

# Ways to Cultivate Interest in College Physical Training Based on the Cultivation of Students' Happiness

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**Abstract:** Physical training is the main means to improve students' physical performance and achieve the educational goal of strengthening body constitution. As the main base of talent cultivation, with the arrival of the era of quality education, college physical education, as a basic subject to promote the implementation of quality education, is playing an increasingly prominent role in talent cultivation. Interest in physical training mainly refers to students' preference for physical exercise, which is an important motivation and basic premise for students to actively and actively participate in physical activities. With the continuous reform and development of China's education system, the level of physical education in colleges and universities is continuously improving. In sports, if college students can experience the happiness brought by sports, the accompanying satisfaction and positive emotions can produce strong sports enthusiasm for sports. Based on the cultivation of students' happiness, this paper analyzes the current factors that affect the training interest of college students, and on this basis, puts forward several methods to cultivate the sports training interest of college students.

## 1. Introduction

The soft power of college sports culture is the influence of the value concept of fitness built by college sports culture construction on the sports cultural accomplishment of teachers and students on campus and the surrounding environment [1]. Promoting the soft power of sports culture in colleges and universities is of great significance and has become an important research topic in the construction of colleges and universities in China under the new situation. As the main base of talent cultivation, with the arrival of the era of quality education, college physical education, as a basic discipline to promote the implementation of quality education, is playing an increasingly prominent role in talent cultivation in colleges and universities [2]. Under the influence of the reform of the new curriculum standard, the training in college physical education has become a key link to ensure the quality and level of physical education, which has an extremely important impact on students' physical education [3]. With the continuous development and progress of human society, while the material civilization has reached an unprecedented height, people also pay more and more attention to spiritual civilization. Happiness has also become a hot research topic in the field of psychology. People have explored various methods to improve people's happiness [4]. However, judging from the results of current physical education research, most students lack interest and passion for physical training, and their enthusiasm and enthusiasm for participation are low. This has become one of the important problems in the difficulty of achieving the expected efficiency of physical training.

The interest in sports training mainly refers to the students' preference for physical exercise, which is an important motivation and basic premise for students to actively and actively participate in sports activities. Sports atmosphere directly affects people's hobbies and perceptions of sports, which in turn affects people's sports behavior [5]. In terms of the characteristics of the human body, during the physical activities of the human body, its nervous and endocrine systems are greatly affected by the inner emotional state of the human body, so that various parts of the human body and various systems and nerve tissues have different previous phenomena [6]. A good sports atmosphere has a positive role in promoting the formation of lifelong sports concepts of college students, the establishment of sports awareness and the improvement of sports ability, which should

help improve the quality of teaching and further promote the development of sunlight sports in colleges and universities [7]. In sports, if college students can experience the happiness brought by sports, the accompanying satisfaction and positive emotions can generate a strong passion for sports exercise and promote the formation of long-term sports habits. As a basic link in physical education, physical training is a prerequisite for developing physical education [8]. This article mainly analyzes the current factors influencing college students' training interest based on the cultivation of students' well-being, and on this basis, puts forward several methods to cultivate college students' interest in sports training.

## **2. Main Factors Affecting College Students' Interest in Physical Training**

### **2.1 Poor Physical Education Teaching Conditions**

In recent years, with the rapid development of higher education, the construction scale of colleges and universities is continuously expanding, the number of students is gradually increasing, and the infrastructure and equipment of colleges and universities are increasingly in short supply. Nowadays, sports associations in colleges and universities are developing vigorously. College students choose to join sports associations by their own choice or forced choice. If we can understand the influence of college students' enthusiasm for sports on their participation in sports activities or their emotions when they join sports associations, it will be helpful for schools and association organizers to draw up relevant plans. Physical training is mainly divided into several types, such as physical education, extracurricular activities and gym exercises. No matter what form of physical training, physical education teaching conditions are indispensable as the premise. A good teaching environment and necessary teaching conditions are the basic elements for the development of physical education. Most colleges and universities pay attention to the infrastructure construction related to cultural courses, and the funds spent on sports training venues and equipment are obviously insufficient, which leads to the inability of sports training venues and equipment to meet the needs of students' sports training and the decline of interest in sports training [9]. When college students experience the fun and satisfaction of sports in training activities, they can maintain their enthusiasm and vitality for sports training, and can continue to carry out strict training, and then devote more efforts to participate. With the continuous improvement of education level and the continuous rise of the total number of students receiving education, the total enrollment of colleges and universities also shows an upward trend year by year. However, the sports teaching equipment and conditions in colleges and universities have not been expanded and perfected correspondingly. The limited investment in sports teaching results in that the sports teaching conditions in colleges and universities cannot match the number of students actually enrolled. Moreover, many college students do not have a clear understanding of the significance of physical exercise, believing that physical exercise is only a manifestation of polishing time when they are idle and bored. For college students who participate in sports associations, if they can produce sports enthusiasm, it will help them to continue to participate in sports association activities, thus promoting their personal health, life satisfaction and subjective well-being.

### **2.2 Single Teaching Form of Physical Training**

Based on the current situation of physical training in colleges and universities, it is not difficult to find that most colleges and universities still adopt the backward teaching mode in the past and lack innovation and development in teaching contents and methods. The cultivation of interest in any subject depends on the breadth and depth of students' knowledge. If students have less knowledge, their interest in sports training will be greatly weakened. In college physical education, physical training has a direct impact on the quality and level of teaching. Students need to master the skills training methods on the basis of being familiar with physical professional knowledge. The development of sports culture has a strong dependence on sports events and sports technology. The charm of sports culture comes from the improvement of sports skills and the pleasant and successful emotional experience after sports. At present, there are no real textbooks for physical education in

colleges and universities, which are only completed under the guidance of teachers. Therefore, students can only participate in physical activity classes. Classroom time is limited, teaching content is relatively single and teaching methods are not advanced enough, which will affect the quality and level of teaching and indirectly affect students' interest in training. Through the way of sports training, students can be effectively helped to take into account both, and their thinking and behavior can reach an agreement. Only in this way can better sports training results be achieved.

### **3. Ways to Cultivate College Students' Interest in Physical Training**

#### **3.1 Improve Sports Facilities in Colleges and Universities**

The facilities and equipment of sports training venues are the important basic material guarantee for teachers to carry out sports training and teaching and for college students' sports activities. Sports training needs to be supported by corresponding infrastructure and teaching conditions. Therefore, schools should be able to provide corresponding venues and equipment to create a good sports training environment for students. If college students can gain good experience in sports club activities, it will also help to reserve the ability to enter the workplace in the future. If the physical education teachers are the builders of the physical education training and teaching in colleges and universities, then the sports venues, equipment and other facilities and equipment should be the foundation piles of the whole building. Colleges and universities should increase the capital investment and construction of the sports training venues and facilities, promote the perfection of the school's sports facilities, show the attention and importance to the physical education teaching in terms of ideology and behavior, and fully understand the important significance of the physical education training [10]. Goals can make individuals feel subjective well-being. Goal orientation determines people's well-being, and is also the main source of obtaining and maintaining well-being. Physical training courses in colleges and universities are the basis for college students to learn other professional courses. Only with good physical quality and healthy physique can they face heavy academic pressure and severe competitive pressure of social employment. In sports associations, college students will form different levels of movable sports needs due to different target orientations. When meeting low-level needs or achieving goals, individuals will have positive exercise confidence, form satisfaction and exercise enthusiasm, obtain subjective well-being, and then have high-level needs. Schools can attract students' attention by purchasing some advanced and interesting equipment, thus making sports training lively and interesting. Physical training teachers in major universities should make it clear that physical training in universities is an important part of modern quality education reform, which can not only improve the physical quality of college students, but also promote their physical and mental health development.

#### **3.2 Enrich Teaching Content**

At present, most colleges and universities have the same physical training, and the teaching contents are outdated and lack pertinence. The only way to make students really enjoy the fun is to apply this kind of training program mechanically to the college playground. Reasonable integration of games into training can better enhance students' interest and enthusiasm. Through these innovative ways, students' interest can be better cultivated. Familiarity with and mastery of specialized subject knowledge is an important way to cultivate students' interest. In order to realize quality education in an all-round way, the contents and methods of physical education need to be changed urgently. Teachers can guide students to think independently through real teaching situations and stimulate students' interest in physical training. Teachers can also contact the reality of life, so that students can truly feel that physical training is closely related to daily life, so that students can apply what they have learned in real life. Teachers should be able to actively build a good and harmonious relationship with students, create a harmonious and beautiful sports class, and further enhance students' interest in sports training, which helps to improve the teaching level and efficiency of the class. Teachers should fully understand the physical quality and personal characteristics of students and scientifically and reasonably plan and design the training content in

the classroom.

#### 4. Conclusion

The physique of college students is in a stage of continuous decline. In order to improve this situation, the first thing to do is to analyze the reasons for the decline of college students' physique, and to formulate a personalized sports teaching program for these reasons. At the present stage, college students' low interest in college physical training and the current teaching situation are not optimistic due to many reasons such as the conditions for running a college, teaching contents, methods and weak awareness of physical training, which run counter to the reform of talent training and quality education in our country. Students who are interested in sports training will voluntarily put themselves into sports training. The quality and effect of training will be greatly improved. Students will more easily enjoy the happiness and interest of sports training, and the effect and effect of sports training will be easier to achieve. If we want to strengthen the student system in an all-round way, it is not enough to teach in the classroom, but more to encourage students to take extracurricular physical exercises. The cultivation of College Students' sense of well-being plays a subtle role in the formation of College Students' good world outlook and outlook on life. Physical education teachers should correctly guide and actively study students, pay attention to the cultivation of students' interest and happiness in physical training, reflect the national requirements for physical training courses, and cultivate new talents needed by modern society.

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