

*Original Research Article*

# On the Development and Conception of Physical Education Reforms in Colleges and Universities

Dongbiao Li\*

Guangdong Baiyun University, Guangzhou City, Guangdong Province 510450, China

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**Abstract:** As a medium subject, physical education in colleges and universities not only has high value of physical quality exercise for the students, but also has strong value of humanistic education for ideological education and professional quality education in China, which has been totally ignored in physical education in the past. Nowadays, the requirements for talents and social needs for talents' abilities including professionalism are becoming more and more comprehensive and flexible. Physical education should strengthen its understanding of the educational value of multiple deep-seated educational functions, such as physical culture, ideological and political education and professional qualities. As a bridge, physical education can realize the new educational reform and development of multi-disciplinary joint training with other subjects, thus achieving the development of physical education in the era. The implementation of talent training is the focus and main educational exploration of this paper for the author.

**Keywords:** College Physical Education; Teaching Reforms; Development; Conception

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## 1. Introduction

Physical Education is a national basic education subject, whose educational effect and talent training effect has a decisive value and also represents the development level of a national basic education. China's quality education reform and subject teaching reform have been carried out for many years, but there are many deficiencies in the effect and strength of physical education reform compared with the development of other subjects. According to the data collected by the author and a large number of classroom observation and questionnaire survey results in the past two years, there is still a gap between the current physical education reform in the construction of teaching content, the exploration of the training system of teaching objectives, the development of disciplines, the training results of personnel quality and the final training requirements of quality education personnel in China. The main contradictions in this subject teaching and construction are lack of physical culture education and cognition of physical humanities education and the poor consciousness of interdisciplinary combination of physical education, which aggravates the lack of cultivation of consciousness of "lifelong physical education". This makes physical education unable to play the role of medium subject between professional subjects especially the students' specialized courses to gain professional systems of knowledge and other humanities. The lack of teaching effect is the main contradiction between the students' interest in physical exercise and the lack of consciousness, resulting in the decline of physical fitness for Chinese colleges and universities students and so do to the students in most other countries in the world around. As an important part of physical education in colleges and universities, physical education has been deeply concerned by the national sports authorities and education authorities. In the era of continuous pursuit of "quality education, all-round develop-

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ment" in the world, China's physical education must achieve the overall reform. Taking physical education concept, physical culture, physical literacy education and other ability education as the ultimate goal of physical education reform in colleges and universities, it is necessary to activate teaching means and methods. Therefore, students can improve themselves in physical education. The core of the future development of physical education reform in colleges and universities is to improve the self, realize the socialization of the individual, establish the concept of "lifelong physical education" and realize the cultivation of professional quality through the medium role of physical education. So physical education has the significance of the times. The results of the in-depth questionnaire for 1000 college students are shown in Table 1, who are distributed in 50 different colleges and universities and divided into 4 institutes as a whole aged from 18-23 years old.

Group	R <sup>1</sup>	W <sup>2</sup>	P <sup>3</sup>
Highway Institute	56.9%	T(35%)/I(47%)/C(18%)	P(35%)/H(47%)/M(41.1%)
Automobile Institute	67%	T(47%)/I(33%)/C(20%)	P(49%)/H(53%)/M(47.1%)
Economics&Management Institute	89.5%	T(37%)/I(40%)/C(23%)	P(62%)/H(73%)/M(47%)
College of Engineering& Machinery	45.8%	T(32%)/I(50%)/C(18%)	P(38%)/H(63%)/M(50%)

**Table 1.** The results of questionnaire for 1000 college students. (R<sup>1</sup> = Recognitions for traditional Physical Education (%); W<sup>2</sup> = Ways of communication and information acquisition (%); P<sup>3</sup> = Physical Education teaching and individual ability development demands; T = Traditional ways of communication; I = Internet or cellphone; C = Class; P = Professional quality; H = health; M = mental health).

## 2. Development and conception of physical education reforms in Chinese colleges and universities

### 2.1 Improve the training effect of physical education by taking "students' all-round development" as the core of physical education reform and break through the boundaries of disciplines in order to realize the joint training mode of multi disciplines

With the rapid development of modern China, the final result of Chinese higher education must meet the requirements of the world-wide talent market. At the same time, the disadvantages of general education in pursuit of utilitarianism by Chinese education are increasingly obvious with time going on. By looking back at the requirements of talent quality and professional development, the overall development of "professional" is the mainstream of the requirements of the talent market. Today's all-round development of students is not only limited to professional knowledge and literacy, but also the education of all-round development of professional literacy, including moral cultivation, psychological quality and humanistic cultivation to the education of harmonious development, and also the ultimate education structure requirement of quality-oriented education policy in China. In the past planned economy times, the policy for colleges and universities' education by focusing on professional knowledge and skills has achieved certain educational results and provided a large number of basic talents for the recovery and development of various industries. However, with today's more detailed division of labor and cooperation in science and technology society, networking and society communication and the comprehensive development of people have become the core of colleges and universities' education again. The first thing to be solved in the development and conception of physical education reform in colleges and universities is the real problem of "the integrity of human education". In the new era of education, the first thing to explore the development and conception of physical education reform in colleges and universities is to break through the boundaries between disciplines with "all-round development of students", which is the core of physical education reform. So the physical education discipline can fully play the role of the medium of the bridge discipline, and realize the multi-disciplinary in humanities, sports concept, sports concept through the organization of sports activities and joint training of sports culture and professional quality. However, these teaching requirements cannot be realized in the current physical education in China. In the future, the reform of physical

education in teaching content can be realized from the following two aspects: first, according to the quality requirements of modern education, the ability development of students in moral, intellectual, physical and aesthetic aspects is closely combined with the basic quality of physical education, so it is necessary to divide the education units; second, in the actual teaching process, the results are used to guide the evaluation mechanism, so teachers are forced to adopt effective means to improve students' learning efficiency, ensure students' physical and mental health, take care of the cultivation of students' ability and accomplishment and the realization of the results; teachers should make full use of the subject medium role of physical education, and cultivate contemporary college students to be excellent in physique, mental health, quality, creativity and adaptation.

## **2.2 Take "scientific and humanistic physical education" as the teaching goal, explore the training system, and realize the sustainable and scientific development of physical education**

Sports come from human production and life, which is closely related to the development of culture. While exercising human body, sports spirit and sports humanity accumulation become the spiritual force for human beings to move forward and make breakthroughs. So it has profound cultural connotation and humanistic spirit. Under the current situation of new education, for the reform and development of physical education in colleges and universities, it must return to the tenet of "scientific and humanistic physical education", so as to solve the limitations of the current low proportion of public physical education courses for college students and the lack of optional physical education items and the profound contradiction between teaching and learning needs. Taking "scientific humanistic physical education" as the teaching objective, exploring the training system and the future development of sports discipline, and realizing the sustainable and scientific development of sports teaching will expand the coverage and narrow selection of traditional sports teaching. With the deepening of humanistic education in physical education, students can spend more time in single or certain project groups, study more deeply, which have profound influence on learning. Even in the process of continuous expansion of knowledge and technology, they can obtain more diversified knowledge and ability, turning the traditional task driven training into an internal drive formed by interest and desire for independent exploration. It can also stimulate the students' autonomy of physical education course learning and the awareness of lifelong physical education, so as to form an interactive and mutually promoting relationship in teaching and realize the sustainable and scientific development of physical education.

## **3. Conclusion**

Physical education is an important part of modern education, the essence of which is not only to teach sports skills to exercise students' physical quality, but also to realize the development of moral, intellectual and physical quality of college students and the promotion of relevant quality and ability in group relationship, to enhance students' physique, to improve students' health, and to promote students' consciousness of "lifelong physical education". In other words, physical education has become an important part of individual lifelong education. Physical Education is a kind of activity combining physical quality with intelligence and cultural quality. Physical education is a subject of multi-dimensional quality training. Therefore, under the current talent demand mode and the joint promotion of quality education and well-off society, physical education in colleges and universities must recognize the discipline responsibility and take the initiative to change, which is an important foundation and starting point to promote the renewal of teaching concept, the sustainable development of disciplines and the development of quality education. From the perspective of subject development, this paper analyzes the key elements of the reform and development of physical education in colleges and universities, which are related to the results of the cultivation of students' quality and the long-term development of the subject from the aspects of the construction of teaching content, the exploration of the cultivation system of teaching objectives, the development of the subject and the results of the cultivation of talents' quality.

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