The Current Situation and Reform Path Construction of Public Physical Education in Colleges and Universities under the Background of Transformation and Development

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Abstract: USES the literature material method, field survey method, interview method, such as research methods, in the case of yuxi teachers college public physical education teaching, mainly to the transformation of development under the background of public sports teaching present situation investigation and analysis, and based on this, advances the corresponding reform path and the mode selection, aiming at public colleges and universities sports teaching mode reform and innovation to provide certain reference and thinking.

1. Research Background and Questions Raised

Credit system is a kind of education mode, which is a new teaching mode with students' choosing courses as the core content and teachers' guidance as the auxiliary. In the concrete implementation process, it is a comprehensive teaching management system that measures students' learning quality and quantity through their learning process and credits. However, under the background of credit system implementation, it is urgent to study and construct the public physical education teaching mode in colleges and universities, so as to change the situation that some physical education teachers are at a loss in physical education. Of course, such a study and construction, first of all, the concept and significance of physical education teaching model and the construction process to understand. Therefore, this paper puts forward the main research questions: under the background of credit system implementation, what are the advantages of implementing the reform of public physical education teaching mode in colleges and universities? What are the disadvantages? What is opportunity? What are the challenges? How should the public physical education teaching model be constructed and implemented? Wait for a problem. this study is expected to provide certain theoretical basis for reform and construction of public physical education teaching mode in colleges and universities.

2. Analysis of the Current Situation of Public Physical Education Teaching in Yuxi Normal University

2.1 Physical Education Teaching Site Resources

The condition of sports ground resource is the basic condition of public physical education in school. Look from the current situation, our school sports teaching resources are relatively abundant, but also uneven distribution of appear, appeared some sports ground resource, but some of the students needs large space resources is relatively short, so in a certain extent, can't meet the needs of students of physical education teaching site resources, also restrict and affect the public sports teaching of colleges and universities to carry out and coordinated development in an all-round way. In addition, there is also the balance required by the project site. Some of the project site is
relatively rich, while some of the project site is extremely short, which also affects the cultivation of students' sports learning interests. For example, there is a shortage of space resources for group projects with strong entertainment, only one standard track and field field and only one basketball court there are 14, and students have very little space resources per capita, which cannot effectively meet their own needs and the needs of public physical education teaching. Therefore, in terms of physical education teaching site resources, the school and its related departments must pay attention to it, and actively strive for corresponding policies and supporting facilities to meet the needs of students and public physical education, so as to better promote students' physical and mental health development and provide an important material basis for school public physical education.

2.2 The Structure of Physical Education Teachers

Public sports teaching activities reflect the bilateral interaction between students and teachers. The student is the main body, the teacher carries on the auxiliary teaching activity is the new public sports teaching activity form under the new curriculum standard. So what are the factors that determine the quality of a physical education class? Should be inseparable from the students and teachers of these two major elements. The result and quality of students' learning must depend on the teaching level of teachers and their own professional qualities, among which the educational level of teachers is inevitably related to the professional teaching skills of teachers to some extent, and the educational level of teachers also affects the level of teaching quality. Therefore, while ensuring the quality of public physical education teaching, we must pay attention to teachers' continuing education and further study. After the investigation, it was learned that the education level of PE teachers in our school was generally at the level of postgraduate students, and there was only one PE teacher team studied by doctor, accounting for 1/44 of the total number of teachers, indicating that the education level of PE teachers still needed to be improved. In addition, teachers with bachelor's degree also account for more than 50% of the total, which has brought some immeasurable influences and obstacles to the completion of high-quality public physical education teaching quality. Therefore, physical education teachers in our school should actively strive for all possible conditions and strive to improve their educational level and professional quality. Physical education teachers' professional title is one of the important symbols that reflect a teacher's teaching level and scientific research ability. Physical education teachers with high professional title must also be excellent teachers with high teaching level. In the title structure of PE teachers in our school, there are 6 professors, accounting for 15% of the total number, 23 associate professors, accounting for 50% of the total number of teachers, 11 lecturers, accounting for 22% of the total number, and 8 teaching assistants, accounting for 15% of the total number. The proportion structure of professional title is reasonable, which provides important theoretical support and solid theoretical teaching foundation for public physical education.

2.3 Research Achievements of PE Teachers

Teaching and scientific research are two important tasks for a PE teacher. It is deeply felt by PE teachers in the process of teaching and scientific research to conduct scientific research and promote teaching. Guiding teaching practice with the theoretical level of scientific research is an important guarantee for improving teaching quality. It can be seen from the current situation that the total number of scientific research projects in our school is relatively ideal, but the number of high-quality and high-level research projects is not enough. We should actively strive for relatively high-level scientific research projects to drive the start and implementation of small scientific research projects. Secondly, the number of books and papers published is also at a relatively advanced level in terms of Numbers, but there is still a general lack of high-quality research monographs and professional papers with core influence. Finally, physical education teachers won awards, scientific research awards, professional skills awards, also guide students to practice the award, but the number is not much. On the whole, the physical education teachers in our school are in the middle level of their scientific research ability, which should be continuously improved to ensure the theoretical guarantee of guiding the practice of public physical education and provide a strong guarantee for public physical education.
2.4 Organization Status of Student Sports Associations

The quality or richness of the student sports associations is the best proof of the quality of a school's sports activities. The organization of student sports association carries the important function of students' physical exercise in their spare time, and it is also an important organization structure and activity place for students' physical exercise after class. The organization of student sports clubs in our school is very imperfect. There are only a few sports clubs, which cannot meet the needs of students for extracurricular physical activities. However, projects that students like and have certain site resources cannot be organized effectively. It seriously restricted the students' enthusiasm in PE study. For example, some projects, in the process of public elective courses in students' course selection is a big demand, but due to the limited field equipment in class, in the process of classroom teaching can't digest well technique and theory of knowledge, organizing sports activities corresponding to extracurricular help digestion and effectively promoted, it needs to organize and coordinate the amateur sports societies and undertake the function and role, and the reality is not so. This is also the key problem that our school public physical education teaching mode should reform.

3. Path Selection of Public Physical Education Reform in YuXi Normal University under Transformation and Development

So far, this study has preliminarily studied and mastered the current situation of public physical education teaching mode in our school, the corresponding problems and a series of influencing factors. So how should the public physical education respond to and reform in order to comply with the great development and prosperity of education? Should the public physical education teaching mode be changed? What changed? How to change? Also become our school sports workers are very concerned about the problem. According to the above research, we can learn that there are many problems in the public physical education teaching mode in our school, and reform is an imperative matter. As for what to change, when consulting and visiting relevant experts in yunnan province, I got some different Suggestions. However, the most concentrated and core problem is that everything should focus on students' physical and mental health development. Only such reform can be the most effective.

3.1 Give Play to the Group Effect of Sports Clubs and Try to Integrate the Teaching Mode Inside and Outside the Class

In the process of constructing the public physical education teaching mode in our school, we should fully mobilize all the positive factors that can be used, and try to combine the classroom teaching and extracurricular teaching in one of the public physical education teaching mode. Our school has a certain form of sports club activities, in addition to the optimization of classroom teaching, combined with extracurricular sports clubs to organize a certain scale of sports activities, to enrich the form of students' amateur sports activities is of great significance. Classroom teaching is mostly to teach a certain technical action and theoretical knowledge, students through learning must reach a certain absorption, in order to reasonably carry out physical activities. They should actively take extracurricular sports club organization that role and duties of sports community organization activity form through deepening students in the classroom to the technology and theory of knowledge, to further improve, and then feedback the classroom teaching, in order to enhance their sports skills, finally realizes the cultivation of the students sports interests. Therefore, the integrated public physical education teaching mode inside and outside the class is one of the important forms of public physical education teaching mode that our school should actively carry out and scientifically organize and manage.

3.2 Try to Carry out Integrated Teaching Mode in and Out of School with the Help of Social Sports Resources

The cultivation of students' ability is also subject to the review of social practice, which is also
the inevitable process for schools to cultivate talents needed by the society, and the same is true in physical education. Public sports teaching must be combined with social layers of organic, with the help of many social sports resources of society, civil society organizations and private individuals, sports clubs, fitness venues and other social conditions, the students in the university public physical education curriculum teaching and learning in the process of learning to master sports skills and theoretical knowledge applied to the practice of social sports, and realize the integration of face-to-face teaching mode. The public physical education teaching mode expands the teaching mode of physical education inside and outside the school to the public physical education teaching mode inside and outside the school, so that students can not only carry out physical exercise in the school, but also find the activity organization form that they like and can exercise in the social practice. In the social sports practice to get exercise, otherwise the students will form in the school public sports teaching model of sports activities, once left the school good sports environment, will lose the original interest in sports activities, resulting in premature death and is not conducive to the lifelong sports consciousness.

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