

Formation Mechanism and Influencing Factors of College Students' Exercise Habit

Wang Ying

Taizhou University, Taizhou, Jiangsu Province, 215300, China

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Abstract: In the cultivation of college students' exercise habits, the main factors affecting their habit formation include sports needs, sports motivation, sports interest, etc. At the same time, good classroom environment, campus environment, family environment, can also bring positive significance to the cultivation of college students' exercise habits. Based on this, this paper combined with the factors of college students' exercise habits, put forward the formation and cultivation strategy of college students' exercise habits, so as to promote college students to form a good exercise habit, strengthen their physical and mental health level, and promote the overall development of students.

1. Introduction

In the context of the continuous development of college physical education teaching ideas, the formation of college students' exercise habits has been paid attention to. The formation of college students' exercise habit, as the basis of lifelong physical education, has far-reaching significance for promoting students' all-round development. At present, there are many factors affecting the formation of college students' exercise habit, and it is necessary to combine the factors to explore the cultivation and formation of college students' exercise habit.

2. The Forming Factors of College Students' Exercise Habits

At present, there are many factors that affect the exercise habit of college students, mainly reflected in the following aspects. First of all, sports needs. In order to meet the needs of college students in the process of sports learning and development, college students will better participate in physical exercise and self-physical exercise by strengthening self-exercise, forming good habits and other forms. At the same time, if a student has sports needs, he will also find various reasons in daily study and life, so that he can better meet the needs of self-training and growth. During the exercise period, college students will also promote other students to find ways of physical exercise and ways of habit formation, and then help students to transform exercise into an external behavior, to achieve effective training and development for students. In the training of college students' sports habit and exercise consciousness, we can also strengthen the training of students' physical exercise consciousness and ability from the Angle of physical training and exercise. Thus help students to transform into external behavior, so that it better participate in physical exercise and learning. Secondly, sports interests. In the cultivation of college students' exercise habits, interest, as the best

teacher, can not only enhance students' sense of identity to physical exercise, but also help students actively participate in physical exercise. During the period of forming the habit of physical exercise, students will also participate in a variety of extra-curricular sports activities to enhance their physical quality, so as to strengthen their level of physical exercise and study. Interest can also guide students to act and think in a consistent way, and improve the effect of exercise and development. The cultivation of exercise habits of college students can help them feel the harvest and experience brought by exercise, strengthen their skills in physical exercise, constantly conquer and surpass themselves, establish the right sense of pride and obligation in exercise, and bring students a good emotional experience. At present, students will also participate in the beautiful physical exercise experience because of some interests, increase their interest in physical exercise, and then realize the cultivation of college students' physical exercise habits and behaviors, and increase the enthusiasm of students to participate in physical exercise. When guiding college students to form the habit of physical exercise, the cultivation of the habit of college students should not stay in the usual physical education courses, but should improve the enthusiasm of students to actively participate in the learning of knowledge and skills, and help students to get a good experience during physical exercise. Strengthen students' enthusiasm for sports, indirectly form the habit of physical exercise. Finally, sporting motivation. The external cause of the formation of college students' physical exercise habit may also be sports motivation. Only when students have motivation to exercise, can they achieve the purpose of connecting and complementing each other. Many college students in physical exercise and exercise habits, mainly to maintain healthy as the main motivation, through the analysis of the skills in physical exercise to participate in the development of physical exercise and habits. There are also some students out of hobbies, entertainment, eliminate fatigue and other motives, to participate in physical exercise and physical learning interest in the formation. In addition, some students will participate in physical exercise for their own interests. Such external motivation and motivation are unstable for the cultivation of students' exercise habits, and it is a behavior taken by students under certain external pressure. Thus resulting in the lack of students' physical exercise consciousness, which will help students to develop sports habits and exercise habits will also bring adverse effects.

3. The Formation and Cultivation Strategies of College Students' Exercise Habits

3.1 Reasonable Teaching of Basic Sports Theory Courses

Reasonable teaching of basic theory of physical education can cultivate students' ability of self-exercise, enhance their intuitive cognition of their health status and exercise effect, and thus help students establish interest and confidence in exercise. Students in the constantly changing living conditions and environment, will also make their own exercise habit experience become more and more rich, even if there is too much physical exercise experience, also need to have basic theoretical knowledge of sports as a support, to help students really develop the habit of physical exercise. Therefore, in the formation of college students' exercise habits, it is necessary for schools and teachers to actively teach theoretical knowledge of physical education and cultivate students' physical exercise habits, so as to encourage students to fully participate in the formation and learning of their own habits. Schools can also create a good physical exercise atmosphere for students, increase the publicity of physical exercise and exercise habit formation, so that students' campus life and physical exercise and habit formation between the organic combination.

3.2 Strengthen the Opening of Pe Elective Courses for Students

In forming the habit of exercise, college students can strengthen the opening of elective courses

of physical education, guide students to study in combination with their own interested projects, and strengthen their enthusiasm for learning. By offering elective courses of physical education, students can also be given more space and opportunities to choose their own projects for learning, which is conducive to cultivating students' good physical exercise ability and habit. At present, many students are interested in the sports programs widely carried out in colleges and universities in China. These sports programs can also meet the needs of colleges and universities in the cultivation of students' sports ability and other aspects. Therefore, students can be encouraged to participate in the selection of sports elective courses and project learning to increase students' recognition of knowledge. Elective courses of physical education can also be combined with daily sports activities. On the basis of cultivating students' theoretical knowledge and practical skills, students can apply what they have learned to daily sports activities. Cultivate students' ability of combining theoretical knowledge with sports skills, and promote students to form correct sports exercise habits. The elective courses of physical education for students can also be combined with some sports events, social sports activities and physical exercise, so that students can think of physical exercise in their daily study and life, and strengthen their awareness and ability of physical exercise.

3.3 Adopt Diversified Ways of Exercise Development

The cultivation of college students' exercise habit not only needs to play the role of classroom teaching, but also increase the cultivation of students' theoretical knowledge and skills of physical education. It is necessary to set up teaching activities such as field survival training for students, guide students to learn the spirit and consciousness of physical exercise through a variety of projects, and improve the content of college physical education and physical exercise for students. Colleges and universities can combine the actual situation of their own region and environment, give full play to the advantages of college teaching and physical exercise, provide students with rich and diverse physical teaching content, and promote students to actively participate in physical exercise and the formation of behavior habits. In adopting diversified the development mode of exercise, schools can encourage students to build sports association or organization, such as sports clubs, and realize the cooperation and communication between students and students, interactive learning, can also give students a special teachers, in a series of sports organizations and activities to cultivate students volunteered to participate in physical exercise behavior ability and consciousness, Promote the formation of good behavior habits of students. In the course of physical education, colleges and universities can also set up some sports competitions or organization departments that students are interested in, requiring students to form good exercise habits through participation in activities, physical exercise, daily sports competitions and other forms. In addition, schools can publicize the importance and significance of physical exercise for students through networked education platforms. Encourage students to strengthen their physical quality in life and after-school learning through physical exercise and the formation of sports behavior habits, so as to promote the overall development of students' body and mind.

4. Conclusion

In the cultivation of physical exercise habits of college students, it is necessary to enhance students' understanding of some basic theoretical knowledge of physical health, and improve students' understanding of physical education, emergency response and human health and safety. In order to better stimulate students because of understanding and enhance the interest in physical exercise and intrinsic exercise motivation. It is necessary to strengthen the opening of students' PE elective courses and adopt diversified exercise methods to improve students' exercise level.

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