

Cultivation of Students' Life-long Sports Consciousness in College Physical Education Teaching

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Abstract: Physical education in colleges and universities is a key part of students' acceptance of physical education. Developing physical exercise can make students have a very good physique. Practical training methods should be put forward when cultivating physical education quality of students in colleges and universities. To do a good job in health education and cultivate students' awareness of lifelong physical education, it is necessary to intensify the reform of physical education teaching and constantly improve students' awareness of health education and lifelong physical education. The cultivation of lifelong sports ideology is the foundation for lifelong sports, while lifelong sports is based on reality and the future. The core is to enable students to form the ideology of lifelong sports in the process of physical education and lay the foundation for lifelong sports. This paper focuses on the cultivation of students' lifelong sports awareness in college physical education teaching. It analyzes the problems existing in the cultivation of students' physical education consciousness in college physical education from several aspects, and then puts forward some suggestions on how to better cultivate students' lifelong sports awareness.

1. Introduction

With the development of the times and the progress of society, people's sports concept has undergone tremendous changes, from the past, passive participation in sports to active and active exercise now. The reform of modern sports schools is developing in depth continuously. The healthy education concept has been established in school sports teaching. More and more domestic scholars have carried out relevant research on lifelong sports teaching [1]. According to the national requirements for physical education in Colleges and universities, combined with the psychological and physiological characteristics of college students at the present stage, this paper explores a teaching system that reverses the single recuperation and attaches importance to the teaching of repetitive sports techniques. Lifelong education is not only to have certain requirements for the development of the individual, but also to raise the physical needs of the whole people in this process, which is also the common needs of the development of all human society [2]. How to scientifically exercise and maintain, how to form healthy exercise habits, and to form a relationship between school sports and lifelong sports that includes both positive and positive interactions, which first benefited from school physical health education and lifelong physical exercise education. Guiding students to pursue a high quality and healthy life has become a new trend of thought in the development of modern social sports [3]. Therefore, cultivating students' sports awareness, developing students' physical ability, and developing good habits for lifelong physical exercise are an important task of college physical education and an important content in the pursuit and exploration of college physical education.

2. What is lifelong physical education learning

When we carry out many educational studies, we all know that if a person wants to learn to survive, he must arrange his study and life according to the concept of lifelong education. If the role of school physical education is regarded as insignificant and school physical education is not emphasized, then when students enter the adult stage, sports activities will not exist [4]. The idea of

lifelong sports is a sports concept advocated under the background of knowledge economy. Lifelong physical education is a person's lifelong physical education and physical exercise, so that health, physical and mental pleasure, lifelong benefit. It refers to a person's lifelong acceptance of physical education and physical exercise, that is, physical education should run through the whole process of a person's life, making it an indispensable important part of his life [5]. Lifelong educational thoughts will also be extended in other disciplines. The purpose of our physical exercise is to be able to maintain our physical health. In fact, lifelong education is also a small part of our own exercise. We believe that college sports is a systematic project with multiple functions. Physical education is not only the need to enhance physical fitness, but more importantly, it teaches students how to live healthy, which is also the social value of sports [6]. It should be said that lifelong sports is a product of the development of a modern society to a certain stage, reflecting the needs of people's all-round development. Master the basic knowledge, skills and skills of sports; generally feel good when participating in sports activities, accompanied by a happy emotional experience; sports activities as an indispensable part of life.

3. The Importance of Developing Students' Lifelong Sports

The purpose of physical education and lifelong physical education is to enhance physical fitness. Students should develop physical fitness while exercising. This can improve people's ability to adapt to the external environment and their perseverance to overcome difficulties. The physical exercise of young and middle-aged intellectuals in China is the weakest link in the national fitness strategy. This reflects to a large extent the lack of training on students' lifelong sports thoughts in college physical education in China [7]. In the physical education of colleges and universities, the lack of good physical exercise habits of students makes their participation in physical activities in schools more passive, and the enthusiasm and initiative of physical exercise are greatly reduced. In the teaching of physical education teachers in colleges and universities, various practical measures must be taken to make students' awareness of sports rise from the emotional stage to the rational stage, so as to gradually cultivate their sports awareness. To this end, we should overcome the bias of neglecting theory in physical education teaching, attach importance to physical and mental health education, combine physical health education with mental health education, strengthen the combination of physical education in class and after class, and deepen students' understanding of lifelong sports [8]. Modern sports science research further proves that sports can not only improve students' health and physical fitness, but also develop students' intelligence, improve students' psychological quality, cultivate students' sentiment, develop students' personality and promote students' socialization.

For a long time, the school physical education curriculum is basically based on the mastery of sports technology to implement, to varying degrees, ignoring the students' sports ability, exercise methods, exercise habits, emotional will, personality development education and training. To a certain extent, this will affect students' active participation in various social physical exercises in the future, and also hinder the formation and development of students' lifelong sports consciousness. In order to improve the humanistic quality of College students, physical education teachers should make full use of physical education theory classes to explain to students the relationship between physical education and social development, national revitalization, human progress, and the role of physical education in promoting economic, cultural and social life. For college students, through physical exercise, they can grasp the physical exercise knowledge, means and methods needed for future careers, and master the general sports quality and special sports qualities needed for future careers. It is also an effective means of conducting spontaneous education. In many cases, there is no teacher to follow up and supervise the teaching situation. It can also be carried out without physical education. With the gradual establishment of the guiding ideology of lifelong sports, the development goal of school sports should be based on the exploration and pursuit of long-term benefits, making full use of the favorable opportunities for students to study and accept physical education in colleges and universities. In the form of colorful entertainment experience and rich emotional experience, it promotes the multi-functional structure of individual socialization and

all-round development. The relevant sports policies of the country provide a strong guarantee for lifelong physical education.

The social factors of sports have an important influence on the formation and development of College Students' sports consciousness. For example, students do not attach importance to physical exercise when they study in school. When they really leave the campus and enter the society, they will misunderstand and ignore the campus physical education more. When carrying out teaching, they should develop the relevant social factors of school physical education. To lay the foundation of students' lifelong physical education, help students form the ability of self-conscious physical exercise, cultivate students' interest and habits in physical exercise, change their attitudes and renew their ideas. The core is to make physical education run through the life of the people, to make the links between preschool education, school education and social sports closely, to ensure the unity, integrity and coherence of physical education, and to realize the integration of the process. Most students have developed a systematic and uninterrupted and complete awareness of sports awareness, which has basically formed a strong awareness of a clear goal, showing positive and conscious actions in physical exercise. Therefore, physical education teachers should adopt effective means and teaching methods, and in the process of physical education, students should cultivate lifelong sports awareness and promote the development of students' lifelong physical exercise habits.

4. Effective Measures to Cultivate Students' Lifelong Sports Consciousness

At the beginning of teaching, we must strengthen the education of sports theory. A person's life lies in constant movement. Physical theory teaching can help students to define the important value of lifelong sports to human life activities. Therefore, school sports occupy a very important position for the formation of lifelong sports thoughts, which can lay a good foundation for the formation of lifelong sports. When the school holds sports events and other activities, parents and enterprises and units can be invited to participate in the organization and leadership of the competition to strengthen the school's connection with parents and society, and expand the social influence of school sports. At the same time, it is necessary to strengthen the education of students in sports theory, so that students have a comprehensive and profound understanding of the concept of lifelong sports. Make students truly feel the benefits of physical exercise to the country, the nation, the society and the individual, and arouse students' indirect interest in sports. Pay attention to the combination of theory and practice, reasonably determine the breadth and depth of textbooks, and maintain unity and flexibility. The selected textbooks are helpful to improve students' sports theory knowledge and sports skills, and to form the habit of physical exercise. There are also cognitive rules that should be suitable for students when teaching. The selection of physical education textbooks should enable students to impart scientific knowledge and develop reasonable exercise principles and methods. Make students benefit for life, so as to achieve the goal of promoting the quality of the whole people.

With the determination of lifelong sports thoughts, the cultivation of sports interest has attracted more attention from the society. The reform of the new physical education curriculum is an effective way to cultivate sports interests. It enables students to truly recognize the significance of long-term physical activity, and thus provide a guiding role for students' lifelong physical exercise. Once students have a strong interest in physical exercise, they will make physical exercise an indispensable part of their lives. It should be changed that physical education is a one-sided understanding of "learning technology, exercising the body" and paying attention to the development of students' non-intellectual factors. In the teaching, the education of students and the diversified training of students' sports ability should be put in the first place. Enlighten students to clearly understand the importance of good health to good study and work, help students form long-term and lasting learning motivation, guide students' learning direction, encourage them to study hard, and improve students' learning enthusiasm. To combine theory with practice and cultivate sports interest, it is necessary to maintain and consolidate it through practical exercises. Without practical activities, it is difficult to generate any interest. Because sports activities have a

strong attraction for students, students usually devote their whole heart and soul to the participation of sports activities, in this process, students' awareness of physical exercise has been deepened. This requires physical education teachers in Colleges and universities to take students as the center and adopt flexible and diverse teaching methods in their daily teaching work, so as to make the contents of physical education classroom as novel and interesting as possible, to stimulate students' thirst for knowledge, and to form a lively situation.

When we are teaching, we should design a student-centered teaching program, because students are the main body in any form of classroom teaching activities, so we should cultivate students' subjective consciousness in teaching. This requires that our teaching methods and means not only conform to the principles of physical education, but also combine the physiological and psychological characteristics of College students, arrange flexible and diverse content, and guide them to gradually develop good habits of adhering to physical exercise. Students can voluntarily choose the contents, forms and methods of sports activities according to their interests and hobbies, actively participate in sports activities, and improve and develop their sports specialties. Moreover, in the process of organizing students to participate in sports activities, we must adhere to the evaluation policy of praise-based and incentive-assisted, so that students' positive emotions can be cultivated and developed. Give full play to the role of sports media, continuously increase students' sports knowledge and broaden their horizons, and enhance students' awareness of sports. After finishing the content of the class, let the students carry out the game. In fact, in the process of the game, we can invite some teachers to participate in the same process, which can strengthen the interaction between teachers and students. Therefore, the single teaching mode and teaching method can no longer meet the needs of physical education reform, and should pay attention to the combination of various methods, interspersed arrangements, and rational use, in order to achieve the optimal teaching effect.

In teaching, students' sports foundation, physical and health status, sports interest, sports experience, learning ability, and social adaptability are all different. Therefore, the teaching method should tend to teach students in accordance with their aptitude, pay attention to the development of students' potential, in order to achieve everyone's progress. This will help students establish a good relationship with the teacher during the study of the culture class, and the teacher can also find the student's learning potential when carrying out the activity. The influence of the teaching environment on students has the characteristics of spontaneity and potential. The formation of a harmonious teaching atmosphere depends on the teacher's teaching passion and the teacher's attitude towards students' equality. Only continuous contact can produce psychological compatibility. In persistent training, we can see the effect of exercise. Therefore, in College Physical Education teaching, we should strive to optimize the physical education teaching environment and provide a good learning environment for students. Only in this way can the quality of physical education be improved and the students' lifelong sports consciousness be effectively cultivated. In addition, we can take advantage of the competitive mentality of college students and adopt competitive teaching methods. In order to mobilize the enthusiasm of students, but also to create a good teaching atmosphere conducive to students' learning, cultivate students' sense of cooperation and behavior, so as to optimize the physical education classroom teaching environment.

5. Conclusion

College students shoulder the heavy responsibility of the future construction of the motherland and the people's trust. Healthy physique is the premise and guarantee of their study, life and work. Only when they have a correct understanding of the idea of lifelong sports can they actively participate in sports activities. Therefore, college physical education teachers should seize this critical period, deepen the rational understanding of sports, cultivate college students' sports consciousness, and adopt flexible and diverse teaching methods to cultivate college students' sports interest. At the same time, it is suggested that the determination of the organizational form and content of the additional physical examination should be based on the principle of scientific, reasonable, simple and feasible. Breaking the original concept of sports, in the minds of students,

physical education courses are not relaxation classes, nor self-study classes, but more courses on learning sports skills. Give them the right guidance. Students are taught to grasp the precious aspects of their temperament in their study, life and exercise, to be the masters of temperament and to cultivate good psychological qualities. Change the content of traditional sports textbooks, develop good habits of physical exercise, carry out colorful extracurricular sports activities, and develop the sports ability of college students.

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