



A Study of the Positive Impact of Perpetual Sports Teaching Thought on Physical Education Reform in Colleges and Universities

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ABSTRACT

The implementation of the new curriculum reform has put forward higher requirements for sports teaching, especially for those sports colleges with new professions. Based on the current teaching environment, we propose to analyze and practice the positive influence of the idea of perpetual sports teaching on the reform of sports teaching. Firstly, it briefly describes that through "perpetual sports", the teaching goal is clearly defined, and it explores the trend of sports teaching reform from three directions: lagging behind and insufficient updating of teaching ideas, imperfect teaching content and curriculum system, and weak teachers and teaching facilities. On this basis, combined with the teaching environment at this time, through the "perpetual sports" to clarify the teaching objectives, the formation of the initial direction of reform, the formation of positive guidance, and thereafter, to increase the link between the teaching content and the curriculum system, strengthened the professionalism of the faculty team, it has improved the basic setting construction of sports teaching, accelerated the integration of "perpetual sports" intelligent teaching platform, formed a positive impact and further improve the continuing education level of physical education teachers, and accelerated the process of teaching reform.

Keywords: Sports Teaching; College Physical Education; Curriculum Design; Instructional Reform; Positive Impact; Curricular Activity Integration.

INTRODUCTION

The idea of perpetual sports teaching, as an important part of quality education, its core concept is to carry out sports teaching throughout one's life, emphasizing the special role of sports teaching ability for the comprehensive quality of individuals. The formation of this idea is not only a breakthrough in the traditional concept of sports teaching, but also a positive response to the requirements of modern society on the comprehensive quality of human resources. Changes in the current educational concepts have made the idea of perpetual sports teaching gradually become an important guiding ideology for the reform of sports teaching. This idea not only profoundly affects the goal, content and method of sports teaching, but also has far-reaching significance in promoting the overall development of students and improving the national health level ^[1]. At the present stage, in the key stage of talent cultivation in colleges and universities, the idea of perpetual sports teaching has pointed out the direction of sports teaching reform, and promoted the transformation of sports teaching from the traditional examination-oriented education mode to the direction of emphasizing on the development of students' personality, the cultivation of their interest in sports teaching, and the cultivation of perpetual sports teaching ability. For this reason, we propose to analyze and explore the positive influence of the idea of perpetual sports teaching on the reform of sports teaching. In fact, compared with the traditional form of sports teaching, this time from multiple directions and levels, to cover the analysis and comparative discussion. The change of sports teaching concepts, the enrichment of practical programs, and the clear and scientific way of instruction are studied, focusing on students' short-term performance and emphasizing the cultivation of their interests, habits, and abilities, so as to lay a solid foundation for their lifelong health ^[2]. Not only that, in the sports teaching classroom, teachers should also provide diversified teaching choices according to students' physical qualities and interests, help students get out of the traditional sports teaching form and performance constraints, and give students the pleasure of participating in sports experience, which further stimulates their enthusiasm for sports teaching and promotes their mastery of sports teaching skills and sports teaching ability ^[3]. Under the complex teaching environment, it is of great significance to study and promote the idea of perpetual sports

teaching through the integration of the above methods to promote the reform, enhance the quality and improve the overall development of students.

1 ANALYSIS OF THE CONNOTATION OF THE IDEA OF PERPETUAL SPORTS TEACHING AND THE IMPORTANCE OF INTEGRATION

The idea of perpetual sports teaching is centered on the idea of continuous physical exercise and sports teaching from the beginning to the end of one's life. This idea emphasizes that sports teaching is not only a compulsory course in adolescence, but also an important way of life throughout life ^[4]. It has two meanings: firstly, sports teaching is regarded as an indispensable part of life, so that it becomes an important support for personal growth and development; secondly, through systematic sports teaching, individuals can cultivate their interests, habits and abilities in sports teaching, so as to ensure that they are able to choose the exercise methods suitable for them at different stages of their lives, and to maintain their physical health.

Integrating the idea of perpetual sports teaching into the reform of sports teaching is of great significance in promoting the overall development of sports teaching. Firstly, it helps with physical quality and health level ^[5]. In the stage of college, students are in the critical period of physical development and growth, through systematic training, it can help enhance their physical fitness, improve their immunity, and lay a solid physical foundation for their future study and life. Secondly, the integration of perpetual sports teaching can also cultivate students' interests and habits in sports teaching ^[6]. Sports teaching in colleges and universities should not be limited to the teaching of sports skills, but more importantly, it should stimulate students' enthusiasm for sports and guide them to form the habit of exercising on their own. The formation of such habits will enable students to maintain their love and devotion to sports after leaving the campus and realize the goal of perpetual sports ^[7]. Thirdly, the integration of the idea of perpetual sports teaching helps to promote the innovation and development. Under the guidance of this idea, it will pay more attention to the individual differences and needs of students, and provide more diversified and personalized teaching contents and methods ^[8]. This kind of innovative teaching mode will further stimulate students' creativity and imagination, cultivate their teamwork spirit and social adaptability, and lay a solid foundation for their future comprehensive development ^[9].

2 EXPLORATION OF SHORT TRENDS IN THE DEVELOPMENT OF SPORTS TEACHING REFORM IN COLLEGES AND UNIVERSITIES

2.1 Lagging teaching ideology and insufficient updating of concepts

The lagging teaching ideology is mainly manifested in the over-reliance on the traditional teaching mode and the neglect of emerging educational concepts. The traditional teaching ideology often focuses on the teaching of sports skills and the improvement of physical fitness, while neglecting the cultivation of students' sports interests, sports habits and perpetual sports awareness ^[10]. This lag not only restricts the development of students' personality, but also fails to effectively stimulate students' sports potential ^[11]. In addition, the lack of conceptual updating is also directly related to the effectiveness and future development of sports teaching reform. Under the guidance of the idea of perpetual sports teaching, it needs to update the teaching concepts to meet the demand for comprehensive quality of talents in modern society ^[12]. However, due to the special nature of sports teaching courses, the current teaching form, content and awareness of the mechanical, single, that more actively introduce and integrate new educational concepts, teachers in such an environment is difficult to understand the individual differences and interests of students, not conducive to stimulate students' enthusiasm for sports and cultivate their perpetual sports teaching ability ^[13]. Specific influencing factors are shown in Figure 1.

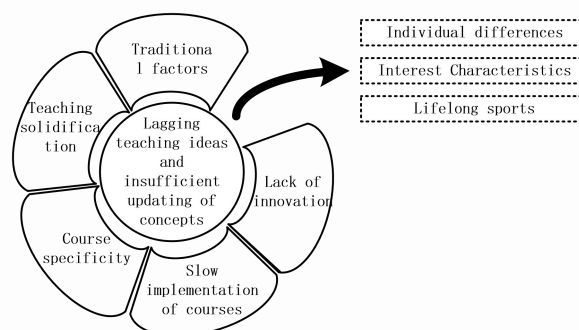


Fig. 1 Diagrammatic representation of the factors influencing the lagging pedagogical thinking and insufficient updating of concepts

Figure 1 is an analysis and in-depth study of the factors affecting the lagging teaching ideology and insufficient updating of concepts. Based on this, the analysis of the above situation and factors, expanding the actual scope of teaching, in-depth study of the existence of sports teaching ideology, in order to lay the foundation for the subsequent reform process.

2.2 Inadequate teaching content and curriculum system

The teaching content is too single and old-fashioned to meet the diversified needs of students. At this time, the more common sports teaching is often limited to a few basic sports, such as track and field, ball games, etc., ignoring the emerging sports and the cultivation of students' individual interests^[14]. This teaching mode is difficult to stimulate students' interest in learning and difficult to realize the goal of perpetual sports^[15]. The lack of systematic and diversified curricula is also one of the important influencing factors^[16]. At present, many colleges and universities lack overall planning and systematic sports teaching curriculum, resulting in the lack of close connection between courses, making it difficult for students to form a complete knowledge system and skill system^[17]. The daily curriculum arrangement is too rigid and lacks flexibility and elasticity, making it difficult to adapt to the actual situation and needs of different students^[18]. The imperfection of teaching content and curriculum system is also reflected in the neglect of the idea of perpetual sports teaching. It should aim at cultivating students' perpetual sports awareness and ability, but the current teaching content and curriculum system often over-emphasize the cultivation of sports skills, while neglecting the shaping of sportsmanship and the dissemination of sports knowledge^[19]. This one-sided teaching mode cannot effectively improve students' sports literacy and comprehensive quality, and it is difficult to realize the goal of perpetual sports^[20].

2.3 Weak faculty and teaching facilities

The weakness of teachers is reflected in the insufficient number of teachers, uneven professional quality and limited teaching ability. With the continuous expansion, students number increases significantly, but the number of sports teaching teachers has not been supplemented accordingly, resulting in an imbalance between teachers and students. Teachers' teaching tasks are heavy, and it is difficult to ensure the quality of teaching^[21]. In addition, some sports teaching teachers lack advanced education concepts and teaching methods, and their professional ability is limited, which makes it difficult to meet the diverse learning needs of students, and even more difficult to guide students to form the awareness and habit of perpetual sports. The weakness of teaching facilities is also a problem that cannot be ignored in college sports teaching. Perfect sports facilities are an important foundation to ensure the smooth progress of sports teaching and improve students' sports experience^[22]. However, at this stage, many colleges and universities have insufficient investment in sports facilities, outdated facilities, lack of renewal and maintenance, and cannot meet the growing demand of students for sports learning. This not only limits the development and richness of sports teaching projects, but also affects the enthusiasm and interest of students to participate in sports, which can not form a more favorable teaching guarantee^[23].

3 Analyzing the positive impact of the idea of perpetual sports teaching

3.1 Clarification of teaching objectives through "perpetual sports"

For the reform proposed in this article, the teaching concept of setting the goal of "perpetual sports teaching" emphasizes the continuity and long-term nature of sports teaching, which to a certain extent breaks the limitation of traditional sports teaching that only focuses on the cultivation of students' sports teaching skills during the school period, and regards sports teaching as a process throughout the life of the students^[24]. Multiple perspectives and multiple goals require that the reform should not only focus on the present, but also look to the future, focusing on cultivating students' interests and habits in sports teaching, and laying the foundation for students' perpetual health^[25]. Therefore, in order to realize the goal of "perpetual sports", it must break the boundaries of the traditional teaching content and introduce more diversified sports programs that are closer to students' lives. As shown in figure 2 below.

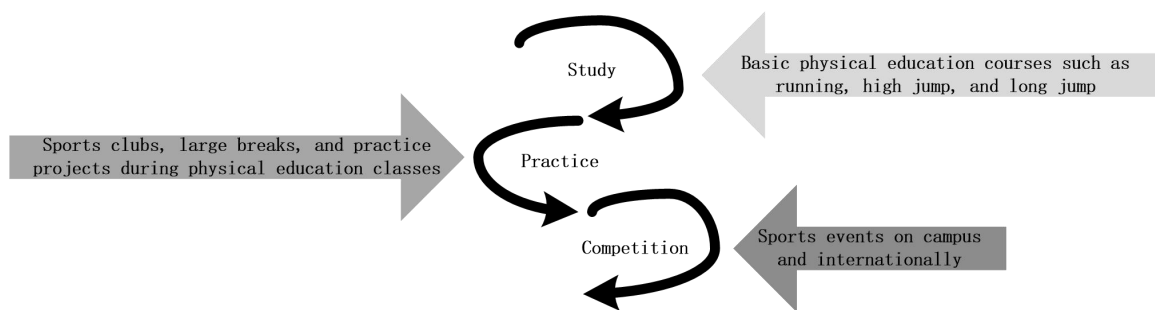


Fig. 2 Graphical representation of the Diversified Life Practical Sports Program

Figure 2 is the setting and analysis of the diversified practical sports program. It is not only helps to stimulate learning interest and enthusiasm, but also forms diversified sports skills and habits, so that they can independently choose and adhere to their own sports in the future life. Moreover, in order to achieve the goal of perpetual sports teaching, college sports teaching teachers can also increase the number of practical teaching methods and means, such as game-based teaching, cooperative learning, personalized teaching, etc., so as to better meet the different needs of the students, improve their learning effect and interest, and promote the formation of perpetual sports teaching awareness. It should be noted that the strengthening and

improvement of teaching consciousness emphasizes the integration and penetration of sports teaching with other disciplines, and with other disciplines such as health education, psychology, nutrition, etc., so as to form an all-round and multi-angle sports teaching system to better serve the lifelong development of students.

3.2 Increasing the links between the content and the curriculum

Increasing the connection between the teaching content and the curriculum system means that the content of sports teaching no longer exists in isolation, but is integrated with and promotes the entire curriculum system. Institutions should design the contents of sports teaching according to the students' professional characteristics and future career needs, so that sports teaching can be closely integrated with the overall development of the students. The specific contents and standards are shown in Table 1.

Table 1 Setting table of content standards for teaching content associated with the curriculum system

Teaching target	Related content	Teaching Execution Objectives
Professional students who sit and work for long periods of time	Add relaxing sports such as yoga and stretching to the body and mind	Relieve students' physical fatigue and stress
Basic Sports College Students	Basic sports events such as track and field, long jump, high jump, etc	Strengthen professional quality and comprehensive ability
Professional sports college students	Professional sports events such as track and field, long jump, high jump, etc	While ensuring basic qualities and abilities, further strengthen comprehensive abilities
Art major students	Carry out sports activities related to art	Increase opportunities for physical exercise and enhance physical fitness
Students majoring in other fields	Add stable sports activities appropriately	Relieve students' physical fatigue and stress

Table 1 is mainly a set of standards for the content of the teaching content and the curriculum system. On this basis, it is also necessary to construct a more scientific and reasonable curriculum system by increasing the connection between teaching content and curriculum system. With the goal of perpetual sports teaching, institutions can sort out and integrate the existing sports teaching courses to form a hierarchical and reasonable curriculum system. This system not only includes the teaching of basic sports skills, but also covers sports theory, sports nutrition, sports psychology and other aspects of knowledge, in order to comprehensively improve the students' sports literacy. On the basis of building a scientific and reasonable curriculum system, teachers can adopt diversified teaching methods and means, such as game-based teaching, cooperative learning, contextual teaching, etc., according to the content of the curriculum, in order to stimulate the students' interest and enthusiasm in learning, and to improve their learning effect and participation.

3.3 Strengthening the professionalism of the faculty team

Professional teachers should have advanced teaching concepts. They should have a deep understanding of the meaning and significance of the idea of perpetual sports teaching, and realize that sports teaching is not only the teaching of skills, but also the cultivation of students' perpetual sports teaching awareness. Teachers should have solid professionalism and rich teaching experience. Teachers should not only have solid knowledge of sports teaching theory and sports skills, but also have the ability to combine theory and practice. Through continuous learning and exploration, teachers can innovate teaching methods and means to make sports teaching more interesting and stimulate students' interest and enthusiasm. Professional training can be organized on a regular basis, taking into account the real-time teaching situation and trends, adjusting the direction of the training, as well as the training tasks and objectives, forming a more complete teaching and strengthening mechanism. Regularly organize teachers to participate in the exchange activities of famous sports colleges at home and abroad to improve their educational level and professional ability. Meanwhile, teachers are encouraged to participate in disciplinary competitions, academic seminars and other activities to broaden their academic horizons and promote teaching research and innovative practices.

In addition, institutions should also pay attention to the structural optimization of their teaching teams and professional development planning. Through the evaluation and optimization of the existing faculty, the quality and efficiency of teaching can be improved. At the same time, personalized career development plans are formulated to provide promotion opportunities and development paths for young and middle-aged key teachers, so as to enhance the cohesion and stability of the team. Strengthening teachers' professional ethics and teaching research ability is also an indispensable part of building a professional teaching team. By strengthening professional ethics education, teachers' professional conduct and sense of responsibility in education can be improved; by supporting teachers to participate in teaching research and education reform projects, their teaching research ability and innovation ability can be improved. These measures will help to build a high-quality, professional team of teachers and provide a solid guarantee for the reform of sports teaching.

3.4 Improving the construction of basic settings for sports teaching

Under the guidance of the idea of perpetual sports teaching, the improvement of sports teaching infrastructure needs to emphasize diversity and comprehensiveness. Colleges and universities should build diversified sports facilities, such as basketball courts, soccer fields, swimming pools and gymnasiums, according to the different needs and interests of students, in order to

meet the diversified sports needs of students. At the same time, these facilities should cover different types of sports to ensure that students can get comprehensive exercise and development in a variety of sports programs. Secondly, when planning and constructing sports facilities, it should fully consider students' physical characteristics and sports rules, and ensure that the design and use of the facilities conform to scientific principles and safety standards. Specifically, it is as shown in Table 2 below.

Table 2 Setting of standards for sports teaching infrastructure

Sports teaching infrastructure	Application Definition Standards
Sports ground	Smooth and non slip
Equipment and devices	Stable and durable
Protective devices and measures	Protecting during high-risk sports teaching to reduce sports injuries
Auxiliary and testing equipment	Assisted processing in teaching complex sports projects

Table 2 mainly sets the standards of sports teaching infrastructure. Based on this, colleges and universities should increase the investment and maintenance of sports teaching infrastructure. Through increasing financial investment, introducing social capital and other ways, to provide sufficient financial guarantee for the construction of sports facilities. In the process, they should establish a sound maintenance mechanism for the facilities, and carry out regular inspection, repair and renewal of the facilities to ensure the normal use and long-term benefits of the facilities.

It is also crucial to make use of the Internet of Things, big data and other modern technological means to carry out intelligent transformation and upgrading of sports facilities to improve the efficiency and convenience of their use. For example, monitoring students' exercise data through smart bracelets and other equipment to provide them with personalized exercise guidance and advice; optimizing the management of venue use through the online reservation system to improve the utilization rate of facilities. Institutions should also strengthen the integration of sports teaching infrastructure and campus culture. By organizing various sports events and sports and cultural activities, a strong campus sports atmosphere is created to stimulate students' love of sports and participation. At the same time, the sports facilities into the campus landscape design, to create a beautiful, comfortable sports environment, to enhance the overall image and quality of the campus.

3.5 Accelerating the integration of an intelligent teaching platform for "perpetual sports"

Colleges and universities can integrate high-quality sports teaching resources inside and outside the school, including teaching videos, courseware, training programs, etc., to provide students with rich and diverse learning materials. On this basis, the platform also supports online interaction and communication between teachers and students, making teaching more flexible and convenient. To a certain extent, the intelligent teaching platform also provides students with personalized learning experience. Using big data and artificial intelligence technology, the platform can analyze students' learning behaviors and preferences, and recommend suitable learning content and training programs for them. This personalized learning approach can stimulate students' interest and motivation, and improve their learning results and satisfaction. In addition, the intelligent teaching platform can also realize the real-time monitoring and analysis of students' sports data.

Through the Internet of Things (IoT) technology, such as wearable devices, the platform can collect students' exercise data, such as heart rate, step count, exercise duration, etc., and conduct in-depth analysis. These data can not only help teachers understand the students' physical condition and athletic ability, but also make scientific training programs and guidance suggestions for them. In addition, students can also view their own exercise data through the platform to understand their own exercise status and progress, so as to better adjust their exercise programs. The platform can be used as a testing ground and display window for the reform, introducing new teaching concepts and methods to promote the continuous progress of sports teaching. At the same time, the platform can also be integrated with intelligent systems in other fields, such as health management and campus security, to form a comprehensive intelligent campus ecosystem and improve the overall management level and service quality of the campus.

CONCLUSION

In conclusion, the above is a study on the positive influence of the idea of perpetual sports teaching on the reform of sports teaching. Combined with the real teaching background and based on the foresight and comprehensiveness of the idea of perpetual sports teaching, this study has injected new vitality and impetus into the reform of sports teaching. The designed measures and impact analysis not only reshape the core concept of sports teaching, but also make sports teaching no longer just an embellishment of campus life, but gradually become a healthy lifestyle that accompanies students throughout their lives. By emphasizing the cultivation of sports interest, the construction of perpetual sports ability, and the teaching of scientific exercise methods, the sports teaching is closer to the actual needs of students and more in line with the expectations of the society for the comprehensive quality of talents. Sports teaching is gradually getting rid of the constraints of the traditional mode and developing in the direction of more openness, diversity and efficiency. While enjoying the fun of sports, students also gain a strong body, tough will and positive attitude towards life. These valuable assets will accompany them out of school and into society, and

become an important force for social progress and development.

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