

Interest Cultivation Mode in College Physical Education Training in the Big Data Era

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Abstract: In sports, sports interest is the psychological tendency of people to strive to recognize and give priority to sports activities. Sports workers should cultivate and mobilize students' interest according to their actual situation, scientifically and rationally arrange the content of each activity or training to stimulate students' interest, so that the health of participants can be improved and improved accordingly. Make them care about their interest in physical exercises just as they care about their own health, which will surely become the internal driving force to increase their interest in sports. School sports workers and leading management departments regularly hold sports games or competitions to actively improve students' awareness of interest. They should carefully study the needs of middle school students who are interested, and continue to provide students with support for sports and interest cultivation, so as to maximize service to middle school students, Guide them to exercise actively and improve the psychological tendency of students' interest in sports. More than 50% of students think that the school's weekly physical education hours can meet their physical needs. This research helps to create an atmosphere for students to exercise.

1. Introduction

Many theories and practices have shown that sports and academic performance are not contradictory. Sports interest not only serves as the driving force for the masses and students to actively participate in activities, but also cultivates the enthusiasm of student activities and shows the world the unique charm of sports activities. Therefore, it is necessary to investigate and study college students' sports interest.

In terms of teaching status, the appropriate state is more important; in terms of sports cognition, students' awareness of sports should be gradually improved; school sports cultural atmosphere is

very important to stimulate students' interest in sports [1-2]; innovative teaching methods; in teaching In terms of content, novel and unique physical education content can more arouse students' interest in physical education [3-4]; teachers treat students with all their love, and cultivate a good learning atmosphere with students [5-6]; cultivate students' good learning Learning psychology; teach students according to each person and treat them differently; cultivate students' skills; excellent physical education teachers not only let students learn knowledge in class, but also enable students to take action and experience the happiness that sports bring them And self-confidence and so on. Paying attention to the improvement of the depth of sports technology, letting students learn to use the methods of completing movements reasonably and effectively, is also an effective way to increase students' interest in sports [7-8]. School extracurricular physical exercise not only has the basic content of school classroom physical education, but also has content and functions that classroom physical education does not have. It has the characteristics of free leisure, diverse forms of organization, and rich content of activities. If you can seize the spare time Actively carry out physical exercises, and if teachers can come to guide, students' interest in physical learning will surely heat up rapidly [9-10].

The body is the basis to ensure that students have energy and academic performance, so we should not ignore the role of physical education on academic performance. In the teaching plan, we should ensure the time for physical education and extracurricular activities, and ensure the status of physical education from the policy to achieve academic performance. Keep pace with sports and improve steadily.

2. College Physical Education

2.1. Sports Interest

The sports interest of college students is an important factor affecting the consciousness and enthusiasm of college students. Therefore, it is not only feasible, but also necessary to cultivate college students' interest in sports. Physical education in colleges and universities is a process of interaction between physical education teachers and students. The development of physical education requires the cooperation of teachers and students, and both are indispensable. At the same time, the teaching environment and services of physical education provide necessary facilities for physical education. Students and teachers cooperate with each other in a good environment to form a high degree of satisfaction with physical education. High satisfaction is good for student learning and curriculum management in colleges and universities. With the promotion effect, the teaching quality of colleges and universities will be improved accordingly.

2.2. Physical Education

Physical education in colleges and universities is organized and planned to teach students sports knowledge, sports skills, skills, improve students' physical and mental health, cultivate students' sports ethics and consciousness, and improve students' sports literacy. Therefore, whether college physical education can meet the physical and mental development and skill level of students is one of the important indicators to evaluate the quality of college physical education. By taking students' satisfaction with physical education class as the feedback of teaching quality, it can effectively discover the drawbacks in physical education teaching, which has great practical significance for improving the teaching quality of school physical education and promoting the development of students.

With the continuous improvement of educational concepts, schools are also constantly improving physical education classes in order to provide students with a better class experience. The most important thing in the improvement process is to clarify the needs of students. This is similar to customer satisfaction at the service level, and the research on customer satisfaction is relatively early, and there is a mature evaluation system. Therefore, student satisfaction is a new concept proposed by customer satisfaction, which is specifically used by the education industry. To measure and evaluate and propose high-quality educational services to meet the learning needs of students. After colleges and universities introduce student satisfaction, they can better understand the physical and mental development and education of students.

3. Experiments on Cultivating Interest in College Physical Education

3.1. Scientific and Reasonable Training

Sports workers should cultivate and mobilize students' interest according to their actual situation, scientifically and rationally arrange the content of each activity or training to stimulate students' interest, so that the health of participants can be improved and improved accordingly. Make them care about their interest in physical exercises just as they care about their own health, which will surely become the internal driving force to increase their interest in sports.

3.2. Regular Sports Competitions

School sports workers and leading management departments regularly hold sports games or competitions to actively improve students' awareness of interest. They should carefully study the needs of middle school students who are interested, and continue to provide students with support for sports and interest cultivation, so as to maximize service to middle school students, Guide them to exercise actively and improve the psychological tendency of students' interest in sports. The special distribution of university physical education teachers is shown in Table 1.

Table 1. Special distribution of university physical education teachers

Project	Number of people	Proportion
Basketball, volleyball, football	7	30.4%
Rock climbing and quality development	5	21.7%
Track and field	5	21.7%
Badminton, table tennis, tennis	3	13.1%
Swimming, aerobics, martial arts	3	13.1%

4. Cultivation of Interest in College Physical Education Teaching

4.1. Age Structure of Physical Education Teachers on Students' Interest in Sports

The age structure of physical education teachers is shown in Table 2. The age structure of physical education teachers is an important part of the structure of teachers, and it has different meanings at different levels. As can be seen from Table 2, there are 2 teachers between 20-30 years old, accounting for 8.7% of the total number of physical education teachers; there are 9 teachers between 31-40 years old, accounting for 39.1% of the total number of physical education teachers. According to statistics on the distribution of public physical education teachers in various age groups in colleges and universities, it is found that: First of all, young and middle-aged teachers

(that is, 31 to 50 years old) account for 73.9%. This data shows that the overall age structure of physical education teachers in colleges and universities shows a trend of younger generation, is a relatively young team; secondly, the age structure of college teachers is relatively balanced, with the proportions of young and middle-aged teachers being similar, 39.1% and 34.8% respectively, accounting for the majority of proportions, so theoretically the age structure of physical education teachers is universal teachers who are younger than other professions. The age structure of college physical education teachers is more appropriate.

Table 2. Age structure of physical education teachers

Age range Variable value	20-30	31 -40	41-50	51-60
Number of people	2	9	8	4
Percentage	8.7%	39.1%	34.8%	17.4%

4.2. Current Situation and Analysis of School Physical Education Content Setting

What students are most interested in in physical education is the content taught by physical education teachers. The setting of physical education content in the school greatly affects the learning status of students in physical education and the quality of physical education. If the content taught by teachers is If the student is interested, the student will be very serious and proactive. On the contrary, if the student is not interested, then the student will only passively accept this lesson. During the educational practice process, we investigated the degree of satisfaction of the students of the senior high school with the teaching content of the physical education class. The data shows that the students in the university are not satisfied with the teaching content of the physical education class in the school as a whole. The proportion of satisfied and dissatisfied students reached 13%; the proportion of very satisfied and satisfied students was less than 40% of the total number, and most of the students were only satisfied or basically satisfied but not very satisfied. That is to say, most students are not very interested in the teaching content of the school physical education class, so the student's participation is low, and the long-term low participation in physical education can not meet the students' inner sports needs, thus reducing the individual physical education of the students. Learning interest. Therefore, according to students' interests and hobbies, class selection has become an inevitable choice for many schools' physical education, whether it is for students, teachers or the development of physical education teaching has played multiple effects. The satisfaction of students with the setting of school physical education content is shown in Figure 1.

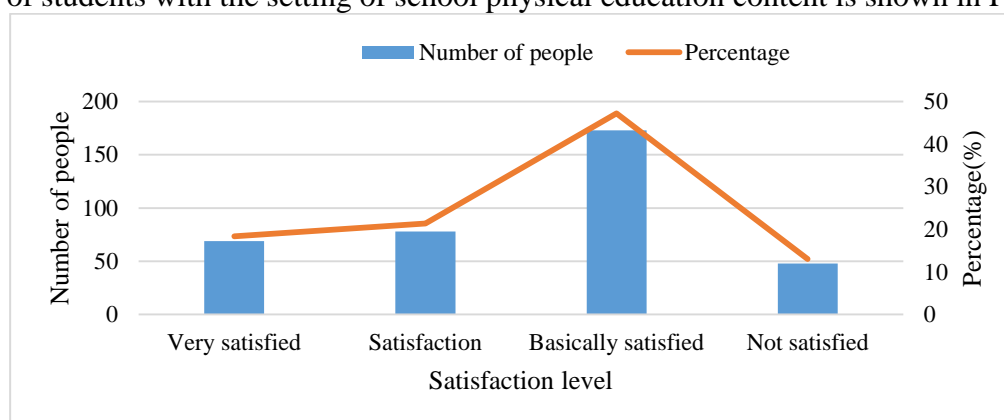


Figure 1. Student satisfaction with the setting of school physical education content

4.3. Setting of School Physical Education Content

The degree of student satisfaction with the physical education class schedule is shown in Figure 2. One of the basic conditions to improve students' interest in physical education. The data shows that students are more satisfied with the physical education class schedule in colleges and universities. More than 50% of the students believe that the school's weekly physical education class can meet their sports needs. This arrangement can not only allow students to fully exercise but also It did not affect the normal learning of students in other subjects; more than 40% of students are basically satisfied with the school physical education class arrangement; but 5.4% of the students are not satisfied with the school physical education class arrangement, they think there are too few physical education classes, especially in rainy weather Affected by venue facilities, the time of sports activities cannot meet the needs of students. Colleges and universities set three physical education classes a week, which fully meets the needs of the Ministry of Education for physical education class schedules. At the same time, it also organizes group sports activities between large classes, which greatly increases student sports time, although this still cannot satisfy some students who love sports. The demand for sports time, so the school can create various sports clubs in the afternoon free time, with sports teachers as coaches, let students choose to participate in, so as to meet the students' sports needs without affecting students' study time.

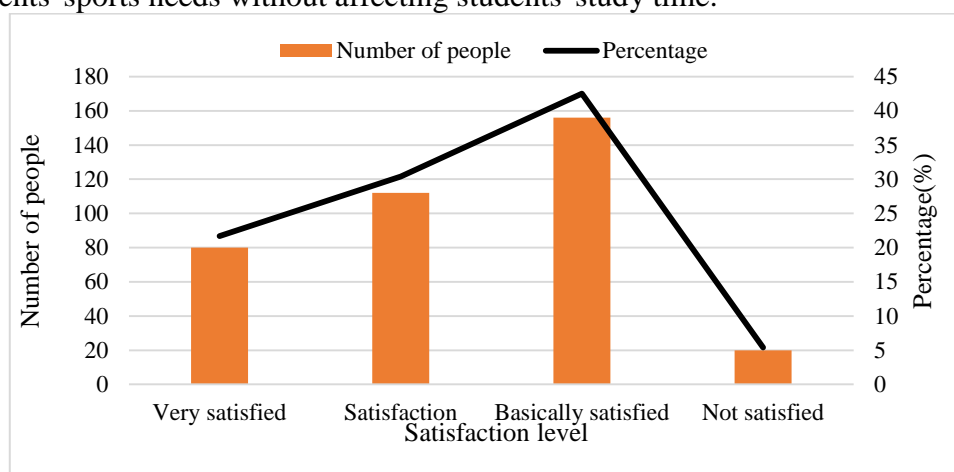


Figure 2. Degree of satisfaction of students with physical education class schedule

5. Conclusion

Sports workers should cultivate and mobilize students' interest according to their actual situation, scientifically and rationally arrange the content of each activity or training to stimulate students' interest, so that the health of participants can be improved and improved accordingly. Make them care about their interest in physical exercises just as they care about their own health, which will surely become the internal driving force to increase their interest in sports.

School sports workers and leading management departments regularly hold sports games or competitions to actively improve students' awareness of interest. They should carefully study the needs of middle school students who are interested, and continue to provide students with support for sports and interest cultivation, so as to maximize service to middle school students, guide them to exercise actively and improve the psychological tendency of students' interest in sports. This research helps to create an atmosphere for students to exercise.

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Data Availability

Data sharing is not applicable to this article as no new data were created or analysed in this study.

Conflict of Interest

The author states that this article has no conflict of interest.

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