

Discussion on the Optimal Strategies of College Physical Education Classroom Teaching and Training in Viet nam

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ABSTRACT: In the process of the implementation and further realization of my country's sports goals, college physical education plays a vital role. Among the open courses in universities, physical education is a vital component. Its main training goal is to enable young students to have a more comprehensive physical ability, shape a good posture, and improve physical functions. At the same time, it is the basis for the effective implementation of other educational programs and the role of education in the university. Through the basic physical education class, it is not only necessary to cultivate students' comprehensive physical ability and stimulate their interest in physical exercise, but also to encourage students to exercise in their spare time, so as to achieve the good habit of students to develop lifelong exercise. This article will mainly stand in the direction of teaching methods in college physical education classrooms, focusing on the discussion of training and optimization methods in college physical education classrooms.

KEYWORDS: College Physical Education; Classroom Teaching; Training Optimization.

I. INTRODUCTION

In today's era, the purpose of physical education is constantly changing to adapt to development. It can not only meet people's daily entertainment needs, but also reflect the all-round development of morality, wisdom, beauty, and labor. Physical education has long been popularized in various large, middle and elementary schools, and the state and society are paying more and more attention to physical education. In the process of its implementation, relevant educators are also duty-bound. In the teaching process of physical education, the

creativity and implementation ability of educators should be fully stimulated, and the direction and goals of physical education that are most suitable for different types of students should be formulated to make the ultimate education goal present a satisfactory result.

II. THE ROLE OF COLLEGE PHYSICAL EDUCATION CLASSROOM TEACHING

In the scope of education, physical education is getting more and more attention from people and society, because it not only affects the growth of young people, but also occupies a high position in the daily recreational life of every citizen. Discussing the education of university sports, it also covers a wide range of content, based on relevant policies and social needs as the most basic theoretical basis, in order to better play a role in the implementation process. On the one hand, students should stimulate their own interest in sports during the learning process of the physical education class, master effective skills and methods, so as to have a healthy body and a full mental state; On the other hand, it is to develop the habit of continuous exercise in future life and benefit for life.

III. PROBLEMS FACING COLLEGE PHYSICAL EDUCATION TEACHING IN THE NEW ERA

In the current stage of university physical education development, the most prominent problem is that students' right to exercise is interfered and restricted to a certain extent, which leads to the fact that students' physical functions cannot reach the basic indicators. This directly affects the teaching quality of the physical education classroom. According to relevant survey

data, the decline in the number of sports is the most significant among universities, so it is imperative to improve this situation. This requires relevant educators to clarify their own responsibilities, use innovative and developmental methods to effectively formulate teaching plans, strive to improve students' bad sports and living habits in all aspects, start with the most basic education, and comprehensively focus on sports quality education.

IV. UNIVERSITY PHYSICAL EDUCATION CLASSROOM TEACHING AND TRAINING OPTIMIZATION STRATEGY

1. Teaching should be adapted to the actual needs and physical and mental characteristics of students

It is necessary to integrate theory and practice, skillfully combine sports environment, sports equipment, and teaching measures into classroom education, and use various methods to expand teaching content, enhance the interest of teaching content, and improve students' interest in active participation and completion. In addition, in addition to completing the established target teaching tasks, students' own characteristics and acceptance levels should also be considered, and targeted related teaching and guidance should be carried out. University is the best time for students to develop and create independently, and it is also a good habit during the development period, educators should patiently use the "heuristic teaching" model to help students find the most suitable exercise method, so that every student can enjoy the joy of exercise.

2. Strengthening of teachers' teaching beliefs

The teacher basically plays a decisive role in whether the teaching task can play a role, and a teacher's good teaching concepts and teaching beliefs will make the teaching process more effective. In addition, the teaching status of teachers will also affect the learning effect of students. An enthusiastic professor and a well-behaved professor will definitely produce very different teaching effects. Teachers should not be limited to how to teach, pursue the realization of teaching goals, but also think more about how to make a class of the same time to maximize the benefits of students. There is a big difference between physical education and other types of teaching in essence, regardless of the purpose of teaching, the teaching mode is different. In addition to a small amount of theoretical knowledge, it is more important to integrate it with practice. For example, the combination of theory and physical teaching, the use of sports activities and sports facilities, and the establishment of a good

relationship between teachers and students need to be carefully considered. Use the most appropriate method to maximize the positive teaching effect of the physical education classroom.

3. Pay attention to the safety of students in physical education class

In the teaching process of physical education, the safety of students is particularly important, and teachers should continue to pay more attention to the safety of students and try their best to avoid safety problems. In previous physical education teaching, educators did not pay much attention to this aspect of students, which caused some teachers to train students in order to complete the training goals of the classroom and neglect the physical and psychological protection of children. Therefore, teachers must pay special attention to this aspect in future education and teaching tasks, and use this as the fundamental basis for teaching, and at the same time create more innovative thinking that can exercise students' physical fitness and technology. It can also ensure the safety of students' training programs and sports games, cultivate students' awareness of self-protection, and improve students' self-protection ability.

4. Strengthen the interaction between teachers and students

Due to the particularity of physical education, the communication and interaction between students and teachers is essential in the teaching process.

Based on the current situation, college students' initiative in sports has not reached an ideal state. Therefore, teachers need to guide and stimulate students' awareness training in the classroom. Through in-depth exchanges and discussions, students can clearly understand sports in their hearts. In this way, we should pay attention to the richness and activity of the classroom, abandon the boring teaching methods, and use our own teaching enthusiasm and vitality to drive students' emotions. To a certain extent, this will promote the formation of a more sincere and cordial relationship between students and teachers, which is more conducive to the implementation of teaching tasks.

V. CONCLUSION

The so-called university physical education should not only be a classroom for physical and mental exercise, but also a place for practicing character. College students are the future and hope of a country. In addition to academic accumulation and education, they should also have a strong body. If there is no strong physique, then all the subsequent development will be impossible to talk about, so the role of physical education in

the growth of every student is irreplaceable. Physical education in colleges and universities plays an important role that cannot be ignored in shaping the personality development of students. Therefore, we must continue to strengthen the construction and education of college campus sports culture, and use more innovative methods to inject new vitality into the traditional physical education model, actively create a fitness platform for students, carry out a series of sports activities, give students opportunities for independent development, enrich their after-school cultural life, and create a good campus cultural environment.

In the way of education and teaching, we must constantly update our thinking, keep pace with the times, innovate brand-new ways of physical education, and guide and lead students to feel the charm of sports. Cultivate more practical talents with both ability and political integrity and comprehensive development. In the current development and innovation of the education sector, the reform and development of sports in many universities and colleges are also continuing. This requires all universities and related physical education teachers to always have a long-term development vision, and look at physical education more comprehensively and rationally, effective physical education practice helps students have a stronger body, an optimistic and positive attitude and a willingness to challenge, and lay a solid foundation for them to better face the growth path in the future.

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