

Integration of Motor Quotient and College Physical Education

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Abstract: As far as motor quotient is concerned, it is an important index that can objectively reflect a person's sports ability and talent and evaluate a person's comprehensive development level. This paper starts from the perspective of the concept of motor quotient, combines the physical health level of college students and the current situation of physical education in colleges and universities, analyzes in detail the integration and development of motor quotient and physical education in colleges and universities, strengthens the motor publicity of the concept of motor quotient, establishes a sound teaching system of "motor quotient + physical education" and comprehensively carries out digital physical education. With the help of motor quotient, the overall quality of college physical education can be further improved, and a solid foundation can be laid for promoting the physical and mental health of college students.

1. Introduction

Motor quotient, also known as sports quotient, refers to the ability of individuals to overcome objective things and their own factors, tap their sports talents and give play to their sports potential in the process of sports. As one of the important indicators to evaluate the overall development of an individual, motor quotient is as important as EQ and IQ, and is an indispensable development factor for an individual. The emergence of motor quotient can fundamentally change people's misunderstanding of physical education teaching, and make people pay more attention to the cultivation of their own sports ability. Relevant personnel should strengthen the detailed analysis of the concept of motor quotient, start from the multiple angles of optimizing college physical education teaching, improving students' physical health level, and cultivating students' healthy personality, and endow college physical education with a brand-new connotation with the help of motor quotient.

2. Current Situation of Physical Education in Colleges and Universities

Under the background of the comprehensive implementation of the reform measures of physical

education teaching in colleges and universities in China, in order to actively cultivate the consciousness and interest of college students in physical training, colleges and universities have continuously innovated the content and form of physical education courses, and fully integrated new sports items into the curriculum teaching.

At present, the teaching content of physical education in colleges and universities in China is extremely rich. The opening rate of football, basketball and table tennis is 99.36%, the opening rate of volleyball is 92.78%, and the opening rate of Taijiquan and aerobics is 84.67%. However, due to the constraints of university resources and sports venues, the opening rate of swimming courses is less than 50%, and the opening rate of rock climbing and skateboarding courses is just over 10%. It can be seen that in the process of carrying out physical education courses, most universities in China mainly focus on traditional sports. Although new physical education courses are also added, the relevant content is limited.

From the perspective of cultivating college students' physical ability and exercise interest, many college students have low interest in learning traditional physical education courses. In addition, the number of classes and class hours of new physical education courses are small, which makes it difficult to maintain a balance between college students' physical training needs and college physical education teaching contents, and it is impossible to cultivate and mine college students' motor quotient, resulting in a slow improvement of college students' motor quotient.

In order to fully stimulate the enthusiasm of college students to engage in physical exercise, many colleges and universities have started to establish sports clubs to encourage college students to spontaneously carry out sports activities, and use them as a bridge connecting college physical education classroom teaching and extracurricular exercise, so as to enrich college students' extracurricular life, improve college students' physical quality and strengthen college students' motor quotient.

According to the actual investigation and research, it can be found that the college students in our country lack the training of motor quotient, and the problems such as poor sports ability and premature decline of physical function are more common. As an effective way for college students to improve their physical quality, the full integration of college physical education teaching and the cultivation of motor quotient can not only actively cultivate college students' motor quotient, but also completely subvert the traditional teaching concept of college physical education teachers, take the cultivation of college students' adaptability as an important content of physical education teaching, help college students to shape a perfect personality.

3. Effective Countermeasures to Promote the Integration of Motor Quotient and College Physical Education

3.1 Actively Publicize the Concept of Motor Quotient and Deepen the Teaching Reform of “Motor Quotient + Physical Education” in Colleges and Universities

In the process of carrying out physical education teaching, colleges and universities should always take “cultivating students' motor quotient and improving students' personality” as the ideological principle, comprehensively formulate the reform direction and practice plan of college physical education teaching under the new era background, and make full preparations for further promoting the reform of college physical education teaching by implementing the reform measures of physical education teaching and establishing the teaching innovation pilot of “motor quotient + physical education”. Whether a person's personality is sound or not mainly depends on three factors: IQ, EQ and MQ. It can be seen that strengthening the active cultivation of students' MQ concept

plays an important role in shaping students' healthy personality.

At present, the physical health level of college students in China has shown an obvious downward trend, and colleges and universities lack the necessary cognition to cultivate the concept of college students' motor quotient. Therefore, in the process of carrying out practical teaching, physical education teachers in colleges and universities should integrate the concept of motor quotient into teaching activities in combination with the actual situation, so that students can establish a systematic understanding of the basic concepts and functions of motor quotient in the process of practice, actively establish exercise consciousness, and clarify the specific development direction of their own will quality, so as to make the students' personality more sound and full^[1].

In the process of promoting the concept of motor quotient to students, physical education teachers in colleges and universities should adopt diversified channels to organize students to carry out activities such as propaganda meetings, negotiation meetings, professional lectures and online question-answering competitions on relevant topics, so that students can more systematically understand the concept of motor quotient, fully grasp the advantages of motor quotient, actively participate in physical exercises and improve their physical quality^[2].

3.2 Strengthen the Establishment and Improvement of the Teaching System of “Motor Quotient + Physical Education” and Improve the Scientificity of Physical Education Teaching

In order to further promote the full integration between motor quotient and college physical education, colleges and universities should establish and improve the training system, evaluation system and evaluation system of motor quotient concept in combination with the actual situation of students and specific educational objectives, set up as many elective courses as possible, and establish a series of organizations such as professional motor quotient sports teams and clubs for students. Not only can the scientific nature of sports be effectively improved, but also can ensure that students' interest in sports can be actively cultivated, so as to help students develop a healthy lifestyle, and promote the development of students' physical exercise ability in a more scientific direction. We can start from the following aspects:

First, due to the influence of congenital factors and postnatal training factors, there are certain differences in college students' motor quotient. Colleges and universities should actively reform the teaching design principles of traditional physical education courses based on the concept of motor quotient, and always regard students as the main body of physical education teaching. Based on the gender differences of students, colleges and universities can start with diversified channels to comprehensively understand the basis and development of students' motor quotient, and optimize the design of physical education teaching content, teaching objectives and teaching process in combination with the results of the investigation. Colleges and universities can also reasonably design physical education teaching according to the development level of students in different grades, always follow the educational principle of “people-oriented” and “teaching students according to their aptitude”. For example, for freshmen, it can focus on improving their physical quality, and for senior students, it can focus on strengthening their motor quotient, and completely abandon the wrong traditional teaching ideas^[3].

Second, in the process of carrying out physical education teaching, colleges and universities should take diversified measures to continuously expand and improve the existing teacher resources. Through the full use of social sports resources, public sports resources and college sports resources, the “3 + 1” method should be adopted to continuously optimize the existing physical education curriculum structure and enrich the curriculum content to meet the personalized needs of college

students engaged in physical training, so that college students can actively participate in physical exercise and ensure that their motor quotient is further improved^[4].

Third, as the “first person in charge” of cultivating college students’ sports quality and carrying out health education, colleges and universities should take the cultivation of college students’ motor quotient as the starting point, comprehensively reform the traditional sports teaching curriculum with dull content and single form, and ensure that the optimized sports curriculum can be oriented towards the goal of stimulating college students’ interest in physical exercise, and strengthen the subjective initiative of college students while comprehensively cultivating college students’ motor quotient^[5].

3.3 Actively Carry out Digital Physical Education and Give Full Play to the Value of the Teaching Mode of “Motor Quotient + Physical Education”

Digital physical education can integrate physical education with digital science and technology, actively develop and flexibly apply digital technology in modern physical education, deeply explore teaching practice mode, establish a demonstration model for the effective development of digital physical education, and actively lead the reform process of college students’ physical education in the new era^[6].

By carrying out teaching feedback, the reform direction of physical education teaching can be timely adjusted in combination with the feedback results, so that teachers can scientifically grasp the teaching dynamics, and comprehensively build a new teaching pattern integrating “schools, teachers and students” with the help of modern information means and the Internet as the platform. By using this platform, it can not only encourage college students to put forward opinions or suggestions on the problems existing in physical education in colleges and universities, and objectively evaluate the teaching level of physical education teachers, but also ensure that physical education teachers can grasp the students’ exercise situation in real time, and clearly understand the training effect of students’ motor quotient concept and physical exercise effect^[7].

4. Conclusion

Strengthening the full integration of college physical education teaching and motor quotient can actively cultivate college students’ consciousness of independent exercise, guide college students to change their traditional sports concepts, improve the effectiveness of college physical education teaching, ensure that college students have a full understanding of their own sports ability, enrich their own personality, and promote the effective realization of the objectives of college physical education reform. On this basis, it is necessary to strengthen the continuous optimization and improvement of college physical education teaching concepts, so that teachers can have the idea of keeping pace with the times, combine the learning needs and interests of students, reasonably set up and innovate the content of physical education courses, and ensure the full integration of diversified educational resources.

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