A Study on the Way of Integrating the Idea of Lifelong Sports into College Physical Education

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ABSTRACT

“Promote physical culture and build up the people's health” is not only a slogan. Physical education provides an important guarantee for the comprehensive development of students and lays a foundation for lifelong sports. Young students are the future and backbones of the country, and the burdens of national development falls on their shoulders. Therefore, young students should be a healthy and vibrant group. However, the physique of young students now is not optimistic, and obesity, decreased vision, psychasthenia and other various factors affect their healthy development. In recent years, young students continue to show a decline in their physical fitness, which can be partly attributed to that many schools rarely carry out sports activities in the spare time to improve the enrolment rate while ignoring the healthy development of students. Therefore, targeted research on physical education is of great significance to the formation of good psychological quality of young students.

KEYWORDS

College physical education; thinking quality; cultural quality

INTRODUCTION

The ultimate goal of physical education is not only to enhance the physical fitness of college students. Its greater value is to cultivate the capacity of college students in various aspects and promote the harmonious development of their mind and body through sports activities. The physical education in colleges and universities is one of the effective ways to achieve this goal. The indoctrination of lifelong sports idea is conducive to cultivating the interest and habits of college students to participate in sports activities, enhancing their physical fitness, improving their ability to adapt to the environment, developing their strong, brave and tenacious volitional character and forming a initiative, optimistic and cooperative attitude. Under the current situation, how to improve students' understanding of lifelong sports idea and conduct research combining with the actual teaching of college physical education has become an important problem to strengthen college students' physical education.
THE IMPORTANCE OF INTEGRATING COLLEGE PHYSICAL EDUCATION WITH THE IDEA OF LIFELONG SPORTS

The idea of lifelong sports refers to that a person will continue to accept physical exercise and physical education in his life, which generally contains two important aspects. First of all, the physical exercise should serve physical health. In other words, people carry out continuous physical exercise actively to ensure the continued health of the body. Secondly, it refers to the systematic and holistic process of physical exercise formed under the guidance and help of lifelong sports thought, which supports people to have the ability to do various sports activities in different periods and fields. The idea of lifelong sports in college environment is beneficial for young people to understand the charm and significance of sports correctly, which is conducive to promoting the spirit and cultural core of sports.

College sports culture is the combination of the sports culture and college atmosphere. The traditional sports culture is the synthesis of all the material and spiritual civilization in sports created by human in the historical process. Its connotation and extension include sports forms, sports equipment, sports inventions, sports research and all other things involved in “sports”. The college sports culture can also be defined as this: it is the characteristic development of traditional sports culture applied in the college campus and it covers everything related to physical exercise, sports invention and sports research. The development and spread of the concept of sports culture in colleges cannot be separated from specific sports items. The sports item is the carrier of sports culture and the media of sports culture and the college sports culture can get deeper definition through the development and progress of sports. In the atmosphere of college education, the sports culture of colleges is a kind of culture that grows up with college culture and it has the characteristics of inclusiveness, universality and wide participation.

1. Inclusiveness. The college sports culture is a cultural type with high inclusiveness and all young students can amalgamate themselves into this culture by participating in moderate physical exercise in view of its low threshold. Its loose requirements on students make it completely different from the culture of competitive sports.

2. Universality. Benefiting from the support and investment of the country, the college sports culture is becoming more and more popular and wider. Almost all types of colleges and universities have their own sports culture which can be divided into different styles according to the specific geographical and humanistic environment.

3. Wide participation. The item types in college sports culture are available for all teachers and students as well as related personnel. All types of personnel can participate in specific sports programs and the audience of college sports culture mainly consists of young students.

College teachers and students are the main participants of college sports activities precisely because of the wide coverage area of the college sports culture. In this sense, to establish the idea of lifelong sports and spread and develop it well will convey better sports belief to numerous teachers and students. By virtue of the strong inclusiveness, universality and wide participation of college sports activities, the idea of integrating lifelong sports in college physical education will benefit more people and provide help and support for the development of physical education in colleges and universities.
FACTORS RESTRICTING THE INTEGRATION OF COLLEGE PHYSICAL EDUCATION WITH THE IDEA OF LIFELONG SPORTS

Teacher

The investigation and interview of some college teachers showed that teachers lack the actual understanding of the meaning and function of students' outdoor sports activities in the actual teaching process. They only regard these activities as a general physical fitness or ordinary teaching activity and teach with great randomness, so that their actual teaching barely shows the realistic thinking of sports. This will undoubtedly make college students who have strong ability of acceptance and perception form mindset -- without a good understanding of the perception and function of sports, the sports; physical culture cannot real play its real value.

Guiding strategies

Teachers also have insufficiencies in the aspect of guiding strategies. Teachers usually lack the awareness of doing activities with students and regard the activity related college physical education curriculum as the one only for students. They ignore the leadership and guiding role they should play, and thus the guiding strategy cannot be effectively constructed.

Activity design

In terms of activity design, the form of college sports activities is relatively simple, such as gymnastics or aerobics. It lacks the exploration the popular forms of outdoor activities for students and does not form a targeted development concept. Activities do not have design sense and most of them are copied from other colleges, which does not take into account the concept of “happy education” and “lifelong sports” in colleges and universities.

THE EXPLORATION AND PRACTICE ACTIVATION OF THE INTEGRATION OF COLLEGE PHYSICAL EDUCATION WITH THE IDEA OF LIFELONG SPORTS

The construction way of integrating college physical education with the idea of lifelong sports

Attaching importance to the requirements of physical education in the new era to carry out comprehensive education

According to the relevant planning of the college sports in the new era, it is clear that it aims to equip students with basic sports knowledge and skills, guide them to use sports equipment, develop their interests in at least one sports discipline and help them to know it better. Students are expected to understand the important role and significance of sports as a basic discipline, rather than simply attending classes and achieving standard of physical fitness tests, which can be interpreted as a directional change in the teaching of sports. At the same time, it is necessary to improve students' ability of autonomous learning, make them fall in love with sports and have a sense of
sports, cultivate their solid behavioral habit of lifelong sports and guide them focus on the comprehensive use of sports knowledge, making the study of sports disciplines have greater comprehensive significance and helping them form corresponding skills and sports thinking on this basis. From this point of view, the teacher must attach importance to the requirements of sports in the new era, develop new policy for the teaching of college physical education, implement targeted teaching and grasp the effectiveness of teaching, so as to realize the understanding and implementation of idea of lifelong sports in the development and improvement of actual teaching atmosphere. In the process of physical education, colleges should consciously mention the idea of lifelong sports. But it does not mean that the application of this idea can disrupt the normal order of physical education. A subtle approach should be adopted to deepen teachers and students' understanding of it. This is a new try now for college physical education and practice and worth being promoted continuously in the teaching process.

Giving priority to physical exercise and promoting differentiated education

As a universal appeal in the modern society, physical exercise should be expanded and applied in the college physical education and practice. It is well-known that physical education is physical exercise and cultivation of sports concept in the school atmosphere, and the study of physical education can not only help college students get good body exercise and relaxation, but is also beneficial for them to develop a good sense of lifelong sports. Therefore, the purpose of the future college physical education teaching is to promote the concept of exercise and implement comprehensive and thorough differentiated teaching combining with physical education syllabus. It is needed to respect individual differences and actual needs of each student in the teaching process. Teachers should stress the play of students' individual wishes, aiming at improving the students' study ability of physical education through the teaching of physical education curriculum in colleges.

Although the idea of lifelong sports is the sports concept strongly advocated in China at present, the differences of students in their individual situations and hobbies need to be taken into account. College physical education is a humanized education curriculum. Only the targeted training of sports items and indoctrination and learning of sporting spirit based on the respect for the wish of personal development is the practical way for the future development of college physical education, and the idea of lifelong sports is of great significance to enrich it and perfect sports thought.

Highlighting practical teaching and strengthening students' participation

The physical education in the new era particularly lays stress on the actual participation ability of students. As college students have had perfect ability of behaviors and sports awareness, teachers should change the traditional teaching methods that only give demonstration but lack interaction with college students. For example, the teacher can show model actions synchronously while students are practicing wushu drilling to attract the attention of students through voice and action, promoting them to exercise actively. Some basic actions of driving fist punch and the pace of movements are derived from the wusu drilling. It can be said that college students have begun to get in touch with the actions or knowledge related to the wusu drilling since they receive physical education. Similar teaching methods are all
innovative breakthroughs in the teaching methods of college physical education. The teaching methods of college physical education after ground-breaking innovation will be closer to the physical practice of college students, which can strengthen the practicality of physical education curriculum.

In this process, the perfect match of the teacher's teaching ability and the students' cognitive and learning ability will be more conducive to the actual development of college physical education. It is clear that the teacher is of great importance in the implementation of physical education or organization of activities. And therefore, a good college physical education teacher must have certain athletic ability and lifelong sports ideas. In the actual teaching process, he should set himself an example to influence his students, lead every student to enjoy sports as far as possible and strengthen students' goodwill and dependence of sport, and ultimately realizing the effectiveness of sports as an important part of life.

The practice activation integrating college physical education with the idea of lifelong sports

Establishing the correct goal and scientific guidance strategy

When setting up the goal of physical education for students, colleges and universities should fully consider the characteristics of “lifelong education”. The correct goal of exercise and the scientific guidance strategy will help students grasp the subject and conduct targeted exploration in the course of exercise, which can not only realize the goal of exercise but also achieve the purpose of sports. The “lifelong physical education” should be led by the student-oriented educational concept and develop the objectives of physical education based on the students themselves. Curiosity and thirst for knowledge are human nature. They are the positive tendency of people to know something or participate in an activity and also the driving force of doing sports. To effectively stimulate students' interest in learning and curiosity about things in outdoor sports activities is the effective means for students to form basic sports quality, develop their sports practical ability and stimulate their spirit of innovation.

Enriching the content of college sports activities

Sports activities and teaching contents cannot be as simple and boring as before any more. To this end, colleges and universities should organize a sports research team with the sound ability of teaching and research to design sports activities in accordance with the current trend of student education and new requirements of outdoor sports activities. It is feasible to integrate the wusu drilling, student football and other activity forms well into the current system of physical activities in colleges and universities.

At the same time, it is needed to encourage the majority of students to strengthen their outdoor physical exercise, guiding them to enjoy the beauty of sports life. Students should also strengthen the study of physical education curriculum and the utilization of sports skills at the practical level and enhance their own sports capacity to ensure sustained physical exercise, thereby forming the idea of lifelong sports.

Practical exploration
At present, the types of student sports activities are varied in most colleges and universities, such as morning exercise, class-break setting-up exercise, after-school setting-up exercise and sports practice classes. The alternation of different activity forms increases the effectiveness of exercise. For example, during the morning exercise, while students are doing exercise freely with the accompaniment played, the teacher can do exemplary actions to attract their attention through the voice and action, so that they can actively start the activity. At the same time, there are many other different types of sports activities to be chosen, such as basketball, football, volleyball, aerobics, judo, wusu, and so on. Therefore, the college physical education and relevant activities should be supported by specific programs to enhance the students' learning and understanding according to the current development level of programs, and strengthen their sports ability through continuous learning.

CONCLUSION

With the continuous development of college physical education, modern college physical education presents higher requirements of comprehensive sports ability for students, and how to strengthen college students' actual physical learning ability and help them form the idea of lifelong sports is largely dependent on the progress and innovation of sports teaching methods, which shows the necessity of the method innovation of college physical education to a certain extent. The reform of physical education concept, focus on students' individual development, enhancement of practical teaching ability and comprehensive innovation in other aspects can greatly improve the development of the teaching of college physical education, and ultimately achieve the simultaneous improvement of college students' sports ability and sports consciousness and strengthen the effectiveness of college sports. This will undoubtedly play an important role in the development of college physical education in the new era.

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