

Research on Personalized Physical Education in Physical Education Teaching in Colleges and Universities

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Abstract: In the process of reform and development of modern physical education, personalized physical education has received extensive attention. Under the new historical conditions, the traditional "unchanging" physical education curriculum has been eliminated, and the idea of individualized physical education curriculum has also emerged. This is an inevitable requirement of quality education and an educational method of "teaching students according to their aptitude". Physical education teachers are the instructors of personalized physical education. Only on the basis of understanding the concept and characteristics of personalization can they successfully carry out personalized educational activities, truly achieve the teaching objectives of personalized education, and comprehensively improve the physical quality of students.

1. Introduction

Physical education in colleges and universities should have a comprehensive impact on students' physical and mental health with full respect for their personality, so as to cultivate students with different specifications and levels of talent suitable for social needs. Individualization of physical education teaching is an enlightening teaching that should be based on students' interests and sports values. According to the different physical qualities and technical levels of students, different physical education teaching methods are adopted, and through the role interaction between teachers and students, the infectivity of physical education teaching is improved. Personalized physical education teaching requires an innovative spirit. On the premise of absorbing local culture, utilizing environmental resources, and giving full play to people's subjective initiative, it is necessary to innovate and develop college physical education courses, content, and methods suitable for the development of students' personality.[1]

2. Overview of personalized physical education in colleges and universities

Personalized physical education in universities refers to providing personalized physical education services to students based on their specialties, interests, and needs.[2] The purpose of personalized education is to help students develop comprehensively, better utilize their potential, and improve their learning and competitive abilities to lay a solid foundation for their future development. In the personalized education of physical education in colleges and universities, schools should formulate

personalized education plans for students based on their personal circumstances. The education plan should include curriculum, teaching methods, training plans, and evaluation standards. In addition, schools should also provide rich educational resources and learning opportunities, including teaching equipment, textbooks, venues, and teachers. The implementation of personalized physical education in colleges and universities requires close cooperation among schools, teachers, and students. Schools should provide training and support for teachers to better carry out personalized educational work. Students should also actively participate in personalized education, develop learning plans based on their own characteristics and needs, and strive to achieve their goals.[3]

3. Feasibility analysis of personalized physical education in colleges and universities

3.1. Personalized physical education is an important embodiment of the principle of teaching students according to their aptitude

The principle of teaching students in accordance with their aptitude in educational theory refers to adopting different educational strategies and methods based on their individual differences and learning characteristics, emphasizing the development of each student's strengths and potentials, and achieving educational goals. In personalized physical education, students' personalized differences include physical fitness, hobbies, learning habits, and cognitive abilities. Therefore, in order to achieve the educational principle of teaching students according to their aptitude, teachers need to understand the personalized differences of students and develop teaching plans and methods suitable for different students. To develop and utilize the advantages of students, teachers adjust and make up for their shortcomings. Personalized physical education can give full play to the different potentials of students and improve educational effectiveness. Therefore, physical education in colleges and universities should strengthen the training of personalized education for teachers, improve their personalized education ability, and improve the quality of education.[4]

3.2. Implementing personalized education in physical education can have a positive impact on other education

Implementing personalized physical education can not only improve the quality of students' physical education, but also have a positive impact on other education. First of all, personalized education can improve students' self-confidence and enthusiasm. Personalized education can enable students to better explore their strengths and potential, thereby enhancing their self-confidence and enthusiasm, which is also very beneficial to other education. Personalized physical education allows students to participate more in the educational process. They need to actively manage their own learning and training, thereby enhancing their self-management ability, which will also be helpful for other education. Secondly, personalized education can improve teachers' educational level. Personalized education requires teachers to have richer educational experience, skills, and concepts. Therefore, implementing personalized physical education can improve teachers' educational level, which will also have a positive impact on other education.[5] In addition, personalized education can cultivate students' innovative spirit and creative ability, which is also very helpful for learning other disciplines. Personalized physical education has a positive impact on other areas of education, because the implementation of personalized education requires teachers and students to teach and learn in a more proactive and innovative manner.

3.3. Personalized education meets the current needs of physical education reform in colleges and universities

At present, the reform of physical education in colleges and universities has become one of the hot issues concerned by the majority of schools and educators. The main goal of educational reform is to improve the quality of education and cultivate talents to meet the needs of social development. To achieve this goal, we must uphold the principle of teaching students according to their aptitude and implement personalized education. Therefore, personalized education meets the needs of current college physical education reform. With the development of society, sports have become an important cultural form, and more and more people are beginning to regard sports as a healthy lifestyle. Therefore, physical education in colleges and universities should also face social needs and provide personalized educational services according to the characteristics and needs of different students. Personalized education can improve students' learning interest and concentration. When students receive classroom education, if they can formulate personalized teaching plans based on their interests and learning characteristics, they can more easily engage in learning and obtain a greater sense of achievement. Personalized education can improve the quality of education. Education is not a one-size-fits-all approach, but each student has its unique advantages and disadvantages. Therefore, only by teaching according to the requirements of individual students can we better utilize the advantages of each student and improve the quality of education. Personalized education can better explore students' potential and creativity. By giving students more autonomy and choice, allowing them to choose courses and teaching methods based on their interests and needs, they can better explore their potential and creativity. This is also very beneficial for improving students' innovative and practical abilities, and meets the current educational reform needs.

4. Implementation strategy of personalized physical education in physical education teaching in colleges and universities

4.1. Determining personalized education goals

Personalized education is receiving increasing attention in college physical education, as each student has different physical qualities, hobbies, and abilities. Therefore, it is necessary to establish personalized education goals for individuals in order to maximize the benefits of physical education for each student. Determining personalized education goals requires testing and evaluating students' physical fitness to understand their physical functioning and fitness levels. In this way, personalized exercise plans can be developed based on the specific situation of students, including sports items and exercise intensity, to ensure that the exercise effect is achieved. Teachers should understand students' interests and hobbies, determine personalized sports projects, and allow students to participate in physical education activities in a pleasant atmosphere. For example, some students like ball games such as basketball and football, while others like rope skipping and yoga. Therefore, personalized sports programs should be developed based on the preferences of different students to enable them to participate more actively in physical education. Teachers focus on students' abilities and growth, and set appropriate personalized goals. The core of the goal of personalized education is to promote the overall growth of students, cultivate their physical, intellectual, emotional, and social qualities, in order to meet the requirements of society for talents. Therefore, personalized education goals need to be adjusted based on students' learning and growth to promote their growth and development in different aspects.

When determining personalized goals, students should take their own abilities, strengths, and advantages as the starting point, and formulate personalized goals to enable students to achieve better results and progress in physical education. In the formulation of educational objectives, it should

include cultivating students' interests and hobbies in sports, improving their sports skills and competitive level, and enhancing their awareness and knowledge of sports health to promote their teamwork and spiritual growth. Personalized education goals should be formulated based on the characteristics and needs of individual students to achieve maximum results. When formulating personalized training goals, it is necessary to consider students' physical qualities, interests, cognitive abilities, and self-planning abilities to improve their professional and comprehensive abilities, while encouraging them to develop their personal strengths and potential. Personalized education goals should be based on curriculum goals and develop personalized teaching plans to meet the actual situation and needs of students. When determining personalized curriculum goals, it is necessary to consider students' basic knowledge and skill levels, curriculum content and tasks, curriculum evaluation and feedback, in order to promote students' learning process and optimize learning outcomes.

4.2. Implementing diversified personality education programs

College physical education needs to implement diverse personality education programs to meet the needs and characteristics of different students. Based on physical fitness testing and evaluation, teachers develop different personalized exercise plans for students' physical condition and athletic ability, including sports items and exercise intensity, to ensure better exercise results. During the teaching process, we should guide students to understand their interests, hobbies, and advantages, set personalized sports programs that are suitable for them, and provide them with sufficient space for participation and development. According to different student needs and interests, different types of physical education courses are offered, such as basketball, football, swimming, yoga, fitness, etc., to meet the diverse exercise needs of students. In the teaching process, emphasis is placed on cultivating students' innovative thinking and competitive awareness, guiding them to be brave in trying and challenging themselves, and encouraging them to actively participate in various competitions and competitive activities, in order to improve their competitive experience and level. According to the development needs and characteristics of students, personalized sports rehabilitation training and special physical education are carried out to provide special attention and support to students, helping them fully develop their personal potential and achieve comprehensive development.

In terms of teaching evaluation for students, teachers should continue to carry out teaching diagnosis and improvement, pay attention to the combination of process evaluation and result evaluation, and explore value-added evaluation, so as to improve comprehensive evaluation, other methods that can effectively test teaching quality, focus on educational effectiveness, and promote personalized education and comprehensive development of students. "Value added evaluation" refers to the evaluation of students' physical education achievements to determine the contribution of education to student development (i.e., the "value added" to student development), and further improve the evaluation of education and teaching quality. Sound comprehensive evaluation refers to comprehensive evaluation of students' academic performance, comprehensive quality, social practice experience, and other aspects to comprehensively understand the actual situation of student development, so as to more accurately evaluate student development and educational quality. In college physical education, value-added evaluation and comprehensive evaluation can be explored in various ways. For example, a quantitative evaluation index system can be established, including the structure of the evaluation system, evaluation levels, evaluation standards, etc., to achieve a quantitative evaluation of students' learning progress. At the same time, personalized education, teaching, and evaluation can also be achieved through physical education quality testing, experiential teaching, and personalized courses for students, in order to better achieve the goals of value-added evaluation and comprehensive evaluation. Teachers' precise analysis of teaching and learning, and

personalized evaluation of students' learning outcomes and learning outcomes can also improve the pertinence and effectiveness of teaching.

4.3. Adhering to the unity of socialization and personalization in physical education

The socialization and personalization of physical education are inseparable, and they need to be organically combined to achieve the overall development and optimization of physical education. Physical education should be socialized to meet the needs of society for quality talents. Therefore, it is necessary for educational institutions, social organizations, and families to collaborate to form a complete physical education system and jointly promote the comprehensive development of students. Physical education should be personalized to meet the needs and characteristics of each student. Therefore, it is necessary to formulate personalized education plans and teaching programs based on the individual differences and development needs of students at different stages, so that each student can achieve maximum benefits and growth. In unifying socialized and personalized physical education, considering the interdependent and mutually reinforcing relationship between socialized and personalized physical education, teachers need to unify the educational system, teaching content, and teaching methods. Specifically, it is necessary to create an educational environment and atmosphere suitable for students' development with the goal of socialized physical education and the means of personalized physical education. In evaluating the comprehensiveness and personalization of physical education, physical education evaluation should be comprehensive and personalized. It should not only evaluate the comprehensive quality and ability of students, but also conduct personalized evaluation based on their characteristics and needs to promote the continuous development and progress of physical education.

5. Conclusion

In summary, the article proposes an educational method of integrating personalized thinking into college physical education, and analyzes the advantages and issues that should be focused on in college physical education from shallow to deep, and from superficial to deep. Colleges and universities should implement "teaching students according to their aptitude" based on their own characteristics, their own conditions, and the qualifications of their teachers. On the premise of fully respecting the physical quality of students, we should better develop the characteristics of their physical quality and improve their physical quality.

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