

A Preliminary Discussion on the Innovation and Practice of Physical Education Teaching Methods in Colleges and Universities

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Abstract: In the new era, as China's education system continues to deepen reforms, quality education and the new curriculum reform have been fully implemented. Physical education, a foundational subject in higher vocational education, is a crucial pathway for implementing and promoting quality education. The reform of teaching methods in physical education has gradually gained significant attention from both the education sector and the public. This article primarily analyzes and explores the innovation and practice of physical education teaching methods in higher education institutions, aiming to provide some reference and inspiration for educators in China.

Keywords: Colleges and Universities; Physical Education Teaching Methods; Innovation and Practice; Analysis

1. Introduction

With the rapid development of our society and economy, the market's demand for talent has undergone significant changes. Vocational higher education, as a key front in cultivating high-quality, specialized, and skilled talents, is increasingly recognized by the public and society. Physical education, a foundational subject in vocational higher education, holds significant educational value. It helps students embrace the concept of lifelong sports, enhances their physical fitness and moral character, and significantly aids their future career development. However, many universities still rely on outdated teaching methods in physical education, which hinders the full realization of the discipline's potential and value. Therefore, under the backdrop of quality education, teachers need to adapt to the characteristics of contemporary vocational students and implement effective measures to innovate teaching methods, laying a solid foundation for students' future career development[1].

2. The Positive Significance of Physical Education in Colleges and Universities

2.1 Strengthen Vocational Skills

Universities are key institutions for supplying operational talents to the front lines of production in our country. Physical education differs from general higher education. Teachers not only impart sports knowledge to students but also incorporate professional characteristics into physical training, promoting the development of students' vocational skills and playing a crucial role in their future market competitiveness.

2.2 Temper the Spiritual Consciousness

In the context of quality education, the importance of physical education has become more prominent. Many contemporary vocational college students are only children, raised in an environment of parental and elder care. They tend to think and act in a self-centered manner, lacking the perseverance and courage to overcome challenges, which is detrimental to their future development[2]. Physical education can help develop students' psychological resilience, fostering a spirit of courage and perseverance, enabling them to face life's challenges with enthusiasm and determination.

2.3 Improve Physical Fitness

For a long time, the examination-oriented mindset has influenced education at all levels in our country, leading to a lack of emphasis on physical education. As a result, students show little enthusiasm for physical education and are reluctant to actively participate, resulting in poor physical fitness. In the information age, smartphones and laptops have become widespread among vocational college students, with some students becoming addicted to mobile phones and the internet, leading to suboptimal health[3]. Physical education can help improve students' physical functions, promote healthy bone growth, and enhance their overall physical fitness, which is crucial for their future success.

in life and work[4].

3. Innovation and Practice Strategies of Physical Education Teaching Methods in Colleges and Universities

3.1 Application of Game Teaching Method

In the context of educational reform, a variety of innovative teaching philosophies are constantly emerging. Game-based teaching methods, as an advanced approach, have been widely adopted across various subjects. By using games to impart knowledge, this method can boost students' enthusiasm and engagement in physical education classes, achieving both educational and fitness goals. Therefore, teachers should incorporate game-based teaching methods into their physical education lessons, integrating play and learning effectively. This approach can inspire students to be brave and challenging, fostering a deeper understanding of sports and enabling them to master sports skills through play. For instance, in football classes, teachers can introduce the 'monkey running' game, where several students form a small circle and pass the ball to each other. One student in the circle tries to intercept the ball, and the roles of the ball interceptor and the ball interceptor switch. This simple game helps students experience the joy and appeal of football, while also enhancing their physical fitness and making the classroom more engaging.

3.2 Application of Hierarchical Teaching Method

Given the differences in physical fitness, athletic potential, comprehension ability, and sports foundation among vocational college students, a one-size-fits-all teaching approach can lead to uneven student performance. Therefore, teachers should adopt a tiered teaching method tailored to the characteristics of contemporary vocational college students. For example, when conducting basketball instruction, teachers should first assess the basketball skills and athletic abilities of the class. Based on their basketball foundation and athletic ability, students are divided into three tiers: the first tier has a solid basketball foundation and strong athletic ability; the second tier has strong athletic ability but a weak basketball foundation; the third tier has average athletic ability and a weak basketball foundation. After dividing the students into tiers, teachers should develop a scientific teaching

plan for each tier. For instance, for the third-tier students with a weak foundation and poor athletic ability, the teaching content should focus on strengthening their basketball foundation and stimulating their interest in basketball. Finally, the student tier is not static; teachers should dynamically adjust based on students' classroom performance to promote their corresponding ability development.

3.3 Application of Group Competitive Teaching Method

Sports are generally characterized by their competitive and confrontational nature, which is a key feature of sports. Therefore, teachers should actively incorporate group competitive teaching methods into classroom instruction to create competitive scenarios for students. This approach helps students develop their abilities and willpower through intense competition, fostering a sense of competition, cooperation, and teamwork. For example, in volleyball instruction, the sport is highly competitive. Teachers can introduce group competitive teaching methods, dividing the class into groups based on the principle of 'homogeneity between groups and heterogeneity within groups,' with each group consisting of five members. The groups then compete against each other, with the winning group advancing to the next round. By using group competitive teaching methods, the classroom can become more dynamic and engaging, allowing students to develop their overall qualities through intense competition.

3.4 Application of Multimedia Teaching Method

With the rapid development of information technology in our country, it has been widely and deeply applied in the education sector, achieving significant results. Applying multimedia teaching methods in physical education can significantly enhance teaching efficiency and quality. For instance, in aerobic exercise classes, teachers can share teaching videos with students in advance. Students can use their free time to practice independently, and during class, teachers provide guidance on movements, helping students master techniques more quickly.

4. Conclusion

In a word, as the basic subject of higher vocational education, teachers need to combine

the characteristics of contemporary students, take effective measures for teaching reform and innovation, give full play to the educational advantages of physical education, and lay a solid foundation for students' future career development.

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