

Research on Joyful PE Teaching in College

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Abstract. With the reform of teaching philosophy, universities pay more and more attentions to the students' physical quality. As the main way to improve the students' physical quality, physical education has the important significance to promote the development of students' comprehensive quality. However, the enthusiasm of university students on PE course is not satisfactory. To solve this problem, the discussion about joyful PE teaching in colleges and universities cannot be neglect. This paper introduce the connotation of joyful physical education, and on this basis, combined with the current situation of PE teaching in colleges and universities, carries on the discussion to the joyful PE teaching methods. It can provide some reference for the future college PE Teaching.

Keywords: College PE teaching; joyful PE teaching; teaching method.

1. Introduction

Joyful PE teaching mainly refers to the teaching method for the students' feeling; meet the student's psychological demand. It should combined with the practical teaching content and adopting the scientific teaching method, ensure that students are always in a positive, conscious state, make the students experience the fun of PE course. It can improve the students' interest in sports, and cultivate students' consciousness of lifelong sports.

2. The problems in the PE Teaching

Understanding the present problems in PE Teaching in colleges has an important significance for the development of joyful PE teaching. The present problems mainly include:

2.1 The idea is backward, and the content is outdated

The quality education of the students have received widespread attention in colleges, nevertheless the teacher's teaching idea still remain stagnant. The inflexible theoretical knowledge is still applied in the teaching process. The repeated training of special action can not only make the students bored, but also cause a lot of problems in the teaching quality enhancement. At the same time, the content of the college PE teaching is obsolete, and lack of innovation. It resulted in that students can only acquire normative knowledge, which is useless when students graduate. To a certain extent, this affected the enthusiasm of the students; reduce the quality of PE Teaching.

2.2 The problems in teaching target completion

The fundamental goal of PE teaching is to improve students' physical quality, and to cultivate students' consciousness of lifelong sports. However, the core of the joyful PE teaching is to promote the development of personality and spirit. It conflicts with the traditional teaching goal. How to combine the joyful teaching idea with the college PE teaching goal becomes a new task. In present PE course, we can find that different students' performance different hobby. And there are great differences in body, interests, habits and customs between boys and girls. These differences bring restriction to joyful teaching.

2.3 The teaching method is unreasonable and the management has great difficulties

In traditional college PE course, most teacher still adopt the method of passing knowledge to students, merely thinking about the development of student's personality. Lacking of comprehensive understanding, teacher cannot teach students in accordance with their aptitude. Due to these teachers

have been accustomed to this kind of teaching method, it is difficult to change their idea. At the same time, some colleges make little investment in PE course, so the lack of sports venues and equipment.

3. Joyful PE teaching method

Joyful learning mainly comes from the interests. So, in joyful teaching, the main task of teacher is to arouse students' learning interest in sports. There are many factors that can arouse the students' learning interest in PE course. Teachers should to the maximum extent stimulate students' enthusiasm and initiative on sports learning. It mainly includes:

3.1 Establish a harmonious relationship between teachers and students, to stimulate students' interest in sports

Harmonious teacher-student relationship is an important prerequisite in joyful PE teaching. Only with the favorable impression of the teacher, students can be fond of the course. On the other hand, even if the sports learning interest is high; the students will feel disgusting when facing a teacher they don't like. Teachers should estimate a good relationship with students and respect them, care for them. This can lead the PE course to be vivid, lively and attractive.

3.2 Innovation of PE teaching method

To realize the innovation of teaching methods, teachers can follow three aspects:

First, teachers should realize the teaching method diversify, and make students eager to learn. A single teaching method will make students feel boring, on the contrary, diversified teaching methods can active classroom atmosphere, let students imperceptibly into the sports learning. However, although there are many teaching methods, but not every kind of methods are all suitable for classroom teaching. Teachers should combine the content and target to select the most reasonable methods. They must not only conform to the practical characteristics of teaching materials and the students, but also is interesting and full of change.

Second, teachers should take the changing teaching method. The student's curiosity is very strong, and will have a strong interest in new things. If the teaching method is too single, in the course of time, it will make students feel bored. On the contrary, if the teachers change the teaching method constantly, it can be fully aroused the curiosity of students, improve students' learning initiative. Therefore, teachers should prepare for some fresh things as far as possible in every class, so that students will always feel the fun of sport.

Finally, teachers should carry on the innovation of the teaching content. At present, most content in PE teaching is generally repeated practice on action, parsing on the key action. These are very difficult to arouse the interest of students, leading students to feel bored about PE course. But if teachers can make any innovation based on the original content, according to students' learning characteristics and psychological characteristics, it will arouse students' interest in learning. The new content should base on the text and should be set from the easier to the more advanced. And the content should be scientific, reasonable and realizable.

3.3 Elaborately design teaching, and make students obtain happiness in sports

Whether the students can be happy to participate in the sports teaching activity, the design of interactive is very important. The design of the interaction is a difficult work, teachers should consider about not only the students' interest, but also the grade difference and the gender difference of students. For instant, the new students have not any clear concept about sports consciousness and the reasonable allocation of time. The higher grade students have little study tasks and rich time, but the passion of sports decreased. With this situation, teachers should consider how to design to enable students to get happiness from participating sports activities. Students can release the pressure in PE course.

PE teaching is a complicated activity. To make students get happiness in PE course, the necessary basis is that the students can participate the teaching activity together with teacher. However, in the traditional PE course, the relationship between teacher and students is command and obedience. Teachers are unquestionable; students cannot get any happiness from the course. Joyful PE teaching

should be based on the good relationship between teacher and students, and the relationship should be like friends. At the same time, teachers should also create a relaxed, pleasant, democratic teaching atmosphere for students, so that students can actively participate in the course.

4. Conclusion

Sum up, with the development of the society, quality education becomes to be imperative. As the main way to cultivate college students' physical quality, PE course is essential to improve the quality of teaching. Combined with the actual situation of current PE teaching in Colleges, joyful PE teaching is important to arouse the students' interest of sports and promote the students' learning enthusiasm and initiative. It not only can promote the improvement of the quality of the student body, but also has important significance to cultivate the students' consciousness of lifelong sports.

Conference

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