

# Research on the Reform Path of Physical Education Teaching in Colleges and Universities from the Perspective of Physical Education Integration

Wen Su\*

Hainan Medical University, Haikou 571100, Hainan Province, China

\*Corresponding author: Wen Su, wr9822@163.com

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**Abstract:** With the pace of reform and development of quality education and teaching, the concepts and models of education and teaching in colleges and universities should be updated and adjusted in a timely manner. It is necessary to cultivate students with moral character, and to cultivate and guide students from all aspects such as moral, intellectual, physical, artistic, and labor, so that students' abilities and skills in all aspects can be significantly improved. At the same time, colleges and universities should also emphasize the guidance of physical education, continuously deepen and reform physical education, and fully integrate the concept of physical education integration into it. However, in the specific implementation process, the teaching concepts are old and traditional, and the teaching guidance model lacks rationality, etc., resulting in unsatisfactory teaching effects in physical education classrooms. Based on this, colleges and universities should promptly reform and innovate the existing physical education teaching model based on the actual situation, and implement the concept of integrating sports and education into every teaching guidance segment to truly achieve the reform and development goals of physical education teaching in colleges and universities, and contribute to the development of sports.

**Keywords:** Integration of sports and education; College sports; Reform path

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## 1. Introduction

The subject of physical education not only plays an important role in the college education system, but it is also an indispensable and important component in daily education and teaching work. In the current situation of integrating sports and education, we should promptly adapt to the pace of development of the times and the standards of education and teaching reform, pay attention to the timely supplement and enhancement of the existing teaching staff, and create new physical education teaching models and methods for students based on actual conditions to provide help in improving the quality of physical education classroom teaching, which can

not only provide long-term and stable development for physical education teaching in colleges and universities, but also truly implement the development goal of comprehensive education. Therefore, in the process of physical education reform, colleges and universities should regard health as the main core and fully integrate sports and professional education, create a relaxed and enjoyable physical learning atmosphere for students, and give top priority to improving students' own health abilities and levels.

## **2. A brief discussion on the benefits of implementing the integration of sports in the reform of physical education in colleges and universities**

### **2.1. Promoting the reform and development of education and teaching**

Although physical education is an important part of basic education in China, physical education has not always been given a high degree of attention. Except for the physical education major, which has always focused its educational guidance on the development of physical education content, other professional fields have always been neglectful and have not recognized the important role and significance of sports in talent cultivation <sup>[1]</sup>. In the education and teaching reform standards, it is clearly stated that physical education needs to be regarded as the core basis for basic education, and "health first" should be regarded as the core concept to develop more talents with both ability and political integrity. In the context of vigorously promoting the concept of integrating sports and education, integrating it into physical education teaching can not only create a relaxed and enjoyable sports atmosphere for colleges and universities, but also allow students to consciously and proactively integrate into physical training in a pleasant and relaxed environment. It can also strengthen students' own awareness of physical education and provide assistance for the reform and development of physical education teaching.

### **2.2. Expanding training paths scientifically and rationally**

In the environment of continuous renewal and development of education and teaching, China has become a sports power that attracts high attention. However, there are still differences when it comes to developing sports power <sup>[2]</sup>. Therefore, in the process of guiding physical education in colleges and universities, it is necessary to focus on the development of physical education. In addition, we should increase educational efforts to develop sports and make full use of novel methods and concepts to promote the market-oriented development of sports. In addition, because China has always lacked sufficient talent in competitive sports, it has seriously hindered the development of competitive sports talent training, and the quality and effectiveness of training have been generally low. Under the educational concept of integrating sports and education, it can not only scientifically and rationally expand the training paths for competitive talents, but also provide them with a broader space to express themselves. At the same time, physical education teachers can also deeply explore students' own advantages in the broad space of educational guidance, discover more outstanding competitive talents, and actively encourage students to participate in sports competitions, in order to provide talent support for my country's move towards sports strengthening.

### **2.3. Laying a solid foundation for quality education and teaching**

In the implementation of physical education reform in colleges and universities, it is also necessary to consider the concept of cultivating moral character as the fundamental goal. At the same time, it is also necessary to guide students to fully understand and clarify the educational concept of "health first," and deeply understand its important role and status. Therefore, when conducting physical education teaching in colleges and universities, teachers need to actively guide students to participate in training activities, and experience and comprehend the fun of sports in the activities. It can not only strengthen students' willpower and level, but also improve

students' comprehensive quality and ability contribution. However, investigation and analysis of the actual development situation shows that most colleges and universities lack active interest in sports and good sports habits. Even when students are required to participate in physical training, they may not achieve significant physical fitness improvement or moral character cultivation during the participation process. Based on this, the integration of physical education can be used scientifically and rationally to optimize and innovate the existing teaching system. Colleges and universities should integrate the concept of quality education and the concept of "health first," and consider cultivating students' tenacious character and strong physique as the top priority to promote students' comprehensive development.

### **3. In-depth exploration and analysis of the actual current situation of physical education teaching in colleges and universities**

#### **3.1. Unscientific and unreasonable physical education courses**

In the process of physical education teaching in colleges and universities, setting up physical education courses scientifically and rationally is the focus of teachers' work. In the process of setting up courses, it is also necessary to fully meet and comply with the requirements and standards of physical education teaching in colleges and universities, and the course content set up must also conform to the actual development situation and needs <sup>[3]</sup>. At the same time, physical education teaching and curriculum in colleges and universities must be organically integrated to provide sufficient guarantee for physical education course teaching. However, at the current stage, there are still corresponding problems in the setting of physical education courses in colleges and universities. The course content lacks rationality with serious homogeneity. Most of the sports activities are mainly track and field, football, basketball, volleyball, etc., which cannot meet the current needs of students for sports learning. In addition, the class schedule has not been updated according to actual development, and students' own interests cannot be effectively stimulated. At the same time, because physical education activities in colleges and universities have always been restricted by venues, they have not included a variety of extracurricular sports activities. In terms of cultivating students' various skills and improving their health level, we can only rely on the teaching time in the classroom, which cannot contribute to students' healthy sports lives.

#### **3.2. Traditional and outdated physical education teaching concepts**

According to the investigation and analysis of the current development of physical education teaching in colleges and universities, lifelong education and "health first" should be regarded as the main development goals. In order to fully implement the above goals, it is necessary to focus on cultivating and guiding students' physical abilities and quality levels, and to promote students to develop good behaviors and habits of lifelong sports <sup>[4]</sup>. At the same time, the clever use of physical exercise can also provide students with a better quality of life for their healthy growth. However, due to the lack of physical exercise among students at this stage, most students' physical health has been on a downward trend. According to survey analysis, most students have bad habits such as staying up late, overeating, and playing games all night, which will have a serious impact on their health. According to relevant statistics, many college students often faint in their daily lives. The main reason for this situation is that the current teaching philosophy of physical education in colleges and universities is too traditional and outdated, unable to keep up with the pace of education and teaching reform and development, and there is no new understanding of physical education and "health first."

## **4. Discussion on the reform and development measures of physical education teaching in colleges and universities under the background of integration of sports and education**

### **4.1. Implementing reform and development goals and optimizing physical education courses**

Reform and innovation of physical education teaching in colleges and universities under the background of the integration of sports and education requires detailed investigation and analysis of the actual development at the current stage, and sufficient preparations are needed to improve and update existing teaching objectives. Since there are many majors and disciplines involved in various colleges and universities with great differences between majors, there are many similarities and differences in students' needs for physical education subjects. In this regard, it is necessary to comply with the reform and development goals and plans, organically combine students' own basic sports conditions and differences, and scientifically and rationally set up curriculum systems and plans that meet the development standards. When teaching using the integration of physical education, teachers should fully integrate their own professional qualities with physical education ideas in a timely manner. According to the teaching content, we set up curriculum activities for students that can not only train their physical fitness but also cultivate their good moral character. At the same time, it is also necessary to take students' own physical needs as the core standard and set up more abundant exercise projects and content.

For example, colleges and universities can organize tennis events on campus and call on students to actively participate in them. Tennis can not only train students' physical fitness, but can also effectively relieve students' stress in daily study, and cultivate and guide students' ability to resist setbacks.

Other than that, teachers can also use Tai Chi, traditional martial arts, etc., as teaching content, and integrate sports with physical education. It can not only enable students to master the theoretical knowledge of rehabilitation in medical exercise, but also select suitable exercise methods for students, and truly realize the organic integration of sports and medical theory, highlighting the role and significance of the integration of physical education.

### **4.2. Cleverly improving cognitive height and optimizing physical education teaching concepts**

Fully utilizing the physical education integration model in physical education teaching in colleges and universities is a brand-new reform idea for physical education teaching. The integrated teaching model of sports and education combines the physical education system and rich teaching resources to lay a solid foundation for promoting the integration of sports and education and orderly carrying out education and teaching guidance. At the same time, leaders and managers of colleges and universities also need to optimize and innovate their own concepts of integration of practice and education, with high-level ideological cognition as the main core foundation. Therefore, colleges and universities can add sports and education integration forums, education and teaching reform seminars, etc., based on actual development conditions and relevant sports departments, in order to promote them to deeply understand the essential connotation, role, significance, etc., of the integration of sports and education, and clarify the important role and significance of the reform of physical education teaching in colleges and universities. In addition, colleges and universities should also hold regular work meetings on the reform of integrated sports and education on campus, calling on on-campus physical education teachers to participate and put forward suggestions and optimization plans based on their own practical experience. At the same time, the reform of quality education and teaching should also be used as background support, and the development goal should be focused on the integration of sports and education. Based on the actual situation of physical education teaching and fully meeting students' learning needs for physical education

knowledge, the existing teaching model and development ideas should be adjusted. At the same time, it is also necessary to scientifically and rationally create teaching objectives and educational content based on the characteristics of physical education major and non-major students in colleges and universities. Only in this way can the integration of sports and education be fully implemented and help to build high-quality, compound technical talents.

### **4.3. Focusing on improving the teaching staff and innovating ideas for integrating sports and education**

In the process of reforming physical education in colleges and universities, in order to fully implement the integration of physical education and teaching, it is necessary to accurately grasp opportunities to create a scientific and reasonable talent training mechanism based on the current situation, pay attention to replenishing and improving the existing teaching staff, and fully demonstrate the quality and role of talent training. First of all, colleges and universities need to introduce the integration of sports and education into the work of improving their teaching staff, and put forward standards and requirements that are consistent with the development based on the actual situation. At the same time, full-time coaching positions need to be created, and retired coaches from outside the colleges and universities can also be hired to serve in the college and universities, actively encourage students to participate in sports training, and strengthen the teaching staff of colleges and universities. Secondly, colleges and universities should also pay attention to cultivating more compound teachers. Physical education teachers can lead teams to participate in training activities and master basic skills such as teaching, training, and competition. Only in this way can we establish a close connection between physical training activities and daily education and teaching activities, truly realize the organic integration of theoretical knowledge and practice, and solve the problems existing in physical education teaching in colleges and universities; lastly, it is also necessary to formulate teacher evaluation standards and systems, in order to ensure the quality of the teaching staff through regular assessments.

## **5. Conclusion**

All in all, integrating sports into the reform process of physical education in colleges and universities is the most significant effect of the innovative development of physical education teaching in colleges and universities at this stage. At the same time, it is also the core and key model for cultivating sports talents. This article focused on optimizing physical education courses, optimizing physical education teaching concepts, and innovating physical education thinking, and actively explored and analyzed strategies suitable for talent development at this stage. Moreover, teachers should also fully promote the return of physical education teaching to the essence of education and give full play to the multicultural value in teaching. Therefore, only when sports and education are fully integrated organically in the process of physical education in colleges and universities can the power of the two be fully demonstrated and the educational function of physical education be maximized.

## **Disclosure statement**

The author declares no conflict of interest.

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