

Study on the Reform of College Physical Education Based on the Demand of Happy Physical Education

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[**Abstract**] In order to improve the effectiveness of physical education and promote the healthy development of students, colleges have put forward the concept of happy sports. Traditional college physical education is reformed in the hope of improving the level of college physical education. This paper elaborates the problems existing in traditional college physical education, analyzes existing problems, and puts forward reform strategy for physical education in colleges based on the demand of happy sports.

[**Key words**] happy sports; college sports

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1 Introduction

School sport is a program that mainly aims to promote students' physical and mental health through physical exercise. It should be centered on students' development and respect their emotions and needs, so that they can release their emotions, experience happiness, and gain more knowledge and understanding in sports activities. This puts higher demands on college physical education teachers. Physical education teachers in colleges should not only pay attention to the improvement of students' physical quality, but also pay attention to whether students are happy in the whole process. Therefore, college physical education teachers must take students as the main body when making physical education plans, provide students with more space for learning and communication, respect students' individual differences in sports, and make college students feel happy and interested in the process of physical education. This paper is based on the demand for happy physical education, and explores the reform of physical education in colleges.

2 Problems of traditional college physical education

At present, college physical education lacks the awareness of goal cultivation. With the continuous development and progress of China, the society and enterprises have increasingly high requirements for talents, such as solid professional knowledge, good cultural quality, as well as a strong body. Therefore, colleges must pay attention to the improvement of students' physical quality and the cultivation of lifelong exercise awareness. However, the current physical education in colleges obviously lacks the awareness of target training, which leads to the fact that college students seldom engage in corresponding physical exercise after graduation. In the high-pressure working environment, their bodies are prone to problems.

2.1 Mode of college physical education is relatively outdated

The mode of college physical education in China has not changed much, which basically relies on the

competitive sports system. In terms of teaching content, it pays more attention to the cultivation of basic knowledge and technology, and this traditional teaching mode can no longer meet the needs of current development of college students. It can be said that there is a certain gap between the mode of current college physical education and the actual situation of current students. Under this teaching mode, students' interest in learning sports cannot be stimulated. They take sports as a discipline, instead of enjoying the learning process and taking it as pleasure.

2.2 Teaching methods of college physical education is relatively simple

At present, college physical education is still based on the classroom, ignoring the connection between classroom learning and extracurricular exercise. As a result, students' understandings of physical exercise become biased, and will affect the implementation of lifelong exercise. For example, in college physical education, teachers spend a lot of time organizing and managing students, resulting in a reduction of students' actual exercise time, which is not conducive to stimulating their interest. Gymnasiums, swimming pools and table tennis rooms are available in many colleges, but only open at fixed time. When they're closed, students will not find a place to exercise.

3 Reform strategy of college physical education based on the demand of happy sports

3.1 Innovate in the concept of college physical education and cultivate students' awareness of lifelong exercise

To make students feel happy in college physical education, teachers must innovate in their teaching concepts and deepen their understanding and perception of happy sports. In the teaching process, teachers should communicate with students in an equal manner. They should not be condescending and draw a deep distance from the students, but should take the students as the main body and determine their position of main body. At the same time, they should pay attention to cultivating students' awareness of lifelong sports and make them realize the importance of developing good sports habits. In addition, a happy, relaxed and joyful atmosphere should be created in college physical education. Teachers can start from the following aspects: firstly, teachers should start from themselves to be a person with joyful energy, which subconsciously influence students during the teaching process, convey joy to them, and let them feel that physical education is joyful and unrestricted. Secondly, teachers should pay attention to the expression of language when conducting happy physical education, for example, using network language and popular words in teaching. Teachers can learn from these and form their own teaching style from their own personality, thus attract students' attention in the teaching process, and stimulate their interest in participating in physical exercise. Only when students actively participate in physical exercise can they feel the joy of it. Finally, as a college physical teacher, in the reform of college physical education based on the demand for happy sports, it is necessary to release students' nature and let them feel free and comfortable. For example, each physical course in college is 100 minutes. After the physical exercise, teachers can leave some time to students for free activity. Students can choose sports freely according to their interests.

3.2 Enrich the content of physical education and emphasize the emotional communication with students

In current college physical education, the teaching content is relatively simple, which is one of the main reasons for students' unhappiness. In this case, a variety of teaching content should be formulated to stimulate students' interest in physical exercise and make them feel happy. For example, in addition to the sports required

by textbook outline of college physical education, teachers can consider local cultural characteristics and add them to the physical education, which not only allows students to learn and understand traditional Chinese sports, but also enriches the content of physical education. At the same time, teachers should pay attention to emotional communication with students in the process of physical education, as on the basis of the reform of college physical education, happy sports are necessary to make students feel happy. Therefore, physical teachers in colleges must pay attention to the use of emotional education. In daily college physical education, first of all, teachers should observe and understand the ideological dynamics of students, and communicate with them more, so as to relieve their aversion to physical education and offer them emotional pleasure in physical classes. Secondly, teachers should treat students equally with love, and establish a good teacher-student relationship. Finally, when making teaching plans, teachers should respect the individual differences of students.

3.3 Adopt a variety of teaching methods to make students feel happy

In addition to the classroom, students should be enabled to carry out extracurricular physical activities in a comprehensive manner to ensure that students have a fixed time and place for physical exercise outside of physical education. This requires school administrators and relevant persons in charge to raise the awareness of physical exercise, and focus on students' extracurricular exercise. At the same time, colleges also need to hold some sports competitions every year, such as campus basketball competitions, table tennis competitions, college basketball competitions and so on, so that students can feel the joy brought by sports through the competitions. In addition, colleges can invite some basketball and soccer stars to make speeches. Through the star effect, students can fall in love with sports and actively participate in sports activities.

4 Conclusion

In conclusion, on the basis of the reform of happy physical education in colleges, physical teachers in colleges must innovate in the teaching concept, respect the students' main position in physical education. Besides, they should dare to reform and innovate in teaching content and methods, so as to create a relaxing and pleasant atmosphere for students, allowing them to experience rapid movement in the classroom and foster a lifelong awareness of exercise.

References:

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