

# Research of College Students' Physical Training and Lifelong Physical Education

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**KEYWORDS:** College students; physical fitness; Lifetime Sports; Health

**ABSTRACT:** Lifelong sports consciousness is a sport concept advocated in today's knowledge-based economy and fully train and develop students' lifelong sports consciousness will be the inevitable trend of historical claims. The status of college students' physical of physical education quality in this paper was discussed and based on it, this paper proposed the concept of lifelong physical education of college students thought and discussed the cultivation of students' lifelong sports consciousness.

## Introduction

Lifelong sports is a person lifelong adhere to physical exercise and receive physical education. It is under the influence of modern formation of Lifelong Education, it is to improve the unity of the human physique engineering process in human life. Student access to higher education is a special stage, learned during the school sports technology, skills, new jobs in many of them do not have access, this College Students' Physical Education Reform proposed new ideas and direction. Therefore, how to lay the foundation for lifelong college sport and is the need to develop and market the next era of economic conditions. Today's social change and technological revolution has a higher body mass demand to people's leisure life more and more. Modern civilization on human health has brought some adverse effects. To accommodate high-speed, high-intensity, fast-paced work on the human body challenge students during the school should combine their interests, hobbies and physical characteristics, so that they learn the necessary sports basic theoretical knowledge, develop their awareness and ability to exercise.

On college campuses, sports curriculum is a physical exercise as the main means to enhance the health of college students as the main purpose of the required courses. Lifelong Sports Awareness Training is also an important aspect of college physical education, the core content is to require school sports should be based sports and entertainment, sports and fitness, sports and other traditional sports and family as the main teaching content, not only to master the scientific theory and engage in physical exercise The method of physical exercise, develop good exercise habits, and lifelong sports ideology for the realization of lifelong sports and lay a good foundation.

Lifelong Sport is a new concept since the 1990s reform and development of sports proposed. The implication is that a person should have lifelong physical exercise and receive physical education. Lifelong Sports Awareness Training is also an important aspect of college physical education. Students awareness of lifelong physical exercise, can help students master the method of self-training and improving the physical ability, the future of the students into the community, it has

# Physical Education Research Paper

**JS Bruner**



## **Physical Education Research Paper:**

**Research and Practice in Physical Education** Deborah Tannehill, Ann MacPhail, Ger Halbert, Frances Murphy, 2013-01-17 Research findings in education can provide invaluable insight into how teaching practice can be improved but research papers are often inaccessible and hard to digest This innovative new text is designed to assist physical education students pre service teachers practising teachers and teacher educators to learn how to read research and to apply it to practice in primary and secondary physical education The text also provides insights and implications for those working with young people in physical activity and sport settings The book presents a clear step by step guide to how to read and interpret research followed by a series of short and engaging introductions to contemporary research studies on key topics in physical education from classroom management and programme design to assessment and social issues Each study is discussed from the point of view of researcher teacher educator and primary and post primary teacher providing the reader with invaluable insight into how to use research to generate new ideas and improve their teaching practice Research and Practice in Physical Education is the perfect companion to any course in research methods current issues learning and teaching or pedagogy and curriculum in physical education

**Handbook of Physical Education** David Kirk, Doune Macdonald, Mary O'Sullivan, 2006-09-18 This is simply the physical education book of its time The editors must be congratulated on bringing together so many quality authors from so many different parts of the world As a handbook it represents how far the study of physical education has moved forward in recent times What we have is a clear portrayal of physical education at the start of the 21st century Mike Jess University of Edinburgh This Handbook is a must read for all physical educators who are serious about understanding their subject and developing their practices The list of authors involved reads like a who's who of physical education at a global level the editors are to be commended on bringing together such collective expertise this is a key strength of the book The Handbook successfully expresses a view of knowledge about physical education pedagogy which embraces different research traditions and emerging areas of interest across the global scholarly community Jo Harris Loughborough University This comprehensive and eclectic exploration into the field of physical education draws on the vast expertise of its renowned international contributors with astounding results The Handbook of Physical Education serves to firmly reinstate physical education to its position as the core discipline of sport and exercise science The Handbook is destined to become an indispensable academic resource for scholars students and enthusiasts of physical education for years to come Pilvikki Heikinaro Johansson University of Jyväskylä What is the current condition of the field of physical education How has it adapted to the rise of kinesiology sport and exercise science and human movement studies over the last thirty years This Handbook provides an authoritative critical overview of the field and identifies future challenges and directions The Handbook is divided into six parts Perspectives and Paradigms in Physical Education Pedagogy Research Cross disciplinary Contributions to Research on Physical Education Learners and Learning in

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Difference and Diversity in Physical Education This benchmark work is essential reading for educators and students in the  
field of physical education      **Research Papers in Physical Education** Carnegie School of Physical Education,1966

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,1970      **Research in Education** ,1972      Abstracts of Research Papers - American Alliance for Health, Physical  
Education and Recreation American Association for Health, Physical Education, and Recreation,1965 Abstracts of research  
papers presented at the conventions of the association      Research Process in Physical Education and Sports Sciences Dr  
Ravinder Pal Ahlawat,2020-11-19 Research is powerful tool for decision making which plays an important role in forecasting  
the way forward for growth and development and produce new knowledge There are four cornerstones of a good research  
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are of particular importance The research in physical education and sports sciences has enhanced the development of the  
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