Supervise and Train Female College Students' Interest in Physical Education

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Abstract: Through literature review, found that female college students generally do not love sports, not interested in physical education, understanding of the importance of physical education is insufficient; this paper analyzed through theoretical analysis of the main factors of influencing female college students' interest in sports, found the existing problems and corresponding suggestions are put forward.

Preface

College physical education is one of the college students, a sophomore courses, graduate students in Colleges and universities, "national students health standard" test scores of less than 50 minutes (not standard) were educated by graduation or treatment. It can be seen that college physical education is an important part of quality education for college students, and because of the physical and psychological condition of female college students. It is mainly manifested in the physical and psychological factors. In physiology, changes in the endocrine system, the gonads began to grow, the excitatory accompanied by sexual maturity, emotional instability, interest hobby is being formed, constantly changing; in the psychological aspect, female students mood is more intense, active, against projects are susceptible to emotional disturbance. At the same time, because the woman is more careful, easy to concentrate, so in the high accuracy of the project, but also has the advantage. So in the physical education such as emotional introversion, lazy, the fatigue tolerance of poor, fear dirty and enthusiasm of the sun, timid, exercise is not high.

In view of the above characteristics and through the teaching practice, I think college public physical education content to try to arrange a little stimulation, moderate difficulty, the amount of exercise, exercise frequency for self regulating project and focus on comprehensive exercise, the use of various, changeable, multi-level method in teaching organization, the inspiration, encouragement, step by step the teaching method, arouse the enthusiasm of students learning, creativity, improve their interest in physical education.

An Analysis of the Factors affecting the Students' Interest in Physical Education

Physical and Psychological Factors

Because of the significant change of the physiological structure of the female students, the corresponding psychological characteristics change. Due to the lack of proper knowledge of physiology, physical exercise has a fear of the menstrual period, many girls think after menopause exercise is safe, physical education will often have students truancy phenomenon or probation.

Subjective Factors

Due to the influence of traditional female aesthetic point of view, a lot of girls as sports activities have lost much more, can not reflect the Chinese traditional women should be "gentle fine beautiful, quiet beauty, but will lead to women's men, neither fish nor fowl, big injury elegance. The reason is that there is no correct understanding of sports. This is the secondary education of heavy wisdom light body, one-sided pursuit of enrollment rate is also related.

Objective Factors

In physical education, there are many factors which are not conducive to improving the enthusiasm of girls. First, because now most of the students are the only children, girls are the
Darling family, is a family of key protection, lack of hard training, and physical education in most of the outdoors, exposed to the weather, some girls are afraid of tanning face, dirty clothes, messed up the hair, afraid of tired, rather than sports class. Secondly, part of the sports competitive, physical requirements are high, not suitable for the physiological characteristics of the girls, is not conducive to female students to participate in the inhibition of the participation of girls in sports activities of interest and enthusiasm [1].

**Improve the Female Students Sports Learning Interest**

**Combining with the Physiological Characteristics of Students, Enriching the Content of Learning, Cultivating Cultural Literacy**

Female college students have physiological characteristics and its own characteristics, in the sports teaching process, must according to the physiological features and characteristics of them, the reasonable arrangement of the curriculum, teaching content and teaching methods of teaching elements, so as to maximize their interest in sports, mobilize their enthusiasm to participate in physical exercise training. They consciously participate in physical exercise habits and awareness. So the teaching content is novel, directly affect the students' interest in learning, athletics, why not so popular with the students? Boring practice is one of the reasons, more important is from primary school to middle school has the track and field teaching content, forms of repetition, lack of novelty. Naturally lose their due charm. On the contrary, recently, aerobics, dance, gymnastics, taekwondo, hip-hop is because the games become fashionable for a time, novel, give a person with great temptation. We should break the old teaching routine and old ideas, reform the content and the method is not suitable for students ages, focus on research and innovation in teaching, teaching content, teaching methods of the new rich, lively and vivid, arouse the enthusiasm of students, improve students' enthusiasm and teaching effect.

**Adopt various teaching forms. Meet the psychological needs of students**

Because of the influence of the physical age and social experience, the psychological changes of college students have a significant change, which has a negative impact on their enthusiasm to participate in physical exercise activities, but also has a positive impact. Teachers in the teaching activities to overcome the negative impact of their psychological, and actively mobilize and mobilize their positive psychological factors, in order to continue to stimulate their interest in sports activities and hobbies. Therefore, teachers should offer ideas in the teaching process, develop their ability and wisdom. Teachers in the development of teaching syllabus, should try to choose suitable for female students to carry out the content, such as rhythmic gymnastics, dance, aerobics, etc.. In each class as far as possible arrangements for female students like the project, combined with track and field or ball games, to improve their enthusiasm. In addition, we should adopt flexible teaching methods to create a good psychological atmosphere. When students make progress in their studies, they should be encouraged in a timely manner, so that they can get the joy of learning, experience the joy of success and satisfaction and gradually establish confidence. In the teaching of appropriate recognition and affirmation, to help them analyze the causes of failure, so that their mental state and speed of movement, strength, rhythm synchronization.

**Take Effective Teaching Measures to Overcome the Psychological Barrier of Students**

Female college students in physical education learning are afraid of love clean, dirty, shy, afraid of tired, timid, afraid of failure and so on, there is a hindrance to their dedication to all sorts of adverse psychological factors in the sports classroom learning. These negative factors have hindered their enthusiasm and initiative in the study of physical education. Students can choose those exercises according to the requirements of teaching outline to the teaching process, according to the actual situation of the students, if necessary, can reduce the difficulty, the arrangement of the content should be gradual from easy to difficult, and gradually increase the difficulty; in addition, but also consider the characteristics of Female College students love and love clean, site selection in
PE class to make a choice of a clean and beautiful environment to practice. In addition, in order to ensure the absolute safety of the venue equipment, in order to overcome their fear, in order to enhance their confidence in the completion of the exercise [2].

**According to the Physiological Characteristics of Female Students, Reasonable Arrangement of Exercise Load**

The so-called load is the value of the physical and mental stimulation and the stress of the students. Physiological load should not only pay attention to the load but also pay attention to recovery. Therefore in sports teachers must consider the physiological characteristics of female students in sports teaching and training, because they are due to circulatory and respiratory system function is poor, in the amount of exercise arrangements should be relatively small, the average heart rate of a class in 130-135 / min, the high heart rate should not exceed 170 times per min.. If the amount of exercise is large, we must increase the intermittent time, reduce the density, so that students will not produce excessive fatigue, but also help to master technology and enhance physical fitness. Practice shows that the reasonable arrangement of the amount of exercise is one of the important means to mobilize the enthusiasm of students to learn and exercise [3].

**Conclusion**

According to the characteristics of the physical and psychological development of female college students, teachers should adopt different teaching modes, stimulate their interest, give students more time and space, and let students really become the main body of the class. Let them find their favorite items in physical exercise learning, encourage students to participate in actively, to obtain knowledge through their needs, make it feel the spirit of the meeting to find the performance of self personality "flash point", to create a harmonious atmosphere of teaching and education environment.

**Reference**

