

Enhancing the Teaching Ability and Practical Path of Physical Education Teachers under the Background of Sports Power

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Abstract: Physical education courses are not only the main carrier for cultivating students' good physical literacy, but also bear the responsibility of spreading health education to society. They are an important component of lifelong physical education. With the proposal and gradual rise of the concept of building a strong sports nation, teachers need to transform traditional teaching methods, optimize the teaching process, and improve the efficiency of student physical education learning when conducting physical education teaching. This article starts from the correlation and significance between physical education teaching and the construction of a sports powerhouse, analyzes the characteristics of physical education curriculum teaching in the environment of a sports powerhouse, and explores ways to improve the teaching ability and practical approaches of physical education teachers from the perspective of vocational colleges, in order to provide reference for relevant personnel.

Keywords: Sports Powerhouse; Physical Education Teachers; Improvement of Teaching Ability

1. Introduction

A sports powerhouse showcases the core socialist values of our country and is a symbol of national reputation and strength. Physical education is a compulsory subject in schools and an important carrier for improving students' physical fitness. The teaching ability of physical education teachers is the key to ensuring the smooth implementation of physical education teaching activities, especially in vocational colleges where practical technical professionals are trained for frontline professional positions in grassroots, production, service, and management, which puts forward certain requirements for the physical fitness of students. Therefore, in the context of a sports powerhouse, how to improve the teaching level of physical education teachers has become an urgent problem to be solved.

2. The Value, Significance, and Relationship Between Physical Education Teaching and the Construction of a Strong Sports Country.

2.1 The Value and Significance of Physical Education Teaching and the Construction of a

Sports Strong Country

Physical education is not only a course or activity, but also can cultivate students' self-control and self-discipline. Learning and adhering to sports rules can cultivate students' teamwork spirit, competitive awareness, and courage and perseverance in facing challenges. Different types of sports can also cultivate students' different qualities, such as basketball to enhance teamwork, athletics to cultivate perseverance, swimming to promote coordination, and so on[1]. With the continuous development of China's sports industry, the construction of a sports powerhouse has been established as one of the development goals of comprehensive national strength. At the micro level, physical education improves the physical fitness and health level of the entire population, reduces the incidence of chronic diseases, and enhances the quality of the people. At the macro level, the development of the sports industry not only drives national economic growth, but also enhances the country's image and soft power. Combining national fitness, hosting various sports events, and developing sports industry activities not only promotes the prosperity of the sports industry, but also promotes the development of related fields, injecting new vitality into the comprehensive strength of the country. At the same time, exploring the connotation of sports culture and promoting the development of related fields is also an important task for sports teaching and the construction of a strong sports country[2].

2.2 Sports Comprehensive National Strength Reflects the Level of Social Civilization

The construction of a sports powerhouse plays a role in various aspects such as society, ecology, culture, and economy, and is an important reflection of the level of social civilization. In the field of society, sports promote physical and mental health, enhance social cohesion and centripetal force, and enable people to establish a good team spirit and cooperation consciousness in sports activities, promoting coordinated and stable development of society. From an ecological perspective, the construction of a sports and leisure power is closely related to environmental protection. Carrying out healthy sports can help improve people's quality of life, promote environmental protection, and reduce environmental pollution. Green and low-carbon sports methods can be used to build an ecological and environmentally

friendly society. In the cultural field, the construction of a sports powerhouse aims to inherit and promote traditional Chinese sports culture, shape the national cultural image, and sports activities, as a cultural symbol, can stimulate people's sense of national pride and identity. In terms of economy, as an emerging industry, investing in sports can create employment opportunities, promote economic growth, drive the vigorous development of related industries, increase their proportion in the national economy, and achieve the great dream of "two centenary goals"[3].

2.3 The Relationship between Physical Education Teaching and the Construction of a Sports Strong Country

With the improvement of national comprehensive strength, the construction of a sports powerhouse has gradually become an important component of the national development strategy, and sports teaching is directly related to whether this strategy can be smoothly implemented and continuously promoted. Specifically, physical education teaching covers multiple fields such as mass sports, competitive sports, sports science and education, sports industry, and sports culture. It provides physical education to the public, improves the overall health level of the people, promotes their physical and mental health, and cultivates more sports enthusiasts and participants. The development of competitive sports requires a solid foundation in physical education teaching, providing support for the growth of outstanding athletes. In the field of sports science and education, sports teaching is closely connected with scientific research, promoting the development and innovation of sports technology. As a cradle for cultivating future social builders and successors, physical education teaching not only exercises students' physical fitness, but also cultivates their spirit of teamwork, perseverance, and perseverance, as well as the spirit of fearlessness and hard work, providing a solid reserve for socialist construction. In the process of promoting the construction of a national sports power, we will strengthen physical education teaching, comprehensively improve the physical fitness quality of students, and promote the in-depth development of the national fitness cause. Combining technological means to promote innovation and application of sports technology can enhance the international competitiveness of the national sports industry. Strengthening the inheritance and promotion of sports culture, stimulating national sports enthusiasm, can promote the enhancement of China's cultural soft power[4].

3.The Characteristics of Physical Education Curriculum Teaching under the Background of Building a Strong Sports Country

3.1 The Selection of Teaching Content Should Be

Reasonable

The country's emphasis on sports has made the construction of a sports powerhouse a hot topic of the times. Physical education, as an important part of cultivating students' physical and mental health, also faces new challenges in its teaching content and methods. The author's investigation found that some physical education teachers have clear teaching objectives but still feel confused, not knowing how to choose appropriate teaching content to achieve them. Therefore, physical education teachers can no longer only pursue the systematicity and completeness of sports skills, nor can they overly demand the details of technical movements. Instead, they need to make reasonable judgments on what "not excessive sports skills and techniques" are based on different age groups of students, and provide targeted guidance and training to students in teaching. This requires teachers to have high professional competence and teaching experience, flexibly use various teaching methods and means, and optimize the physical fitness of students. In the context of a sports powerhouse, the guiding ideology of "health first" is more prominent. How to truly implement this guiding ideology in teaching requires physical education teachers to integrate health knowledge into teaching content, such as nutrition, safety, etc. Therefore, teachers should continuously learn and update their knowledge reserves to make the teaching content more comprehensive and reasonable[5].

3.2 Classroom Teaching Organization Should Be Comprehensive

In the context of building a strong sports nation, physical education teaching aims to guide students to establish health awareness, improve physical fitness, cultivate practical hands-on ability and teamwork spirit, and strive to enable every student to achieve all-round development in the physical education classroom. Faced with the challenge of differentiated learning interests and uneven skill levels among students, physical education teachers need to accurately grasp the teaching content, and formulate teaching goals and plans based on the age characteristics and actual level of students. And design course content targeted, and then combine sports science knowledge and practical skills to guide students to gradually improve their skill level. In classroom teaching, emphasis is placed on cultivating students' interest in sports, stimulating their love for sports, and finally allowing them to enjoy the joy brought by sports while actively participating in sports activities. At the same time, physical education teachers should guide students to actively participate in the learning process, allowing them to exert their subjectivity in the physical education classroom, pay attention to the growth needs of each student, teach according to their aptitude, guide students to establish correct sports concepts, and develop a healthy

lifestyle. Faced with the relatively limited physical education curriculum resources in our country, physical education teachers should innovate teaching methods, fully utilize limited teaching resources, flexibly adjust teaching content and practical activities, and create a relaxed and lively physical education teaching atmosphere.

3.3 Teaching Evaluation Methods Should Be Diverse

Traditional teaching evaluation mostly focuses on summative evaluation, which evaluates students' final grades, but neglects the role of process evaluation. In a rapidly changing educational environment, teachers must be aware of the following points. Evaluation is a summary of the learning outcomes of students, and should have the function of motivation and development. Therefore, the evaluation of physical education teaching should develop towards a comprehensive and diversified direction. It should not only consider the final grades of students, but also cover performance, progress, self-evaluation, mutual evaluation, etc. in the learning process, more comprehensively reflecting the true level of students in physical education courses. However, due to the difficulty in quantifying aspects such as student attitudes, emotions, and cooperative spirit involved in physical education teaching, it is not easy to incorporate these contents into the evaluation system. Quantitative evaluation is more objective in comparison, but its subjectivity cannot be ignored.

4. Enhancing the Teaching Ability and Practical Path of Physical Education Teachers under the Background of Sports Power

4.1 Strictly Implement the Teaching Syllabus

The construction of a sports powerhouse is the main driving force for promoting China's modernization process. When physical education teachers in vocational colleges conduct physical education teaching activities, they must strictly follow the objectives of the teaching syllabus, develop scientifically feasible teaching plans, and strictly implement them to ensure that the physical education curriculum promotes the physical health of students. Due to the particularity of physical education courses, teachers need to have a deep understanding of the teaching objects and environment, organize teaching activities, and continuously explore in practice to find the most suitable teaching methods for students. Therefore, physical education teachers should continuously explore and optimize teaching strategies to achieve a high degree of unity between teaching methods and teaching objects. Teachers should not only play a leading role in the teaching process, but also stimulate the student-centered role, promote the maximization of teaching effectiveness, and enable physical education teaching to have a positive effect

on the comprehensive development of students. Physical education teachers should improve their teaching abilities in the following aspects during the teaching process.

4.1.1. Highlighting Key Points

In the context of building a strong sports country, physical education teachers in vocational colleges should accurately grasp the teaching outline, effectively highlight the teaching focus and difficulties, and focus on improving the physical fitness of students. In teaching practice, physical education teachers should carefully study textbooks, comprehensively grasp teaching content, have a clear understanding of the teaching outline, and then guide students to learn. At the same time, they should closely grasp the internal connections between the contents of each stage, conduct teaching in an orderly manner, and ensure that students obtain a complete knowledge system. In terms of teaching methods, physical education teachers should combine student quality and gender differences, flexibly use diverse teaching methods, highlight teaching priorities, create a positive and active classroom atmosphere, stimulate student interest and participation in learning, and gradually form correct concepts and behavioral habits in the process of healthy growth.

4.1.2. Reasonable use of sports venues

The gradual progress of our country towards the goal of becoming a sports powerhouse has made it the main task to comprehensively enhance the teaching ability of physical education teachers in vocational colleges. Vocational college physical education teachers need to have solid professional knowledge and rich teaching experience, continuously learn professional knowledge, and accumulate practical experience. Therefore, physical education teachers should continuously improve their own quality, maintain a learning state, and continuously update teaching concepts and methods in their daily work. In response to the characteristics of a large number of students and limited venues, physical education teachers in vocational colleges can scientifically and reasonably arrange course time and carefully design teaching content, allowing students to fully exercise under limited conditions.

4.2 Play a Model and Leading Role

Vocational college physical education teachers bear the important mission of cultivating sports talents and inheriting national culture. In the classroom, they should not only impart knowledge and skills, but also demonstrate good professional ethics and conduct, and use words and deeds to influence and motivate students. Firstly, teachers require students to do things themselves and must do them first, truly setting an example and inspiring students to yearn for and pursue beautiful qualities. Vocational college physical education teachers also need to demonstrate full vitality and vigorous energy, quickly attract

students' attention, and enable them to fully immerse themselves in learning physical education courses, demonstrating skillful, standardized, coherent, beautiful, and relaxed movements. This not only improves teaching effectiveness, but also stimulates students' interest and love for sports. Strong rhythmic motion demonstrations can stimulate students' initiative to participate in practice, improve the efficiency and results of sports practice. For example, a physical education teacher in a vocational college always maintains good professional ethics and distinctive personal characteristics in teaching. They not only require students to complete training tasks according to regulations, but also personally demonstrate movements to guide students to practice correctly. The enthusiasm and professionalism of teachers deeply attract students, allowing them to actively participate in physical education classes and enjoy the fun of exercise.

4.3 Always Pay Attention to the Physical and Mental Development of Students

When conducting physical education teaching, teachers should not only focus on skills and training, but also pay attention to the physical and mental health and individual differences of students. When organizing physical exercises for students, physical education teachers in vocational colleges must have the ability to be cautious and scientifically arranged. After adolescence, there are significant differences in physical fitness between male and female students in vocational colleges. Teachers should consider the characteristics of students of different genders when formulating training plans. For example, understanding the changes in the physiological cycle of female students, arranging training intensity and content reasonably, providing them with more thoughtful guidance and care, and thereby reducing their aversion to physical education courses. At the same time, from the perspective of caring for students, listen to their voices, adjust teaching methods and content in a timely manner, and ensure that physical education teaching is more closely related to the actual situation of students. Teachers should attach great importance to collecting feedback from students after class, and conduct regular surveys or group discussions to understand their feedback and suggestions on classroom teaching, and make adjustments based on actual situations. While improving the teaching level of teachers, it can also enhance students' favorability towards physical education teaching.

4.4 Enhance Classroom Organization and Management Capabilities

In the great journey of building a sports powerhouse, physical education teachers play a key role in cultivating sports reserve talents. Its teaching ability directly affects students' physical education literacy,

especially in the current situation where many teachers and students report that the physical education classroom is chaotic and the teaching effect is poor, improving the classroom organization and management ability of physical education teachers is particularly urgent. Physical education teachers should fully recognize their role as managers in the classroom, understand that orderly classroom order and high student participation are the foundation of successful teaching. To have good communication, decision-making, and crisis management skills, adjust teaching steps and methods in a timely manner to ensure the normal progress of classroom activities. At the same time, physical education teachers should clarify their leading role in the classroom. Although modern education emphasizes students' self-directed learning and creative thinking, this does not mean that teachers should allow students to freely play and let classroom order out of control. Physical education teachers should take this dominant role in open classrooms. Provide reasonable guidance and guidance based on the actual situation and learning needs of students, in order to avoid falling into the "herding style" teaching misconception and achieve the expected teaching effect in each class.

5. Conclusion:

Overall, it can be seen that physical education teaching is closely related to the construction of a sports powerhouse. Physical education teaching is an effective way to cultivate national physical fitness and improve comprehensive national strength, and it is also a reflection of the level of social civilization. In the context of building a strong sports nation, the teaching characteristics of physical education courses lie in the rational selection of teaching content, comprehensive organization of classroom teaching, and the use of diverse teaching evaluation methods. In the great journey of building a sports powerhouse, physical education teachers play an important role in cultivating future sports talents, and the improvement of their teaching abilities is crucial. Based on strict adherence to the teaching syllabus, playing a leading role as a model, paying attention to the physical and mental development of students, and enhancing classroom management abilities, physical education teachers will pave the way for students to grow and become successful. May physical education teachers continuously improve their educational level in practice and contribute to the realization of the dream of building a strong sports country.

Acknowledge

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