

Investigation on the Interest of Female Middle School Students in Physical Education in a County

—Take a middle school as an example

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Abstract: The superior family environment of contemporary middle school students has caused their lack of tolerance for hardship and hard work. Many education courses have their own preferences to choose the appropriate attitude, especially physical education courses. By using the methods of literature, interview, questionnaire and statistics, this paper investigates the interest of female students in physical education in a middle school. On the basis of summing up predecessors' experience and proceeding from the reality of physical education in middle schools, this paper investigates the current situation of students' interest in physical education so as to provide useful reference for cultivating students' interest in physical education, promoting physical education and promoting students' all-round development. The research shows that, firstly, students who like physical education mainly believe that physical education is interesting and can relieve learning pressure. Secondly, most students expressed satisfaction with the contents and time settings of physical education courses. Thirdly, very few students are dissatisfied with teachers' teaching attitude and organization methods.

1. Introduction

Nowadays, more and more attention has been paid to physical education, and some students do not like to take physical education. When it comes to physical education and extracurricular activities, they always find various excuses to ask the teacher for leave from class or not to attend class at all. But if students are interested in sports activities, they will take learning and physical exercise as their own needs, and actively participate in sports activities. Therefore, teachers should formulate reasonable teaching strategies according to students' learning tendency, and guide students' interests into the teaching process of physical education, so as to train students to overcome them. Difficulties, unity and cooperation of the will quality, in order to improve the quality of physical education and develop a good habit of physical exercise.

The research of this paper can provide reference for the majority of physical education teachers to find the reasons for the lack of students' interest in sports, and it is of certain significance to take effective measures to stimulate and cultivate students' interest in sports and to mobilize students' initiative in physical education. The conclusion of this study can provide useful suggestions for PE teachers to improve their teaching quality.

2. Research Objects And Methods

2.1 Object of study

A middle school student, a total of three grades, a total of 15 classes a year, each class of about 40 people, randomly selected 90 girls from the survey, each grade randomly selected about 30 people.

2.2 Research methods

2.2.1 Literature method

Through China HowNet, China Journal Network, and library, a large number of documents and materials on employment are consulted.

2.2.2 Questionnaire survey

According to the purpose and requirements of the study, a questionnaire was designed. 90 questionnaires were sent out and 90 valid questionnaires were recovered. The effective recovery rate was 100%.

2.2.3 Data statistics

According to the purpose and requirements of the study, the data collected from the questionnaire survey are sorted out, processed and statistically analyzed by SPSS software.

3. Findings And Analysis

3.1 The result and analysis of the reasons for the likes of PE classes

Physical education is an important educational content for schools to cultivate socialist builders and successors in an all-round way. Today, physical education in schools has a direct impact on the quality of talents in the 21st century. According to the results of the survey, 16.7% of the students like PE class because of their physical fitness advantage, 38.9% of the students like PE class because it can exercise and enhance their physique, 44.4% of the students think that the reason for liking PE class is that PE class makes students interested in PE and eases the pressure of learning. They believe that physical education is the best way to relax the tension of learning atmosphere. Nowadays, there are many homework assignments for students, and students do a lot of homework. Sports, to some extent, can reduce the pressure of learning, relax emotions, and thus more easily make themselves relaxed in a tense learning atmosphere.

3.2 Results and analysis of sports items of interest

According to the survey results, 31.1% of the students like skipping rope, 12.3% of table tennis, 43.3% of badminton and 13.3% of track and field. By high school, students have no new feeling about such an unchanged track and field event, let alone any interest. According to the results of the survey, all the girls prefer the sport which is energy-saving and interesting. As the saying goes, "Interest is the best teacher." With the increasing love of badminton in recent years, the students'liking has been improved, and the requirements for playing badminton have been higher. It is no longer the same as you used to play badminton. Come on, I'm blocking the past, so students need PE teachers to teach more skills and practice methods. By investigating the students'interest, this paper tells the PE teachers to take the students' interest and characteristics into consideration when arranging the contents of PE courses, so as to achieve better teaching effect, fully mobilize the students'enthusiasm in class, and thus better achieve the requirements and goals of "health first".

3.3 The result and analysis of satisfaction survey of PE classes

3.3.1's satisfaction survey on content arrangement of Physical Education Curriculum

According to the results of the survey, 38.9% of the students are satisfied with the arrangement of physical education curriculum content, 41.1% of the students are generally satisfied with the arrangement of physical education curriculum content, 20% of the students are not satisfied with the arrangement of physical education curriculum content. Students reported that the most common is some of the track and field events, such as long-distance running and sprinting practices are old routines, not updated new ways and content. Some of the sports theory courses offered are nothing more than fictitious ones. In order to pursue the rate of higher education, the old idea of emphasizing

intellectual education and sports has not been eliminated. Changing the teaching plan arbitrarily and reducing the PE teaching hours arbitrarily; the PE classes arranged on the school curriculum are often diverted for other purposes; schools.

The result and analysis of 3.3.2's satisfaction survey on physical education curriculum time arrangement

In the survey, 25.5% of the students are not satisfied with the schedule of physical education class, the main reason is that the curriculum schedule in the morning three or four sections, at this time students are prone to exercise fatigue, for students who did not eat breakfast prone to hypoglycemia and other phenomena. 36.7% of students are generally satisfied with the arrangement of physical education curriculum. 37.8% of the students were more satisfied with the schedule of physical education courses because physical education courses were always arranged in the last class of the day, so that they could be relieved in the morning of intense study. Therefore, the school should grasp the best time, through physical education, so as to improve the health of students, enhance physical fitness, promote moral, intellectual and physical development in an all-round way, to lay the foundation for improving the quality of the whole nation.

3.4 The survey and analysis of the attitude and satisfaction of PE Teachers

In the survey, 52.2% of the students were satisfied with PE teachers'teaching attitude, 35.6% were generally satisfied with PE teachers' teaching attitude, and 12.2% were not satisfied with PE teachers'teaching attitude. The main reason why students are dissatisfied with teachers'teaching attitude is that PE teachers are casual and not conscientious and responsible in the teaching class. Most of them are to cope with the class and lack the spirit of studying professional knowledge. Teachers, as classroom teaching organizations and guides, play a decisive role in the success of the classroom, whether their attitudes towards physical education can arouse the enthusiasm of students in the classroom.

4. Conclusion

The main reason why students like PE class is that PE class can exercise, strengthen their physique, be interesting and ease the pressure of study. Students' interest in sports courses mainly focus on badminton and rope skipping.

Nearly one fifth of the students are not satisfied with the content of physical education curriculum, because the arrangement of physical education curriculum content is relatively simple, lack of novelty, and apply the old physical education curriculum model.

4.3% of the students were not satisfied with the schedule of physical education curriculum, mainly the schedule of physical education curriculum in the morning three or four classes, so that students often appear hypoglycemia and other problems.

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