

Thinking on Promoting the Reform of College Physical Education by Integrating College Physical Education with Social Physical Education

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Abstract

At present, our people pay more and more attention to fitness, many people think that health is the first. But at present, China does not have a relatively perfect social sports infrastructure, according to relevant information, China's overall building per capita activity sports venues did not reach 1.5 square meters. Social sports include a lot of content, such as entertainment, fitness team and so on. In the process of the actual development of China's sports construction, mainly outstanding performance in the universities, their sports facilities and sports atmosphere are relatively perfect and strong, but most of the universities in the sports pattern there are still some problems. Therefore, we can combine the various characteristics of college sports and social sports to carry out the corresponding sports activities, to ensure that in this process, the physical quality of our citizens can be constantly improved. Based on this, this article on the integration of college sports and social sports to promote the reform of college sports thinking for reference.

Keywords

College Physical Education, Social Sports, Thinking

1. Introduction

With the rapid development of economy, people's life concept has changed. In this situation, people pay more attention to health, and the demand for physical exercise is also more vigorous. Modern sports integrate bodybuilding, fitness, entertainment and other means. Colleges and universities have great advantages in sports resources and human resources, which can fully meet the needs of the development of sports in today's society. In view of such social demand, college sports and social sports should be integrated, absorb the characteristics of each other, not only can promote the rapid development of social sports, but also get diversified development in college sports, so that both get a win-win situation.

2. Relevant overview

2.1 The inevitability of social sports development

With the continuous development of China's social economy, people's daily life has also been constantly improved. At this time, people are paying more and more attention to their physical health. Proper exercise can not only improve their physical health, but also help relieve their inner pressure. In addition, with the continuous improvement of daily life, the incidence of obesity and cervical spondylosis, which are not conducive to health, is also increasing, which is the main reason why people pay more and more attention to physical exercise. With the continuous development of the

information age in China, people also have enough time to carry out physical exercise activities, which not only makes our daily life more colorful, but also can protect our physical health. Our country also attaches more and more importance to the development of social sports. With the continuous support of financial and material resources in our country, the whole social sports will surely move forward in a better direction.

2.2 The inevitability and significance of college physical education connecting with social physical education

And social development in our country brings the good conditions of material life, people in terms of spiritual needs are constantly improve, now sports and recreational activities has become an indispensable part of people's daily life, it also reflects the people pay more and more attention to physical exercise this activity, but everyone is different to the requirement of physical exercise. In this case, we must think about the problem from the macro aspect, only through the combination of college sports and social sports can help people form a good lifelong sports awareness, for the development of the whole society to provide a solid foundation. In the process of its development, college physical education should also pay attention to its role in social physical education and make contributions to the realization of the national fitness strategy.

3. Second, analysis of the problems faced by college physical education and social physical education

3.1 Insufficient publicity

In China, the concept of national health continues to flow, people are paying more and more attention to the content of fitness activities, and have more understanding of him. However, the relevant data show that the number of people who can directly participate in physical exercise is not high in the total number of people in China, especially in some rural areas is very low. This is because China has not increased the publicity of social sports, although people clearly understand the content of social sports, but they do not have a strong sense of sports, in this case, many people will not voluntarily participate in physical fitness exercise.

3.2 The quality of social sports instructors is not high

According to relevant data, social sports instructors in China do not have strong comprehensive quality, and only account for three out of ten thousand of the total number of instructors in China (Wang, 2021). These data can directly show that the number of sports instructors in China is very small, which cannot meet the requirements put forward in the development of sports in China. At the same time, the existing social sports instructor's own comprehensive quality is not high, which will lead to the effect of the whole social sports development cannot reach the actual standard.

3.3 Insufficient emphasis on physical education

At present, schools and parents attach great importance to the enrollment rate and employment rate, and physical education courses are faced with the status quo of "ranking but not ranking". Although most schools will arrange PE courses of all grades under the requirements of the syllabus when arranging the curriculum, the actual development effect is not good. In addition, most of the current physical education teachers are not of high comprehensive quality, no matter in the course teaching, or in the comprehensive health care, they cannot timely give students the correct guidance and knowledge transfer. Some schools do not have professional PE teachers in PE courses, and teachers from other disciplines do part-time jobs, which directly affects the development effect of PE teaching (Zhu, 2021). Some schools have not built perfect hardware supporting facilities, resulting in unable to carry out the outline requirements of the relevant physical education courses, affecting the quality of physical education.

3.4 The cover of social physical education

For a long time, the importance of social physical education has not been recognized by people, in a covered state, on the other hand, the government has also tried to effectively between and among schools, families, and society, on May 7, 2007, issued by the State Council on strengthening the central committee of the communist party of China youth sports to enhance teenagers' opinions, to strengthen family and community youth sports activity, form of schools, families and communities together. However, the role played by society in physical education has not achieved the expected effect, and the development is relatively slow, which has become a serious shortcoming of restricting the development of physical education. This is closely related to many factors that restrict social development. What kind of role society

should play in physical education and how to give full play to its role remains to be further studied.

4. Thinking and suggestions on promoting the reform of college physical education by integrating college physical education with social physical education

4.1 Innovate the cooperation model of physical education in colleges and universities

With the continuous development of Chinese society, business cooperation mode plays a very important role in promoting the development of physical education. Physical education in colleges and universities itself has good advantages. At this time, we can only make the development of social sports by carrying out school-enterprise cooperation, and at the same time, the campus can also get enough funds to support the development of the whole physical education. In the case of fully perfect sports facilities, we can carry out college sports content has become rich and colorful, which is very important to help students form the final body consciousness.

4.2 To build a sports community education system between schools and society

Physical education as a systematic project, the role of school and society are irreplaceable, and we should give full play to the three important roles. How to play, how to achieve the ideal effect is really worth studying the important topic. More and more educators realize the importance of the problem and propose that the development of school physical education should be integrated with family and society. This kind of integration is relatively one-way and lacks the interaction of two parties. It usually takes school as the core and link, and realizes the integration and development of school and society through school. Therefore, to a certain extent, such integration must have drawbacks, not perfect and perfect, cannot really achieve the integration of school and society (Zhang, 2021). In the process of carrying out physical education, it is necessary to establish the education system of school and social community to realize the all-round education of the whole staff. At the same time, we should also cultivate the subject consciousness of teenagers, respect their subjectivity, pay attention to the cultivation of their independent personality, form an education system of school, family, society and students, and promote the all-round development of college students.

4.3 PE examination should be the motivation for students to keep fit

At present, in the process of carrying out sports assessment in colleges and universities, the form and content of the assessment selected are relatively simple and single, in this case, it is extremely easy to lead to the psychological dislike of students. The physical education assessment should not only check the physical exercise method that the students themselves recognize, but more importantly, whether it can stimulate the students' interest in sports (Zhang, 2020). Therefore, in the process of assessment, we can select a variety of assessment items, so that students can independently choose their favorite projects for assessment, which plays a very important role in helping students better carry out physical exercise.

4.4 Promote the mutual penetration of school physical education and social physical education

In the development of school physical education, the most important thing is to complete the formulation of physical education curriculum and content according to the requirements of the syllabus. First of all, in set the sports curriculum content, pay attention to the effective combining teaching outline, to based on "ability" health first, all-round development of students' physical quality target, reasonable choose sports content, in the process can also be appropriate combining social sports, under its guidance to strengthen the development of social sports has the promoting effect of talent training. In the development of physical education teaching, not only to improve the physical and mental health of students, but also to help students establish the concept of lifelong physical exercise, to ensure that students in the society can also participate in social physical exercise. To strengthen the infiltration of school physical education and physical education content is to realize the reasonable selection of physical education content based on school physical education and social physical education. Based on the development of social sports, also need to pay attention to guiding the development of school sports, school sports and social sports development goals of beauty, intelligence and physique full scale development "to promote students" respectively "people-oriented, health first" the objective, can be seen from this school sports and social sports goals consistent, school sports in the choice of sports curriculum. We should pay attention to effectively embody the service, scientific and humanized, effectively combine the needs of social sports development, and lay a foundation for students to participate in physical training in the society.

4.5 Opening stadiums and gymnasiums

According to relevant data, the stadiums in most colleges and universities in China are not open to the public. In general, the stadiums are in an idle state during the two periods of 7 am to 10 am and 7 PM to 10 PM, while the community people generally do physical exercise during these two periods. At this time, in addition to the time for school students to do physical exercise, we can give full play to the role of university sports venues, in the spare time can make the community people also enter the independent physical exercise, in a certain case, promote the development of the whole society sports.

4.6 Bring the training of social sports instructors into teaching

The main purpose of universities is to provide various talents for social development, so as to promote our society to move forward in a better direction. In the actual physical education teaching process, colleges and universities can also carry out a series of social public welfare activities by using the corresponding venue equipment and teachers to ensure the completion of the task of improving students' physical fitness, so as to provide a force for the development of society. At the same time, we can also love sports training of the students, in their own master relevant sports under the condition of technical skills, the students love sports training to become "the teacher assistant", which is in the process of physical education before, the students can help teachers to better complete the physical education teaching. It plays a very important role in improving the overall teaching effect. At the same time, we can also train these students into social sports instructors to provide a solid foundation for the development of social sports.

5. Conclusion

Can on put together is narrated, sports and social sports in universities is helpful to promote the continuous development of our modern society has a very important role, he is able to provide more high-quality talents for the development of the society as a whole, and the pattern of cooperation between the two can achieve a win-win state, colleges and universities sports education effect can be improved. At the same time, it can promote the continuous development of "national fitness" activities.

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