

# Research On Value Implication, Goal Orientation, and Practical Path of Physical Education Reform in Universities

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**Abstract:** In the current era, with fierce competition for talents, physical education in universities needs to carry out teaching reforms in accordance with the characteristics of the times. It is necessary to actively innovate teaching concepts from the actual needs of students, and improve the quality of physical education through diversified teaching methods. This paper mainly elaborates on the reform of physical education in universities from value implication, goal orientation, and practical path.

**Keywords:** Physical Education; Value Implication; Goal Orientation

## 1. Introduction

With the advancement of the new curriculum reform, physical education reform, as an important component of the construction of the higher education system, can effectively promote the high-quality development of physical education in universities. It always adheres to the teaching philosophy of "teaching with physical exercises", with the goal of teaching reform being to enable students to experience the joy of sports, exercise their physical fitness, enhance their willpower, and cultivate their healthy personality, so as to continuously optimize the teaching mode and further improve the quality and efficiency of physical education.

## 2. Value Implication of Physical Education Reform

### 2.1 Cultivating Students' Physical Literacy

The reform of physical education in universities can cultivate students' comprehensive literacy and lay the foundation for their comprehensive development. Under the requirements of the new curriculum reform, physical education should not only cultivate

students' physical skills, but also focus on the cultivation of comprehensive qualities such as teamwork and self-management. At the same time, students can truly experience the different experiences brought by communication and cooperation during participating in physical activities and competitions to enhance their ability to face and solve problems directly. In addition, physical education is also beneficial for cultivating students' resilience, good psychological qualities, and adaptability, which has a positive significance in promoting their comprehensive development.

### 2.2 Cultivating Sportsmanship and Carry Out Patriotic Education

In the reform of physical education in universities, promoting the spirit of physical and traditional culture is also a key issue that needs our attention. In previous physical education, teachers usually adopted a teaching and demonstration approach. Therefore, universities should integrate the spirit of physical and national values into the entire reform of physical education, so that students can truly feel the charm of traditional culture, understand the importance of promoting physical and ethnic sports, and cultivate good sportsmanship and strong patriotism among students.

## 3. Goal Orientation of Physical Education Reform

### 3.1 Cultivating Students' Comprehensive Literacy and Promoting Their Comprehensive Development

With the acceleration of the education reform process in the new era, new requirements have been put forward for education and teaching. In the reform of physical education, the main purpose is to cultivate students' comprehensive literacy and promote their comprehensive

development. Therefore, when carrying out physical education reform, universities should integrate moral, intellectual, physical, artistic, and labor aspects into their physical education curriculum, and pay attention to the cultivation of sportsmanship, so that students can gradually form excellent qualities such as unity, cooperation, fair competition, and compliance with rules in physical training and activities. When conducting physical education, teachers should pay attention to cultivating their good values and outlook on life, exercise students' physical skills and cultivate their physical intelligence, pay attention to the teaching of physical psychology and physiology to students, help them form a good concept of sports, and further improve their physical fitness. In addition, they also need to emphasize the cultivation of students' aesthetic and appreciation abilities in sports, allow them to watch sports events and sports art performances and to more intuitively feel the charm of sports aesthetics. And they should integrate labor education and practical teaching into physical education content, cultivate students' resilience through labor practice, and help them develop good qualities of diligence and pragmatism.

### **3.2 Cultivating Students' Teamwork Ability and Sense of Social Responsibility**

The reform of physical education in universities should focus on cultivating students' teamwork ability and social responsibility. Physical exercise is the process of teamwork, especially in collective sports projects, where teamwork ability is the key to winning. Therefore, in the reform of physical education in universities, attention should be paid to cultivating students' teamwork ability, so that students can learn how to communicate and cooperate with teammates in sports activities, cultivate their teamwork ability and social responsibility, and have a good promoting effect on their future life and work integration into the collective [1]. In addition, when carrying out physical education, universities should pay attention to cultivating students' positive competitive spirit, enabling them to have the courage to face difficulties and challenges, and continuously pursue excellence. Only in this way can students better adapt to the

development of society and lay a foundation for their future development. At the same time, it is necessary to pay attention to the psychological qualities of students. During physical exercise, students may experience setbacks, while teachers should actively guide students to adjust their mentality in a timely manner, persist in completing challenges, and cultivate good psychological qualities in students. And this psychological quality can help students better cope with difficulties and challenges [2]. And teachers should focus on cultivating students' good communication and collaboration skills. By participating in sports activities, students can continuously optimize their communication and collaboration abilities, improve their comprehensive literacy, and have the ability and courage to deal with future work and life problems, which has a positive impact on students.

## **4. How to Implement Physical Education Reform in Universities**

### **4.1 To Innovative Teaching Philosophy**

In the process of reforming physical education, teachers should fully recognize the importance of physical education for the healthy growth of students. Therefore, when setting teaching objectives, we should start from the actual situation of students, respect their personalized development, and develop multi-level teaching objectives based on their different physical fitness, so that every student can achieve the goal through hard work and increase their confidence [3]. At the same time, teaching objectives should be formulated around the comprehensive development of students, and teachers need to understand students' personality and abilities, actively guide them to explore and learn, so that students can experience different learning experiences in physical education teaching activities.

### **4.2 To Innovate Teaching Methods and Enrich Teaching Content**

To carry out teaching reform, we should start from the individuality of students, improve the course content according to social needs, create diverse physical education courses, and guide students to choose courses that interest them based on their own qualities and needs, in

order to achieve the goal of physical education reform. For example, physical education courses such as martial arts, yoga, and outdoor exploration can be added to allow students to experience different physical activities and stimulate their interest in learning and make them interested in sports learning. For another example, universities can collaborate with social sports organizations, sports industry and other related institutions to create a reasonable practical platform for students, so that they can fully experience the charm of sports and further broaden their horizons [4]. Through this way, students can fully exert their subjective initiative, actively participate in sports activities, experience different sports fun, cultivate their positive and lifelong sports views, and form good sports habits, laying the foundation for cultivating their sportsmanship. In addition, teachers should pay attention to personalized teaching, create a lively and interesting learning atmosphere for students, promote harmonious and stable teacher-student relationships, so that teachers can better carry out physical education, further improve the quality and efficiency of physical education.

#### **4.3 To Improve the Teaching Evaluation System**

In order to improve physical education curriculum teaching, teachers should innovate and reform the evaluation system, completely abandon the previous teaching mode of physical education, and guide students to participate in physical activities with a complete physical education evaluation system. Firstly, it is necessary to understand and respect the differences among students, examine their physical education learning from multiple perspectives, fully consider their personalized development, always implement the "people-oriented" teaching philosophy, and create a scientific and reasonable teaching evaluation system for their healthy growth [5]. Secondly, we should start from the aspects of students' sports awareness, sports ability, and sports interest, cultivate their lifelong sports awareness, and make them understand that sports learning is not only about learning sports skills and movements, but also optimizing their comprehensive literacy from the aspects of sports literacy and sports spirit. Finally, in order to promote the comprehensiveness and dynamism of the

physical education evaluation system, teachers should fully understand the participation status of students in sports activities at different periods, and track and analyze their physical education evaluation, so as to effectively improve the physical education evaluation system and lay the foundation for improving the comprehensive physical fitness of students.

#### **4.4 To Strengthen the Construction of Teaching Staff**

In the reform of physical education, universities need to constantly try new teaching methods and means, actively form a team of teachers, in order to achieve a radiation effect. In the face of the current shortage of teaching staff, universities can start from two aspects. Firstly, it needs to introduce excellent sports athletes through social forces for part-time teaching to bring rich teaching resources to university physical education. Because athletes themselves have rich sports experience and professional knowledge, they can provide students with professional and in-depth guidance, in order to achieve the goal of improving physical education [6]. Meanwhile, teaching by athletes themselves can effectively stimulate students' learning enthusiasm and promote the cultivation of their physical literacy. Secondly, teachers should continuously improve their teaching and professional abilities, actively participate in various training and communication activities, enhance their professional literacy and broaden their horizons, so that they can receive more excellent physical education concepts and methods, in order to further improve the physical education model. Of course, universities should strongly support teachers to participate in training and academic exchanges, and actively organize various types of teacher training and seminars to further enhance students' physical literacy. For example, a physical education reward fund can be established on campus as a reward for outstanding teaching achievements of teachers, and this can be used as a basis for teacher evaluation and promotion to motivate teachers to actively carry out teaching reform and accelerate the process of physical education reform.

#### **5. Conclusion**

In summary, as an important component of

higher education, physical education reform has rich value implications. Therefore, in the reform of physical education in universities, high-quality development of physical education should be taken as the goal orientation, and the teaching concept of "teaching with physical exercises" should be fully integrated into the reform of physical education, in order to cultivate students' excellent character, continuously improve their sportsmanship, and promote their comprehensive development.

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