

# Investigation and Research on Students' Motivation of Elective Courses in Public Physical Education

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## Abstract

**This paper uses the methods of literature, observation, questionnaire survey, data statistics and other research methods to investigate the students' basic situation, learning attitude, elective sports, elective sports motivation. We take Zunyi Normal University as an example, it concludes that the number of courses can not meet the students' choice in online class selection, which leads to the school's attitude to physical education in order to study The propaganda work of the optional course of physical education needs to be strengthened. The internal motivation and external motivation of students' elective physical education class work together, and the corresponding suggestions are put forward according to the conclusion.**

## Keywords

**Data statistics; Public physical education; Motivation investigation.**

## 1. Introduction

Our party's educational policy is: we should adhere to education serving the socialist modernization, serving the people and combining production and social practice to cultivate socialist builders and successors with comprehensive development of morality, wisdom, physical and good work. Physical education curriculum is an important way to promote the healthy growth of college students and cultivate high-quality talents [1]. Public physical education courses are selected through online course selection, the number of each course is limited, and the number of courses is not determined by the number of students interested. College students should correct their learning motivation, not have low-level motivation, and make correct choices from their own emotions, emotions, interests and attitudes in choosing public sports option classes. This is of great significance to students' lifelong physical education study [2]. This paper investigates 53 non physical education students in Zunyi Normal University.

## 2. Research Objects and Methods

### 2.1. Research Objects

This paper takes 53 Students of Zunyi Normal University from 2016 to 2019 who choose public sports as the research object.

### 2.2. Research Methods

#### 2.2.1. Literature Study

According to the purpose of this paper, through the literature of CNKI research platform, Wanfang Data knowledge service platform and the library of Zunyi Normal University, we borrowed the books about college students' Physical Education for retrieval, reading, accumulation, and finally sorting, analysis and writing.

### 2.2.2. Observation Method

Observation on the teaching situation and students' learning attitude of Public Physical Education in spare time.

### 2.2.3. Questionnaire Survey

The questionnaire is designed according to the needs of the paper. The designed questionnaire is an electronic questionnaire made by consulting the relevant literature and questionnaire about the motivation of college students to choose sports elective courses [3]. The questionnaire is aimed at the students of public sports in Zunyi Normal University. 53 questionnaires were actually issued, 49 were recovered, the recovery rate was 92.5%, 49 valid questionnaires, and the effective rate was 91.8%.

### 2.2.4. Data Statistics

## 3. Research Results and Analysis

### 3.1. Investigation and Analysis of the Basic Situation of Curriculum

Zunyi Normal University now offers sports courses such as table tennis, badminton, tennis, basketball, volleyball, aerobics, yoga, Pilates, martial arts, gymnastics, etc. The result, see Table 1.

**Table 1.** Statistics of college students' satisfaction with physical education (N=49)

	Number of people		Percentage (%)	
	Yes	No	Yes	No
Content of courses	35	8	71.43	16.33
Teacher	24	11	48.98	22.45
School places, equipment and facilities	32	11	65.31	22.45
Class time	22	14	44.9	28.57
Course assessment method	27	8	55.1	16.33
Students in class	15	7	30.61	14.29
Others	9	23	18.37	46.94

College students have a positive understanding and a good attitude to the opening of sports elective courses. Only when they have a positive understanding and a good attitude can they actively take part in the sports class, so as to improve the physical quality of students and better implement the sports elective courses [4].

### 3.2. College Students' Choice of Physical Education Courses

**Table 2** Statistics of students' choice of physical education items (N=49)

	Badminton	Table tennis	Tennis	Aerobics	Yoga	Volleyball	Basketball	Martial arts	Dance	Pilates	Others
Number of people	2	4	1	3	1	4	7	15	1	2	9
Percentage (%)	4.08	8.16	2.04	6.12	2.04	8.16	14.29	30.61	2.04	4.08	18.37

According to the data in Table 2, when students choose sports elective courses, the number of students who choose ball games is relatively small, for example, the number of students who choose badminton and tennis is only 3, accounting for only 6.12% of the total number of the

survey; while the number of students who choose sports with high physical fitness requirements such as flexibility and coordination is more, such as the number of students who choose Wushu and basketball is 22, accounting for 44.9% of the total number.

### 3.3. Analysis of the Motivation of Choose PE Elective Courses

The definition of related concepts: motivation mainly refers to the psychological process of stimulating people's behavior, which can be divided into internal motivation and external motivation. The internal motivation of this paper is mainly from their own interests, to obtain a skill, their own advantages, improve themselves and social aspects. The external motivation is mainly from employment, friends and classmates, honor, credits and facilities [5].

#### 3.3.1. Analysis of the Internal Motivation of Taking Elective PE Courses

As seen in Table 3, the internal motivation of college students to choose physical education courses is obtained. 34 people were interested in themselves, accounting for 69.39%; 32 people were "learning skills", accounting for 65.31%; 28 people were self advantage, accounting for 57.14%; 37 people were improving themselves, accounting for 77.55%; 36 people were socializing, accounting for 73.47%. The result is that the proportion of basic compliance and complete compliance is more than 50%. This shows that. Most students are more inclined to improve themselves and know more friends, and have a correct positioning of their own needs.

**Table 3.** Statistics of internal motivation of students taking PE option courses (N=49)

		Interest	Learning skills	Their own advantages	Improving themselves	Social
Exactly	Number of People	9	7	2	13	9
	Percentage	18.37	14.29	4.08	26.53	18.37
Basically	Number of People	25	25	26	25	27
	Percentage	51.02	51.02	53.06	51.02	55.10
Uncertain	Number of People	3	9	8	6	4
	Percentage	6.12	18.37	16.33	12.24	8.16
Partial compliance	Number of People	11	8	12	3	7
	Percentage	22.45	16.33	24.49	6.12	14.29
Not at all	Number of People	1	0	1	2	2
	Percentage	2.04	0	2.04	4.08	4.08

#### 3.3.2. Analysis of the External Motivation of Taking PE Elective Courses

As seen in Table 4, we can see the external motivation of College Students' elective physical education. We can see that there are 14 students "for better employment", accounting for 26.57%; 22 students "influenced by classmates and friends", accounting for 44.90%; 31 students "hope to achieve excellent results in physical education", accounting for 63.27%; 25 students "easy to pass the examination and get credits", accounting for 51.02%; 33 students "field equipment", Among them, there are more students who want to get good grades and are influenced by the sports facilities, which indicates that college students not only pay attention to the sports facilities of the course, but also pay attention to the examination of the course to get good grades. The lowest tendency of students is employment, because most of them are not sure whether they can help their employment in the future [6].

**Table 4.** Statistics of external motivation of students taking PE option courses (N=49)

		Employment	Classmates influence	For good grades	Credits	Venues and equipment
Exactly	Number of People	2	2	10	4	11
	Percentage	4.08	4.08	20.41	8.19	22.45
Basically	Number of People	12	20	21	21	22
	Percentage	22.49	40.82	42.86	42.86	44.9
Uncertain	Number of People	19	7	8	12	10
	Percentage	38.78	14.29	16.33	24.49	20.41
Partial compliance	Number of People	9	16	10	11	4
	Percentage	18.37	32.65	20.41	22.45	8.16
Not at all	Number of People	7	4	0	1	2
	Percentage	14.29	8.16	0	2.04	4.08

#### 4. Conclusion and Suggestion

On the whole, the students of Public Physical Education in Zunyi Normal University like sports elective course. The school's venues, equipment and sports facilities are relatively comprehensive, which can fully meet the needs of students for sports. But in the online course selection, the number of courses can not be set according to the interests of all students, resulting in some students have to choose courses they don't like in order to take credit. Finally, students don't pay attention in class, and only need to study two weeks before the final examination to pass, which can't achieve the real purpose of physical education.

Most of the students are satisfied with all aspects of PE elective course. The ultimate goal of setting up physical education curriculum is to exercise students' body and enhance their physique. However, some students' understanding of physical education is not comprehensive. This is because the propaganda work of the school has not been done in place, which needs to be further implemented in this regard.

Through the survey, most of the students like their elective physical education courses, and those who think they are not suitable for them are mainly lack of understanding of the course project itself and lack of self-confidence. Students' sports consciousness is not strong, lack of guidance and publicity and education. It is not only affected by internal motivation, but also by external motivation, such as facilities, excellent grades, credits, classmates and friends, employment and so on.

The school should improve the way of course selection; the evaluation system should be further adjusted and improved; the school should set the number of students according to their interests and hobbies. If there are more students taking the same course, they can carry out class teaching, so as to avoid some students losing interest in physical education because they choose the course they don't like. The number of students should start from the main body of students Only in this way can the principle of students' subjectivity be embodied.

We should arrange several sports theory courses, teach students basic knowledge of sports, guide students to correct their learning attitude and motivation, whether internal or external motivation, always persevere, in order to achieve the purpose of physical education.

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