

# Research on the Strategy of Lifelong Education in University

## P.E.

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### Abstract

This paper analyzes the present situation of lifelong education in physical education in colleges and universities by using the method of literature, expert interview, and On-the-spot investigation and so on, and puts forward some countermeasures from how to strengthen the idea of lifelong education in college P.E.

**Keywords:** university, physical education, university P.E

### 1. Introduction

College students are the reserve of the motherland construction, their comprehensive quality and physical fitness determine the future of China's modernization construction. Based on this, China's Ministry of Education issued a "national general colleges and Universities Physical Education curriculum instruction outline." The outline has clarified the standard of university physical Education course, also determined the ultimate goal, through the university sports activities, to achieve "active participation in various sports activities, and the basic formation of the habit of consciously exercise, the basic form of lifelong awareness of sports, can prepare a feasible personal exercise plan, with a certain degree of sports culture appreciation".

### 2. Strengthening the reform of cognition and improving the basic quality of P.E. teachers

Sports teachers' knowledge of physical education, personal accomplishment, sports level and teaching ability all determine students' interest in sports. The university student's study is tense, the limited physical education knowledge and the skill, all comes from the Physical education teacher's lesson. Therefore, the quality of physical education teachers and the level of physical education are the key to improve students' physical interest and physical quality, as well as the cultivation of lifelong sports consciousness, and also have a direct impact on improving the quality of PE teaching. Therefore, the requirements of sports teachers, strictly according to the training of students lifelong physical education requirements to improve their own knowledge and professional skills, with lofty social responsibility and ambition to improve their overall quality, to complete their mission.

In physical education, the teacher should be brave enough to break through tradition, give reform consciousness and innovation spirit, and boldly implement reform, including curriculum arrangement, equipment arrangement, playground design, sports form and teaching way and so on. We should also work teaching content to arouse students' interest in sports. Teacher first if a sports enthusiasts, he not only has a wealth of sports culture knowledge, but also superb sporting appreciation, for large events and

influential sports activities, to communicate with students in a timely manner, so that students interest in the enthusiasm of sports gradually improve, and in the interest to learn. Students are interested in sports, and teachers ' professors will reduce resistance and thus be handy. In the teaching of P.E., we should improve the quality of P.E. teachers, to encourage teachers to boldly carry out physical education reform as a means of teaching students as the main body, and students exchange interaction, teachers can lead students in after-school football, playing basketball, ping pong ball, and so on, the teacher's teaching and learning, than the blindly infusion of the results of the difference.

### **3. Improve the atmosphere of infrastructure construction and enrich students ' physical education environment**

Sports venues and sports equipment facilities are the guarantee of college P.E. teaching quality. Physical Education teaching is based on sports venues and facilities and equipment, this is also the students exercise volume and physical training platform, adequate venues, sound facilities and equipment, supplemented by teacher-rich knowledge of sports and education methods, college physical education tasks and objectives will be smooth and over completion. Some schools have serious shortages of sports venues and equipment, can only meet the use of physical education, students want to participate in sports after class, but there is no venue and equipment to provide, students interest in sports will be low, and even just stimulated the enthusiasm of the sports will disappear again, these are the unfavorable factors of physical education, the long-term impact of physical and mental health and teaching quality

Based on this, in order to improve the quality of physical education teaching, training students to participate in physical exercise awareness and habits, the higher authorities to brainstorm, find ways to give financial support, and the field of security, the implementation of education funds, and the input of sports equipment, will certainly arouse the enthusiasm of teachers and students in sports, with confidence in physical exercise, not only improve the physical fitness, ensure the physical and mental health, meet the requirements of the teachers and students of sports, but also meet the higher standards of teaching tasks. Extracurricular sports activities, training students' lifelong sports habits, the construction of sports facilities is fundamental.

### **4. Cultivate interests, hobbies and exercises, and innovate the teaching methods of university P.E.**

Through the investigation, the author finds that the students ' interest in sports plays a key role in guaranteeing the teaching quality, improving the physical fitness of the students and cultivating the students ' lifelong sports consciousness. Confucius said: "Those who know better than those who are good, and those who are better than those who are happy." illustrates the importance of interest. As long as the cultivation of students ' interest in physical exercise, all the problems will be solved, training students to engage in physical exercise consciousness, to help students establish lifelong sports awareness. Traditional teaching methods, rigid dogma, the content of a single, to complete the teaching task for the purpose, the teacher for the students pass the exam project, to the individual as the main body of physical education, it is not known that this is the teaching of taboo, the new curriculum standards, students as the main body, is the task of the new period, training students ' interest in physical exercise and the habit of independent exercise, will change the students

In the process of physical education, teachers should be based on the requirements of physical education teaching, with a new concept and method of physical education teaching, to ensure that the content of teaching is rich and colorful, students as the main body of physical education, so that students

interested in learning, motivated to learn. For example, in physical education, the teacher can arrange a fun hundred games game, through the game teaching activities to arouse students' hobbies and interests in sports, improve students' sports skills and will.

#### **5. Cultivating students' habit of sports behavior and establishing the idea of lifelong education**

One of the aims of physical education is the cultivation of physical ability, the ability to cover sports ability, and the ability to meet the needs of individual life and physical health. Physical Education in colleges and universities is an important stage for students to mature from the ignorant period of sports knowledge and the immature stage of skill technology. Teacher's teachings are very important, the teacher can according to the students' physiological characteristics, set up the teaching method suitable for college students' age, on the basis of cultivating students' interest in sports, teaching their knowledge and skills, and tamping the foundation of Students' participation in physical training. Teachers can develop students' sports ability and skills according to the characteristics of sports, such as their competitiveness, entertainment and appreciation. In physical education, teachers can guide students to develop their brains, display their talents, and show their abilities and potentials in the colorful physical education. Teachers can arrange some class hours, the explanation of sports competitions, such as competition requirements, competition rules, referee rules, action difficulty factors. To arouse students' interest in sports, improve their appreciation level of sports competitions, and gradually improve the students' knowledge of sports and comprehensive ability.

We know that habit is a way of life that a person accumulates for a long time. The students' sports habits and lifelong physical education in colleges and universities are inseparable. College students are the period of accepting new things and forming good habits. And the habit of nurturance, need to accumulate long period of time, in the process of college students' physical behavior habit, the role of sports teacher is very important. Therefore, the PE teacher should cherish this opportunity, with the equal posture and the student to mingle, the good teacher-student relations as the foundation, affirms the student to the physical education knowledge grasps, as well as the interest in physical exercise, so that students understand the role of physical exercise, not only in the psychological acceptance of physical education, and fall in love with physical exercise, not only can take the initiative to participate in sports, but also in the process of taking part in physical exercise, cultivate a lifelong benefit of sports behavior habits.

#### **6. Strengthen the combination of P.E. teaching and health education, strengthen the development of lifelong education in P.E. teaching**

The so-called health, not only refers to the physical health of people, but also covers the mental health of people. At present, the fast-paced life, the pressure of employment, so that college students more and more pressure to learn, daily struggle to cope with a lot of homework, a Monday test, there are mid-term tests, final exams and so on. The students' physical and mental health is very tired, and the healthy level is also declining, based on this, the state education University clearly issued instructions to care about the health of students is a matter of national and national future, the school should, according to the situation, increase the activity venues, add sports equipment, as far as possible to organize students to carry out extracurricular physical exercise to enhance the physique of students, improve their physical and mental health, reduce their learning pressure, to full posture to meet heavy learning tasks. Therefore, in these sports activities, students are interested in physical exercise is very important, only have a healthy consciousness, in order to allow students to devote themselves to physical exercise. In the course of

physical education, the teacher should instruct the students to have a good understanding of sports and health concepts, to enter the university for the future, to enter the society to lay the foundation of lifelong sports consciousness.

### **7. Concluding**

To sum up, we can see that college P.E. teaching is the basis of cultivating students' lifelong sports consciousness. Therefore, the school should strive to improve the university sports venues, equipment facilities, and improve the students' awareness of sports, with the rich and colorful physical education content, supplemented by the scientific teaching methods and means, taking the national support as an opportunity to strengthen the students' physical and mental health, and to cultivate students' lifelong sports consciousness as their own responsibility, cultivate the students' interest in physical training and develop the habit of lifelong physical exercise. The school should take the physical education as the core, take the lifelong physical education as the ultimate goal, set up a scientific physical education teaching system to construct the consciousness of the college students' lifelong sports, and strive for the all-round development talents for the motherland.

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### **Referencing**

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