

# Research on Subject Nature and Objective of Physical Education Training

Pengfei Wen, Menghua Wang\*

School of Physical Education and Health, Zhaoqing University, Zhaoqing, 526061, China

**Abstract:** Physical education and training is considered as a new subject among the same type of discipline. It has a short history background and is relatively young. However, the influence of the discipline of physical education and training must not be ignored by simply blaming it as the youngest discipline. In addition, especially in the case of rapid economic development and rapid improvement in living standards today, the influence of this discipline is relatively strong. Therefore, this thesis mainly studies the subject nature and object of physical education training. The research object of this subject can be studied from three key points, such as: the curriculum of the subject, the research method and the research of the subject of education. The comprehensive development of physical education and physical education is a comprehensive discipline.

**Keywords:** Physical Education, Physical Training, Subject Nature

**Publication date:** November, 2019

**Publication online:** 30 November 2019

**\*Corresponding author:** Menghua Wang, 275695156@qq.com

## 1 Introduction

In addition to chasing wealth materials, contemporary people's attention to their own physical health has increased year by year with the improvement of education level. Besides, due to science and technology advancement, people's travel patterns have changed while lifestyles are currently changing. Although people's enthusiasm for health and wellness is high, these are still due to lifestyle reasons and many other reasons. Thus, this resulted declination in physical fitness especially for the younger generation nowadays.

One of the reasons is due to the heavy workload from schools and the hard ship of education. Therefore, the physical fitness of the students cannot keep up. This is a social phenomenon today, people fancy physical quality leads to the vigorous development of sports which resulted in the state's emphasis on physical education has gradually increased. Moreover, the requirements for physical education programs have also risen and the institutions of physical education are an important place for cultivating sports talents today. Therefore, the educational content and system need to be constantly updated and developed. Thereby, in order to catch up with the pace of social development, the renewal of physical education is a development requirement of the new era. Physical education in the sense of education, it can be divided into two parts, first part is sports training and second part is sports knowledge education. The combination of the two constitutes a comprehensive subject of physical education and training, which not only improves the physical fitness of students and strengthens the body, but also enhances students' knowledge of sports. It is an important place for the country to provide excellent sports talents. Especially for the country, it is necessary to pay attention to physical education and training.

The employment of college graduates depends on the direction of social development and the current economic development. More and more people are engaged in the development of physical education and fitness industry with the rise of the fitness industry. At present, the biggest problem in China is that the development of physical education major is inferior to the development of western countries, and the fitness industry is just emerging. Most of physical education content is still at lacking. From the side, we can see that there is also the problem of insufficient experience or

inaction in college physical education and training. As an example, in some schools, physical education puts most of its energy into physical education knowledge, but neglects that as a physical education educator, he must first have a high-quality body beyond ordinary people; in addition, as a pioneer of physical education, speaking from an evangelist in other words, if you don't have enough knowledge to accumulate and professional knowledge and culture, how can you convince others? In summary, the comprehensive technology and professional knowledge training program is the only way for schools to carry out physical education training.

## **2 The definition of the concept of physical education and training**

Strictly speaking, physical education and training is derived from the development of sports and sports training. It is a branch and development of sports-related education and a comprehensive discipline. The history of this discipline is not long. The earliest proposed time can be traced back to 2003, so far, the history of physical education and training has been more than a decade. Compared with other disciplines, it is a very young subject. It is also like a young child, experiencing new life and development.

In addition to the short history of physical education and training, compared with physical education and physical education, there is also an important difference. The students of physical education and training majors are stricter in their requirements in all aspects, such as in physical training and professional basic knowledge. Moreover, physical education and training students surpass other related physical education majors in terms of physical quality and professional knowledge, which provides the development direction and prospects for physical education training. On this basis, physical education training needs to carry out physical training and physical education at the same time. Physical education and training is relatively a subject of both viability and rigor. Plus, it has important significance and long-term supplementary support for the development of physical education. The spirit of physical education and training is to promote the spirit of sports. In addition, it is necessary to strengthen the physical and physical quality of students. This does not only inherit the basic knowledge of traditional disciplines, but also injects fresh blood into the development of sports knowledge. Besides,

the emergence of the discipline of physical education and training is not only important for the country, but also for the development of society and social health. In China, the famous universities with high level of physical education training and development are such as Beijing Sports University, Shanghai Physical Education Institute, Shenyang Physical Education Institute, Huazhong Normal University, Guangzhou Sports Institute, etc.

According to the development history and evolution of physical education training, we can make a simple definition: physical education training is a comprehensive discipline that studies the basic theoretical knowledge of physical education and professional sports. Besides, it can also be said that this is the combination of book knowledge and concrete practice involves the research object of physical education and sports training, the specific research direction, the applied research methods and the specific practice in social life<sup>[1]</sup>.

## **3 Research content of physical education training**

The research content of the discipline is related to the discipline itself. In other words, the research content of different disciplines is not the same. In the study content of physical education and training disciplines, its research can be divided into two parts, which are research objects and research methods. Firstly, the research object is suitable for subject-related and the research object exists objectively in reality. According to the research direction of the researcher, the research target and object are selected. Thus, the research object determinant is the research purpose and research goal. In other words, to explain, we want to obtain the final research results through the research of the research objects, which is consistent with the research objectives, so there is a general choice for the research objects; secondly, the research methods, if the research objects are the base of the study, then the research method is the texture and filling of the entire study such as what is the reaction of the research object when it is studied, and what is the theoretical basis of the research? Moreover, for sports education and training, it can play a key role in the research. Through the above explanations, we can divide the research on the content of physical education training into three key points to further elaborate, such as curriculum research, methodological research and

human research.

### **3.1 Research body of the curriculum**

In the definition of the previous concept, we have elaborated that the content of physical education training can be divided into two key points, such as sports knowledge education and sports project training. Therefore, the curriculum content of physical education training discipline can be studied from two aspects as below:

#### **3.1.1 Physical education project**

Sport programs are called professional courses. Professional systematic learning is carried out on a special sports program, such as basketball, badminton, and high jump in schools. These are special sports to improve students' professional skills such as how to make the jump higher, the skills of playing and the basic skills, etc., basketball students need to improve their professional skills in addition to their professional skill; how to play the biggest advantage in a team and help the team to maximize its potential. The other sports majors are in the same direction as the first two majors. This is mainly the study of specific projects in the physical education major and the most important research content.

#### **3.1.2 Professional knowledge**

Secondly, having professional knowledge is an important point. In other words, it can be the knowledge in the textbook, mainly explaining the theoretical basis and professional content. As the speed of social development is changing rapidly, students need to master the basics and related content. People's academic research is flourishing. In the past, each academic theory has made new progress and updates. The textbook knowledge can be updated accordingly. Scholars have been highly excited about academic research, and academic achievements are also changing. Therefore, if you only know the old-fashioned and self-styled, then it will affect students and even have an impact on professional progress. Moreover, not only will the academic level of professional knowledge not be improved, but it will also hinder the cultivation of talents. Therefore, studying the theoretical knowledge of textbooks is always encouraged; absorbing new theoretical results and try to sum up the theory that is suitable for social development and simultaneous development with society. Thereby, this is an inevitable requirement for the training of physical education

and training and an important aspect in the choice of research objects<sup>[2]</sup>.

### **3.2 Research methods**

Physical education and training is not just a subject but is also a teaching activity. Therefore, there is a certain method of education and teaching. One of the crucial subject that must be studies in physical education is how to improve the quality of teaching and types of teaching method that can improve the quality of teaching. In addition, most sports students have a lack of interest in theoretical knowledge learning. They feel that theoretical knowledge is not very important. The lack of ideological understanding leads students to be less interested in the study of theoretical knowledge. Therefore, the number of students in the classroom of the theoretical subject knowledge is always innumerable. However, we cannot ignore the role of theoretical foundations in physical education training<sup>[3]</sup>.

### **3.3 Research on people**

One of the inseparable aspects of the development of each discipline is people. The study of people is very important. As the main body of education and teaching, students are especially important for the study of students' state of mind and ideas. In the process of teaching development, the level and thought of the students need to be connected, and the degree to which everyone can accept also needs to be roughly grasped. In addition to the basic knowledge of theory, even the level of professional skills, teachers need to have understanding such as mastering the general situation before they can conduct teaching in an orderly manner. Plus, it is necessary to observe the growth of students between content teaching and ending content teaching. These content teachings need to be carried out on the ground and it is a slow development process. Therefore, it is compulsory to pay more attention to its notes.

## **4 The disciplinary nature of physical education and training**

The nature of the subject is an important prerequisite for a discipline to be studied. As the essence and soul of a discipline, it determines the overall research goal of this discipline and the way talents are cultivated. As for the analysis of the subject nature of physical education and training, there is no harm breaking down the original subject nouns. "Physical education" refers to a kind of behavioral activities of physical education, sports theory

knowledge and educational knowledge, while “training” is more focused on the training and promotion of sports competitions. Therefore, in general terms, the discipline nature of physical education training is comprehensive, including sophisticated theoretical knowledge and practical training of sports programs<sup>[4]</sup>.

Secondly, as mentioned earlier, physical education training is a derivative and development of education and physical education. Plus, it is a comprehensive discipline. Strictly speaking, it is more biased towards education. As an example, through the transmission and teaching of theoretical knowledge to students, students have a deeper understanding of professional knowledge; on the other hand, through the training of targeted and disciplined sports programs, improve the personal qualities of physical education students themselves. At the same time, as the goal of cultivating sports talents, it has laid a solid foundation for them to become social sports educators. Moreover, it can be concluded that physical education training is a comprehensive discipline that combines the sociological nature of physical education science with the natural science of human kinematics<sup>[5]</sup>.

## 5 Prospects for physical education and training

In this era, people pay more and more attention to physical health, health education, and physical exercise with the improvement of social development. As a result, the attention to sports has increased dramatically. Despite this, the problems in the physical education training in China cannot be ignored. The gap between foreign physical education cannot be ignored, therefore physical education needs further development and research<sup>[6]</sup>.

(1) The school’s education system and methods need to be strengthened and corrected. There is a huge room for improvement in the quality of teaching and the potential of teaching methods is endless. The improvement of the quality of school education can be carried out in two aspects: from the perspective of teachers and schools. As an example, in terms of teachers, teachers need to strengthen their professional skills and have a convincing professional level. In addition, during teaching, the teacher must not only

promote the enthusiasm of the students, but also the professional level and carry out innovations in teaching concepts and methods; in terms of schools, it is necessary to strengthen the emphasis on students and professions and change the school system and teaching methods<sup>[7]</sup>.

(2) Inheritance and innovation of teaching methods and theories. It is compulsory to innovate teaching content and teaching methods constantly. Plus, it is necessary incorporating new teaching concepts, introducing new teaching methods, and auspiciously supplementing and perfecting the original teaching concepts and teaching contents are all innovations in home education. Thus, the development of physical education and training will be more mature and excellent in the future.

**Fund Project:** Guangdong Provincial Education Department Youth Innovation Project (2018WQNCX193), Zhaoqing College - Weiyang Fitness College Students Off-Campus Practice Teaching Base (2018010702), Zhaoqing College Practice Teaching Reform Project (sjjx201807, zlgc201732)

## References

- [1] Liu XJ. The Application of Task-based Teaching Mode in the Elective Course of Higher Vocational Aerobics[J]. Hubei Sports Science and Technology, 2014(09):57–62.
- [2] Mi J. On the Research Objects and Subject Nature of Physical Education Training[J]. Sports and technology, 2012(33):104–7.
- [3] Ma T. The Disciplinary Nature and Development Trend of Physical Education and Training[J]. Sports Space and Time, 2013(15):78–81.
- [4] Tian Y. On the Research Objects and Subject Nature of Physical Education Training[J]. Caizhi, 2013(32):104–7.
- [5] Yao XG. Analysis of Knowledge Mapping of Physical Education Training Research in China from 2006 to 2010[J]. Science and Technology Management Research, 2013(33):155–8.
- [6] Deng YH. Research on the quality evaluation of academic master’s thesis of Physical Education Institute of Inner Mongolia Normal University[D]. Inner Mongolia Normal University, 2019.
- [7] Li HY, Lan Shuiying. The Characteristic Construction of Key Subjects of Physical Education and Training in Local Teachers Colleges[J]. Sports Science and Technology, 2019, 40(03):163–4.