

Necessity and function of teaching guidance in physical education teaching

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Abstract

To guide and stimulate students' interest is beneficial to fully mobilize students' enthusiasm in learning. This paper expounds the function and method of physical education teaching guidance from the necessity of teaching guidance. It is believed that the correct guidance of teachers can improve students' enthusiasm in learning and make them do physical exercise consciously.

Keywords

Physical education; Teaching guidance; Demonstration; Emotion; Evaluation.

1. Introduction

To a large extent, the teaching art of the teacher is the embodiment of his guiding level [1]. Only by correct and skillful guidance can teachers strengthen students' cognition, emotion and physical exercise and improve students' physical quality in an all-round way. Therefore, in physical education teaching, teachers should pay more attention to the guidance of students' non-intelligence factors besides the guidance of students' intelligence factors [2].

2. The necessity of teaching guidance

2.1 From the perspective of the law of cognitive process

Teaching is a special process of cognition, which has the same and different aspects with the general law of cognition [3]. The teaching process is a shortcut for teachers to guide students to know the objective world and learn to transform the objective world. Whether this shortcut can be feasible depends on the effective combination of teachers' correct guidance and students' subjective initiative.

2.2 From the physiological and psychological characteristics of college students

Physically, college students in youth development peak, basic mature development of the body organs, is to accept knowledge, develop skills, improve quality, and promote the self-development of the golden age [3]. Psychologically, on the one hand, their intellectual development level has been quite mature, their sense of perception is more rich and keen, and their ability of abstract thinking and creative thinking has been rapidly improved. The structure of interest and motivation is constantly improving, and the independence of funding in social adaptability is also gradually increasing. On the other hand, due to the change of social life environment, they are in a key stage of development from dependence to independence, psychological development is still affected by the objective environment. This period is the best time for teaching guidance, strengthening guidance is of great significance to their self-development and rapid growth.

2.3 From the relationship between internal and external causes

The external cause is the condition of change, the internal cause is the basis of change, and the external cause acts through the internal cause. Teachers must play a leading role, fully mobilize the initiative of students to learn, teaching in learning can be effective. Internal factors include not only the initiative of learning, but also the existing knowledge and experience and learning methods in

accordance with the rules. The guidance is to stimulate students' learning emotion, interest and will, and strengthen the internal motivation of learning.

2.4 From the trend of teaching reform

Only by using heuristic teaching can we better realize the transfer and transformation of knowledge and skills between teachers and students [4]. In recent years, although the teaching achievements of various colleges and universities have been repeated, the use of heuristic and other modern teaching methods has become the mainstream [2] [5]. However, due to various reasons, the teaching effect is still unsatisfactory. In physical education teaching, the traditional model of "sheep" teaching still exists, neither can stimulate students' enthusiasm for learning, not to mention inspire thinking and guidance methods, greatly affecting the quality of teaching. Therefore, it is necessary to strengthen teaching guidance and give full play to the leading role of teachers and the initiative of students.

3. The role of guidance in physical education teaching

3.1 Guide students' interest and stimulate their learning motivation

When a person is interested in something, he will focus his attention and tend to something, and at the same time produce a certain exploratory response to the thing. This can not only elicit sustained and focused attention, but also maintain clear perception, inspire careful thought, and produce pleasant emotional experiences. Standard demonstration movements, interesting sports games can arouse students' interest in learning, so that they have the desire to learn about the teaching content.

3.2 Divert students' attention at the right time

Experienced physical education teachers often use vivid, image, interesting import method, to focus on causing students' attention, arouse students' direct interest, and by this direct interest to maintain students' attention. Therefore, guiding teaching method not only enables students to focus their attention, but also enables students to smoothly and naturally transfer their attention to teaching activities.

3.3 Good ideological education function

Sports events are various, and the technology is complex and changeable, which have special requirements for athletes' physical strength, intelligence, psychological quality and will quality. By watching the domestic and international competitions, introducing the growth process of excellent athletes and winning glory for the country, arousing students' patriotic enthusiasm, condensing national self-esteem, clarifying learning objectives and correcting thoughts.

4. Methods of teaching guidance in physical education teaching

4.1 Demonstrative guidance

Demonstrative guidance should be used, in addition to the general clear purpose, standard movement, prominent emphasis, appropriate position, but also should be combined with the existing level of students and difficult points to strengthen the explanation, analysis and step-by-step demonstration of the main points of movement. Action demonstration includes different speed demonstration, key demonstration, correct and wrong contrast demonstration, student representative demonstration, and model demonstration and so on.

4.2 Exploratory guidance

On a particular technology in the teaching, as a student movement after the preliminary master, redundant or error action is sometimes appear, the teacher should put forward further requirements and assumptions on some movement details or exercise methods, let the student study and explore in repeated practice, until they find their errors. For example, in the teaching of one-handed shoulder shooting in basketball, when students basically master the essentials of action, they can put forward clear requirements on the movements of fingers and wrists and the arc of the shot, so that students can master the rules in exploratory practice and develop their abilities [6].

4.3 Emotional guidance

Emotion is the core of non-intelligence factors, which has a direct impact on cognition and is closely related to learning motivation, interest, and belief. A large number of trigger students' emotional factors exist in the sports teaching, teachers must carry on the emotional guidance timely in appropriate methods, both as a purpose so that the students in physical education teaching characteristic is bright, intense, complex, diverse in emotional edification, and use it as a method each other between teachers and students, between students have good emotion experience, to speed up the process of learning. In the emotional guidance, first of all, we should follow the characteristics of sports, create a suitable learning situation, and guide students in physical activities to eliminate depression, boredom and other bad mood, produce cheerful, refreshing emotional feelings. Secondly, various teaching methods should be used to inspire students' positive thinking on knowledge, guide students to actively explore the movement technology, so that they have the curiosity of pursuing new knowledge and the aesthetic experience of new movements. Again, the teacher should attach importance to their teaching posture from beginning to end, starting from respect and care for students, sincere language, appropriate gestures, friendly expression, so that students have a kind of respect for teachers, promote the improvement of students' mood and sense of responsibility. In addition, in the teaching process, teachers should also be good at capturing students' emotional reactions and psychological changes, according to the feedback information to adjust their teaching mode, plans and methods, always maintain a good classroom atmosphere, so as to achieve the success of teaching.

4.4 Evaluation and Guidance

Correct and timely use of praise, encouragement, criticism and other means to evaluate students' learning activities can stimulate students' ambition and self-esteem, and play a regulatory role in learning emotion. In addition to verbal evaluation, facial expressions, and movements can also be used. For students with poor grades, the evaluation should be based on encouragement, combined with the "cognitive attribution theory" to jointly analyze the reasons for learning success or failure, so as to make them clear direction, enhance self-confidence, improve learning desire. On this basis, strengthen guidance again, to create conditions for their success.

4.5 Interest Guidance

Interest in learning is a main factor to promote students' self-conscious learning. Only when students are interested in sports learning, they can be active and happy to engage, and will not feel that learning is a burden. In physical education teaching, on the one hand, teachers should dig out emotional factors from teaching content to attract and stimulate students' interest; On the other hand, it is necessary to maintain students' interest with the help of teachers' guidance. In order to achieve this, teachers must choose flexible and diverse teaching methods in teaching process. When focusing on improving physical quality and functional ability, collective games can be appropriately adopted to promote the mutual complement and encouragement of learning attitude and emotion; When focusing on the mastery of knowledge, technology and skills, can increase the demonstration and other guidance on the basis of the use of a variety of auxiliary equipment exercise or change the difficulty of exercise to help complete the action; When focusing on cultivating students' analytical ability, visual thinking ability and aesthetic ability, students can visit others to practice or perform, and evaluate each other after observation and thinking, or introduce music accompaniment to induce learning situations.

5. Conclusions

In physical education teaching, we should give full play to the role of guidance, and use all kinds of guidance methods to mobilize students' enthusiasm and initiative, so that students' interest and personality characteristics can be fully displayed. Students as the master of the lesson, the master of learning, so as to tap their potential, play their creative ability, to meet their needs, so that students could get success in the participation of sports and exercise.

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