

Research on the Influence of Project Teaching in Public Physical Education on College Students' Sports Habits

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Abstract: It is an important task of college physical education to cultivate college students' physical exercise habits and lay a solid foundation for their lifelong physical education. The purpose of public physical education project teaching is to improve college students' physical and mental health and social adaptability. Through the implementation of group cooperative learning method in public physical education classes, the aim is to stimulate the learning potential of college students, improve their enthusiasm for physical exercise, and form the habit of lifelong physical exercise. This paper studies the influence of project-based teaching of public physical education on the cultivation of college students' sports habits. The results show that offering various types of physical education courses is in line with the age characteristics of college students, and plays an important role in promoting the all-round development of students' physical quality, improving students' interest and awareness in physical education, forming the habit of physical exercise, and cultivating lifelong physical ability.

1. Introduction

Entering the 21st Century, the Comprehensive Improvement of Students' Comprehensive Quality is Endowed with New and More Extensive Contents. among Them, the Content Covered by "Sports" Has Become an Important Component of Quality Education [1]. in the New Round of Curriculum Reform, Relevant Experts Have Put Forward a Series of New Concepts of Physical Education Curriculum. These Brand-New Ideas Have Greatly Emancipated the Minds of School Physical Education Workers, Broadened Their Working Ideas, and Studied Various Theoretical Foundations and Development Trends of Project-Based Teaching of Public Physical Education in Our Country At This Stage [2]. the Main Goal of College Physical Education Reform is to Make Students Move and Actively Participate in Sports, That is, to Form Sports Habits. in Recent Years, the Project-Based Teaching Mode of Public Physical Education Has Gradually Become the Main Mode of Teaching in Various Universities. This Not Only Raises the Question of How to Link Up the Various Stages of Physical Education for School Physical Education, But Also Raises a Pedagogical Question of How to Cultivate Students' Physical Exercise Habits for College Physical Education [3]. Therefore, How to Improve the Health Quality of Students and Provide Health Talents for the Society is an Urgent and Far-Reaching Task for the Current College Physical Education Reform. This Paper Intends to Make a Study of College Students' Physical Exercise Habits and Influencing Factors from the Perspective of Pedagogy.

2. Research on Related Concepts of Project Teaching in Public Physical Education

Curriculum Refers to the Overall Plan of Educational Content That is Prepared in a Planned Way According to the Educational Objectives and in Order to Guide Learners' Learning Activities. It is a Blueprint Designed to Shape the Future Personality of the New Generation [4]. the Project-Based Teaching of Public Physical Education Curriculum is Based on the Cultivation of College Students' Professional Practical Sports Core Competence, and the Teaching Content is Developed on the Basis of Team Cooperation. through the Construction of Complete Working Task Situations, Students Are Guided to Take the Initiative to Participate and Cultivate Professional Role Awareness, and College Students' Communication and Cooperation Ability and Inquiry Learning Ability Are

Cultivated to Guide Students' Personalized Development. the Learning Process of School Physical Education Curriculum is Not Only Embodied in the Accumulation and Deepening of Individual Cognitive Knowledge, But Also in the Enhancement of Individual Physical Ability, Mastery of Skills and Changes in Behavior Attitude, Etc., Which Are Characterized by Participation and Practicality. Regarding the Difference between the Teaching Mode and the Curriculum Mode, the Teaching Mode Should Obey and Serve the Curriculum Mode, But It Can Only Be a Central Link of the Curriculum Mode [5]. to Organize and Guide the Teaching Process, When Students Encounter Difficulties in the Process of Completing the Task, They Will Give Specific Help. According to the Basic Characteristics and Forms of the Project, in Order to Meet the Requirements of the Teaching Objectives, Several “Teaching Projects” Are Designed, Which Are Consistent with the Requirements of the Curriculum Standards. the Teaching Contents (Knowledge and Skills Required by the Curriculum Standards) Are Integrated into These Projects, and the Teaching Methods for the Teaching Objectives Are Achieved by Completing Each Task Specified in These Projects.

3. The Relationship between the Project-Based Teaching of Public Physical Education and the Cultivation of Students' Physical Exercise Habits

3.1 The Relationship between Curriculum Ideas and Objectives and the Cultivation of Students' Physical Exercise Habits

Curriculum thoughts and objectives determine the direction and standard of the training of educational objects, which affects the formation and internalization of the physical attitude of educational objects. Adhere to the guiding ideology of “health first” to promote the healthy growth of students; Stimulate interest in sports and cultivate students' awareness of lifelong sports; On the basis of students' self-evaluation, teachers help students reflect on the goal, process and effect of project teaching. Let students evaluate their active participation behavior and sum up their experiences. Classroom teaching is the main position, and extracurricular sports activities are an extension of physical education classroom teaching and an important part of school physical education work. Actively organizing and carrying out extracurricular sunshine sports activities not only creates conditions for all students to actively participate in sports, but also plays a very good role in promoting students to develop the habit of loving exercise [6]. What is advocated is the supervision and regulation of the students themselves on learning and the self-feedback after the learning process, which requires each learning individual to learn to learn, learn to live and learn to survive. According to this guiding ideology, the coordinated development of students' body and mind has received further attention. The development of students' personality has received further attention. The principal position of the students has also been further respected, and this guiding ideology is actually an idea that encourages school sports to have its own characteristics. What is more important is to consciously train students to use learning strategies and teach them how to learn.

3.2 The Relationship between Curriculum Content and Students' Habit of Physical Exercise

Curriculum content, curriculum organization and curriculum methods greatly affect the educated's mastery of physical exercise methods. In fact, the content of the course is to solve the problem of what to teach, not how to teach. Reasonable selection of the course content is the premise and foundation of teaching. In order to form the habit of continuous physical exercise, one must learn sports skills and master them skillfully. Finally, the skills will be further improved in this series of actions [7]. Mastering sports skills is the beginning of people's cultivation of sports habits and is the basic condition for cultivating students' sports habits. Physical education study in colleges and universities will completely change the traditional physical education teaching thought in the past and enable each individual to adjust and monitor his own study. Only by understanding and applying the basic principles of physical exercise and scientific methods of exercise can the expected exercise effect be achieved [8]. Therefore, physical education teachers should consciously

teach students the basic principles and methods of scientific exercise in classroom teaching. Some experts believe that to promote the teaching of competitive sports, the content of school sports should be further enriched on the whole, and more nutrition should be drawn from entertainment, fitness and rehabilitation education in addition to retaining the adapted competitive sports. It embodies the learner's ability to deal with the internal world and the individual's ability to control and regulate himself. To enable students to learn and apply new knowledge in the process of completing the task, and to drive students' enthusiasm to explore and solve problems. After the task is completed, the students evaluate themselves first, and then the teachers check the scores.

3.3 The Relationship between Curriculum Organization and Methods and Students' Physical Exercise Habits

Curriculum organization is the category of curriculum implementation research. It is one of the important issues in the research of physical education theory and practice. Whether the task of physical education can be successfully completed depends largely on the organizational form of curriculum implementation process [9]. Through proper physical exercise, the sensitivity and flexibility of the central nervous system can be improved, observation, memory and thinking ability can be enhanced, nerve fatigue can be relieved, and the function of the brain nervous system can be improved. Interest is the key condition for college students to choose sports. College students' physical exercise focuses on psychological benefits. Interest can stimulate students' ability to exercise consciously [10]. Teachers need to change from “lecturers” to “instructors” in the past, so that students have more time to carry out autonomous inquiry, operation, discussion and other activities. In the whole process of teaching activities, students are the leading role, participation is the key, teachers are only the host of teaching activities, teachers' duties are more to provide help for students' activities. The teaching process is an interactive process of communication and common development between teachers and students. It only studies teachers' teaching methods and does not attach importance to the research and exploration of students' learning methods. It is not conducive to arousing students' enthusiasm and improving teaching quality. If the result of exercise does not reach the expected goal, it will weaken the motivation of exercise and even give up continuing exercise. Therefore, only if the result of exercise can meet the individual's motivation goal and form a virtuous circle, can the exercise behavior continue.

4. The Influence of Project Teaching in Public Physical Education on College Students' Sports Habits

4.1 Project-Based Teaching of Public Physical Education Promotes the Improvement of Students' Physical Quality

In order to effectively improve students' physical quality, in the basic course, we have determined several main contents of the “National Physical Training Standard” to comprehensively improve students' physical quality and lay a foundation for the study of optional courses. In the optional classes, physical exercises should be strengthened in a planned way to further develop students' bodies. The content of this survey selected eight relevant indicators such as whether you think regular participation in sports will help build up your physique, help relieve stress and relax, and do not want to participate in physical exercise. In China's colleges and universities, with the exception of sports, military, geology and other school-related majors, most schools only have general requirements or no requirements. Physical education teachers are organizers and disseminators of school physical education and play an irreplaceable role in forming students' physical exercise habits. Under this teaching method, the rate of sports achievement has increased year by year. In physical education teaching, we should not only attach importance to the teaching of skills and techniques, but also increase the teaching of methods and means of scientific exercises and strengthen the guidance of extracurricular physical exercises. It will help the combination of theory and practice, expand students' relevant knowledge and help students solve difficult problems. The timing of teaching input method needs teachers to carefully consider, control the time of

teaching and avoid long speeches.

4.2 Project-Based Teaching of Public Physical Education Has Improved Students' Interest and Awareness in Physical Education

In order to cultivate students' interest and consciousness in sports, we have made corresponding adjustments to the syllabus according to the Guiding Outline. The selection and application of teaching materials and methods strive to help cultivate students' learning motivation and stimulate students' interest. According to the survey results, 70.1% of the college students have a new understanding of the significance and value of physical exercise after the experiment, thus improving their confidence in physical exercise. At the same time, 91.5% of college students realized that physical exercise is a scientific, healthy and active lifestyle (see Table 1).

Table 1 Questionnaire on College Students' Understanding of Sports and Reasons for Participation
Survey content

Survey content	Recognized as “yes”			
	Before the experiment		After the experiment	
	Male%	Female%	Male%	Female%
There is no need to exercise because the body is not ill	25.3	34.2	14.5	28.5
No interest, wasting time and energy	44.5	46.1	35.2	40.1
Lack of skills, fear of ridicule, fear of injury	63.2	70.6	70.1	64.7
Lack of companions, no exercise atmosphere	72.3	30.49	66.2	25.4
Fear of hardship, fear of fatigue, no perseverance	70.1	89.1	61.6	59.7
Sports are helpful to build up one's physique	88.6	84.9	90.6	91.5

The teaching mode defines the teaching-based procedures for teachers and students in the teaching process, the rules to be followed and the key points to be paid attention to when using them. It is the guide for teachers and students' two-way teaching activities, and the practical steps and methods for the transformation of abstract teaching ideas and teaching theories. Teachers should learn to use various cohesive languages, be able to connect different work tasks, connect theory with practice, and connect language knowledge appearing in different work tasks before and after, so that students will not feel “messy”. Vocational needs are internalized into individual needs of students through school education, which further affects the change of their behavior habits. Therefore, improving social responsibility and self-conscious health awareness, and further improving the requirements for students are important contents of the ideological change of school education.

4.3 Project-Based Teaching of Public Physical Education is Beneficial to Cultivate Students' Lifelong Physical Exercise Ability

Physical exercise habit is formed through repeated exercises in the process of physical exercise and developed into an individual's required automatic behavior mode [1] (as shown in fig. 1). the specific discrimination index is that each person participates in physical exercise 3 times or more per week for 30 minutes (or more) each time, and vice versa.

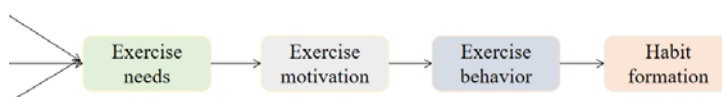


Fig.1 Formation Mechanism of Physical Exercise Habit

The opening of optional courses, elective courses and other types of courses is meeting the development of students' individual needs and creating conditions for students to obtain good exercise values and methods. With the development of social economy, the number and forms of recreational sports activities are gradually increasing, and the requirements of students for sports facilities and equipment are also constantly improving, especially for recreational sports activities. We should further improve the optional curriculum model to make it more targeted, effective and

school-based. In determining the content of the options, the contradiction between the students' interests and the actual situation of the school should be solved, and the students' interest in sports should be cultivated. In the teaching process, many teaching methods, such as self-study, exploratory exercises, discussions, questions, induction and summary, should be adopted to enable students to think, analyze, understand and master the learned technical actions, thus effectively cultivating students' ability to discover, analyze and solve problems. Through providing learners with a series of self-observation, self-monitoring and self-evaluation questions, students are continuously promoted to self-reflect and improve their problem-solving ability. To strengthen the development and monitoring of students' extracurricular sports activities, and at the same time to include students' extracurricular sports into the evaluation of students' physical education results. Only in this way can teachers attach great importance to classroom teaching and students' extracurricular exercises.

4.4 The Project-Based Teaching of Public Physical Education Has Improved Students' Sports Skills

Due to the limitation of educational system, the hours of physical education are limited. In order to further improve students' sports skills, in the process of teaching reform, we actively explore the combination of the second class and the first class, carry out sports activities, and form sports teams on the basis of special elective courses. In terms of content, we should select sports that not only satisfy students' interests, but also have practical significance for life-long physical exercise. We should pay attention to mining and making use of the higher value of national traditional sports and health preservation, as well as some popular sports abroad. At present, most qualified schools carry out surveys on the projects that students are interested in and like before the optional courses, which effectively implement the people-oriented spirit. However, in terms of specific options, there is a great contrast between the setting of school options and the needs of students' interests. Let every student feel the joy of participating in the successful sports and let every student see his own progress. It plays a very good role in stimulating students' enthusiasm and self-consciousness in learning and cultivating the habit of loving exercise. This not only enlivens the campus cultural life and improves the students' sports skills, but also makes it easier for students to become the backbone of mass sports activities after entering the society, benefiting for life and having the ability to participate in, guide and organize sports activities.

5. Conclusion

In today's society, modern people must have good physique to cater to this society. Whether college students can form scientific fitness awareness during their school days will directly affect their future health. Project-based teaching of public physical education courses in colleges and universities can fully mobilize students' potential observation and thinking ability by students and teachers completing certain projects together, so that learners can naturally learn skills and tactics and use them freely, and truly apply what they have learned in class after class. In terms of school management system, the organization and management of extracurricular physical exercises should be strengthened to provide necessary system guarantee for students to form scientific physical exercise ability and good physical exercise habits. To realize the fitness value and social function of sports, effectively establish the connection between classroom and social production and life, and better realize the basic training goal of public sports curriculum in higher vocational education, which is worthy of our continuous research and promotion.

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