

# *Research on the Development Path of Physical Education in Private Universities under the Integration of Physical Education*

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**Keywords:** sports education integration of private universities, physical education teaching, development path

**Abstract:** The integration of sports and education points out the direction for the reform and development of physical education teaching in colleges and universities. Colleges and universities effectively carry out the exploration activities of physical education teaching, stimulate students' enthusiasm to participate in sports activities, improve the quality and level of physical education teaching, and promote the penetration of the integration of sports and education. This paper through the literature data method and other research methods, for the university physical education teaching research, find out the problems existing in the university physical education teaching, put forward practical and effective suggestions, for your reference.

## **1. Introduction**

On August 31, 2022, the State Council officially issued "on deepening the fusion to promote the healthy development of teenagers", "opinion" clearly pointed out that deepen the fusion to promote the healthy development of teenagers, to set up the health first education concept, the fusion goal is to cultivate physique aesthetic labor all-round development of socialist builders and successors. This is a new development concept of sports and education integration with Chinese characteristics, and also a new idea of sports and education integration<sup>[1]</sup>. At present, what private colleges and universities should do is to effectively do a good job in physical education teaching, follow the relevant policies and systems, and actively carry out the development of physical education teaching under the background of the integration of sports and education<sup>[2]</sup>.

## **2. An Overview of the integration of physical education**

With the development of China's economy and society, the important role of sports is also becoming increasingly apparent. In this process of development, the concept of physical education teaching also keeps pace with The Times, and the concept of "integration of physical education" came into being<sup>[3]</sup>. We should realize that "fusion", is not "sports" and "education" simple, and sports department and education department on the basis of existing, resource integration, realize resource allocation optimization, effectively promote students fully reasonable physical exercise, improve students' physical quality, realize students good all-round development, fundamentally

promote the smooth development of physical education.

### **3. Problems existing in the development of physical education in private universities under the concept of physical education integration**

With the continuous enhancement of the national comprehensive national strength, the development of the development of physical education, physical education in colleges and universities follow the rapid reform and innovation, and also achieved remarkable results. However, under the concept of the integration of physical education, we still need to overcome many difficulties to promote the penetration of physical education and education, and to promote the development and reform of physical education in private colleges and universities.

#### **3.1 Concept limitation, the goal of physical education teaching is vague**

Although since the founding of new China, our country's physical education teaching reform has never been interrupted, but also made great achievements. However, in the background of exam-oriented education, schools, parents and students themselves all think that learning is the most important, and everything should make way for learning, ignore the pursuit of students' physical health, and do not realize the value of physical education in the growth path of students. Students have less exercise time, lack of sleep is normal, physical education is in a marginalized state. In colleges and universities, especially in private colleges and universities, they pay more attention to the study of cultivating students' specialized courses. The educational resources of the school are all inclined to the cultural study of specialized courses, and the construction of sports venues and the acquisition of equipment muddle along.

At present, the physical education courses in private colleges and universities cannot meet the needs of students of different majors. They either value physical fitness over skills or skills over skills, which fails to really stimulate students' interest in learning and practice. Students lack of interest in sports participation, students have little physical activity, lack of physical exercise habits. Under the state of disconnection between theory and practice, it is difficult to achieve the improvement of students' comprehensive quality<sup>[4]</sup>. How to make the balance between skills and physical ability, make students love sports from the heart, cultivate the quality of will in the process of physical exercise, and form a lifelong consciousness of physical education, is the problem solved by physical education teaching in private colleges and universities.

#### **3.2 Weak teachers and imperfect site facilities**

Physical education teacher is the first responsible person for the implementation of physical education teaching, and it is the main teacher and guide for students to learn sports knowledge, master sports skills, and cultivate physical exercise consciousness. Physical education teachers' teaching concept and professional level should keep pace with The Times to meet the diversified needs of students. In reality, physical education teachers in private colleges and universities have few resources to accept new ideas and new elements, and have rare opportunities to go out for training. Most physical education teachers rely on their pre-job knowledge and skills to conduct teaching. In the long run, teachers' knowledge structure is single and their teaching ability is insufficient. In addition, among the PE teachers in private colleges and universities, the teachers are incomplete and the fault phenomenon is serious, which is not conducive to the growth of new teachers. Secondly, some physical education teachers do not have a strong sense of responsibility, the attitude is not correct, to the teaching work perfunctory, lesson preparation is not sufficient, the classroom organization, seriously affect the classroom teaching effect<sup>[5]</sup>. Therefore, private colleges

and universities are in urgent need to build professional physical education teachers to help students improve their learning ability of physical education classroom.

In private colleges and universities, the investment of physical education teaching funds is often insufficient, and the main energy and financial resources of schools are inclined to the construction and teaching of professional courses, so as to reduce the cost of physical education teaching. In the background of the integration of sports and education, in order to improve the quality of teaching, the hardware facilities such as site and equipment are essential, and the lack of teaching facilities affects the development of physical education teaching.

#### **4. The development path of physical education teaching in private colleges and universities under the background of physical education integration**

##### **4.1 Change ideas, clear goals and pay attention to students' all-round development of students**

Private colleges and universities should understand the dual meaning of physical education under the concept of physical education integration, not only the combination of physical education and cultural courses, but also the deep integration of physical education and education, and pay attention to the comprehensive and healthy development of students. First of all, the school should change the concept of "emphasizing literature over body", promote the healthy development of students, adhere to the concept of "health first, all-round development", so that the value of school physical education can be fully demonstrated. Pay attention to national policies, make use of convenient resources, give full play to the advantages, and create opportunities for the further development of physical education teaching. Secondly, the school physical education should train the students to correctly understand the sports, master 1-2 sports skills, love the sports, and fully understand the vital value of the physical education on the road of personal growth. Private colleges and universities should carry out more sports activities to improve students' health knowledge and physical quality, and spread the relevant sports culture knowledge to students through multiple channels, so as to create a good campus sports culture atmosphere.

Effective teaching methods are an important means to clarify the teaching objectives. In the new era, physical education in private colleges and universities should constantly innovate teaching methods. First of all, on the basis of flexible use of traditional teaching methods, teaching methods such as "game method", "cooperative method", "participatory" and other teaching methods are introduced into the classroom, and students are introduced to participate in the classroom. Secondly, before and after class, we should make full use of the Internet platform to enrich the teaching content, use the network resources for self-study or review, increase the students' sports time, and improve the campus sports atmosphere.

The main purpose of the integration of sports and education is to improve the comprehensive quality of students and promote their all-round development. Private colleges and universities should not forget their original intention in the process of the integration of sports and education. We should enhance students' physical fitness and improve their physical quality in the first place. At the same time, physical education and professional courses should be placed in the same important position; strengthen the importance of sports publicity, so that teachers and students can correctly realize the value and charm of sports, for the habit of lifelong sports, really accelerate the pace of physical education integration.

## 4.2 Strengthen the construction of teachers and increase the investment in the development of physical education teaching

Private colleges and universities should strive for more outdoor training opportunities for PE teachers, give corresponding incentive policies, and stimulate the potential and enthusiasm of teachers' work. Under the background of the integration of physical education, physical education teachers should take the initiative to study, study the knowledge of physical education integration, constantly improve themselves, and comprehensively improve their ability of physical education teaching. In the process of learning, we should combine more professional subject knowledge to better integrate physical education and education. In addition, physical education teachers can make use of the advantages of the network platform to analyze and study the teaching mode of related physical education and education integration, so as to promote the pace of physical education teaching<sup>[6]</sup>. Under the background of the integration of physical education, the development of a long way of physical education, teachers should dare to explore and try, accumulate experience in practice, summarize the effective teaching mode, improve the overall level of physical education teaching, and cultivate applied talents with high comprehensive quality and strong professional level for the country.

Sports site facilities are the hardware conditions for private colleges and universities to carry out sports activities. The State Council issued the "Healthy China 2030" plan outline, which required that "by 2030, the school sports facilities and equipment allocation standards will reach 100 percent."<sup>[7]</sup> In order to keep up with the pace of The Times under the concept of integrating sports and education, private venues and facilities should first meet the needs of physical education teaching. With the support of national policies, colleges and universities should prepare funds to increase the investment in the venues and facilities, and improve the utilization rate of the venues. For example, basketball courts are transformed into mobile volleyball and badminton courts, so as to realize multi-purpose games and alleviate the shortage of venues. In addition, colleges and universities should also timely repair the site facilities and equipment, regular inspection and maintenance, and extend the service life of the site facilities.

## 5. Conclusion

Education fusion is the trend of the development of physical education, under the background of physical education fusion, private colleges and universities under the support of the corresponding national policy, change ideas, clear the goal of physical education, pay attention to students' good comprehensive development, strengthen the construction of teachers, increase investment in the construction of physical education teaching, improve the basic conditions of physical education teaching, strengthen the teaching work. School physical education is one of the ways to realize a healthy China and a strong sports country. It is the long-term solution for the development of private colleges and universities to continuously promote the development of school physical education and walk out of a characteristic road suitable for the development of physical education teaching of private colleges and universities.

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