

A brief Analysis of the Challenges and Opportunities of College Physical Education in the Later Period of Popularization

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Abstract: Colleges and universities will cultivate needed talents for the society and the country, and physical quality is an important factor affecting one's development, so colleges and universities attach great importance to the effect of physical education. In the later period of popularization, colleges and universities should actively face challenges and opportunities to improve students' physical quality and guide students to set up lifelong sports concept. This paper analyzes the challenges and opportunities faced by college physical education in the later period of popularization.

Introduction

College physical education curriculum is an important part of college education, which is very important for guiding students to form healthy life concept, guiding students to establish lifelong sports concept, and cultivating students into all-round talents [1]. In the later period of popularization, China's college physical education will face certain challenges and opportunities. Under this situation, colleges and universities should pay attention to the status of students' learning subjects, optimize the teaching mode, and finally achieve the goal of improving the effect of physical education.

1. The Value Orientation Analysis Of College Physical Education In The Later Period Of Popularization

1.1. Lifelong Sport

Lifelong sports include the following points: first, individuals actively participate in physical exercise from the beginning to the end of life; Secondly, based on the influence of lifelong sports thought, the systematization and integration level of sports body should be improved to ensure that individuals can participate in sports activities in different periods and life fields [2]. Lifelong sports is not only a life concept, but also a life habit. Based on the concept of lifelong sports, people can develop a healthy life consciousness of taking an active part in physical exercise, ensure that people take the initiative to participate in sports activities and realize their own value in sports activities, and promote the all-round development of talents. In recent years, the pace of life of Chinese people is gradually accelerating, and the pressure of life and work is also increasing. Many people lack time for physical exercise due to the great pressure of work and study, which leads to the decline of people's physical fitness. In this case, colleges and universities should guide students to set up the concept of lifelong sports in physical education, so as to ensure that they can still insist on physical exercise and improve their physical quality after taking part in the work in the future. In carrying out physical education, colleges and universities should pay attention to guiding students to set up the concept of lifelong physical education.

1.2. Tacit Knowledge

In the development of human society, not only verbal knowledge (that is, explicit knowledge), but also in verbal knowledge (that is, tacit knowledge) has been formed. Tacit knowledge is the

knowledge that people often use and cannot express clearly in words. It mainly involves operational skills, concepts and other aspects, which can affect people's behavior, emotion, consciousness and so on. Tacit knowledge will have a great influence on People's Daily life. Different from other disciplines, physical education pays more attention to the teaching of physical skills and concepts. In college physical education, we should pay more attention to training students' correct concept of physical competition and lifelong concept of physical education. It can be seen that tacit knowledge is the content that should be attached importance to in college physical education.

1.3. Plural Patterns

In addition to teaching content, teaching mode is an important factor that affects teaching efficiency and teaching effect. Therefore, teaching mode should be selected reasonably in order to improve the quality of college physical education teaching. In carrying out physical education, colleges and universities should adopt diversified teaching mode to ensure that students can participate in a variety of physical exercise, so as to establish a lifelong concept of physical education in learning. In the process of physical education, teachers should not only ensure that students master sports skills, but also guide students to set up the correct sports concept, to promote the healthy growth of students. At present, most of the physical education teaching in colleges and universities in China adopts the physical education model for teaching. In order to ensure the teaching quality, colleges and universities should adopt diversified teaching mode to carry out physical education teaching activities.

1.4. Students Are the Subject of Study

Physical education teaching will directly affect students' exercise habits and ideas, so we should enhance the importance of physical education. In the growth of students, has gradually formed a certain sports concept, but has not formed their own exercise habits. In this case, colleges and universities should strengthen physical education to guide students to establish a correct outlook on physical education and values [3]. At present, the content of physical education in primary and secondary schools in China is relatively uniform, so students are less active in participating in physical exercise, and even some students do not like physical education. In the later period of popularization, colleges and universities should scientifically formulate teaching objectives and contents according to students' physiological and psychological characteristics, and scientifically choose teaching methods and teaching models to stimulate students' learning enthusiasm. At the same time, colleges and universities should pay attention to the status of students as the subject of learning, guide students to set up the correct sports concept and help students to develop the correct exercise habit.

2. The Challenge Of University Physical Education In The Later Period Of Popularization

2.1. The Teaching Objective Is Unreasonable

In the past, colleges and universities in our country did not set up reasonable physical education teaching objectives, which mainly exist in the following aspects: paying too much attention to the results, paying too much attention to the teaching of physical exercise skills and so on. In the past, physical education teaching in colleges and universities attaches great importance to improving students' mastery of sports skills, and attaches great importance to competitive sports. Therefore, college physical education pays more attention to the results of physical education and students' mastery of physical education skills [4]. At the same time, colleges and universities do not pay attention to the setting of physical education curriculum when setting up the curriculum system. Although colleges and universities set physical education courses as compulsory courses, the proportion of credits is low and the number of class hours is not enough, so teachers and students do not pay enough attention to physical education. The main performance is: teachers' pay too much attention to the completion of teaching tasks, ignore whether the teaching effect is expected, whether to achieve the goal of cultivating students' physical literacy; Students participate in sports

activities in order to obtain the corresponding credits. Colleges and universities have not analyzed whether it is beneficial to cultivate students' lifelong sports concept when setting up the goal of physical education. In physical education, too much attention is paid to the explanation of sports knowledge and skills. After class without the teacher's guidance, students cannot quickly master sports knowledge, sports skills.

2.2. The Teaching Content Is Not Rich Enough

Teachers will carry out teaching activities according to the teaching content, so the rationality of the teaching content will directly affect the teaching effect. The same is true of physical education, so in order to ensure the effect of physical education, colleges and universities should enrich the teaching content. At present, there is still a problem that the content of physical education teaching is not rich enough in colleges and universities. Most colleges and universities in China regard theoretical knowledge and skills of physical education as the teaching content, and fail to attach importance to students' mastery of tacit knowledge in the teaching process, which leads to the failure of physical education in cultivating students' sentiment, stimulating students' enthusiasm to participate in physical exercise, and cultivating students' perseverance. With the development of the society, the requirements of employers, society and the country for talents are also changing, so colleges and universities should adjust their teaching contents.

2.3. Single Teaching Mode

Under the influence of educational objectives, there is still a single teaching mode in physical education in China, which is mainly manifested as: most colleges and universities adopt competitive physical education mode. In the past physical education teaching in colleges and universities, more attention has been paid to improving students' physical quality, enhancing students' mastery of physical education knowledge and skills, while neglecting to cultivate students' lifelong sports concept. Therefore, most universities choose competitive sports to carry out physical education activities. With the continuous development of Internet and information technology, the economic and cultural exchanges between China and other countries are increasingly increasing. College students can learn about the cultures of other countries at any time, and they will also be influenced by the ideas of other countries. Under the influence of the western competitive sports culture, the sports mode in Chinese colleges and universities adopts competitive sports items, which leads to that although students have mastered the way of physical exercise, they have not developed the correct habit of physical exercise. In addition, most colleges and universities set a physical education class every week, and the teaching content and sports activities are weak connection, so students can not master enough physical education knowledge, sports skills through physical education.

2.4. Not Paying Attention to Students' Dominant Position

The teacher is the guide of the whole teaching activity, the student is the subject of the teaching activity, the environment is the foundation to ensure that the teaching activity can go on smoothly, so the teacher, the student, the environment is the important factor that affects the physical education teaching effect. At present, there is still a lack of emphasis on students' dominant position in physical education, which is mainly reflected in the following aspects: first, there are differences between physical education and students' needs; Secondly, the rights and interests of students are not fully demonstrated. The main goal of college physical education is to help students form the right habit of physical exercise, improve students' physical quality and improve students' physical literacy. In actual teaching, there are still some problems such as the mismatch between teaching content and teaching interest and the unreasonable teaching method. Affected by these problems, students' enthusiasm in participating in sports activities is weak; resulting in their subjective initiative is not given full play. It is because students do not face up to the subject status of students, do not give full play to students subjective initiative, resulting in low interest in learning, cannot achieve the goal of cultivating students lifelong sports concept.

3. The Opportunity Of The Mass Education In The Later Period

3.1. Science Establishes Teaching Objectives

Teaching objectives will not only affect the teaching effect, but also affect students' future development. Therefore, in the context of lifelong physical education, universities should scientifically establish teaching objectives to ensure the teaching effect [5]. Colleges and universities should reasonably construct teaching objectives from the perspectives of physical education concept, physical education knowledge and physical education skills, and guide students to correctly set up lifelong physical education concept. In the process of physical education, teachers should adhere to the principle of “people-oriented” and fully implement the concept of lifelong physical education. Through physical education, students should have the following awareness: first, exercise awareness. In physical education activities, teachers should guide students to correctly understand the importance of physical exercise to their development, to ensure that students master the right way of physical exercise, establish the concept of lifelong sports, so as to ensure that students can consciously participate in physical exercise, maintain good physical quality. Second, self-regulation. In the process of physical education, teachers should instruct students to face the importance of self-monitoring and master basic medical knowledge. In this way, students can ensure that participating in physical exercise will not have a negative impact on their bodies. Again, appreciate. In the process of physical education, teachers should not only explain the key points of physical exercise for students, but also carry out aesthetic education for students, so that students can feel the charm and artistic value of sports, and enhance the enthusiasm of students to participate in physical exercise. In addition, take an active part. In order to ensure that students can establish a lifelong concept of sports, students should be encouraged to participate in physical exercise interest. At present, most colleges and universities adopt the group teaching mode, so teachers can encourage and stimulate students to participate in physical exercise, and cultivate students' enthusiasm to participate in physical exercise and sense of teamwork. Finally, entertainment. In participating in sports, students can not only enjoy the fun of sports, but also have a certain effect on their self-confidence and achievement. Therefore, in order to stimulate the enthusiasm of students to participate in physical exercise, colleges and universities should improve the sports teaching activities of entertainment and fun.

3.2. Reasonable Selection of Physical Education Teaching Content

In order to ensure the teaching effect, colleges and universities should enrich the content of physical education and choose the content of physical education reasonably. To achieve this goal, colleges and universities can take the following measures: first, colleges and universities should pay more attention to the teaching of theoretical knowledge. To ensure the quality of physical education, colleges and universities should pay attention to the teaching of theoretical knowledge of physical education. Colleges and universities should incorporate sports theory, sports knowledge, health care knowledge and other contents into the physical education curriculum system. Rich and professional sports theory knowledge is of great significance to improve students' sports accomplishment and sports activity effect. Secondly, strengthen the teaching of sports skills. In college physical education, physical skill is the key of the whole teaching activity. Colleges and universities should incorporate various sports skills and techniques into the teaching of sports skills, so as to ensure that students can master a variety of sports skills and lay a solid foundation for students to consciously participate in physical exercise. Third, set up entertaining teaching content. With the development of education, the traditional teaching mode of teaching content can't attract the attention of the students in order to guarantee the teaching effect, teachers can play sports programs for students, in order to improve the teaching activities of interest to improve students' sports aesthetic consciousness, arouse students' enthusiasm to participate in physical exercise in the end, the reasonable choice of teaching content in order to ensure the students can set up correct concept of sports competition in learning the correct exercise habit, colleges and universities should be a reasonable choice of teaching content. Colleges and universities should adhere to the following principles when setting up lesson contents: first, attach importance to students' learning subject

status. Interest is the best teacher, so in order to ensure the effect of physical education, universities should stimulate students' interest in learning. In this case, colleges and universities should reasonably choose teaching contents, scientifically set up teaching courses and teaching modes according to students' interests. Second, attach importance to students' individuality. Different students have different physical qualities and interests, so colleges and universities should reasonably determine the content and teaching methods of physical education.

3.3. Establish Diversified Teaching Mode

In the past, there was a single teaching model in college physical education teaching, which led to the failure of the expected teaching effect. In order to avoid this problem, a diversified teaching model should be established [6]. Colleges and universities can take the following measures: first, national sports items into physical education with the development of Internet technology, various western cultural ideas have been introduced into our country, which has had a certain impact on our culture. At the same time, western sports culture has also had a certain impact on our culture. As is known to all, competitive sports is an important feature of western sports culture, and under the influence of western sports culture, most college sports teaching in China also choose competitive sports. This will affect the inheritance and development of China's traditional sports culture, and the development of sports career. In this case, colleges and universities should integrate national sports into physical education, and pass on the traditional sports culture through physical education, so as to promote the steady development of China's sports. Secondly, the establishment of integrated teaching model. Colleges and universities can not only adopt classroom teaching mode to carry out physical education, but also carry out physical education through various sports activities, and improve the teaching effect by establishing integrated teaching mode.

3.4. Establish physical education teaching mechanism

Colleges and universities should establish physical education teaching mechanism based on students' main body status to ensure the effect of physical education. Teachers should respect students, face up to the equal relationship between teachers and students, actively communicate with students, and establish equal teacher-student relationship, in order to create a good teaching atmosphere. At the same time, colleges and universities can encourage students to choose which sports items to learn by them, so as to motivate students to participate in sports learning and physical exercise. In order to ensure the accuracy and comprehensiveness of the evaluation results, colleges and universities should integrate theoretical knowledge and skills of physical education into the evaluation system.

Conclusion

Late popularization, teaching content rich, single teaching mode is not enough in the sports teaching in colleges and universities should face the challenge. Colleges and universities should take scientific teaching goal formulation, optimizing teaching contents, adopting diversified measures to improve the effect of physical education teaching, such as teaching mode so as to promote our country sports enterprise steady development

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