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University Students’ Enthusiasm of PE Course

1. Introductory Summary:

It has been widely reported that many students have little enthusiasm to take part in teaching progress or enhance performance by exercise, while seldom has solution to wake students’ interest. This paper summarized the attitude of university students on physical education and proposed solutions to make improvement.

Recently there has been increasing concern about university students’ interest of physical education. It has been widely reported that many students have little enthusiasm to take part in teaching progress or enhance performance by exercise. Many works has been done on students’ attitude to physical education, and reliable conclusions have been reached. But obviously none of those solutions are proved to be not very efficient. This paper summarized the attitude of university students on physical education and proposed solutions to make improvement, which can raise students’ warmth and time and energy investment in this vital course.

2. Support:

1. Literature studying: Consult paper and research about students’ interest about physical education via key words “P.E”, “motivation”, “university students”.
2. Questionnaire: Provide anonymous questionnaire through internet. Use Likert summated rating scale to constitute questionnaire. 100 questionnaires are released and they have all been recovered, which 94 pieces are effective. Effective recover rate 96%.

3. Result and discussion:

3.1. Positive factors of university students’ physical studying (most mentioned 5 only)

|  |  |  |
| --- | --- | --- |
| Positive factors | Average | Standard Division |
| To have fun with friends | 4.57 | 0.71 |
| To release pressure | 4.31 | 0.77 |
| To be good at this game(e.g. basketball) | 4.03 | 0.82 |
| To feel achievability via showing skills | 3.53 | 1.04 |
| To maintain health | 3.44 | 1.21 |

From the result above we can see that, what motivate students to get involve to the P.E studying is for fun and entertainment. For students, P.E class is where they enjoy sports and collaborate with their friends rather than focus on how to get points during the exam, which is also a reason why many of them have poor performance in the exam.

To make students easy to adopt and always be interested in the class, teacher should be actively on changing their teaching method rather than being a slave of deigned teaching method, so that they can have positive feeling on this course, which will also enhance their studying will.

3.2. Negative factors of university students’ physical studying (most mentioned 5 only)

|  |  |  |
| --- | --- | --- |
| Negative factors | Average | Standard Division |
| Test oriented teaching | 3.91 | 0.85 |
| Poor body condition, can’t adapt the subject | 3.87 | 0.82 |
| Have no interest on this | 3.82 | 0.80 |
| Have no time and energy for this | 3.38 | 1.01 |
| Not enough equipment | 3.25 | 1.17 |

Evidently, students don’t like the feeling that they’re working for test in this course, just like what we’ve mentioned above. What’s more, it’s hard for many students to be willing to exercise, many of which can be expected to have no interest on this course, so they just won’t start the first step. Besides, for those who have strong willing to perform on this course, equipment problem may also come out and disrupt their P.E class experiment.

Also, students will not become a big fan of a course just because its grade is important. So the more teacher underline test and mark, the more students dislike this course. That is, though exam is crucial, it shouldn’t be the only focus point of teaching. Here, the first priority of teaching is to raise students’ interest to this course in the case of making sure students can get exam pass. In this progress, some psychology method might be useful to make it easier.

As for the body condition of students, frankly speaking there are not too much things we can do in the university, it can be a solution to restrict students’ enter from high school.

4. Conclusions and recommendations:

1. Conclusion: University students are lack of interest to nowadays’ P.E course. What they want is joy, collaboration with friends and showing them up to others.

What makes them show less enthusiasm to this course is the way the course is taught, their relative poor body condition and lack of equipments.

2. Solution: Instead of only focusing on the test, the way of raising students’ interest of learning this course is also a key point to consider. Teachers have to enhance their overall accomplishment and sometime try to adapt their students instead of force them to follow the existing teaching style.

Solving equipment problem should also help, like insufficient or bad condition playground and other facilities.

Some activities are required to improve students’ body condition, even a restriction of P.E mark when recruiting new students.

Sincerely

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