

Analysis of Lifelong Physical Education in College Physical Education in Viet Nam

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ABSTRACT: In university education, it is not enough to take physical exercises in just over 50 minutes. It is also necessary to train students to actively take physical exercises in their spare time. In particular, cultivating students' lifelong physical education awareness has more important theoretical and practical significance. Classroom teaching alone cannot really improve the physical fitness of students. The important thing is that students can actively participate in physical exercises in their spare time, especially to develop the habit of lifelong sports. Only in this way can students truly shape the good physical quality of students and lay a good foundation for future study, work and life. At the same time, a variety of sports activities can inspire college students to love sports more, stimulate their motivation for physical exercise, and mobilize students' enthusiasm and initiative in sports participation, which is of great significance to students' future life development.

KEYWORDS: College; Physical Education; Lifelong Sports.

I. INTRODUCTION

The body is the foundation of a person, and the importance of physical education is self-evident. Physical education is an indispensable part of university education, and lifelong physical education is an indispensable part of university physical education, and it is in an irreplaceable position in university physical education. Paying attention to lifelong physical education in college physical education is the embodiment of the educational concept of "people-oriented, all-round development" in physical education.

II. THE CONCEPT OF LIFELONG PHYSICAL EDUCATION.

The concept of lifelong physical education refers to a person who insists on physical exercise throughout his entire life, persists in physical

exercise for a long time, and improves physical fitness during this long-term exercise, so that both body and mind can develop healthily. It is very important to implement the educational concept of lifelong physical education in college physical education. It is the content of college physical education based on the reform of the new curriculum standard. It aims to establish students' lifelong physical education ideas, so that physical exercise can accompany students throughout their lives. It is truly based on students. The educational concept of all-round development and future development is not to carry out related teaching for the purpose of accomplishing the educational goal. The concept of lifelong sports can be understood from two aspects. One is the autonomy and initiative to participate in physical exercise and can persist for a long time, and the other is the ability to receive professional sports guidance and education on a regular basis to exercise scientifically to ensure the effect of physical exercise. To avoid the blindness of physical exercise. The lifelong physical education concept emphasizes the "lifetime", the ultimate goal is to integrate physical exercise into a person's life and become an indispensable part of life.

Integrating the concept of lifelong physical education into university physical education can change students' cognition of physical exercise, use the concepts and ideas of lifelong physical education to guide students, let students formulate complete and systematic physical exercise goals, and improve physical exercise in a targeted manner. The purpose and effect of The concept of lifelong physical education is integrated into physical education. Teachers must first cultivate students' awareness of lifelong physical exercise, let students develop good physical exercise habits, and pass the concept of lifelong physical. The habit of physical exercise is gradually formed in physical exercise at the university stage, which affects students subtly, and

finally makes physical exercise an indispensable part of students' lives, so that the long-term development of students can be promoted normally.

III. PROBLEMS IN LIFELONG PHYSICAL EDUCATION IN COLLEGE PHYSICAL EDUCATION

1. Schools, teachers, and students lack the importance of lifelong physical education

The awareness of lifelong physical education in my country's university physical education is generally weak. The main reasons for this phenomenon are: First of all, physical education teachers, as an important role in physical education, are teaching physical education. At times, traditional teaching methods and single teaching methods are still used. In physical education, teachers only pay attention to teaching sports skills. The teaching content is only aimed at the scope of the examination. At the same time, the teaching method is relatively simple, which can not stimulate the students' enthusiasm for learning and the enthusiasm of participating in physical education. In addition, teachers only pay attention to the part of physical education in school education, while ignoring the importance of lifelong sports, resulting in lifelong sports education not receiving the attention it deserves. Secondly, the students did not have a correct attitude towards physical education. Some students think that it is enough to enter the university to learn good professional knowledge, and they do not pay attention to physical education at all. Internet, games, and long-term no physical exercise; female students worry about weight gain all day long, and are afraid of hardship and tiredness, and are unwilling to participate in physical exercise, so they adopt diet methods to control their weight, leading to malnutrition and increasing physical fitness Difference.

2. Ignoring the teaching of physical learning methods and basic theoretical knowledge

Too much emphasis on skill teaching is a very common problem in college physical education. At present, colleges and universities have paid enough attention to this problem, but in the actual teaching of college physical education courses, it is still based on skill teaching, teachers teach technical movements, and students' completion of the movements will be used as the rigid standard for semester performance assessment. Students' self-exercise, learning methods and basic theoretical knowledge of physical education have not received enough attention in the teaching process. It is difficult for college students to

acquire comprehensive physical education knowledge, and the effect of college physical education has not been fully reflected.

3. Teaching content and teaching methods need to be updated

The content of university physical education is mostly following the traditional content, and has not been improved according to the actual situation, and has not kept up with the times according to the new situation. For example, students' physical exercises are only concentrated in the physical education class, and there are very few off-class activities; teachers only focus on teaching physical skills in the classroom without cultivating lifelong physical education awareness; teachers seldom explain theoretical knowledge and health care knowledge, and students are right. Little interest in physical education, etc. This situation occurs because the teachers have not updated their teaching concepts and still follow the old rules, resulting in a lack of interest in students. The second is that "examination-oriented education" hinders the cultivation of college students' sports awareness. That is to say, students do not pay much attention to physical education, they feel useless, and they will not be interested in physical exercise. They even hate physical education very much, which hinders the cultivation of lifelong physical education awareness.

IV. COUNTERMEASURES FOR LIFELONG PHYSICAL EDUCATION IN LEARNING UNIVERSITY PHYSICAL EDUCATION

1. Establish a university lifelong physical education curriculum system

The training goal of a new university education model with lifelong physical education as the guiding ideology should be to enhance students' physical fitness and improve the system through education; master the basic knowledge, technology, and skills of sports and health care, and promote students' Comprehensive physical and mental development; cultivate students' good habits and abilities for self-study and self-training, promote personality development, and lay a solid foundation for lifelong sports; cultivate a competitive, enterprising, healthy, and civilized lifestyle to serve the construction of socialism. Establish a new school physical education model with lifelong sports as the guiding ideology, that is, in the organizational form of physical education, the traditional single type of ordinary physical education must be abolished, boldly emancipate the mind, try to establish a new education model, and

integrate physical education and health. Education, entertainment education, life education and competitive education are implemented in physical education, so that students truly understand the meaning and role of participating in physical exercise, actively and effectively guide students to physical education, and maximize their satisfaction in sports. The desire to exercise allows students to experience fun in physical learning and exercise.

2. Enriching physical education teaching methods

Teaching methods refer to methods used to complete teaching tasks, which include methods taught by teachers and methods learned by students. There is no omnipotent method. Relying on only one or two methods is undoubtedly flawed. Every teacher should appropriately choose and creatively use teaching methods, show his own teaching art, and form his own teaching style. As a physical education teacher, we must correctly handle the relationship between the teacher's leading role in teaching and the student's main role, and overcome the long-standing phenomenon of teacher-centered and full-fledged teaching. Strive for practical results, choose teaching methods flexibly and flexibly, make your classroom atmosphere active, relaxed, enjoyable, and attractive, so that every student can benefit most physically and mentally.

3. Strengthen physical education practice

Teaching in physical education practice to cultivate the ability of college students to exercise, and to develop extracurricular sports activities to promote the formation of college students' sports habits. College physical education is mainly to cultivate the ability of college students to exercise. The choice of course content, teaching methods, etc. should be combined with the actual needs of college students to fully stimulate students' interest in learning, enhance students' awareness of autonomous exercise and the ability to participate in sports, so that they can be applied and consolidated in future learning and exercises, and form Lifelong physical exercise ability. Extracurricular sports activities are an indispensable part of college physical education. A variety of extracurricular activities can often increase the enthusiasm of college participation, and long-term persistence can promote college students to form good sports habits. Competitions are a good way to carry out extracurricular sports activities. It organizes sports competitions with rich content and various forms to increase the enthusiasm of college students for participation and at the same time enable college students to exercise themselves and promote the improvement of college students' various qualities. It is also

possible to develop clubs or associations of various projects, engage in fun activities, organize competitions, hold lectures, organize watching various competitions, etc., so that students can increase their enthusiasm for exercise, improve their level of exercise, and increase their knowledge of sports, thereby promoting the formation of college students' sports habits.

4. Cultivate students to develop the habit of lifelong exercise

Cultivating interest in exercise and the formation of exercise habits are the foundation for lifelong sports enthusiasts. The physical education syllabus of some universities has listed the cultivation of sports interest and the formation of sports habits as important content. Therefore, physical education teachers should pay attention to students' hobbies and project selections in accordance with the requirements of the syllabus when preparing lessons, and should be as close as possible to the characteristics of lifelong physical education. Whether it is explaining, demonstrating and organizing teaching, we must strive to be vivid, beautiful and generous, novel and practical, inspire students' sports hobbies, and actively guide students to participate in sports, so that students can fully discover their sports talents and feel during activities. Participating in sports activities is sunny and happy, in order to stimulate their interest in sports. Therefore, college physical education actively guides students to develop the habit of conscious exercise, which has become an important goal of college physical education to cultivate students' lifelong physical exercise habits. Teachers should conduct a lot of publicity through celebrity effects, set up corresponding clubs, etc., and actively guide students to insist on scientific, long-term, and adaptive physical exercises, and develop a good habit of lifelong exercise.

V. CONCLUSION

Lifelong sports should be a continuous integration of multiple forms of sports for a variety of needs in a person's life. This requires us to lay a solid foundation in ideology, theory, and technical skills during their student days. University is the last stage for people to receive education. Here is the watershed for a person to go from student to society. In this stage of connecting the past and the next, cultivating students' awareness of lifelong physical education will have a positive impact on their entire life in the future. At the same time, cultivating self-exercise awareness and actively participating in physical exercise will have a profound impact on the improvement of the national physique.

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