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Construction of Physical Education Teaching System in Colleges and Universities Based on the Concept of Lifelong Physical Education

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Abstract: Physical education always undertakes the two core contents of physical quality education and comprehensive ability education in colleges and universities, helping students cultivate correct health awareness, promoting the improvement of students' physical functions and health levels, reflecting the importance and particularity of talent cultivation and national quality improvement in the stage of higher education. In the context of the continuous expansion of our national sports vision, the continuous promotion of national sports projects, and the continuous development of physical education in colleges and universities, the physical quality of college students is constantly declining. In response, this article has conducted a research on college physical education based on the concept of lifelong physical education, using changes in students' physique, learning efficiency, and innovation awareness as indicators to identify whether teaching methods are effective. Regular evaluation of the effectiveness of teaching methods can ensure the effectiveness and scientific of method innovation. To continuously enhance students' autonomy and enthusiasm, ensure that each student can receive reasonable physical exercise, and achieve their own healthy growth and development.

Keywords: The concept of lifelong sports; Universities; Physical Education Teaching System.

1. Introduction

The physical education course in colleges and universities aims at strengthening college students' physical fitness and enhancing their psychological quality. At present, college physical education has become a public compulsory course. As high-end skilled talents with skilled capital, most of their working hours are spent in professional groups, and we need to provide them with a more harmonious group career environment. For high-end skilled talents, we need to provide more humanistic care, so that they have a sense of belonging in a specific work or living space, and turn motivation into intangible [1]. The concept of lifelong physical education refers to improving students' minds on the basis of participating in physical activities. The implementation of this sports concept in educational reform is helpful to the realization of physical education teaching objectives in colleges and universities. Taking changes in students' physique, learning efficiency, and innovation awareness as indicators to evaluate the effectiveness of teaching methods, and conducting regular evaluation of the effectiveness of teaching methods can ensure the effectiveness and scientific of method innovation. To continuously enhance students' autonomy and enthusiasm, ensure that each student can receive reasonable physical exercise, and achieve their own healthy growth and development. Under the guidance of this concept, students are taught to carry out various physical training to help them form the ideological consciousness of lifelong training and enhance their self-discipline and self-development degree [2-3].

This paper takes the fundamental purpose and task of physical education teaching activities in colleges and universities as the starting point and the foothold of all work, and constructs a physical education teaching system in colleges and universities based on the concept of lifelong physical education [4]. The system should comprehensively evaluate whether the formulation of physical education teaching objectives and principles is reasonable, whether students' learning behavior is appropriate, whether learning objectives are clear, and whether learning effects are good [5]. According to the actual situation of physical education teaching and the long-term development needs of school physical education, an objective and comprehensive evaluation system of physical education teaching can be formulated. It is an important prerequisite for the active role of the organization and the normal development of social productive forces.

2. Implementing the Concept of Lifelong Physical Education in Teaching

2.1. Concept of lifelong sports concept

The concept of lifelong physical education is a testament to changing the overall spiritual outlook of the nation and constantly striving for self-improvement. It is the national wisdom to achieve comprehensive quality education. In the future, China will continue to fulfill the dream of becoming a big country in the "China Dream". From the perspective of life cycle, lifelong sports not only include school sports activities institutions, but also include various structural systems, such as adolescents, adults, and the elderly [6]. In order to implement the integrated practice, college physical education teaching should provide students with correct guidance, provide them with high-quality physical education knowledge and sports skills, constantly improve teaching resources and set more practical opportunities for college students. Under the guidance of lifelong physical education, the basic educational concept of "cultivating students' sports core quality and ability" has been formed, and the lack of theoretical system knowledge has been continuously supplemented, gradually forming the basic theoretical

framework of lifelong physical education. Western hedonism and money worship have also prevailed, which is a drawback of human nature and an inevitable product of history. From the above analysis, it can be seen that establishing lifelong sports awareness is extremely important, and the best time to cultivate lifelong sports awareness is during the student period. If students can form lifelong sports awareness at this stage, it can promote students to always implement lifelong sports awareness [7].

2.2. Importance of the concept of lifelong sports

Because people's health can be transformed under certain conditions. Long-term physical exercise can change one's physical fitness. Exercise can make people with strong physical fitness weaker and those with weak physical fitness stronger. Lifelong sports can promote the further development of national sports it can be seen that lifelong learning of sports theoretical knowledge and physical exercise can help college students get real health and the essence of sports. The concept of life-long sports In order to implement the integrated practice, college physical education teaching should provide students with correct guidance, provide them with high-quality physical education knowledge and sports skills, constantly improve teaching resources and set more practical opportunities for college students. Under the guidance of lifelong physical education, the basic educational concept of "cultivating students' sports core quality and ability" has been formed, and the lack of theoretical system knowledge has been continuously supplemented, gradually forming the basic theoretical framework of lifelong physical education the body during the growth and development period; Maintain exuberant energy and abundant physical strength in maturity; Recession should be delayed. Promote students' all-round development in learning ability and sports development, and truly realize the fun of participating in sports activities. According to different periods, different goals and requirements, different physical exercise methods can be adopted to achieve the effect of reasonable exercise [8].

3. Analysis of Main Problems in Physical Education Reform

With the improvement of national production and living standards, people's awareness of physical health is also constantly improving, and national health requirements have further affected the direction of contemporary education. The inability of traditional physical education ideas to meet teaching needs is one of the prominent issues in current physical education teaching in universities. For contemporary students, true health is both physical and psychological health. In social relationships, changes in the internal ecological environment are the main factors that affect the internal logic of teaching work [9]. Due to changes in the internal relationship of teaching, the boundaries of physical education teaching in universities are blurred. The main issues of physical education reform are mainly divided into four aspects, as shown in Figure 1.

The importance attached to physical education and national life, especially the universal implementation of quality education, has continuously improved the disciplinary status of physical education in higher education. In modern times, the ecological environment of colleges and universities has gradually deteriorated, and the competition for talents, technologies and projects has become increasingly fierce. In order to attract more students to enter the university campus, colleges and universities have also carried out a number of institutional reforms.

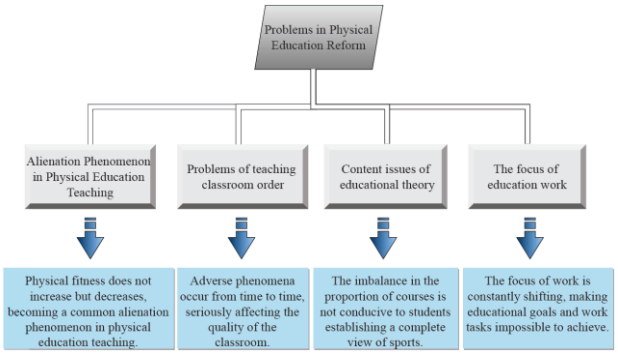


Figure 1. Analysis of the main problems of physical education reform

4. The Reform Direction of Physical Education Teaching in Colleges and Universities Based on the Concept of Lifelong Physical Education

4.1. Establish a physical education teaching system

During the construction process, colleges and universities should comprehensively consider various factors that affect students' enthusiasm for sports participation, and measure the actual situation of students' sports at present [10]. The university physical education teaching department should establish a reasonable university physical education examination database with a certain number of questions and difficulty, and carry out the development and application of online theoretical examination system software.

Based on cultivating students' behavior habits and awareness of lifelong physical exercise, and cultivating students' sports enthusiasm, sports hobbies, professional knowledge, and professional skills, a complete evaluation system for the aspect of physical education classroom teaching evaluation. Therefore, this article constructs a physical education teaching system based on the concept of lifelong physical education, as shown in Figure 2.

In the process of building a theoretical knowledge system, it is necessary to collaborate with surrounding schools and teachers to focus on advantageous educational resources and innovative forces. Therefore, the reform the concept of lifelong physical education is a testament to changing the overall spiritual outlook of the nation and constantly striving for self-improvement. It is the national wisdom to achieve comprehensive quality education. In the future, China will continue to fulfill the dream of becoming a big country in the "China Dream". From the perspective of life cycle, lifelong sports not only include school sports activities institutions, but also include various structural systems, such as adolescents, adults, and the elderly positioning the content in a complete description of the learning process, teaching with reasonable evaluation indicators, affirming that the phased achievements in the learning process of students promote each other, and jointly promoting the virtuous cycle of development of physical education discipline innovation.

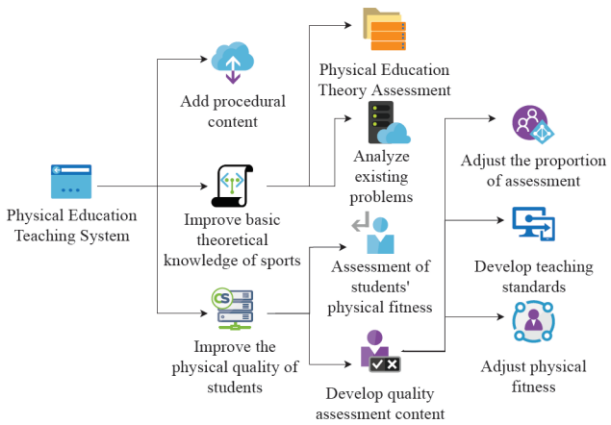


Figure 2. Physical Education Teaching System

4.2. Improve the teaching level of physical education teachers

Teachers' level will directly affect students' physical education learning effect. Therefore, teachers must keep pace with the times, actively adapt to the reform direction of the education system, constantly improve their own abilities, strengthen theoretical study, and attach importance to the progress of physical education thoughts. Long-term physical exercise can change one's physical fitness. Exercise can make people with strong physical fitness weaker and those with weak physical fitness stronger. Lifelong sports can promote the further development of national sports it can be seen that lifelong learning of sports theoretical knowledge and physical exercise can help college students get real health and the essence of sports. By emphasizing the self-evaluation and other evaluation of college students, we can realize the diversification of evaluation subjects and use various feedback information to reflect the overall development situation.

In the teaching process, we should pay attention to the initiative of college students and change passivity into initiative. The concept of life-long sports In order to implement the integrated practice, college physical education teaching should provide students with correct guidance, provide them with high-quality physical education knowledge and sports skills, constantly improve teaching resources and set more practical opportunities for college students. The whole society should respect high-end skilled talents as it respects senior technical experts, attach importance to the cultivation of high-end skilled talents as it attaches importance to the cultivation of senior technical experts, and care about the growth of high-end skilled talents as it cares about the growth of senior technical experts.

4.3. Innovation in Physical Education Teaching Methods

Based on the concept of lifelong physical education, the methods and content of physical education should always aim at "improving students' core sports abilities", and be considered in conjunction with other teaching elements. As high-end skilled talents with skilled capital, most of their working hours are spent in professional groups, and we need to provide them with a more harmonious group career environment. For high-end skilled talents, we need to provide more humanistic care, so that they have a sense of belonging in a specific work or living space, and turn motivation into intangible.

Taking changes in students' physique, learning efficiency, and innovation awareness as indicators to evaluate the effectiveness of teaching methods, and conducting regular evaluation of the effectiveness of teaching methods can ensure the effectiveness and scientific of method innovation. To continuously enhance students' autonomy and enthusiasm, ensure that each student can receive reasonable physical exercise, and achieve their own healthy growth and development.

5. Conclusions

Under the background of the continuous expansion of national sports vision, the continuous promotion of national sports projects and the continuous development of physical education in colleges and universities, the physical quality of college students is declining. Teachers in colleges and universities must pay attention to the communication with students, improve the construction level of teaching staff, and reform the current teaching content and teaching form. Under the guidance of lifelong physical education, the basic educational concept of "cultivating students' sports core quality and ability" has been formed, and the lack of theoretical system knowledge has been continuously supplemented, gradually forming the basic theoretical framework of lifelong physical education the body during the growth and development period; Maintain exuberant energy and abundant physical strength in maturity; Recession should be delayed. Promote students' all-round development in learning ability and sports development, and truly realize the fun of participating in sports activities. According to different periods, different goals and requirements, different physical exercise methods can be adopted to achieve the effect of reasonable exercise. In order to implement the integrated practice, college physical education teaching should provide students with correct guidance, provide them with high-quality physical education knowledge and sports skills, constantly improve teaching resources and set more practical opportunities for college students. Under the guidance of lifelong physical education, the basic educational concept of "cultivating students' sports core quality and ability" has been formed, and the lack of theoretical system knowledge has been continuously supplemented, gradually forming the basic theoretical framework of lifelong physical education.

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