

Research on Optimizing Strategies of College Swimming Classroom Environment

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Abstract: swimming is a favorite sport for college students. At present, many colleges only pay attention to the teaching of swimming technology in the process of swimming classroom teaching, but ignore the optimization of swimming classroom environment, which leads to students' weak learning initiative and restricts the improvement of teaching quality. This paper combines the actual swimming teaching practice in colleges to study the strategies of optimizing the swimming classroom environment in colleges. According to research, colleges should carry out the optimization of swimming classroom environment from the two levels of the physical environment and the psychological environment.

1. Introduction

College students are an important reserve force to promote economic and social development. Swimming teaching in colleges can enhance the physical health of college students, promote their intellectual development, and cultivate their strong willpower. In college swimming classroom teaching, good classroom environment can significantly improve the quality of swimming classroom teaching; on the contrary, it will reduce the quality of swimming classroom teaching. In order to further improve the quality of swimming classroom teaching, colleges should actively carry out the optimization of the swimming classroom environment.

2. The Goal of College Swimming Classroom Environment Optimization

The goal is the "compass" of action. In combination with the physical and mental development characteristics of college students, the optimization of the swimming classroom environment in colleges should clarify the following three goals.

2.1 Stimulate students' Learning Motivation

Learning motivation is an important "engine" that motivates students to make and maintain learning behaviors. In swimming classroom teaching in colleges, classroom environment optimization aims to create a relaxed and pleasant curriculum atmosphere for students, allowing students to experience the fun of swimming in the classroom learning process, thereby inspiring

their learning motivation^[1].

2.2 Cultivate students' Autonomous Learning Consciousness and Ability

Autonomous learning is a kind of consciousness and ability for students to learn consciously and actively without interference from external forces. In college swimming classroom teaching, the optimization of the classroom environment should give full play to students' subjective initiative, and provide students with as many opportunities as possible for independent analysis, exploration, practice, and creation, so as to effectively cultivate students' autonomous learning awareness and ability.

2.3 Constructing Harmonious Relationship between Students and Students

In college swimming classroom teaching, the optimization of the classroom environment should emphasize student-student interaction and teacher-student interaction, enhance communication between students and students, and between students and teachers, and establish harmonious student-student and teacher-student relationships. In a good classroom environment, there is a relationship of equality of personality status and mutual promotion of teaching between students and between students and teachers.

3. Optimization Strategy of Swimming Classroom Environment in Colleges

In a certain environment, people's thoughts and behaviors will be affected by the environment. Combined with the actual swimming classroom teaching in colleges, it is believed that teachers should carry out the optimization of the swimming classroom environment from the two levels of the physical environment and the psychological environment^[2].

3.1 Optimization of Physical Environment of Swimming Classroom in Colleges

The physical environment of college swimming classroom is the important foundation of swimming classroom teaching in colleges and universities, which mainly includes swimming places, facilities and equipment in colleges, as well as the natural environment that affects swimming classroom teaching.

Optimization of swimming places, facilities and equipment. The characteristics of swimming determine its very high requirements for sports venues, facilities and equipment. In college swimming classroom teaching, the facilities, equipment, site, layout, decoration, color, lighting, water quality, air circulation and so on in swimming places have an impact on students' learning psychology and behavior. For example, the indoor swimming places in some colleges are very narrow in space, compact in layout, and lack of ventilation facilities, which lead to students' depression and tension during their study and affect the learning effect.

Optimization of the natural environment. Outdoor swimming places are closely related to the natural environment. When constructing outdoor swimming places, colleges should analyze the natural environment around the places. Adhering to the concept of "harmonious development between man and nature", construct a natural environment conducive to swimming classroom teaching. For example, plant lawns or evergreen trees on the land surrounding outdoor swimming places.

3.2 Optimization of Swimming Classroom Psychological Environment in Colleges

Enlist the support of school leaders. School leaders play a decisive role in the overall development of the school. To carry out good swimming classroom teaching, school leaders need to attach great importance to and vigorously support. School leaders should link swimming classroom teaching with the school's talent training goals, fully affirm the importance of swimming classroom teaching for the growth and success of colleges, attach importance to the formulation of rules and regulations related to swimming classroom teaching, and ensure the standardized development of swimming classroom teaching.

Optimize the swimming course structure. Colleges should set up various kinds of swimming courses for students, such as swimming teaching courses, swimming activity courses, swimming competition courses, etc., in order to meet students' learning needs of swimming. In the process of optimizing the swimming course structure, teachers should pay attention to the cultivation of students' autonomous learning ability and practical ability. At the same time, attention should also be paid to the cultivation of students' good moral character, in order to promote the all-round development of students.

Enrich teaching content. The teaching content of swimming classes in many colleges is mainly based on swimming techniques. These teaching contents are boring and single, which can easily cause aesthetic fatigue to students. In this regard, colleges should strengthen the construction of swimming courses and enrich the teaching content. In enriching the teaching content of swimming, three principles should be followed. First, it conforms to the characteristics of college students' physical and mental development and meets the individual needs of students. Second, focus on the vogue, interest and diversity of teaching contents^[3]. The third is to collect and sort out swimming information on the network with the help of network information technology and turn it into teaching content.

Strengthen the construction of professional teachers. Colleges should train a team of swimming teachers to ensure the professionalism of swimming classroom teaching. On the one hand, colleges should recruit excellent swimming students from professional sports colleges, or recruit retired national swimming coaches or athletes; on the other hand, they should strengthen the swimming teaching and training of their physical education teachers. In addition, colleges should strengthen intercollegiate cooperation, enhance the exchange and interaction between their own physical education teachers and other college physical education teachers in swimming classroom teaching, and constantly improve their own physical education teachers' swimming classroom teaching ability.

The optimization of college swimming classroom environment is a systematic and complex activity involving many factors. In order to ensure the optimization effect, colleges and universities need to pay attention to several issues. First, it insists on "student-oriented", which requires colleges to always take students as the main body when optimizing the swimming classroom environment, pay attention to students, respect students, serve students, and develop students^[4]. Second, take the healthy development of students as the fundamental goal. The optimization of the physical environment and psychological environment in the swimming classroom should all be based on the healthy development of students. Without this goal, there is no point in optimizing the swimming classroom environment. Third, give full consideration to the economic conditions of colleges. Different colleges have different economic conditions. For the colleges with poor economic conditions, it is necessary to carry out the optimization of swimming classroom environment on the basis of their own economic conditions, and arrange funds reasonably so as not to affect the development of normal teaching activities.

4. Conclusion

Studies have shown that in swimming classroom teaching in colleges, good classroom environment can stimulate students' learning motivation, increase their enthusiasm and initiative to participate in classroom teaching, thereby improving the quality of classroom teaching. Therefore, colleges should pay attention to the optimization of the swimming classroom environment. In specific practice, colleges should fully understand the impact of the swimming classroom environment on students' learning thoughts and behaviors from the two levels of the physical environment and the psychological environment, and optimize the unfavorable environment into a favorable environment.

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