

A Study on the Path of Teaching Ability Improvement of Physical Education Teachers in High Schools



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Abstract:The improvement of the teaching ability of physical education teachers in colleges and universities is crucial to promote the improvement of physical education teaching quality. However, there are some problems with the teaching ability of college physical education teachers at present, such as the lack of advanced teaching concepts and methods, the lack of teaching experience and practice, and the lack of subject knowledge and teaching skills, which directly affect the advancement of physical education teaching. This paper discusses the paths and methods to improve the teaching ability of physical education teachers in colleges and universities, to improve the teaching level and teaching effect of teachers and better serve the learning and growth of students.

Keywords:colleges and universities; physical education teachers; teaching ability; methods of improvement

Introduction:

With the reform and development of China's education system, physical education in colleges and universities, as an important part of students' comprehensive quality education, has received more and more attention for its teaching quality and teaching effect. And as the main force to promote the quality of physical education, the improvement of the teaching ability of college physical education teachers is of vital significance to the promotion of physical education.

1. Analysis of the improvement of the teaching ability of college physical education teachers

1.1 The Role and Responsibility of physical education teachers in Colleges and Universities

College physical education teachers are a part of the college education system, and their roles and responsibilities involve cultivating and guiding students' comprehensive quality in physical exercise and sports competition, as well as inheriting and carrying forward the national sports culture. In the education system, college physical education

teachers are important educational practitioners and educational reformers, offering physical education courses on campus, responsible for students' physical exercise and sports training, educating students on physical health, popularizing knowledge and skills of sports and fitness, and guiding students to develop a healthy lifestyle. In addition, college physical education teachers need to organize and participate in various sports competitions and activities, cultivate students' competitive spirit and team cooperation, carry out sports scientific research, and promote the development of discipline and innovation in education. Thus, it can be seen that college physical education teachers need to have solid subject knowledge, rich teaching experience, and scientific research ability to contribute to the overall development of students and the progress of the discipline(Wang & Cen, 2023).

1.2 The influence of college physical education teachers' teaching ability on the quality of education and teaching

The teaching ability of college physical education teachers has an important influence on the quality of education and teaching, which directly determines the level of students in physical exercise

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and sports competition and is related to the development of students' physical health and comprehensive quality, and the quality of teaching and the effect of students' learning can also provide effective reference and experience for the whole education and teaching system. In addition, the teaching ability of college physical education teachers is also related to the image and reputation of the whole college education system, if the teachers' teaching ability is outstanding, it can enhance the popularity and competitiveness of the college at home and abroad. Therefore, the improvement of the teaching ability of college physical education teachers is not only to meet the learning needs of students, but also to promote the improvement of the quality of college education, enhance the overall level and reputation of college education, and make positive contributions to the national education cause.

1.3 Importance and necessity of improving the teaching ability of physical education teachers in colleges and universities

Physical education teachers in colleges and universities are important practitioners responsible for students' physical health education and athletic training. Improving the teaching ability of college physical education teachers is an important measure to guarantee the quality of college education and students' physical and mental health, and it is also a necessary condition to promote the reform and innovation of college education and teaching. Improving the teaching ability of college physical education teachers, can improve students' physical exercise and sports athletic level, enhance students' physical quality and comprehensive quality, and then improve the quality of college education and teaching and students' overall competitiveness. At the same time, improving the teaching ability of college physical education teachers can also help promote the innovation and development of physical education teaching concepts and methods, and improve the overall level and social influence of college physical education (Jiang & Zhang, 2023).

2. Problems of teaching ability of college physical education teachers at present

2.1 Teaching concepts and methods are not advanced and scientific enough

With the development of the times and social progress, the philosophy and methods of physical education are constantly updated and evolved, however, the teaching philosophy and methods of some college physical education teachers are lagging behind and not adapted to the situation, and their teaching methods and means cannot adapt to the needs and development of students and society. For example, some university physical education teachers are still stuck in the traditional "narration-demonstration-imitation-practice" mode, ignoring the initiative and creativity of students and being unable to meet the diversified learning needs of students and the new trends of sports development (Zhang & Ouyang , 2023). This lagging and unsuitable teaching concept and method not only affects students' learning effect and sports quality improvement but also restricts the overall development and progress of physical education. Therefore, strengthening the training and updating of teachers' teaching concepts and methods and continuously promoting the reform and innovation of physical education is one of the important measures to enhance the teaching ability of college physical education teachers at present, and it is also an inevitable trend to promote the development of physical education.

2.2 Lack of teaching experience and practice

Lack of teaching experience and practice is one of the problems of the teaching ability of college physical education teachers at present, which brings a negative impact on promoting the development of physical education teaching and improving the quality of education and teaching. Teaching experience and practice are important components of teachers' education and training, and only through the accumulation and precipitation of practical experience can teachers gradually improve their teaching ability and teaching level. However, at present, some college physical education teachers

lack practical experiences and teaching opportunities, such as the inability to adjust teaching strategies in time and the lack of effective teaching feedback and improvement mechanism, which makes the teaching quality cannot be effectively guaranteed and improved. Meanwhile, the lack of teaching practice and experience also affects teachers' self-confidence and teaching effectiveness in the classroom, which in turn affects students' learning and the overall development of the subject. Therefore, enhancing the teaching experience and practical ability of college physical education teachers, strengthening teachers' teaching practice and teaching observation, and establishing a sound teaching feedback mechanism is of great significance and importance for advancing the development of physical education and improving the quality of education and teaching (Guo , 2022).

2.3 Lack of subject knowledge and teaching skills

Subject knowledge and teaching skills are important components of college physical education teachers' teaching ability. College physical education teachers should have a solid knowledge of physical education subjects and master a variety of teaching methods and skills to ensure good teaching effects. Due to the lack of teachers' teaching skills, classroom teaching lacks variation and vitality and cannot meet the diversified learning needs of students. Therefore, improving the subject knowledge and teaching skills of physical education teachers in colleges and universities, strengthening the construction of teachers' teams and teacher education training, and introducing new technologies and methods are of great significance and importance to promote the development of physical education and improve the quality of education and teaching. Only through continuous learning and practice can physical education teachers in colleges and universities continuously improve their teaching ability and teaching level and make a greater contribution to the development of students' physical and mental health and comprehensive quality.

2.4 Lack of effective teaching evaluation and feedback mechanism

Teaching evaluation and feedback are an important part of teacher education, which can help teachers understand their teaching effects and shortcomings in time, and is conducive to teachers' continuous improvement and enhancement of their teaching ability in teaching. At present, the teaching assessment and feedback mechanisms of some college physical education teachers are not perfect, and the lack of effective teaching feedback and improvement mechanisms affects the improvement of teachers' personal teaching ability and teaching level and also restricts the development of physical education as a whole and the improvement of education and teaching quality (Huang , 2022). Therefore, it is important to strengthen the construction of the teaching evaluation and feedback mechanism of physical education teachers in colleges and universities, develop scientific and reasonable evaluation standards and feedback mechanisms, and establish an effective teacher training and evaluation mechanism.

3. The paths of college physical education teachers' teaching ability improvement

3.1 Enhancement of professional knowledge and skills

Physical education teachers in colleges and universities need to constantly update and expand their subject knowledge, pay attention to the latest research results and theoretical progress, and understand the latest sports technology and sports training methods, to better guide students in sports training and competitive games. In terms of knowledge updating and expansion, physical education teachers in colleges and universities can continuously enrich their subject knowledge and research experience by attending academic conferences, reading academic papers, and participating in research projects, to lay a solid foundation for improving their teaching level. In addition, the innovation and practice of teaching skills and methods are also important ways to improve the teaching ability of college physical education teachers. Mastering various teaching skills

and methods makes teaching more effective and flexible, and more adaptable to different types of students and different teaching scenarios. The innovation and practice of teaching skills and methods include constantly trying new teaching methods and approaches, borrowing teaching models from other disciplines, and using information technology and educational technology to innovate teaching methods, which help college physical education teachers improve teaching quality and teaching level and enhance students' learning interests and effects (Zhao, 2022). In order to achieve this goal, they should improve their professionalism and teaching ability through continuous study and practice, active participation in teacher training and teaching reform, and strengthening teacher education and research.

3.2 Cultivation of educational psychological quality

Physical education teachers in colleges and universities need to have an in-depth understanding of students' psychological characteristics and needs and grasp students' differences and development rules, to better carry out education and teaching work. In terms of grasping students' psychological characteristics, teachers can improve their psychological quality and educational teaching ability by reading books on psychology and attending relevant seminars to better understand students' psychological needs, so as to better guide students in sports training and competitive games. Physical education teachers in colleges and universities need to master certain educational communication and guidance skills to make teaching more effective and flexible, and adaptable to different types of students and different teaching scenarios. In terms of the use of educational communication and guidance skills, they should continuously enrich their educational communication and guidance skills and improve their educational teaching level and educational psychological quality through simulation teaching, teaching case sharing, and interactive teacher discussions (Gong, 2022). Physical education teachers in colleges and universities should actively

participate in training and teaching reform in educational psychology to better guide students in sports training and competitive competitions and to promote the development of students' physical and mental health and comprehensive quality.

3.3 Integration of information technology and multimedia teaching

Physical education teachers in colleges and universities need to improve their ability to use information technology and master various educational information technology, including intelligent classrooms, network teaching platforms, teaching management systems, digital assessment, etc., to better carry out their teaching work, and attend relevant training courses, read relevant books, study relevant knowledge, etc., to continuously improve their ability to use information technology and provide better technical support. Physical education teachers in colleges and universities can apply diversified multimedia teaching resources, including teaching videos, teaching animations, courseware, games, etc., to better achieve teaching goals, and use educational teaching software, digital learning resources, virtual simulation experiments, etc., to constantly expand and improve teaching resources and improve teaching effects and teaching quality.

3.4 Teaching resources and cooperation sharing inside and outside school

Physical education teachers in colleges and universities can work together with teachers of other disciplines to develop and integrate various teaching resources, such as teaching videos, lesson plans, and teaching materials, as well as sharing teaching resources between cross-colleges. Through sharing and integrating resources, college physical education teachers can get more comprehensive and effective teaching resources to improve their teaching effect and teaching level. In addition, physical education teachers in colleges and universities can also carry out interdisciplinary teaching by conducting teaching exchanges and cooperation with teachers of other disciplines inside and outside the university, to better promote the improvement of teaching quality. In

terms of interdisciplinary cooperation and communication, they should actively participate in discipline exchange and research, improve interdisciplinary communication and cooperation ability, participate in discipline conferences, academic seminars, and teaching seminars, etc. to enhance communication and exchange with teachers of other disciplines and gain more discipline knowledge and teaching skills. They can also carry out interdisciplinary teaching cooperation and co-teach or offer interdisciplinary courses with teachers of other disciplines to better improve teaching quality and teaching effectiveness (Dong et al., 2022).

3.5 Reflection and self-assessment

Reflect and summarize the teaching process and teaching effect after each teaching session to identify deficiencies and problems and improve them on time, and record and summarize them by carrying out teaching diaries and teaching fact sheets to better reflect on their teaching process, identify deficiencies and make continuous improvements. Physical education teachers in colleges and universities need to maintain a sense of self-reflection and evaluation, constantly discover their shortcomings and weaknesses, and seek ways and means of improvement. In addition, they need to pay attention to the feedback on teaching quality and teaching effect, make self-evaluations and adjustment according to the feedback from students and peers, and continuously improve teaching quality and teaching effect.

Conclusion:

The improvement of the teaching ability of physical education teachers in colleges and universities is an important guarantee and foundation for promoting physical education. In this paper, the paths and methods of teaching ability improvement of college physical education teachers are discussed in terms of professional knowledge and skills improvement, education psychological quality training, integration of information technology and multimedia teaching, teaching resources, and

cooperation sharing inside and outside the school, reflection and self-assessment. Through study and practice, college physical education teachers can continuously improve their teaching ability and teaching level, better promote the quality and effect of physical education, provide better service, and guarantee students' learning and growth. At the same time, this paper also points out the problems of the teaching ability of college physical education teachers at present, such as the teaching concept and method are not advanced enough, lack of teaching experience and practice, lack of subject knowledge and teaching skills, etc. These problems need to be seriously considered and solved by college physical education teachers. Only by constantly improving their teaching ability and teaching level can they better adapt to the needs of education development, better promote the quality and effect of physical education, and better serve students' learning and growth.

Conflict of Interest

The authors declare that they have no conflicts of interest to this work.

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