

Research on Strategies of Improving Students' Learning Motivation in College Physical Teaching

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ABSTRACT. College physical teaching is of great significance to the healthy growth of students. In physical teaching, students' strong learning motivation has a great influence on teaching efficiency and quality. Colleges should fully consider the law of physical and mental development and learning needs of contemporary college students, and adopt various effective strategies to improve students' learning motivation in physical teaching. This paper first briefly discusses the basic knowledge of learning motivation, then puts forward the key points of improving students' learning motivation in college physical teaching, and then puts forward the basic strategies of improving students' learning motivation in college physical teaching combined with physical teaching practice.

KEYWORDS: College physical, Physical teaching, Learning motivation, Autonomous learning

1. Brief introduction of learning motivation

Learning motivation is an internal activation mechanism that motivates individuals to carry out learning activities, maintain learning activities that occur, and make individuals work towards certain learning goals. Physical education has the characteristics of practicality, comprehensiveness, creativity, etc., and follows the principles of teaching according to the aptitude and step by step. Physical education emphasizes students' learning motivation. For students, strong learning motivation can make their learning activities more directional, have more willpower in the face of learning difficulties, and can independently explore more knowledge[1]. For teachers, students' strong learning motivation can stimulate their teaching enthusiasm for exams and motivate them to keep learning new knowledge and teaching skills.

2. Main Points of Improving students' Learning Motivation in College Physical Teaching

It is necessary to pay attention to the following two points to improve students' learning motivation in college physical teaching.

First, students' learning needs. Learning needs are a psychological state in which students feel that some knowledge or skills are lacking in learning activities and want to be satisfied[2]. In physical education, students' learning needs are mainly manifested as students' desires or intentions.

Second, students' learning expectations. Learning expectation is a subjective estimate of the students' goals for learning activities. There is a close relationship between learning expectations and learning goals. Generally, learning expectations reflect the learning goals in the students' minds. In physical teaching, students' learning expectations will be affected by four factors: the previous success or failure experience; the success or failure experience of others; the persuasion of the physical education teacher or classmate; emotional response.

3. The Basic Strategies of Improving students' Learning Motivation in College Physical Education

The author believes that in college physical teaching, students' learning motivation can be improved through the following ways.

3.1 Constructing Characteristic Curriculum of Physical Education

Sports has been developing with the development of human being since the birth of human being. It contains a wide range of knowledge. The knowledge described in sports textbooks is only a small part. College students

have a wide range of interests and hobbies, and sports learning needs are complex and diverse. In order to improve students' learning motivation, it is necessary for colleges to set up special sports courses to attract students' attention through novel sports courses and improve their learning motivation[3]. For example, colleges can offer golf, fencing, diving, equestrian, baseball, skiing, etc. These sports greatly enrich students' existing physical education courses, so that every student can find their favorite physical sports.

3.2 Innovative Physical Teaching Methods

In teaching practice, physical teachers can choose the game method, competition method, appreciation method, contrast method, evaluation method, multimedia method, network method, etc.[4] It should be emphasized that physical teachers should pay attention to teaching students in accordance with their aptitude when choosing any teaching method. In addition, physical education teachers should take students' personal development needs and social development needs as the guidance when choosing teaching methods, and promote students' personal development and social development as the guidance. The chosen teaching method should pay attention to the development and sociality, and take cultivating the core talents as the goal.

3.3 Strengthen the Construction of Campus Sports Culture

Colleges should strengthen the construction of campus sports culture with rich and colorful extracurricular sports activities as the main carrier. There are the following points in organizing extracurricular sports activities: first of all, teachers should organize extracurricular sports activities that students are interested in on the basis of full investigation and understanding of students' sports interests; second, extracurricular sports activities should be competitive and interesting, and extracurricular activities should be the platform for students to "feel the beauty of sports and enjoy sports happiness"[5].

3.4 Strengthen the Construction of Physical Education Teachers

Colleges should strengthen the cultivation of physical teachers' professional quality and bring it into the physical teachers' assessment system. As a physical teacher, it is necessary to enhance the interaction with other physical teachers (including physical education teachers in other schools), school leaders and students in daily teaching[6]. Among them, physical teachers should pay special attention to the interaction with students. Physical teachers should organize more interactive activities between teachers and students, listen to students' opinions and suggestions on their own teaching work, strengthen self reflection, and correct their own shortcomings in time. Good interaction between teachers and students can create a good relationship between teachers and students, and significantly improve the students' learning motivation.

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