

*Original Research Article*

# How to Apply Creative Thinking to Physical Education Training in Colleges and Universities

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**Abstract:** With the general development and progress being made these days, there are higher requirements from societies on college sports teaching, as well as training results. University education is the last link to cultivate talents for the society. A talented person must have rich and in-depth professional knowledge, a strong and powerful body, and should be a creative thinker who is willing to break away from conventions. This article puts forward new requirements for college physical education, which should not only be applied with creative thinking to make students strengthen their physical fitness in physical exercise, but also guide and stimulate the creation of student's thinking while teaching.

**Keywords:** Creative Thinking; College Physical Education; Teaching

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## 1. The significance of applying creative thinking into college sports

### 1.1 Enhance students' innovation ability

Creative thinking refers to divergent innovative thinking. In the process of solving problems, new ways should be searched to find more effective and convenient solutions from multiple aspects and various angles. Creative thinking has the characteristics of originality, heterosexuality, association, flexibility and comprehensiveness. That is to say, thinking is not confined to traditional habits. The problem-solving method isn't restricted by one solution in the learning process, which meanings one need to seek multiple solutions to a problem. We should break through the constraints of those traditional-defined "system", "norm" and "model"<sup>[1]</sup>. One needs to be flexible when encountering problems. In physical education, attention should be paid to the cultivation of student's innovative thinking. By practically cultivating student's innovative ability, teachers can encourage students to form a good habit of thinking combined with practice, and enhance their thinking, hands-on skills and their innovative ability. Similarly, we can also guide the development of students' innovative abilities by applying creative thinking to teaching.

### 1.2 Expand student's way of thinking

The traditional teaching model focuses on the cultivation of student's perseverance and respect for teachers, which cannot be said as a mistake. However, excessive compliance and perseverance may become a kind of rigid thinking. In physical education, students are required to integrate creative thinking into practical activities, and teachers guide students to develop a variety of new exercise activities. Therefore, students can expand their way of thinking, and solving problems from multiple perspective, There are many ways to try to solve it. It's not limited to stereotyped loops.

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doi: 10.18282/l-e.v9i1.869

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### **1.3 Improve the quality of physical education**

Applying creative thinking to college sports, using creative teaching approaches to guide the creation and development of thinking, and energizing student's brain during the exercise are undoubtedly a more efficient and popular measure. On the one hand, creative thinking is used in physical education which can change the previous boring teaching mode, exercise activities and assessment methods. It arouses student's stronger interest and initiative in physical education, and it transforms student's painful and resistive exercise in the past into rich and interesting growth experience. On the other hand, breaking through conventional habits during the student's training exercise process can make innovation an instinct for them, instead of a difficult test. With properly applied, the combination of these two can greatly improve the quality of physical education, and make the country better.

### **1.4 Enhance student's core competitiveness in employment in the long run**

China's economy develops rapidly in recent years, as well as education. There are more and more undergraduates and junior college students bid farewell to their campuses and enter the society after graduation. The employment competition is becoming more fierce and the requirements for talented persons are becoming higher. In the future, the focuses of enterprise recruitment are undoubtedly those persons who have outstanding professional abilities. If the professional level is equivalent, it will naturally be preferred by major companies and enterprises<sup>[2]</sup>. Naturally, the core competitiveness in the personnel market is higher than students of the same level.

## **2. Problems in the application of creative thinking in college physical education**

### **2.1 Insufficient attention to the cultivation of creative thinking**

Many physical education teachers and students do not understand the cultivation and significance of creative thinking well because creativity is not widely used in physical education in universities and colleges, which leads to the neglect of this aspect and lack of relevant training. Physical education teachers do not attach importance to the application of creative thinking in physical education and exercise, and do not apply creative thinking to physical education. They ignore the importance of cultivation and exercise of student's creative thinking. Besides, students also ignore the exercise and development of this thinking in physical education because they do not pay enough attention to creative thinking<sup>[3]</sup>. These factors have greatly affected the development and application of creative thinking.

### **2.2 Monotonous and boring training method for creative thinking**

The development of creative thinking requires a long period of exercise and development. In today's teaching mode, teachers mostly using the methods of asking questions, encouraging students to answer, encouraging and praising students who answer questions to stimulate students' interest and enthusiasm for learning in the classroom. In physical education classes taught outdoors, however, teachers have relatively few questions. And because of the widespread application of this traditional method in the classroom, students are less sensitive to this measure, and the incentive effect is not significant. Long-term monotonous and uninteresting training methods will make students lose their interest to cultivate innovative thinking in activities, and then think creatively less.

### **2.3 Using the old teaching mode in physical education and ignoring the application of creative thinking**

In the developmental era, there are still a large proportion of college physical education teachers who follow the old teaching methods and teaching modes in physical education. Sheep management is used for students in physical education courses, and duck teaching is used in physical education teaching. Students are taught healthy exercise and teachers call on students to run around the playground. Such physical education courses will to the greatest extent dispel the love of students for physical education courses, and will also greatly reduce the enthusiasm of students in class, causing adverse effects with less effort, and even falling into a vicious circle. In this situation, one goal, like make

students exercise, is even difficult to accomplish. Besides, in the old teaching mode, students only need to obey the teacher's instructions and numbly carry out sports. In such a dull and rigid teaching atmosphere, student's thinking is easily become rigid gradually, forming a thinking stereotype, which makes students more and more difficult to carry out creative activities and use creative thinking.

### **3. How to better apply creative thinking to the teaching and training of college physical education**

#### **3.1 Create a relaxing and open teaching environment**

In college physical education, college physical education teachers should not only teach students as a teacher, but also as a friend. Let students speak freely, actively put forward questions, and propose more possibilities for solutions. Teachers should encourage students to make bold assumptions and carefully verify them to stimulate their desire to explore and create, and therefore cultivate their creative thinking.

#### **3.2 Adjust and change the teaching mode appropriately**

In learning and exercising, best teacher is interest and making progress. Only with interest can students proactively study, exercise, and explore, and enjoy this mode to learn knowledge and gain strength. Therefore, in college physical education, students should not be required to obey perseverance, and teachers should find ways to stimulate the enthusiasm of students in class and let them feel fun in physical education. At the same time, the single old-fashioned teaching mode, you say I listen or you answer me, should also be properly adjusted or replaced it with a more relaxing and enlightening way.

#### **3.3 Enrich the content of sports training**

In the college physical education curriculum, physical education teachers make students exercise in a uniform manner and students can run and leapfrog. It is certain that these activities can get physical exercise, but only do good to some parts of the body. In order to get students fully exercised and let them strengthen their bodies, physical education teachers should introduce more skill sports training programs. On the one hand, a wide variety of sports training programs can arouse student's curiosity and inquiries, thus prompting them to actively carry out sports training. On the other hand, a variety of sports training programs allow students to train separately to exercise various parts, so that they can get a comprehensive physical exercise and get a strong and healthy body.

#### **3.4 Create diverse assessment methods**

When evaluating the effects of college physical education courses, the assessment items for college physical education teachers are nothing more than 50-meter sprints, 800-meter long-distance running, one-kilometer long-distance running, long jump, and forward bending. In particular, the 800-meter and one-kilometer long-distance running is an assessment project that students can't avoid, because this kind of assessment project will greatly mobilize the student's physical strength and cause strong physical discomfort when running. The use of novel sports assessment methods can eliminate student's resistance to the content of sports exams, which creatively applies the assessment of physical education into the student's daily activities. Teachers often lead students to play games to test their physical fitness, and observe the physical fitness of the students at this stage and the training results at this stage to achieve the purpose of investigation unconsciously.

### **4. How to cultivate students' creative thinking in college physical education**

#### **4.1 Guiding and cultivating students' innovative thinking**

In the teaching process of college physical education, teachers should interact with students more. Students are encouraged to think about new ways of solving problems and the reasons for something in a requested manner. Intentionally or unintentionally, it will produce a few small mistakes that are harmless and deliberate in the teaching

process to allow students to correct and think about the reasons for the errors. Under such a long-term guidance environment, students have the habit of thinking more and finding solutions from multiple perspective when encountering problems, and thus transform the use of creative thinking into their instinctive response.

#### **4.2 Training in practical exercises to strengthen students' innovative thinking**

In the training of physical education, it is suggested that university physical education teachers set up a variety of scenarios and ask students about the various solutions under these scenarios. For example, in the training of physical education courses, some students were physically injured, but did not reach the level of being sent to the hospital. In the case of lack of medicine around them, what can the students do to reduce the pain of the injured students and achieve a certain therapeutic effect? Under these circumstances, the student's creative thinking is fully tempered and strengthened.

#### **4.3 Give appropriate encouragement to student's creative behavior**

Teachers should seek advice, praise and appropriately reward students openly when students actively think of a solution or carefully discover the teacher's mistakes. It can promote virtuous cycles, and student's creative thinking can be fully expanded.

### **5. Conclusion**

In summary, the application and cultivation of innovative thinking in college physical education is very important. It is not only the cultivation of talented persons with all-round development of moral, intellectual, physical, and mental skills required by the new era, but also a tremendous contribution to the development of the country and society.

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