

## **The Application of motivational education in College Physical Teaching**

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*Abstract: With the continuous innovation and reform of college education, as a relatively innovative educational method, motivational education has been applied to many disciplines of college, and has achieved good results. In this paper, literature research and logical analysis are used to study the application of motivational education in college physical teaching. The study believes that the application of motivational education in college PE teaching can effectively mobilize the passion of college students, promote the effect of college PE teaching, and create a good sports learning atmosphere for college students, which is worth carrying out in physical teaching in colleges and universities. Therefore, this paper puts forward some suggestions on the application of motivational education in college physical teaching. It hopes to provide reference for college physical teaching in the future in order to mobilize the interest of college students in learning sports and improve the efficiency of college sports teaching, and provides teaching reference for more colleges and universities physical teaching teacher.*

*Keywords: motivational education, college sports, physical teaching*

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### **1. INTRODUCTION**

Teachers and students carry out teaching activities on the basis of mutual appreciation. This process is the motivational education. In the process of physical teaching, Physical education teachers must also learn from these experiences and combine the specific conditions of students with the objectives of teaching and adopt effective teaching methods. This can indeed bring students the guidance of the correct norms, and this not only can point the direction for the development of students, but also It also helps the teacher to make up for the lack of students in a timely manner, and help students correct in a timely manner. In addition, motivational education can give students enough confidence and courage to inspire them actively and initially participate in the teacher's physical teaching. Motivational education can provide a harmonious, pleasant and cheerful learning atmosphere, and fully stimulate their learning potential. Their learning ability, learning effectiveness, and rate allow students to fully grow in them. It can be seen that the use of incentive-based education in physical education

teaching in colleges and universities is a very effective and feasible method for improving the quality of physical education and interest in sports of students.

## **2. MOTIVATIONAL EDUCATION PROMOTES PHYSICAL TEACHING IN COLLEGES**

When teachers have class in the daily life, some casual ways may promote the enthusiasm of students. Compared with other disciplines, the way of physical teaching in colleges and universities needs to master better technical requirements, but it may affect the integrity of the teaching because of the incompleteness of the teaching or the teacher's lack of education experience in teaching. The movement cannot be completely absorbed, and the connotation of sports cannot be well understood. However, through the use of incentive-based teaching methods, students' enthusiasm for participating in sports activities can be effectively promoted. For example, teachers demonstrate themselves in teaching and explain each lesson in detail to the students. This will significantly improve students' learning efficiency and learning quality. In the process of physical teaching in colleges and universities, students are usually unable to know their mistakes in training in a timely manner, let alone correct them in time. Teachers instruct students in the process because they have a large number of students and cannot be targeted to each student. A student's teaching can only amend the obvious errors of the general students, which leads to the fact that the actual effect of teaching and training has been greatly affected. Therefore, in the process of physical teaching, teachers should use inspiring teaching methods to teach students, personally demonstrate standard actions, so that students can self-understanding and self-correction. And the use of motivational education can better understand the actual situation of the students, formulate a consistent teaching plan according to the actual situation in time, and better grasp the progress of teaching progress, and effectively express the teachers' concern and attention to the students. To promote the development of physical teaching in colleges and universities.

## **3. APPLICATION STRATEGY OF MOTIVATIONAL EDUCATION IN COLLEGE PHYSICAL TEACHING**

### **3.1 According to the Interest of College Students**

The enthusiasm of contemporary college students for physical teaching learning is generally not strong, which is also an important reason for the decline in the physical fitness of college students. Therefore, in the process of physical teaching in colleges and universities, we must fully encourage college students to make progress in sports learning, actively discover the advantages of students, and use this as a basis to better conduct motivational education. First of all, it is possible to train the college students' physical characteristics. Teachers should adopt different scientific and reasonable teaching methods to carry out physical teaching according to their different physical conditions and qualities. Although colleges and universities formulate physical teaching plans, they have formulated a rigorous, unified, and scientific teaching plan. However, teachers are able to teach students on the basis of general skills teaching and general

guidance, without violating the relevant teaching regulations of the school. Personalized teaching, and promote the enthusiasm of sports and sports quality of college students through the incentive teaching method.

### **3.2 According to the Specialty of College Students**

It can be divided according to the characteristics and characteristics of college students. The overall outline is two forms of content, and this will encourage college students to carry out an inductive education. The first is to compare the students' personal strengths, to understand what students have learned in the past, and to let them discover what they are good at. Teachers should guide students to find sports items they are more familiar with. Then we must evaluate the characteristics of college students to help them develop a sound, scientific and effective plan to effectively promote the training enthusiasm of college students and improve their learning ability. Only in this way can we maximize the strengths of college students. For example, for college students who like to play ball, teachers can organize basketball skills training or football teaching and other education in a planned manner to promote the development and development of college students' special skills to improve their physical fitness. Second, compare it with others and find out where the specialty is. In the comparison between college students, it is found that although the overall physical quality of contemporary college students is declining, according to relevant standards, college students are remarkable in terms of flexibility, physical strength, and speed. Faced with this situation, teachers should grasp the characteristics of college students in a timely manner, vigorously praise the students' special skills, and actively encourage college students to invest in sports training, so as to comprehensively promote the development of college students' overall quality. For example, for college students who run faster, teachers can correctly and scientifically guide college students to practice sprints or relay runs. During this process, students are encouraged to continue training and improve their physical fitness.

### **3.3 Using Comprehension Education Situation**

In college sports teaching, some college students may use some excuses, reasons, and reasons to evade sports training. Faced with this situation, teachers should not just criticize and criticize students as they did in the traditional teaching model. Instead, they should try to stand in the student's position and try to understand them. And through the perspective of students, they actively support, approve, and understand their viewpoints, and then help them to solve these problems so as to avoid conflict. In addition, teachers must be duty-bound to affect students with a sincere and hard-hearted heart, so that students feel they are painstaking, but also realize the importance of sports learning, resulting in understanding and further understanding of sports. Finally, teachers can promote the enthusiasm of college students for sports learning through some free and happy learning methods that can adapt to the status quo of undergraduates. They can also reasonably guide and urge them to carry out scientific physical exercises.

#### **4. APPLICATION STRATEGY OF MOTIVATIONAL EDUCATION IN COLLEGE PHYSICAL TEACHING**

##### **4.1 Give Students Encouragement in Time**

In the process of physical teaching in colleges and universities, teachers should observe carefully and be good at discovering student's progress, and give encouragement in time. For example: Students make progress while attending students' sports meeting. Teachers should praise them and encourage students to exercise. Of course, for students' small advances, for example, the actions that were performed before were not standardized, and they were actively corrected after being instructed by the teacher. The teacher should also encourage them so that the students may continue to improve in the future. On the contrary, if the teacher at this time carries out serious criticism and blames poor students' learning ability, it will seriously impede students' enthusiasm for learning. It is very likely that they will not actively participate in physical exercises afterward because they fear that the teacher will scold oneself again. . Therefore, when conducting physical teaching, we must encourage more students to help them progress slowly, and let students understand that these advances are beneficial to their physical health, and this is also a process of self-improvement.

##### **4.2 Using Diversified Teaching Methods and Methods**

In the process of teaching, teachers can change teaching methods appropriately. Perhaps some teaching methods can mobilize students' enthusiasm for learning. In colleges and universities, the teaching of physical teaching is not the same as other disciplines. It requires physical education teachers to have higher technology, but in actual physical teaching, teachers' teaching methods are not correct or teaching arrangements are not reasonable. The students did not master these technical movements taught by physical education teachers. Students did not understand what the real purpose of physical teaching was. At this time, the teacher can change the teaching method. You can try to introduce incentive teaching methods into physical teaching so as to encourage students to actively participate in physical exercise and enjoy the happiness brought by physical exercise.

##### **4.3 Demonstration for Students**

In physical teaching, when teaching students some sports movements, teachers should not just give verbal descriptions. Through their own demonstrations, students should understand the essentials of each sports action. Students should be allowed to follow their own actions. It is easy to understand the essentials of each action, the actions to be performed will be more standardized, and the efficiency of learning will be greatly improved. In addition, in the process of physical teaching in colleges and universities, students generally cannot immediately find the wrong places in their exercises, so it is even more impossible to correct them immediately. The university's physical education teachers have many students to take every lesson. It is impossible to take into account every student, but only in conjunction with the actual practice of students, to explain the action group with a relatively high error rate, which is the main reason for poor student sports practice. Therefore, in the process of physical teaching, the teacher must use incentive teaching methods to educate students, demonstrate every action for

the students, let the students observe the teacher's actions to find out where they are not correct, and correct them in time. At the same time, motivational education can help teachers understand each student's learning situation as much as possible, formulate corresponding teaching methods, better control the teaching process, show the teacher's care and encouragement to students, and help students to better Conducting sport exercises.

#### **4.4 Let Students Feel Their Own Progress**

In the daily practice of physical teaching in colleges and universities, teachers should pay attention to letting students feel their own progress. This is very effective for helping students improve their sports performance, and it is also one of the important points in encouraging education. First of all, in every physical teaching, teachers need to guide students to understand their own strengths and weaknesses, learn from their strengths and weaknesses, avoid weaknesses, and give full play to their advantages. Secondly, teachers should allow students to see their own progress in sports. Regardless of the progress or smallness of the progress, even if it is just a bit of progress, teachers need to actively encourage students to help them be able to play more in future sports. Action force. For example, teachers can use some quantitative forms, such as judging students' scores, adding additional comment fields to each student, and motivating them for different situations. Or show the college students in the school games or some other sports events with intuitive data to show them, so that they feel their overall progress, so as to create a positive learning atmosphere.

### **5. CONCLUSION**

At this stage, many college students are less interested in sports learning, resulting in a generally lower physical quality of college students. The effective integration of motivational education can effectively stimulate college students' sports awareness, sports interest and sports ability. Therefore, colleges and universities must pay attention to the use of motivational education in physical teaching to encourage more students to participate in sports learning. . In order to truly use motivational education in physical teaching in colleges and universities, it is necessary to adopt scientific teaching methods, set reasonable teaching goals, correctly guide college students to face sports learning, reasonably inspire college students to perform physical exercises, and improve teachers. The initiative, inclusiveness, and innovation can enable students to view sports training and learning objectively, exercise their own physical conditions, and try to enjoy the pleasure that physical exercise brings to them.

### **ACKNOWLEDGEMENTS**

The completion of the thesis is never the work of myself; rather there are many people whose contributions need to be acknowledged.

In the first place, I would like to express my immense gratitude to my supervisor, associate professor xxx, from whom I have received valuable instructions, illuminating insights and innovative suggestions. Without his kindness and encouragement, my thesis would have been impossible.

I am greatly grateful to Professor xxx, for their sincere advice and great patience in the proposal and reading the thesis draft. Also, I owe my heartfelt gratitude to all the teachers who have instructed me during my academic pursuit in HUST for the past six years.

Last but not the least, I would like to thank my parents. Their consistent financial and emotional support has been effective impetus in the course of my thesis composing!

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