

Strategies for Fostering Independent Exercise among non-sports Majors in Colleges and Universities

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Abstract: *In the regular physical education classroom teaching, physical education teachers must follow the principles of physical education and must take into account a variety of factors that affect college students' ability to perform independent exercise. By using the literature method and logical analysis method to analyze and discuss the cultivation of college students' independent exercise ability, the cultivation of college students' independent exercise ability is expressed from various aspects in order to enhance the consciousness and initiative of college students' independent exercise. It is also necessary to improve the relevance of independent exercise for college students and further stimulate the awareness of independent exercise among college students. This has an important role in cultivating the awareness of lifelong sports among college students, so that college students have a more in-depth understanding of independent exercise.*

Keywords: colleges and universities; non-sports majors; college students; independent exercise.

1. INTRODUCTION

Autonomous exercise ability is the ability to complete training tasks and physical exercise without the help of a teacher. It is a comprehensive measure of the understanding, purpose, content and problem-solving methods of independent exercise, reflecting the independent learning ability of students[1]. In recent years, a trend called "independent exercise" or "self-reliance exercise" has gradually emerged in school sports internationally, with the aim of cultivating students' interest and hobby in exercising consciously and gradually developing the habit of doing physical exercise independently. Nowadays, the pressure of competition is intensifying, especially in secondary schools where there are fewer physical education classes and the pressure from entrance exams, so students in their formative years do not have much time and energy to do physical education. Both the personal knowledge and skills of sports and the cultivation of physical exercise are unfavorable. Through the analysis of the current situation of college students' independent physical exercise, we put forward relative strategies, hoping that college students out of campus can develop the habit of independent exercise, have a correct exercise habit and a healthy lifestyle to face the future competitive pressure, and at the same time develop good psychological quality through independent exercise to become a physically and mentally healthy high-quality personnel.

2. THE PRINCIPLE OF DEVELOPING THE ABILITY TO EXERCISE INDEPENDENTLY

2.1 Principle of self-motivation

The participation of college students in physical exercise does not only rely on the teaching of physical education teachers in physical education classes, but also requires college students to participate in it consciously and actively. Only in this way, the initiative of college students to consciously participate in physical exercise will be improved to a certain extent, and the enthusiasm of college students to participate in physical activities will be stimulated, so that college students can carry out independent exercise. The active participation of college students in physical exercise can not only improve the self-learning ability of college students, but also produce a virtuous circle for college students to carry out physical exercise activities, and promote the better development of college students.

The principle of self-awareness and initiative can maximize the cultivation and play of college students' self-awareness, initiative and enthusiasm in physical exercise. The independent exercise of college students is based on their own needs for physical exercise, and according to the interest and hobby of college students for a certain physical activity, they consciously and actively carry out physical activity. In the process of physical education in colleges and universities, it is necessary to carry out "me-oriented" independent exercise activities for college students, so that they can participate in the process of physical activities through self-learning, self-practice and independent ways. By adopting these methods, college students can choose their favorite sports, develop their own exercise methods, carry out physical exercise scientifically and reasonably, and improve the consciousness and initiative of college students to participate in physical exercise.

2.2 Principle of teaching according to the material

In the process of physical education in colleges and universities, physical education teachers need to understand the physical and

mental development characteristics and rules of college students in advance in order to present better teaching effects. Physical education teachers need to reasonably arrange the contents of physical education classes for college students according to the types of physical activities they like, so as to avoid the situation that college students do not like to take physical education classes.

By participating in independent exercise, students can not only choose the sports they like, but also choose the sports they are good at, so that they can find the right sports activities for them. The independent exercise is more relevant for college students, and it also enables physical education teachers to differentiate college students in physical education classes and stimulate their potential in physical education. By doing independent exercise, college students can find their own interests in sports, so that teachers can better tailor their teaching to students' needs. For example, some students are good at playing basketball, while others have a good sense of rhythm and rhythm in aerobics. In this case, physical education teachers can cultivate physical education for college students according to their individual characteristics. Physical education teachers should fully explore the personal characteristics of college students in the classroom, so that they can better teach physical education and can also better cultivate the good habit of college students to exercise independently.

2.3 Lifelong Sports Principles

If a person can't form a sense of self-exercise in college, and can't make it a habit to participate in sports. Then when he enters the society, the probability is that he will not do physical exercise regularly and will not become a person who does physical exercise uninterruptedly for a long time. Since college students are more mature and can make reasonable plans for their future, they can correctly recognize the importance of independent exercise, so independent exercise is also an essential part of the future development of college students. By participating in independent exercise, college students can not only enhance their awareness of participating in independent exercise and improve their physical and mental development, but also enable them to develop good habits of lifelong sports.

In the process of physical education physical education in colleges and universities, the task of physical education teachers is not only to impart physical education knowledge and skills, but also to enhance college students' sports awareness. For college students, the ability to form good independent exercise can cultivate good independent exercise habits of college students, and also improve the number of times they consciously and actively do independent exercise. Even if they enter the society, college students can make use of the ability and habit of independent exercise that they have developed during their college years. In the case of stressful work or life, they can relieve their psychological pressure and burden by playing their favorite sports, so that they can maintain a good mood to face all kinds of difficulties. Therefore, it is very important for college students to develop the ability of independent exercise, both for their physical and mental health, and for their future development.

3. FACTORS AFFECTING COLLEGE STUDENTS' INDEPENDENT EXERCISE

3.1 Social environment factors

The social environment has a great influence on the formation of good habits of independent exercise among college students. For college students, from elementary school to university, because the whole society focuses on students' cultural achievement, thus neglecting their physical exercise, resulting in the decline of college students' physical fitness and lower resistance. With the rapid development of society, people begin to pay more and more attention to physical exercise. For example, there are more and more old people and young people in the park who do exercise every day by running or using sports equipment. For the entire social exercise environment, these people play a very good role in demonstrating physical exercise.

Under the influence of the social environment, more and more college students will take the initiative to do physical activity and can develop the awareness of independent exercise. Compared to before, there are more and more ways to participate in physical exercise. For example, the emergence of various new sports such as surfing, skiing and rock climbing gyms, as well as gyms everywhere on the street, have made the whole society more and more exercise atmosphere. The change in social environment has increased the number of sports options available to people, and then the probability of them doing physical exercise will also increase. For example, some people love adventure, so they will choose sports such as rock climbing and bungee jumping, while others just want to have a good body, so they will choose sports such as swimming and running.

3.2 Family atmosphere factors

In the previous education and teaching process, parents focused more on their children's cultural achievements than on their children's physical activities, which led to many children refusing to participate in physical activities, resulting in a decline in their physical fitness. Family members doing exercise together can enhance communication between them and can communicate positively, thus making the family atmosphere more harmonious and friendly. If the parents of college students like to do sports activities, then the parents can, to a certain extent, drive the college students to do sports activities. This will not only get a healthy body, but also provide more opportunities for parents and college students to get along with each other and increase their degree of understanding of each other.

When parents and college students learn new exercise movements, the parents' learning ability and memory are relatively poor compared to college students. Therefore, in the process of their exercise together, college students can teach parents new movements, improve college students' ability to express the movements, and also consolidate college students' mastery of the new movements. In the process of teaching, college students' physical education knowledge is consolidated, so that they can enjoy physical activities and develop the awareness of independent exercise.

3.3 Schooling factors

In the previous school education, students were more academic oriented and they seldom participated in physical activities. Due to the heavy burden of school work in primary and secondary schools, students have little time for extracurricular activities and they do not develop a good sense of independent exercise. But college students have more free time and can use these free time to do what they like, such as actively doing physical exercise and cultivating the hobby of sports are good choices.

With the continuous reform of national policies, physical education is no longer neglected by everyone. Especially at the university level, college students have more options for physical education classes, and they can come to learn the sports they like. For example, some college students like to play basketball, some like traditional martial arts, and some like to do aerobics. This is more relevant to the physical and mental development of college students, so that they can experience the fun of sports activities and develop good habits of physical exercise. School sports lay a good foundation for college students to participate in sports activities in the future, and college students can make sports a part of their life, so that they can have better physical fitness.

3.4 Personal factors

With the continuous improvement of material life in modern society, the awareness of college students to participate in physical exercise is declining instead. The number of students who take the initiative to participate in physical exercise is usually very small, and most of them just passively accept or cope with the exercise for the sake of passing the examination of physical education class and health and physical fitness test, and the exercise effect is poor[2]. As well as sleeping in the dark without classes and irregular work and rest, which leads to the decline of physical fitness and low interest in participating in physical exercise. In addition, the increasingly better living conditions also affect the physical exercise of college students: modern transportation reduces their necessary walking; delicious delicacies make them take in too much nutrition; the popularity and excessive use of computers take up their time for physical exercise and normal sleep, etc. All these have seriously affected the initiative of college students to do exercise.

4. STRATEGIES FOR CULTIVATING INDEPENDENT EXERCISE ABILITY OF COLLEGE STUDENTS

4.1 Enhancement of social sports activities

Establishing an exchange platform between university sports and social sports is conducive to students' exposure to and understanding of social sports. Actively guiding and encouraging students to participate in social sports practice activities can not only promote the improvement of students' own sports quality system, but also effectively maintain their own learning behavior and the needs of social development, so as to lay a solid foundation for students' future participation in social sports activities. By participating in social sports activities, students are able to give full play to their motivation, make their qualities and abilities manifest, and develop their personalities effectively. In the process of participating in social sports activities, students can promote the development of mass sports through their own influence, increase the enthusiasm of students to participate in social sports, and cultivate their lifelong sports awareness.

4.2 Build a good family exercise atmosphere

The family is the earliest and most important place for children to receive physical activity during the hazy period of physical awareness, and the unique advantages of early, basic and continuous in family physical education have an irreplaceable role in the germination and formation of children's physical awareness, and even change children's physical behavior habits throughout their lives[3]. Therefore, the construction of a good atmosphere for family physical activity in the family is a crucial first step. Parents can motivate their children to engage in physical activity by drawing up exercise plans and creating incentives. In this process, parents need to do a good role model demonstration role to get their children involved together, especially when the children are tired or want to give up, parents need to give their children some encouragement and praise so that they can persevere. Over time, it will develop the habit of active exercise, so as to achieve a better exercise effect.

4.3 Implementing healthy physical fitness development standards

Physical education teachers should not make the class monotonous and boring by teaching in the same way, but should reform the teaching content and strive for variable teaching content and methods. They can organize more competitions and games to increase the interest of the classroom, enrich the classroom teaching content, and let students get physical exercise in a relaxed

and happy atmosphere. The sports game is a very stimulating students' interest, so that the initiative to participate in the exercise program, physical education teachers can teach a little related content through the game way to exercise, students will not feel boring, not to mention lazy or not actively involved. For example, in order to develop students' ability to run fast can be through the net fish, short distance relay running, chase running, round trip running and other speed games for teaching and training, rather than a single run of specialized exercises or related jumping and strength exercises. This way of teaching will not only not arouse students' resentment, but also stimulate their greater interest and unconsciously participate in the physical exercise, and finally achieve the ideal exercise effect.

4.4 Ways to enhance student participation in independent exercise

Students are involved in physical activity through the establishment of sports clubs. First of all, sports clubs are built on the basis of physical exercise and competition, so that students can self-manage, physical education teachers know, and students participate in physical exercise and competition with a purpose. In this way, it invariably increases the time and frequency of students' exercise, which is conducive to the formation of students' exercise habits. Secondly, sports clubs have a set of invisible cohesive force, which can connect many participants with the same interests and similar interests, and carry out various competitions, fitness, recreation and other activities that are beneficial to students' physical and mental health, so that participants can experience the fun of sports in sports activities, thus stimulating students' interest in sports, effectively mobilizing students to take the initiative to participate in sports activities, and can achieve the goal of improving students' physical It can achieve the ideal effect of improving students' physical exercise and play the role of leading the students with a point. Therefore, colleges and universities can give full play to the role of relevant physical education teachers, try to form various forms of sports clubs, with relevant physical education teachers as the leaders, and use their spare time to carry out relevant activities and competitions in an organized and planned manner, so that physical exercise and competitions can form a normalization and scale.

5. CONCLUSION

Autonomous exercise ability is not formed overnight, but is an autonomous consciousness formed through long-term persistence. The formation of independent exercise ability should not only follow the principles of consciousness and initiative, teaching according to ability and lifelong sports, but also need to consider the factors of society, family and school, so as to lay a good foundation for college students to carry out independent exercise. In the process of physical education in colleges and universities, physical education teachers need to constantly reinforce the benefits of independent exercise to college students, so that they can establish the awareness of independent exercise and lay a solid foundation for the formation of independent exercise ability of college students.

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