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A Brief Analysis of the Application of Happy Physical Education in College Physical Education

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ABSTRACT

Happy Sports is a teaching method that focuses on the future, faces all students, starts from students' interests and sports needs, and gradually cultivates students' ability to carry out physical exercise spontaneously through curriculum design. This paper discusses the definition, connotation, characteristics and implementation principles of happy physical education teaching method through the methods of literature, expert interview and logical analysis, and analyzes the application of happy physical education teaching method in college physical education.

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Introduction

1. Preface

The traditional physical education teaching mode is a typical "injection" teaching mode, also known as "three paragraphs". That is, the preparation part, the basic part and the end part. The teaching of sports technology runs through the whole teaching process. The process of this teaching model is based on the formation law of motor skills and the law of physical activity. It lacks the dynamic mechanism for students to propose and pursue their self-goals. The teaching process focuses on teachers and simply emphasizes the teacher-centered role of teaching while ignoring the subjective initiative and learning methods. Therefore, it is necessary to break the traditional teaching pattern and build a new physical education model -- "Happy physical education model" which ADAPTS to the development requirements of The Times.

2. The basic theory of happy sports teaching method

2.1 Definition of happy sports

Happy Physical education is a new physical education teaching model based on the exploration and reference of the ancient and modern educational thoughts at home and abroad, combined with the current educational policy and modern teaching theory. Among them, "music" refers to teachers' fun teaching and students' fun learning. Both music teaching and music learning reflect "fun", also known as "pleasure". "Fun" is emotional, abstract things, must have the content and quality of happiness, usually satisfaction is the root of happiness, and happiness does not mean a relaxed, sometimes it is "bitter joy". This is mainly determined by students' own ability level and challenge level of learning objectives.

2.2 The basic connotation of "Happy Sports"

Happy physical education refers to the ideological system of physical education teaching which starts from the need of lifelong physical education and harmonious development of personality, teaching physical education as the content of students' future life, letting them experience the

fun of understanding, mastering and creating sports, so as to stimulate students' consciousness to actively participate in sports.

There is a dialectical relationship between happy sports and students' personality development. On the one hand, students' personality tendency and personality development level are fully manifested in the choice of sports items and the enthusiasm and initiative of participating in sports items. According to the theory of happy sports, it is the means to improve the teaching effect to pay attention to the principal position of students and stimulate and maintain the interest and motivation of students' learning. From the perspective of human development, interest and motivation are an important part of human personality. "Happy Physical Education" thought holds that the positive, healthy and harmonious relationship between teachers and students is an important condition for the harmonious development of students' personality and an important factor to promote the success of physical education teaching activities. In this sense, without a harmonious teacher-student relationship, it is impossible to have a real sense of "happy sports".

Physical education should not only cultivate the body, but also the mind. The more the society develops, the higher the requirement of people's moral sentiment and the ability to live in a suitable society.

2.3 Theoretical basis of "Happy Sports"

The essence of "happy sports" is to recognize students' differences, respect students' personality, emphasize that students are the subject of learning, stimulate and mobilize students' autonomy and enthusiasm, so as to achieve the purpose of enhancing physical fitness, cultivating sports ability and developing personality. Psychological science research tells us that human's psychological system is composed of cognitive and emotional systems. In all kinds of activities, the two systems of human psychology influence and promote each other. Modern physiological research proves that people's different emotional experience is

accompanied by a series of physiological changes in the body. When the external stimulus makes the original dynamic pattern to be maintained, expanded and developed, people will have a positive experience. In the history of education at home and abroad, many famous educators have expounded a great deal on "music science", which is the source of the development of modern music science thought and the foundation of the teaching thought of "happy physical education". In recent years, one of the themes of modern education is how to make students' personality develop harmoniously and freely, which also directly affects the idea and practice of "happy sports".

3. Analysis on the application of Happy Physical education in college Physical education teaching

The most essential motivation for human beings to engage in sports is to pursue the infinite pleasure contained in sports, just like the "melody" in music and the "rhythm" in dance. It is particularly important to grasp the "charm" of sports tightly if the teacher's language can stimulate students' desire for knowledge and have the impulse to try. Spare land and equipment are the prelude of physical education classroom teaching and the premise of a good physical education class. Being easily disturbed is the main factor affecting the order and effect of classroom teaching in the psychological characteristics of pupils. This requires physical education teachers to firmly grasp the psychological characteristics of students, make full use of the site and equipment, and make full use of the law of inadvertent attention. Draw the student's attention to the need and interest in participating in the exercise. Happiness is the experience of pleasant emotions, and the establishment of pleasant emotions is based on the need and interest of students.

In general, the top sports students show strong interest and great investment in the early learning of textbooks, but they will get tired of it soon after they master the technical movements. It is particularly important to choose the challenging textbooks suitable for them according to different treatment. For example, the basic skills of basketball are arranged in a "three-person" basketball game, so that they can meet the requirements of happiness for everyone. The novel, practical and challenging textbook is the main note in the music. Teachers and students are two roles in classroom teaching. In physical education classroom teaching, the psychological and behavioral changes of both teachers and students will have an impact on each other's psychological and behavioral changes. This phenomenon is known as the "interaction" phenomenon in psychological and sociological theories, in which the change of teachers is particularly important. The role of teachers in classroom teaching has two sides

4. The advantages of implementing happy sports in college physical education

Happy physical education emphasizes that in the process of physical education teaching, we should pay attention to meet the students' motivation needs, and bring good psychological and emotional impact on students. It pays special attention to the unique fun experience of different sports, and emphasizes that students should engage in sports learning and exercise happily and independently, so as to experience all kinds of fun in sports.

Happy physical education acknowledges the individual differences of students and establishes the independent self-esteem of each student in physical education teaching. Happy Sports believes that physical education is a process involving cognition, emotion and other aspects of interpersonal communication. The teacher-student relationship plays an important intermediary role in this process. Happy Sports emphasizes the establishment of mutual respect, mutual trust between teachers and students. Students are the main body of learning. We respect students' choice, emphasize the communication between students and students, and form a learning atmosphere for students to help and encourage each other in the whole learning process, so that students can experience the satisfaction and warmth of harmonious interpersonal relationship in the collective.

5. The significance of implementing Happy Physical education in college Physical education

Happy sports takes stimulating students' autonomy and initiative in sports as one of its goals, which is conducive to correcting the tendency of overemphasizing physical fitness. On the other hand, the process of implementing happy sports itself is also the process of promoting the harmonious development of students' personality.

To some extent, it hinders the students' initiative. Happy sports emphasizes on stimulating students' initiative, transforming students' passive learning into active learning, and giving play to the leading role of teachers under the premise that students are the subject of teaching, which is of great significance for solving the problem of who is the subject in physical education teaching.

Happy sports emphasizes on letting students experience the happiness of sports through sports, and cultivating students' interests and habits. It is bound to consider the different needs of different students, and select a variety of sports teaching content accordingly, so as to promote the change of sports teaching content from unity and regulation to flexibility and diversity. The significance of happy sports makes the teaching method based on teaching and teaching switch to teaching and learning. It is not only necessary to study the teaching method of teachers, but also to explore the learning method and practice method of students, so that students can really take the initiative to participate in sports and experience the happiness brought by sports.

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