Research on the Practice Path of College Physical Education Reform from the Perspective of Quality Education Based on Big Data

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Abstract. With the reform of education system, China has changed from the traditional concept of achievement education to the direction of comprehensive quality education. At present, according to the big data, quality education has become the mainstream theory of education. At present, college students in China have many objections to physical education. With the general decline of College Students' physical quality, the reform of college education and teaching has become an urgent problem. This paper first analyzes the important role of quality education in college physical education. Then, this paper puts forward some practical problems of physical education reform. Finally, some suggestions are put forward [1].

Keywords: The Practice Path, College Physical Education Reform, Big Data, Quality Education

1. Introduction
With the rapid development of modern society, the national living standard has met the problem of food and clothing. Therefore, the problem of individual health has become an increasingly concerned problem. College students are the backbone of the country's future development, which is the golden age of students' physical growth. At present, under the background of advocating quality-oriented education, the reform of college physical education is not urgent. We should train students' comprehensive ability based on the thought of quality education [2]. At present, there are still some shortcomings in College Physical Education in China, such as single teaching method, backward teaching content, inconsistent theory and practice, low interest of students, unreasonable curriculum, etc., which has become the difficulty of college physical education reform. Therefore, all schools must attach great importance to the reform of physical education. Under the guidance of the concept of quality education, college students should strengthen their study of physical education, which will promote their all-round development [3].
2. The important role of quality education in college physical education

2.1. Comprehensively improve the health level of college students

From the perspective of quality education, physical education can comprehensively improve the health level of college students. By attaching importance to the physical, psychological and health of college students, quality education can improve the quality of college students in an all-round way, which is the basis for students to improve their physical health. In the role of quality education, colleges and universities must carry out physical education reform, which will enhance the patriotism and collectivism of students, which will effectively promote the formation of personal good character. The reform of physical education in Colleges and universities not only promotes the development of physical and mental health of college students, but also promotes the spirit of physical education, which provides a good environment for the healthy growth of college students. Therefore, through different levels of competition activities, colleges and universities can stimulate students' interest in sports, which will promote students to establish a sense of lifelong sports. By constantly improving the innovation ability of teachers, we can promote the reform of physical education, which will make college students better adapt to physical education [4].

2.2. Comprehensively improve the basic quality of college students

The fundamental purpose of quality education is to improve people's basic quality in an all-round way. Therefore, we must respect human subjectivity and initiative. Based on people's character, we can pay attention to the development of people's wisdom potential, which will form a sound personality. We must pay attention to the development of College Students' personality, which plays a positive role in improving their learning attitude and learning ability. At the same time, teachers should provide a variety of opportunities for physical exercise, which will cultivate college students' self-confidence through self-discipline, responsibility perception and self-reflection. Quality education is an important form and means to realize moral development. According to the different needs of college students, college physical education curriculum can reasonably arrange daily physical activities and practical content, which will effectively improve the learning efficiency of college students. By improving the basic quality of college students in an all-round way, they can apply the knowledge they have learned to their real life [5].

3. The reform of physical education for college students

A total of 1000 questionnaires were issued, and 961 questionnaires were valid, with an effective rate of 96.1%. The specific analysis is as follows.

3.1. Teachers lack enthusiasm in teaching

![Figure 1. Teachers lack enthusiasm in teaching.](image)

Most teachers think that physical education can't improve students' physical quality very well. They think that students should put learning cultural knowledge first, physical education only plays a role of knowledge assistance, which hinders the development of college physical education. Through the
traditional physical education, teachers will not pay too much attention to the students' physical education, which will affect the students' lack of enthusiasm for physical education. According to the survey results, the main problem is the lack of enthusiasm of teachers, accounting for 71.4%. Secondly, there is teachers don’t attach importance to physical education, accounting for 57.7%. Details are shown in Figure 1.

3.2. Low interest of students

According to China's college entrance examination system, college admission is only decided by cultural knowledge. Therefore, most college students will spend most of their time on cultural studies. Therefore, college students will be separated from physical education, which fundamentally hinders the development of Chinese sports. Only when students themselves realize the importance of sports, sports will get people's attention, China's sports will be far-reaching development. According to the survey results, the main problem is the Low interest of students, accounting for 62.0%. Secondly, there is lack of teaching quality evaluation mechanism, accounting for 51.2%. Details are shown in Figure 2.

4. Reform measures of physical education in colleges and universities

4.1. Change traditional education concept

We should pay attention to the individual differences and individual development of students through the concept of quality education in physical education, which will promote the all-round development of students. College physical education should be oriented to all students, which is to treat all students equally. By respecting the individual differences of each student, we can make everyone get proper physical exercise. With the promotion of quality education, college students' physical education should be based on quality education, and change the concept of college physical education according to the characteristics of the times. According to the concept of education, colleges and universities should hold appropriate sports activities, which will ensure the healthy growth of each student. Only with the appropriate scientific concept that conforms to the development of the times, can colleges and universities improve the quality of college sports teaching.

4.2. University leaders focus on supporting physical education reform

The importance of university leaders has a direct impact on the depth of college physical education reform, which is a key point of teaching reform. Only when colleges and universities actively promote the reform, can colleges and universities provide great human, material and financial resources to support the reform of physical education. Through various means, we can promote the implementation of physical education reform. Therefore, the reform of physical education curriculum in Colleges and universities will be successful quickly. Colleges and universities should promote the reform of physical education in the form of meetings. By strengthening the propaganda, colleges and universities can increase the investment of relevant funds and supporting sports facilities. Through the
establishment of a reasonable workload, the reform of physical education in Colleges and universities will soon be successful.

4.3. Develop a new teaching evaluation model
Learning sports culture knowledge is not only to achieve better results, but also to cultivate students' enthusiasm for sports knowledge. In interest learning, teachers usually use a unified standard to evaluate students, which ignores students' attitude and effort in learning. For a student with poor coordination, when he does a certain action, his action is often very ugly. However, if he is also very active in class, the teacher should take appropriate assessment criteria to give results. Physical education in Colleges and universities is a course to promote students' lifelong physical education, which is not a course to eliminate students' enthusiasm for sports. Therefore, in the assessment, we need to reform the evaluation method. Through the establishment of a comprehensive and multi-faceted assessment system, we can cultivate students' enthusiasm for learning, which will encourage students to continue to engage in physical exercise.

5. Conclusion
According to the big data, quality education is the basis and goal of physical education. The reform of college physical education not only improves the overall quality of college students, but also promotes the health of the whole people. Therefore, each university should discover the problems in physical education and improve them in time. Only by formulating specific policies can colleges and universities ensure the rapid development of physical education.

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