

On the application of thinking guidance in College Physical Education and training

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Abstract

With the continuous development of China's education reform, how to train students in the teaching of thinking ability has become a common concern of educators. The sports curriculum is an important part of effective teaching system, in the context of the new curriculum reform, the teaching goal is not only to achieve the students physical training, but also to train the tactics of thinking, and thinking as a scientific method to guide teaching method has a broad application space in the high school sports teaching. In this paper, the basic content of the method of reckoning guidance, and its significance in the physical education in Colleges and universities, and then for the current problems in college physical education, the corresponding application strategy.

Keywords Thinking guidance method College physical education Teaching and training Application strategy

University sports teaching is different from the basic education stage of sports training, it is not only to develop the basic goal of training physical function of basic theory, sports for students, is to require students to some of the skills of strong sports, such as basketball, football, volleyball and so on, grasp the basic "combat" strategy and plan. The game situation of the myriads of changes in Physical Education in Colleges and universities, if only rely on the technical and tactical training, can let the student in the real confrontation with middle school, so only the thinking ability of students training, students will form the technical and tactical thinking, can raise students' ability to improvise. The method is a kind of thinking to guide the scientific methods of thinking training, along with

the university curriculum reform, more and more teachers tend to use tactical thinking in physical teaching guide, in order to improve the effect of teaching and training.

1 Thinking guide law

Thinking guidance is based on respect for the law of cognition on a teaching philosophy of thinking inspiration, in the teaching, considering guidance mainly depends on the following three factors: first, teachers play a role. In teaching practice, teachers' comprehensive quality directly affects the development of students' thinking ability of the effect in training teachers can be combined with the specific teaching content, and with the resolution, questioning, answering, tone, gestures and facial expressions and other teaching skills thinking inspiration to students, two students. As the main body of teaching, whether students have independent thinking ability is an important factor affecting the thought guiding effect, for college students, the basic ability of independent thinking, but because of the lack of practical experience, the ability to solve problems is still lacking, therefore, in thinking under the guidance of teachers, students should actively participate in the teaching. And realize the training of thinking and develop effective; three, teaching content. The teaching content is the carrier of teachers thinking to guide the students, teachers only relying on the specific teaching content, we can implement the method of thinking to guide, for example in college physical education, teachers can be based on the training of students basketball tactics thinking guidance, so as to improve students' communicative ability to improvise and.[1]

Under the background of the quality education, the guidance thinking method is applied to the university sports teaching significance is mainly reflected in the following points: first, to clear the teaching objectives of physical education, according to the requirements of the new curriculum standard, physical education not only requires students to master the basic theory of sports knowledge, but also should pay attention to the cultivation of students' thinking however, thinking guidance combined with the basic characteristics of college students, for training, so as to inspire thinking, cultivate their ability of autonomous learning goals; two, to stimulate students' interest in learning, teachers can use Thinking Guide for students to create a corresponding teaching situation and students in the context of fusion, can produce interest in learning, experience the joy of learning; three, to improve the teaching level of teachers, through thinking guidance, teachers can also root in practice According to the feedback of the students' thinking, they constantly reflect on the deficiencies in their teaching, so as to adjust the teaching methods and improve the teaching efficiency.

2 The current problems in the teaching of Physical Education

At present, the problems existing in the teaching of physical education in colleges and universities are mainly embodied in the following points: first, the lack of innovative teaching ideas. The creative idea is innovative teaching practice, college physical education should not only reflect the national strategy of personnel training, but also needs to satisfy the basic requirements of comprehensive quality of talents in society, more to meet the objective laws of the development of college students, and in the sports teaching practice, many

colleges and universities because of the teaching environment and teaching facilities as well as the quality of teachers it is difficult to limit teaching thought according to the objective requirement of the state and society and the students of the adjustment, which leads to the whole teaching system of physical education curriculum is still in the traditional teaching concept under the guidance of follow the prescribed order to push into the. Two, the teaching content is fairly simple. Sports teaching is the teaching practice depends on certain teaching facilities and carry out the teaching activities, including not only contains sports teaching materials in the content, also includes extracurricular activities in sports training, but the current sports teaching content on the one hand only pay attention to sports activities in the course of development, while ignoring the development of students the potential in extracurricular training in sports, on the other hand, the content of training, teachers tend to exercise skills for students to teach, for example in the basketball training, focus on students' ball, dribbling, passing, baskets and other skills training, but difficult from the perspective of students with tactical thinking training. Three, teaching thinking and physical education value orientation are not clear. The effect of physical education teaching requires advanced teaching thinking and value orientation as a guide, and the only way to ensure the school to achieve unified educational goals and values in the sports curriculum, from the current curriculum standards, teaching target value is mainly reflected in the physical, cognitive and emotional skills, four aspects, therefore, teachers the teaching of thinking should also be from the four aspects of teaching settings, however, from the current university sports teaching, many teachers in practice to realize the organic combination of teaching thinking and teaching goal, thus affecting the overall quality of training of students.[2]

3The application of thinking guidance method in college physical education teaching and training

3.1in the course of thinking to guide, in order to stimulate students interest in learning

Interest is the best teacher in the teaching practice, how to cultivate students' interest in learning has become almost every educator need to solve the problem. In college physical education, college students based on the characteristics of age, with a strong curiosity and thirst for knowledge, provides great convenience and the advantage for the development of teaching practice, but on the other hand, because of the lack of practical experience, the problems in the study of independent thinking ability is poor, so it requires teachers to make appropriate thinking guide. College sports teachers can use the teaching video display training content for students before class, combined with the actual case analysis of tactics and training for students, for example in basketball teaching, teachers can play with more classic tactics at home and abroad for the students in the teaching of basketball games in the front, then on the basis of explaining the importance of tactical thinking for students and the athletes thinking focus on the analysis of the problems in the end, use guide and inspire students to participate in the analysis of enthusiasm, so as to lay a foundation for the next phase of the study.

3.2 in the course of thinking, in order to cultivate students' ability of independent learning

In the traditional sports teaching, teachers usually adopt demonstration teaching method, teachers an active demonstration, students imitate practice teaching methods, this machine not only limits the development of students' thinking, more inhibited the cultivation of students' autonomous learning ability. The process guidance method is applied in thinking, physical education teachers in Colleges and universities should take the initiative to break the teaching mode of autonomous learning, to provide sufficient space for the students, so that students' thinking can effectively expand training in the independent inquiry, for example in the basketball training, teachers can be divided into two students against the group. Then according to the actual situation of the students and the basketball training content, put forward the tactical problem for students, and let students to solve the problems in the actual training, finally according to the evaluation of students' performance in practice, in order to find out the students lack of autonomy in the correct and timely. This kind of teaching and training can make the students in the cooperation and confrontation in the field of thinking, and combined with a specific environment, the use of strong cooperation to solve the problem, in order to improve the flexibility of students considering.[3]

3.3 in the after-school thinking guidance, in order to realize the effective use of knowledge and skills

In college physical education should guide thinking through the teaching, that teachers should not only the thinking training before class, in class, should also guide the thinking in teaching penetration, it can not only help students complete the consolidation and use of knowledge, but also can ensure the integrity of teaching. College Physical Education Teachers in the process of thinking to guide the one hand to use effective evaluation mechanism in the class, to test the effect of thinking training students before, for example in the basketball training, teachers should through observation of the tournament, judging students in the overall fit in thinking ability, according to the problems to guide students in basketball the tactics of consolidation; on the other hand, teachers should also ensure the convergence and continuity of after-school thinking to guide the situation and before the teaching situation, in order to effectively correct the students' thinking in training the randomness, one sightedness and instability, in order to promote the students to improve the ability of using knowledge.

4 College physical education teachers should pay attention to in the application of the method of thinking guidance

Thinking guidance is a kind of scientific teaching concept, in the college physical education teaching, teachers can through the class before, during and after the guidance of students to carry out a full range of thinking training. However, any kind of teaching methods in the application of the need for a certain auxiliary conditions, and the application of the thinking of college physical education teachers should pay attention to the following problems: first, pay attention to the creation of teaching atmosphere. The teaching atmosphere affects the students' learning emotion, and the college PE teachers should attach importance to the creation of the cooperative competition atmosphere in the process of using the

method of thinking guidance. Cooperation and competition is the essential quality of students in physical training, and guide in thinking, teachers should through grouping match situations for students in the simulation, such confrontation, students based on team spirit, will strengthen the interaction with the members of the common goal, at the same time in order to form the competition with each other, and so the teaching atmosphere can let students analyze and solve problems in thinking under the guidance of the consciousness of cooperation and competition, and achieve the purpose of thinking training. Two, pay attention to the guidance of students' attitude. Students because of age, experience, personality characteristics have different learning attitude in teaching, such as some students love to interact with teachers, with training, and some students are a matter of attitude, and took a passive in training attitude, and to solve this problem, teachers should guide in faith training guide thinking and value, the value is the student evaluation of objective things, but faith is a kind of stable mental state based on the value judgment on the two, the attitude has an important influence, students have shown so the beliefs and values of the support to correct students' learning attitude is important. Means to improve the students' participation. Three, pay attention to the construction of teaching evaluation system. In college physical education teaching evaluation is not only a test of the teaching effect, more direction guide learning of students, so teachers in the teaching and training, should consciously increase the thinking ability of the contents of the evaluation, to guide the students in the learning process will be more energy into the training of thinking.

5Concluding remarks

In short, in the physical education in Colleges and universities, some technology is complex and changeable, has the characteristics of comprehensive sports requires students not only to master the basic motor skills, but also have the corresponding "combat" thinking, thinking and guiding method is built on respect for a scientific method of students' cognition on the basis of the teachers in the application in the process, should be combined with the specific teaching content, the students actively guide students to solve training and practice, in order to improve the efficiency of college physical education.

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