, and then to help college P.E. teachers achieve better physical education goals . For example , for basketball major teaching , Developing basketball learning Strategies , lets college P.E. teachers combine basketball teaching difficult and basic features , effective in the practice of basketball teaching process , Learning from students condition ,Adjust in time .

1.3 helps schools improve physical education quality

because different colleges and universities have different tasks and emphases on physical education. , so

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Admission of college students ' physical quality and learning main energy distribution There is a certain difference different . however , increased emphasis on sport education in the country , Many students after college entrance

examination when filling out a volunteer , Will examine the school's own physical education teaching level and teaching quality

Quantity . due to family planning effects , Total student population showing a certain period of decrease , in Students decreasing in recent years , Competition for enrollment at different colleges and universities is getting fiercer . then and , Develop a learning strategy for college sports majors , can improve students ' physical learning qualityquantity and teacher's teaching effect , to Improve the quality of physical education in school .

1.4 is conducive to the development of physical learning mode of thinking is consistent with the main ideas of learning strategies for physical education and other disciplines , its The fundamental purpose is to pass the development of a learning strategy , let students , especially for sports professionals Industry students , Mastering the scientific and effective thinking method of physical education learning and exercising ,, and then raising students ' sports comprehensive quality . because the physical education profession is specifically divided into many courses , For example tennis , basketball , Volleyball , taijiquan , high Jump , soccer et cetera , Every sport course is has self learning difficulties and features , Junior College P.E. teachers are not likely to have all the sports special The Industry course explains very detailed . so , can be developed with the help of learning strategies , makes the student the have a certain ability to judge and practice the learning methods of different physical education courses .

2. College P.E. Majors the problems that arise during the implementation of the learning strategy

2.1 Junior College sports major learning goals are not clear

the formulation and implementation of learning strategies for college sports majors is a combination of physical education and teaching Learning goals specifically , due to different college P.E. teaching objectives specific content not same as , in the process of implementing a learning policy , finds many college and university colleges and teachers for All-time goals for the sports profession , Student Course Graduation Goal , Unit teaching goal and class session Target , is not strictly enforced . The biggest reason is college P.E. because for the the the goal of physical education teaching is not clear , Cause in actual physical education teaching learning policy , with a certain deviation . other than , also possible implementation of learning strategy implementation is not in place .

2.2 College Sports major learning strategies less formal

for major college sports colleges , to implement a learning strategy for the sports majors A common phenomenon in the process of is that the teaching of physical education is too traditional. and single , make the learning strategy of the Sports Professional Society , Students ' Physical Education course effect did not get a noticeable elevation . Learning strategies no matter how scientifically reasonable , If there is no complete physical education in the implementation process of teaching forms of support, Learn The actual effect of the acquisition policy is difficult to effectively display . for the time being , either sport Professional theory teaching , or practice PE course teaching , is not in time with the new teaching learning tools and teaching devices .

2.3 College Sports major learning strategies slow

because college sports majors learn strategies for implementing the time relative to other countries later , and college P.E. colleges lack of research on modern students ' physical quality ,, the Learning strategies of college P.E. majors have some deficiencies in the process of formulation where . vs . Last the sports teaching strategy for the century is markedly different from that of the , Physical Education course Learning More and more rich , The idea of physical education is getting more advanced , Student Sports quality also has a general boost , So when studying for a college sports program , Raised a higher requirement . however , Lack of current learning strategy implementation , does not have a Prompt improvements and adjustments .

2.4 College Sports major learning strategies apply narrow as more and more 9 0 after entering university campus , The difficulty of teaching college P.E. majors The degree also increases abruptly . students ' individuality in physical

education is becoming more and more obvious , For different sports major courses of teaching needs more and more diverse . country to large teaching strategies for sports majors also make appropriate adjustments , encourage students to differentiate Yukon Professional Development , training for professional athletes , also has a certain change , no in the only full-time training mode . However, college sports majors Learn strategies , with changes in student group characteristics , scope narrowed ,does not maximize the degree of excitement students interest in sports learning .

2.5 College Sports major learning strategy oversight missing in the course of implementing the learning strategies of the college sports majors, the , some large The lack of emphasis on physical education in colleges and universities, for college Physical Education effect of the the Check is not very strict . due to lack of supporting college sports Professional Institute learning Strategies slightly supervisory department , The is mainly the result of learning strategies implemented by Junior college P.E. teachers body grasp , therefore, during the implementation process, the monitoring process of learning strategy is missing. , not able to be the most - Dahua plays the teaching promotion function of learning strategy , Learning Strategy improvement process appears disjointed phenomenon .

3. Resolve effective policies for problems in the implementation of learning strategies

3.1 define teaching goals for different periods

Colleges and universities in the development and implementation of sports professional learning strategies , to fully benefit Use advantage resources in schools and interpretation of sports syllabus , clear different period Teaching goals . first , Create an atmosphere for students to learn . The system of learning policies The key point is the improvement of physical education Environment , a good teaching environment , can support teaching The target finishes on time by quality . second , based on the importance of learning goals , establishes a hierarchy Learning policy . teaching goals have a short period of , have long , has the current , so you need to establish Hierarchical Learning Policy . last , enforcing validation of learning strategies at different times and in a timely manner adjust .

3.2 Colorful teaching with multimedia

The form of an overly traditional and single problem for learning strategies , can be from the following Two aspects to resolve the : on one hand , for college sports majors theory and in-class Learning strategies to complete , use projector whenever possible , Slide and sports professional courses Process related video and video form ,through visual , auditory and other sensory physical teaching modules ,, Enrich College Physical Education form ; on the other hand , for some extracurricular realImplementation of physical education learning strategies , Combined with knowledge of human cognitive law, etc. , open Linked Physical Education form , enable students to implement physical education under the guidance of teachers

steady improvement in learning skills .

3.3 Establish learning strategies Perfect incentive system

College Sports Majors learning strategies adjust for a longer period , Direct Reason is the school and the teacher to the college physical Education teaching of importance to the degree and enthusiasm to the improve . because college P.E. teachers are the direct perpetrators of learning strategies , for learning The implementation of the policy is most clear , As well as the deficiencies there will be a deeper body will . so , to Inspire College sports by establishing a sound incentive system for learning strategies Teachers ' emphasis on learning strategy implementation , And then improve their learning strategy implementation with and improved initiative . You can also create a good learning strategy by inspiring it. slightly improve atmosphere , Facilitate follow-up teaching work .

3.4 To apply a differentiated policy

The Sports syllabus is changing with the times. , for college -level Education Institute Learning Strategies Narrower issues , need to be taught from student's personalityask for a different save in the same as , categorize variances as , to make for more different special Point student's physical Education teaching learning strategy .

first ,establish custom and solid for learning policies Apply system . through the Institute of Physical Education Learning Strategy Platform Setup , shortening improvement cycle . second , Enhance the comprehensive evaluation capability of the Learning strategy development staff . through a keen eye. and research , to develop a more reasonable learning strategy . third , simultaneously implement multiple sets of learning policies , to accommodate more students .

3.5 Improve the governance of learning strategy implementation

Monitoring the effectiveness of learning strategies for college sports majors , can be from the Three areas to resolve . first , School strengthens for college sports major study strategy implementation Evaluation of the effect . Through this method , raising teachers and students ' level of emphasis . second , system Criteria for determining the effect of a learning policy implementation . Learning policy at the time of development, need to consider corresponding acceptance indicator , and then push the work of supervision . last , set up special learning Learning Policy Supervision Department or teacher team . by perfecting the fundamentals of the regulatory system , make The implementation effect supervision of learning strategies of college P.E. majors more and more specifications .

4. Epilogue

To summarize , The quality of sports learning strategies not only affects school peak physical Education teaching quality amount , the impact on students ' physical fitness and mental will is great . This article to the the Concrete analysis of the problems in the implementation of the learning strategies of the college P.E. majors , proposed by resolve policy , I hope it can be used for reference in physical education teaching in colleges and universities. .

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