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## **Research on Teaching Idea Innovation of University Physical Education Teachers**

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**Abstract:** This study takes the teaching reform concept of university PE teachers in the new era as the research object, and uses the literature method, logical analysis method and inductive deduction method to deeply analyze the development opportunity and realistic bottleneck of the teaching innovation concept of university PE teachers. The research shows that the teaching innovation concept of university PE teachers faces new challenges, and the generalization of education consciousness and the motivation of concept innovation of university PE teachers are insufficient. "Cultivating morality and cultivating people" as the basic task of education, the author puts forward the concept of "moral education first" in the innovation of teaching concept of physical education teachers in universities. Construct the evaluation system of "cultivating virtue" and "cultivating body"; To construct a new model of post-service education for physical education teachers in universities, and establish a new standard for the evaluation of professional titles of physical education teachers in universities; The new model of cultivating multi-disciplinary high quality sports talents and the concept of PE teachers' education should be integrated with aesthetic education. The aim is to provide theoretical reference for the timely updating of the teaching concept of university PE teachers under the background of the new era and optimizing the classified development of university PE teachers.

**Key words:** University physical education teachers; Cultivating morality and cultivating people; Teaching reform idea

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## 1 Introduction

At the national Forum of representatives of experts in the field of culture, health and sports in September 2020, Chinese President Xi Jinping stressed that the construction of a powerful country in higher education should adhere to the higher education policy of "root cure", and train a large number of high-quality professionals with ideal, ability, responsibility and sense of mission. To basically realize socialist modernization and build a great modern socialist country with Chinese characteristics, we will provide strong talent and intellectual support<sup>[1]</sup>. As a new force of curriculum reform and curriculum ideological and political construction, physical education teachers in universities are the main implementers of high quality curriculum construction in the new era<sup>[2]</sup>. "innovating education concept" and "deepening teaching reform" are also the primary issues of physical education in the new era. Only in the work of physical education in universities can the team construction of physical education teachers in universities and the timely updating of teaching reform concept be found a breakthrough point for the realization of talent training goals in the new era.

Educational concept is a new viewpoint of education thinking and the summary of practical experience, is the principle, spirit, standard and value to be followed in educational activities, and is also a theoretical sublimation of education, which can provide guidance for all aspects of education methods, processes, evaluations and social services. Through systematic review of the literature on physical

education in universities, it is found that the research on physical education in universities mainly focuses on the construction of teacher team, the characteristics of teacher professional development, and the teaching ability and accomplishment of teachers. For example, in the construction of the teacher team, this paper puts forward the problem that the optimization of the PE teacher team needs to improve the scientific research ability and professional level [4], proposes the key tasks of the teacher team construction [5], proposes the difficulties in the professional growth path of the PE teachers in universities under the background of "stigmatization" [6], and analyzes the vision, challenges and advantages of the PE teacher education in universities [7]. Starting from the teaching idea of physical education teachers in universities, the research of innovating the teaching idea of physical education teachers in universities to adapt to the fundamental educational task of cultivating morality and educating people in the new era has not been mentioned.

Due to the lack of sports culture construction in China's universities, the contradictions are more and more magnified. If the physical education teachers in universities still stick to the old rules in the process of education, and still adopt the "filling" education for the theoretical knowledge of physical health and the teaching of sports skills, and some universities pay too much attention to the "scientific research results" and "diploma hat" of physical education teachers in the evaluation of professional titles, the understanding of the education effect of physical education is insufficient. It will lead to the traditional university sports personnel training from the way out of time, the lack of high-quality personnel training supply has become a major pain point in the national construction of "education power", "talent power" goal. Based on this, in the reality of the lack of physical education in the comprehensive development of universities, the construction of physical culture in universities, and the demand for talents in the new era to build a powerful education and sports country, it is urgent to explore the innovation of the teaching concept of physical education teachers in universities, and timely "keep pace with The Times, bring forth the new", and refine the concept model of physical education in universities that is suitable for the same direction with the new era.

## **2.The realistic bottleneck of Chinese university physical education teachers' teaching reform concept under the guidance of "Cultivating morality and cultivating people"**

### **2.1 The "Generalization" of Education Consciousness of Physical Education Teachers in Universities**

"Cultivating morality and cultivating people" is the fundamental task and purpose of university education in the new era of socialism with Chinese characteristics. "Cultivating morality and cultivating people" is the premise and basis of education in universities, and "cultivating people" is the core goal of education in universities [8]. The development of university students' physical education curriculum carries the expectations of the Communist Party of China and the country for people's life and health quality under the background of the new era. The education work of university physical education classroom teaching

must be carried out to the main body of university physical education teachers. The professional quality and education consciousness of university physical education teachers are directly related to the education quality of university physical education teaching, which determines whether universities can train young students to become builders and successors of "moral, intellectual, physical, aesthetic and labor" all-round development.

At present, the problem of "generalization" of education consciousness exists in the teaching practice of university physical education teachers, which makes it difficult to exert the synergistic education effect of university physical education. Therefore, it is necessary to strengthen the understanding of the "one-piece and generalization" of the teaching concept in the teaching process<sup>[9]</sup>. The generalization of education consciousness of physical education teachers in universities is mainly shown as follows: first, the education consciousness of physical education is relatively lagging behind the environment, easy to be interfered by the external environment, the dislocation of the activity subject in sports activities, and the education quality of teachers needs to be improved<sup>[10]</sup>. Second, the education concept of sports culture environment lags behind, and the teaching still attaches importance to the traditional form of direct theoretical teaching, step by step, transmission and strengthening. Due to the only aim of university sports training is to teach sports skills and sports knowledge<sup>[11]</sup>. Third, the concept of "education" of teachers and the atmosphere of "sports people" in schools are relatively weak, and excessive emphasis is placed on the imparting of sports skills in the process of physical education teaching, which leads to the relatively weak acquisition of moral education quality in the process of physical education. In addition, in the teaching process, the Chinese sports spirit elements such as "patriotic feelings, teamwork, hard-working and tenacious struggle" have not been fully paid attention to, and the education consciousness of "moral education" has not been rooted and practiced in the physical education teaching practice in universities.

## **2.2 University physical Education reform fails to meet the "new requirements" of high-quality education System**

To promote the high-quality development of university physical education is one of the important goals of the development of higher education in the period of the 14th Five-Year Plan. To promote the high-quality development, it is necessary to accurately locate the transformation from "quantity" to "quality" in the primary stage of socialism. In 2020, the CPC Central Committee and The State Council adopted the Proposal for China's 14th Five-Year Plan and 2035 Vision Goals, which proposes to establish "new requirements for a high-quality education system<sup>[12]</sup>, and a high-quality higher education system is an important component of building a high-quality education system in China"<sup>[13]</sup>. Based on the development of higher education in the "14th Five-Year Plan" period and combined with the new requirements of high-quality development of university physical education in the new era, it is of great significance for the formation of a high-quality system of university physical education in the new era to seek and generate conformal development of physical education from multiple perspectives in line with the characteristics of

the construction of a sports power<sup>[14]</sup>. High-quality and high-level sports talents are pioneers in the construction of high-quality system for university sports education. Therefore, the construction of physical education teachers in universities and the improvement of educational ability are the only way for the CPC and the Country to promote the goal of high-quality education system construction. Physical education teachers in universities have weak consciousness of teaching reform and weak education quality, which leads to the uncertain space-time change of physical education objects. Meanwhile, they tend to "knowledge based" education view in practical teaching, and only teach "three basics" as the basis of education<sup>[15]</sup>. In addition, the contradiction of the lack of sports culture construction in universities is becoming more and more magnified, and the demand of society on the comprehensive quality and social practice ability of university graduates is increasing day by day. The teaching mode of physical education in universities is in urgent need of innovation, and the old-fashioned teaching concept is still adopted, which will lead to the gradual deviation of teaching methods from the cultivation of social talents in the new era. There is a serious mismatch between the quantity of talent training and the matching degree and quality of talents in the new era.

### **2.3 University Physical education teachers' Ability to innovate Teaching Reform Ideas "Weakens"**

At present, there is a general lack of reasonable vocational incentive mechanism for PE teachers in universities, and the phenomenon of PE teachers being marginalized is obvious<sup>[16]</sup>. Compared with teachers of other disciplines, physical education teachers in universities have unfair salary treatment such as "different pay for the same work" and treatment difference. In the professional promotion system of physical education teachers, universities implement a one-size-fits-all approach, and directly determine the number of professional title assessment, quota allocation and evaluation criteria<sup>[17]</sup>. The career development path of university physical education teachers, such as their status, salary and professional title evaluation, directly determines the enthusiasm of university physical education teachers on the career development path. In order to obtain more education funds, some teachers in universities use scientific research results and papers as a direct way to evaluate the professional title benefits of university teachers. Therefore, teachers pay too much attention to the output of scientific research results and ignore the updating and progress of their own teaching skills and education and teaching reform ideas. Starting from the process of teacher education, physical education teachers in universities often master certain sports skills in pre-service education, and physical education teachers in universities often carry out lifelong teaching of sports skills in teaching. This teaching method and educational concept have been used until retirement, ignoring the state of the teaching subject - students, which is a constantly changing state. From the perspective of disciplines, physical education is a non-mainstream discipline in universities, and it is difficult for physical education teachers in universities to obtain better post-service continuing education opportunities in discipline construction, such as participating in some high-quality exchange forums, long-term and short-

term visiting and exchange learning opportunities at home and abroad. The lack of comprehensive understanding and attention to the construction of PE discipline and the optimization of PE teacher talent team in universities will lead to the lack of impetus for the updating of PE teachers' educational ideas and professional knowledge reserves, and their updating ability tends to "weaken".

### **3 Innovating the teaching reform idea of physical education teachers in universities**

#### **3.1 "Moral education first: Construct the evaluation system of "moral education" and "phorozooid" in university physical education courses**

As the fundamental task of higher education, "Cultivating morality and cultivating people" should be regarded as the primary goal of education, and the fundamental task of "Cultivating morality and cultivating people" should be implemented. At present, in the process of physical education in universities, the goal of moral education in students' academic evaluation has not been embodied, the connotation of moral education and physical education is empty, and the evaluation goal of moral education is also free, which leads to the imbalance of value orientation and the dilemma of moral education function<sup>[18]</sup>. It is mainly manifested in the vague goals caused by the generalization of moral values and functions, the relatively narrow understanding of physical education teachers to achieve moral goals, and the low impact on students' moral character. Traditional teaching methods pay attention to the teaching skills of teachers while ignoring the impact of communication between teachers and students on students' moral character<sup>[19]</sup>. Moral education should be given priority in the implementation of educational goals in university physical education, and a moral evaluation system should be built in education. In the implementation of university physical arts curriculum, teachers should pay attention to the realization of emotional goals in sports skills. In the assessment, we can increase the evaluation of the effect of PE education and construct the evaluation system of PE education and morality in universities. Make clear the fundamental educational goal of "Cultivating morality and cultivating people", and provide a clear evaluation guarantee for the integration of cultivating morality and cultivating body. Teaching evaluation is divided into two categories: teacher teaching evaluation and student subjective participation. Teachers' teaching evaluation is evaluated from the aspects of students' class participation, students' class task completion, group activity organization ability, and students' psychological interview before and after class. Students' subjective participation from the classroom self-perception to after-school investigation. Through the evaluation of this process, the teachers' teaching concept can be further perfected and updated, the physical education classroom teaching model can be innovated, the practical teaching hours can be enhanced, and the physical education classroom teaching can play an important role in cultivating students' enthusiasm for independent exercise.

The following concept diagram (FIG. 1) can be used to help physical education teachers in colleges and universities to innovate their teaching concepts from the path of teaching concept reform. It is a beneficial attempt.

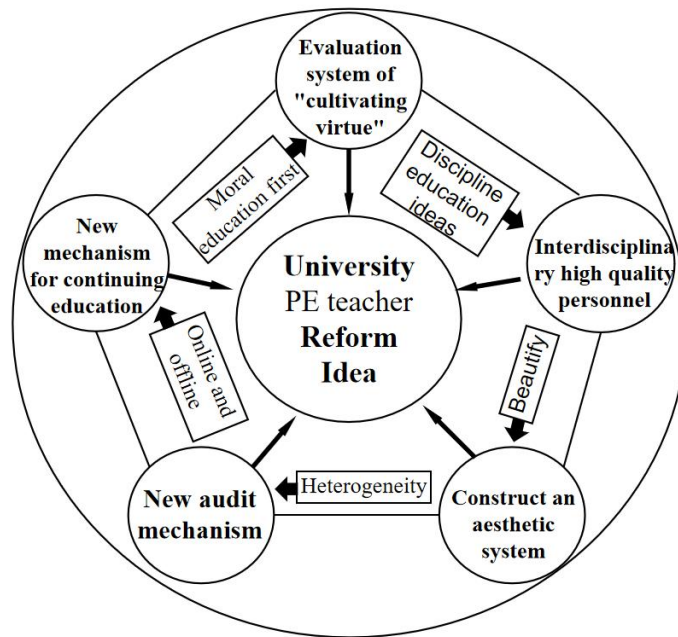


Figure 1. The University physical education teacher reform idea.

### 3.2 Online and offline interaction to build a new mechanism for cultivating post-service continuing education of physical education teachers in universities

In the 2018 Opinions of the CPC Central Committee on Comprehensively deepening the reform of the construction of teachers in the new era, it is necessary to "vigorously strengthen teacher education and support high-level universities to carry out teacher education." It is an important way to improve the quality of university education and innovate teachers' teaching methods and ideas to carry out post-service reeducation in universities. The main drawbacks of the current post-service continuing education in universities are the deviation of the post-service education concept of university PE teachers; Different attitudes towards post-service education of PE teachers in universities; The frequency of post-service education is low, the content of education is scattered, the form of education is single, and the evaluation of education is weak<sup>[20]</sup>. The current quality and ability of physical education teachers in universities cannot meet the requirements and needs of the training of physical education talents in the new era, so it is particularly important to build a new form of post-service training of physical education teachers in universities in the new era.

The post-service training mode of physical education teachers in universities mainly includes academic education and non-academic education. In the non-academic education, including transformation training and supplementary training, the organization of post-service training of physical education teachers in universities mainly includes school-based training, research and training, study visit, and mobile training<sup>[21]</sup>. This paper proposes a new model of reform and innovative training for post-service continuing education of physical education teachers in universities.

(1) Mobile stations for post-service training of physical education teachers will be set up among

universities. Under the premise of retaining the original jobs of teachers, teachers in universities in different units should carry out phased post transfer learning. Allow interactive post transfer and communication with physical education teachers in universities from low to high levels, and establish a mobile station for post-service re-education among physical education teachers in universities. Because different cultural environments and teaching atmospheres in different universities will affect the teaching concepts, teaching methods and teaching course contents of physical education teachers in universities, Therefore, it is necessary to model and normalize the mobile station of the re-education work of physical education teachers in universities, so as to carry out regular interaction.

(2) To construct an intelligent knowledge and information platform for university physical education teachers' online post-service re-education. Adopt the form of online education to build an information intelligent network platform for online post-service education among physical education teachers in universities. Register information and fill in relevant materials on the intelligent platform for post-service education of physical education teachers in universities. Relevant information and continuing education management departments publish online education course plans on the network platform, or leading domestic scholars and experts set up relevant training courses in their fields of expertise, and target curriculum push according to different teachers' needs and professional characteristics, breaking the spatial barriers of post-service re-education for university physical education teachers. Eliminate the training of front-line physical education teachers, lack of opinion collection before training, lack of supervision during training, follow-up investigation after training, no attention to the training effect, no timely feedback and no targeted evaluation after the submission of course assignments and subject research designs. By building an online information intelligence platform, the relevant online education leaders are formed to solve practical problems in offline teaching<sup>[22]</sup>.

### **3.3 The concept of multidisciplinary education blends with each other to cultivate high-quality interdisciplinary talents**

In the contemporary discipline construction system, the discipline knowledge is integrated and in the same direction, and the physical education discipline has become a typical interdisciplinary discipline<sup>[23]</sup>. The knowledge and content of sports and education, economics, management, medicine, psychology, sociology, ethnology and other disciplines cross to produce different emerging discipline systems, such as sports education, sports marketing, sports industry, sports psychology, sports sociology and other diverse secondary discipline systems. At present, there is a great space for enhancing the depth and breadth of the synergistic effect in the development of sports disciplines in our country, but the lagging state of the construction of new sports cross-disciplines leads to the sluggishness of the construction of sports disciplines and the withering of vitality<sup>[24]</sup>. Such as sports big data, sports simulation, sports ecology, sports artificial intelligence and other emerging interdisciplinary training fields are lacking.

The integration of the teaching ideas of other disciplines and the teaching ideas of physical education



can promote the perfection of the system of physical education. Compared with the integration of teaching methods or teaching contents, the integration of teaching concepts of different disciplines is more abstract. The integration of teaching concepts of different disciplines is an integrated, latent and whole-process development in teaching activities. Based on this, physical education teachers in universities can integrate basic and extended courses in physical education classroom to enhance the story of the whole physical education classroom. Add social application situations, life application situations, education application situations, etc. (such as the integration of psychology, economics application problems with physical education), and cross the applied knowledge of other disciplines with the professional knowledge of physical education to strengthen the comprehensive practical ability of university students. Second, break down the discipline barriers within the school, integrate resources; The internal teaching conditions and teacher resources of classified schools are planned, and interdisciplinary courses are set up to meet the needs of students' different personality development. To form the subject integration curriculum resources in schools, online theory and offline practice are carried out simultaneously, and the subject integration theme of university physical education curriculum resources are jointly generated. To build a multi-disciplinary communication bridge for students and radiate the disciplinary value and educational value of the school.

#### **3.4 Improve the University physical education teacher title evaluation and reward system, establish a "new" review mechanism**

The professional title evaluation method and salary of university teachers are the direct driving force on the career development road of university teachers, the professional particularity of university physical education teachers is accurately positioned, and the continuous updating of the teaching concept of university physical education teachers is stimulated by improving and reforming the evaluation method. In the evaluation of university teachers' titles, it is necessary to respect the heterogeneity among different regions, different specialties and different disciplines, diversify the title evaluation theme, re-examine the new theme, and carry out multidimensional classification evaluation for university teachers<sup>[25]</sup>. Schools should respect the heterogeneity of physical education discipline, which is an educational discipline based on physical movement. In the evaluation of physical education teachers' titles in universities, they should not only be evaluated on the basis of scientific research achievements, teachers' academic qualifications, hats, titles, positions, etc., improve the evaluation standards for professional titles, and conduct multi-aspect review mechanisms.

Schools should guide physical education teachers in universities to pay more attention to the acquisition of their own physical culture resources, incorporate teaching indicators into the scope of university teachers' professional title evaluation and the review of teachers, and increase the importance of teaching indicators in the evaluation. Adjust the allocation ratio of PE teaching funds and weaken the tendency of taking scientific research achievements and high-level talents as the main indicators of

evaluation<sup>[26]</sup>. Schools should avoid only "scientific research" and "thesis" in the evaluation standards of physical education teachers in universities, and should pay attention to the positive impact of sports competition and cultural construction on schools and rationalize the evaluation system. Physical education teachers can be divided into "research type", "teaching type" and "coach type" according to their own development. Both teaching and coaching teachers should pass the teaching assessment, count their students' evaluation of teachers and students' training and competition results, and establish a new standard of multiple evaluation to stimulate teaching and training teachers to update and develop their own teaching concepts and teaching methods.

### **3.5 To beautify people: To construct the aesthetic system of the teaching reform idea of university physical education teachers**

University sports is the main arena to realize the fundamental task of "Cultivating morality and cultivating people", is the foundation project to improve the comprehensive quality of university students, and is an important cornerstone to accelerate the construction of higher education modernization, modern education, sports and talent power. The main goal of university sports is to realize the unique function of "sports wisdom, sports heart and sports morality". Aesthetic education is esthetic education, sentiment education, spiritual education, humanistic education, as well as philosophical education that enriches imagination and cultivates innovative consciousness. Aesthetic education is based on "Cultivating morality and cultivating people", educating people by aesthetics, beautify people, and cultivate people by beauty. Aesthetic education is included in the whole process of talent training at all levels and in all sections of school education. To train builders and successors of socialism with all-round development of morality, intelligence, physical fitness, beauty and labor.

Aesthetic education is manifested in the combination of scientific knowledge and aesthetic form in classroom practice. Teachers should work hard on structure arrangement and background setting. In other words, aesthetic education is accompanied by the combination of intellectual education and physical education, and the classroom gives aesthetic feeling<sup>[27]</sup>. University sports has the practical appeal and value function of "educating people through aesthetics" and "educating morality through aesthetics", which is reflected in shaping the beauty of human body and sports, shaping the beauty of personality and spirit, shaping the beauty of body and moral character. Promote individual physical and mental freedom, harmony and comprehensive sustainable development of three levels<sup>[28]</sup>. The development of various sports technical courses in university physical education curriculum also strengthens the cultivation of students' aesthetic consciousness. Let university sports show the external beauty of sports through some beautiful body movements, and understand the beauty of the connotation of sports through the formation of excellent quality and habits. Let the beauty of sports both inside and outside stimulate the students' inner strength and show the aesthetic value of university sports.

Physical education teachers in universities should deepen the aesthetic concept of physical education

teaching and deeply express the aesthetic characteristics of physical education in physical education curriculum. Efforts should be made to inject students into their bodies, actively carry out sports leisure activities, return to the most primitive and instinctive sports mode of students, develop the consciousness, meaning and value of students' life and spirit, creatively integrate sports aesthetics with physical education, and build an aesthetic system of teaching reform ideas of university physical education teachers [29]. From the perspective of culture, there is an inevitable correlation between Chinese university sports culture and sports aesthetics in the new era. In the construction of university sports culture and sports projects, "visual beauty", "artistic beauty", "spiritual beauty" and "physical beauty" are explored, and students are guided to understand the "artistic beauty" of sports culture through aesthetic concepts. And from the concept of sports culture teaching to the understanding of "sports aesthetics" height<sup>[30]</sup>. Physical education teachers in universities can also integrate aesthetic elements of traditional Chinese sports culture into their curriculum teaching, enhance students' understanding of traditional sports culture, develop aesthetic curriculum resources of traditional sports items, give students a sense of national traditional beauty in physical education, and bring students more feelings of sports beauty and spiritual nourishment.

#### **4 Conclusion**

The innovation of the teaching reform idea of university teachers is an important way for China to carry out the fundamental task of building a strong country of higher education and a strong country of talents to accelerate the realization of education modernization. This study discusses the bottleneck of innovating the teaching reform idea of physical education teachers in universities and the path of innovating the teaching idea of physical education teachers in universities, and proposes and expounds the importance and epochal nature of the teaching idea of physical education in universities in the new era under the guidance of the value of "Cultivating morality and cultivating people". The new era is a transitional era. Higher education is the cradle of reserve talents in China. In terms of personnel training, we should give full consideration to the characteristics of The Times, combine with the goal of socialist modernization with Chinese characteristics, train more people who are useful to social development, and enable more outstanding young people to give their best results on the youth track of the motherland.

#### **Competing Contributions**

J.H. , J.C. , J.Z. and B.J. led the study. All authors conceived and designed the study. J.H. , J.C. , J.Z. and B.J. drafted the article. All authors made critical revisions to the manuscript for important intellectual content and gave final approval of the manuscript.

#### **Competing interests**

The authors declare no competing interests.

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