

Exploration of College Football Teaching Path under the Background of Integration of Sports and Education

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Abstract: *Under the strategic background of the integration of sports and education, as an important part of cultivating students' physical literacy and promoting the development of football, the exploration and innovation of the teaching path of college football teaching is particularly crucial. By analyzing the current situation of college football teaching, combined with the concept of integration of sports and education, this paper proposes the optimization path of college football teaching, aiming to provide theoretical support and practical guidance for the reform and development of college football teaching.*

Keywords: Integration of sports and education; College football teaching; Path exploration; Pedagogical reform.

1. INTRODUCTION

At present, college students are generally facing problems such as declining physical fitness and increasing life pressure, and the effective promotion of football teaching can effectively cope with these challenges, help students establish a healthy lifestyle, and improve their physical and mental health. However, at present, there are many problems in football teaching in colleges and universities, which seriously restrict the play of football teaching effect and the improvement of students' physical literacy. With the country's emphasis on sports and the in-depth implementation of the strategy of integrating sports and education, football teaching in colleges and universities, as an important part of physical education, is facing unprecedented development opportunities and challenges. The integration of sports and education not only requires college football teaching to reach a new height in skill teaching, but also needs to play an active role in cultivating students' comprehensive quality and promoting the popularization and improvement of football. Therefore, it is of great significance to explore the development path suitable for college football teaching to improve the level of college football teaching and promote the development of physical education.

2. ANALYSIS OF THE CURRENT SITUATION OF FOOTBALL TEACHING IN COLLEGES AND UNIVERSITIES

2.1 Teaching concepts and methods lag behind

However, in practice, the shortcomings of the teaching methods of a considerable number of college football courses are obvious, and these courses often stay in the traditional teaching methods dominated by teachers, and lack of attention to the cultivation of students' comprehensive quality. In this model, teachers often adopt one-way explanations and demonstrations, while students can only passively imitate, the teaching method is single, lack of innovation, and it is difficult to stimulate students' interest and enthusiasm in learning. Teaching is mainly based on a large number of repetitive training, and teachers are only responsible for guiding and correcting students' mistakes, ignoring students' personalities, and unable to teach students according to their aptitude, which cannot well meet the development needs of students.

2.2 Insufficient teachers

First of all, in terms of quantity, many college football teachers are not adequate. With the expansion of enrollment in colleges and universities and the popularization of physical education, the number of students has increased, but the number of football teachers has not increased accordingly, resulting in the heavy teaching tasks undertaken by each teacher and it is difficult to ensure the quality of teaching. At the same time, due to problems such as

establishment and treatment, some colleges and universities face difficulties in recruiting football teachers, and it is difficult to attract outstanding football talents to join the teaching team; Secondly, in addition to the lack of quantity, there are also some problems in the quality of college football teachers. Some teachers have limited soccer skills and tactics to meet the demands of high-level soccer instruction. At the same time, some teachers lack innovation in teaching methods and teaching concepts, which makes it difficult to stimulate students' interest and enthusiasm in learning. Finally, there are irrationalities in the structure of college football faculty. On the one hand, the age structure is unreasonable, and some college football teachers are seriously aging and lack the supplement of young forces; On the other hand, the structure of professional titles is unreasonable, and the proportion of teachers with senior professional titles is low, which makes it difficult to play a leading role in teaching and scientific research. In addition, there are also deficiencies in the structure of professional backgrounds, and some teachers are not graduates of football majors, and lack systematic football knowledge and skills.

2.3 Insufficient attention by leaders of colleges and universities

In the current education system of colleges and universities in China, most college decision-makers have not fully realized the importance of football to students' physical and mental development. In the allocation of teaching resources, cultural courses are often given a higher priority, while physical exercise, especially specialized sports courses such as football, are relatively marginalized. This phenomenon of emphasizing academic education and ignoring physical exercise not only affects the needs of students' all-round and healthy growth, but also limits the development space of physical education, especially football education. Due to the low status of football courses in the teaching planning of colleges and universities, the corresponding teaching resources, such as the lack of professional football venues, equipment and teachers, have not been paid attention to; Due to the lack of a professional training environment and senior coaches, it is difficult for students to obtain high-quality teaching experience and skill improvement in football learning, which in turn affects their enthusiasm and interest in the sport. In addition, the lack of attention to the football curriculum is further reflected in the curriculum content and teaching methods, etc., the inducement of insufficient attention makes the progress of curriculum reform unable to get sufficient support, and the school's football curriculum is difficult to keep up with the development of the times, which is not conducive to stimulating students' enthusiasm and creativity, which further restricts the spread and popularization of football as a sport.

3. EXPLORATION OF THE TEACHING PATH OF FOOTBALL IN COLLEGES AND UNIVERSITIES UNDER THE BACKGROUND OF THE INTEGRATION OF SPORTS AND EDUCATION

3.1 Cultivate students' core physical literacy and develop lifelong exercise habits

In the 21st century, the United Nations has taken the initiative to advocate "core literacy", which has attracted worldwide attention. Integrating core literacy into the reform of school physical education is a crucial step in deepening the reform of education in China. The education department has clearly proposed that the core literacy of physical education includes three dimensions, with sports skills as the carrier, focusing on students' participation, cultivating their good habits of lifelong exercise, and laying the foundation for their physical and mental health development. The cultivation of physical education core literacy in the student period focuses on the formation of good exercise habits, aiming to improve their personal self-confidence and ability to unite and cooperate. Physical education, as one of the five educations, is also the first of the five educations, a person does not have a healthy body, and other educations are impossible. With the continuous improvement of living standards, sports are also particularly important in people's daily life, and the educational role of sports is mainly reflected in the following aspects.

3.1.1 Good physique and quick response

Physical education is a discipline in which teachers aim to promote students' health in accordance with the requirements of physical education goals, curriculum goals, level goals, etc. At the same time, the process of physical education can also relax the students' body and mind and improve their life ability. In addition to teaching students knowledge and skills, in the physical education classroom, students' adaptability should also be exercised and students' adaptability should be cultivated.

3.1.2 Good thinking and ability

Sports not only strengthen the body, but also help people become smarter. The brain is divided into two parts, the left and right, and the nervous system innervated by the two parts is different, scientific and effective physical exercise can better promote the development of students' brains, improve their learning ability, so that students can learn more efficiently.

3.1.3 Able to endure hardships and be good at cooperation

Physical education also has its own peculiarities, and students need to learn it through learning. For example, learning technical movements such as basketball cannot be done by students at the beginning, and they must go through repeated practice in order to become proficient.

3.2 Strengthen the construction of teachers and improve the level of teaching

Colleges and universities should increase the training and introduction of football teachers to improve their professional quality and teaching ability. Through regular training courses, seminars and other activities, the education and teaching level of teachers is improved. At the same time, an incentive mechanism should be established to encourage teachers to actively participate in teaching reform and innovative practices. The construction of high-quality and high-thinking physical education teachers and coaches is the key embodiment of the normal development and opening of school physical education. The development of school sports is inseparable from a good and high-quality teaching team. The education department should strictly control the selection of school physical education teachers, so that they would rather have less quantity than better quality. Physical education teachers should study repeatedly in practice, combine teaching and research with teaching reform, enhance their professional ability, and strive to become compound physical education teachers. Schools and clubs should strengthen the training of physical education teachers and coaches, provide as many opportunities as possible for observation and learning, improve the status of physical education teachers in schools, and mobilize their enthusiasm for classes. The expansion and stabilization of the team of physical education teachers is accompanied by the continuous promotion of new curriculum standards and quality education. The basic requirements for physical education teachers in various schools are getting higher and higher. Physical education teachers should strengthen their basic quality and management ability, so as to improve their own efficiency and social adaptability. In the process of moving from a sports country to a sports power, school sports must enhance the penetration of humanism and promote the all-round development of people.

3.3 Use online platforms to actively publicize the influence of competitive sports

Nowadays, the Internet is developed, and at this stage, people can get the competition process of competitive sports and know the results of competitive sports by watching live online broadcasts and TV live broadcasts. Online campaigns can also dispel prejudices against competitive sports. Therefore, through competitive sports competitions or world championship documentaries, scientific sports training methods can be publicized to the public, reasonable diet can be guided, and scientific recovery mechanisms after sports can be explained, so that competitive sports can be popularized, popularized and lived. In addition, it is necessary to pay attention to the spiritual shaping of competitive events, which can integrate the spirit of women's volleyball, the fighting spirit of the Olympic Games, the patriotic spirit of athletes after winning gold, the perseverance of never giving up, and the good moral character of outstanding athletes, so as to establish the value standards and moral examples of public participation in sports, and encourage more people to actively participate in the ranks of sports and fitness through the positive effect of sports stars. Through the competitive sports elite model, the national strength is demonstrated, the pride of the people is awakened, the national strength is gathered, and the direction of sports reform and development is led.

4. CONCLUSIONS AND PROSPECTS

As a key branch of physical education, college football is facing challenges in many aspects, such as venue facilities, teaching methods, course content, management attitudes and students' interests. By updating teaching concepts, innovating teaching methods, strengthening teacher construction, and optimizing the allocation of teaching resources, we can effectively improve the level of football teaching in colleges and universities and promote the development of physical education. In the future, with the in-depth implementation of the integration strategy of sports and education and the continuous improvement of social attention to football, football teaching

in colleges and universities will face more opportunities and challenges. Therefore, we need to continue to explore and innovate to contribute wisdom and strength to the reform and development of college football teaching.

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