

# Discussion on the Role of College PE Teaching Environment in the Physical Education Teaching

Runtao Zhang  
College of Arts and Sports  
Sichuan Agricultural University  
Ya'an, China

**Abstract:** The pros and cons of college PE teaching environment related to students' enthusiasm for physical exercise, campus cultural activities as well as classroom teaching effect. Build high-quality of PE teaching environment can promote the healthy development of college students, improve the problems faced during the actual teaching effectively and improve the level of college PE.

**Keywords:** College PE Teaching; Physical Education; Role

## 1. Introduction

Only the education acts meet the practical needs of social development and the characteristics of education group, can we achieve the ultimate goal of education, at the same time, college physical education should adapt to the college PE teaching environment. The changes of teaching environment will affect the changes of various uncertain factors during teaching more or less, so college physical education reform must start with the school's actual situation and ensure that the reform accord with the teaching regular.

## 2. The Concept and the Role of College PE Teaching Environment

Physical environment generally includes the places for sports activities, and other affects such as physical education factors, natural factors and social factors, physical education activities generally involve in physical environment and psychological environment. Sports teaching environment in the teaching environment plays an indispensable role, in a sense, it is the teaching environment is an important factor in the pivotal, it can effectively guarantee the normal development of physical education activities, and that a good physical education symbolizing the school environment complete hardware facilities, but also to some extent to the students a positive psychological suggestion. Strong student body, students develop good character and mental disposition of the body, are inseparable from the sports training and physical education. Physical activity physical education teaching environment is an indispensable factor for improving student health, improve their physical fitness and no doubt plays an important role.

College PE teaching depends on a sound and orderly physical education rules and management practices, in addition, good interpersonal, sound venues and facilities but also to improve an important factor in college physical education, in short, high-quality physical education activities without sound teaching environment in order to make the greatest efforts to improve teaching and learning environment of college sports<sup>[1]</sup>.

## 3. The College PE Teaching Environment on the Significance of Physical Education

College PE teaching activities cannot be carried out normally without the support of the teaching environment, physical education is inseparable from the normal operation of a variety of environmental factors, such as: the objective purpose of physical education, teaching content settings, information, media, science teaching methods, direct and effective means of teaching, good communication between teachers and students and so on. Teaching equipment is a key factor in physical education is an important part of the composition of the teaching environment, to a certain extent influence the smooth development of physical education, and a good educational facilities will give students a psychological satisfaction to the object of education intuitive and effective visual experience, different design stadium buildings, as well as the use of different colors, different groups of education will bring the psychological feelings and visual stimulation. Such as: Sports hierarchical design, both inside and outside different style of decoration, sports equipment placed in an orderly, clean, give people a sense of beauty, people feel refreshed, feel good; stadiums tall and magnificent appearance, will

giving a positive feeling and high-spirited sense of radical; teachers in the beginning of the class, fully familiar with the equipment placed stadiums, reasonable arrangements for activities carried out in places, good preparation work with the students to create a comfortable and clean school environment so from external factors, and actively mobilize the enthusiasm of students to participate in physical exercise, so that students keep a good attitude to learn sports, enhance the sensitivity of the information to improve the quality of teaching and ensure teaching effectiveness, to achieve the ultimate goal of physical education .

College PE teaching environment should fully respect individual differences of students, the so-called personality, namely the stability of long-standing intra-individual psychological factors combined, including hobbies, personal ability, personality traits and temperament, these personality play a decisive role those tententious factors, to some extent, determine the direction of development of personality. In physical education, to fully consider the individual personality differences, the maximum extent possible to meet the development needs of the individual. Such as; physical education should not be complacent, "outline" the requirements of teaching content, for those students who have expertise to fully exploit its potential, every lesson can be divided into sessions, individual training in groups, enrich teaching methods, arrangements for basketball people interested in playing basketball, for people interested in taekwondo kicks taekwondo, badminton playing badminton and other interested persons, but also on the basis of the practice setting clear teaching objectives, teaching content and teaching effectiveness is expected to reach. On this basis, it can enrich the way physical education, targeted student checks the completion of the task when the Church. Only by fully respecting individual differences of students to meet their individual needs, in order to achieve the best teaching results. The content of the training arrangements to fully consider the students' psychological and physiological characteristics, planned, purposeful arrangements for training programs, such as: For those who are relatively strong personality, explosive strength, agile, responsive student, you can arrange for them to be sprinting or jump training, and those who by nature gentle, responsive students can arrange for table tennis or badminton training<sup>[2]</sup>.

Good college PE teaching environment can maximize to stimulate students' initiative and creativity. In physical education, if teachers blame their students, so that students in a repressive environment, students are very prone to negative emotions, and even sports will be resistance, so that the student's passion will be greatly reduced physical education, mental capacity also will continue to decline, severe onto the other extreme, teaching meaningless. If the teachers give students more

encouragement, students receive a positive psychological suggestion and his heart will be filled with gratitude and confidence. Gifts of roses, hand a fragrance, many well-intentioned, encouraged students to make students confident, passionate, students' sports scores will be rose steadily, which is fed back to the teachers the greatest return. If semester grades for students' comprehensive critical analysis to identify everyone's advantage, as far as possible to avoid the disadvantages, will greatly boost the morale of students, improve self-confidence. Thus, students learn the passion, hobbies and interests, depends largely on the merits of the teaching environment. Physical Education is not simply mental or technical training, so teaching is more significant environmental impact. If not enthusiastic about teaching, students lack passion for learning to cope with the phenomenon will be common. In the teaching process, the author of this point emotionally. At first, I mainly take "scripted" approach to teach, the students' interest is not strong. Later, I learn from experience, to carry out a series of fun games and competitions, but also to local conditions, make full use of advantages of mountain climbing competition held teaching effect is remarkable. Currently the number of sports institutions and more students at their own expense widespread cultural phenomenon of large differences in quality, sports institutions to obtain long-term development, it is necessary to create a competitive and positive campus environment, multi hold various forms of competitions, give full play to the environment active role in enhancing student learning sports enthusiasm, while a considerable number of scholarships, cultural quality is not high, infrastructure is poor, sports knowledge about enough, so arrange teaching should give full consideration to these factors, the teaching objectives into concrete steps, gradually achieve teaching requirements, time to enable students to experience the sense of progress, in order to maintain an active interest in learning and teaching to ensure ongoing.

PE teaching environment can reach edifying teaching environment and the role of purification of the mind. In the actual teaching activities, those potential external or material, spiritual comprehensive teaching factors can affect students' intrinsic subtle psychological sublimation minds of students, thereby teaching in the silent conditions to achieve an inherent requirement. Often used in physical education temperament cultivate approach if an appropriate manner, can effectively implement the actual teaching objectives, even on school physical education goals will have a positive effect.<sup>[3]</sup>

#### **4. The College PE Teaching Environment on the Role of Physical Education**

Each student is independent existing individual, so the school should give full consideration to individual differences, and constantly improve the school's physical

education environment so that the content of education tend to be more diversified, fundamentally encourage students to actively participate in sports practice. To form a unique sports teaching environment, we need to start from the whole, to achieve optimal teaching environment, thus contributing to the healthy development of students.

#### **4.1. To Promote the Continuous Development of Athletic Ability of Students**

Sports teaching environment in a certain sense signifies the level of school sports and physical education have been carried out is an important factor. It is the student activities carried out in the range of factors that affect sports courses are, in a sense, means that students of sports development. Good physical education environment, improve sports facilities can best meet the needs of students' interest, so that students according to their interests extend exercise time, exercise intensity and improve the overall quality of students.

#### **4.2. To Mobilize the Students' Enthusiasm for Physical Exercise**

Students consider more when performing physical exercise is interested in factors other than health factors, environmental factors which determines the students to participate in physical exercise is an important incentive. Physical education environment is poor, will reduce the enthusiasm of students, so that students always in a passive position, to make the teaching ineffective. Physical education environment is good, equipped with advanced sports equipment, site facilities, stadium design scientific appearance, will greatly attracted the enthusiasm of students to meet the student's desire for material gain, to promote physical education activities carried out smoothly. In addition to objective external conditions, teachers have to do your homework, familiar with the use and placement of the equipment, so that the curriculum is reasonable, effective, thereby maximizing stimulate students' enthusiasm, to reach the ultimate goal of physical education and promote students' more.

#### **4.3. Be Conducive to Optimize the Campus Sports Culture**

Campus sports culture exists in the inside of school and is a specific significant cultural. The cultural subjectivity is a student, the main content is extracurricular sports and cultural activities and it embodies the spirit of the campus culture. Through the efforts of the school, can form a good sports teaching environment, students receive general approach to physical culture school sports activities undertaken, timely access to useful information, to maximize participation in physical exercise to stimulate students' enthusiasm, so that students Sports generate more interest, and fundamentally improve students' sports athletic ability.

## **5. The Influences on Physical Education Produced by College PE Teaching Environment**

The influence of PE teaching environment penetrates into all aspects of the teaching process, involving a broad. Good PE teaching environment can maximize to stimulate students' enthusiasm, so that students take the initiative to put into physical exercise, meanwhile, it is conducive to the campus culture construction and improves the efficiency of classroom learning sports. The overall development of students' comprehensive quality, good quality physical education, sport need good teaching environment as a support, while a good physical education teaching and learning environment can solve all aspects of contradictions. After a series of research found that physical education environment is not only the quality of teaching has a direct and profound impact, but also for the rich teaching behavior, to enhance students 'ability to learn, enhance students' ideological and moral qualities also have underestimated the role.

### **5.1. The Influences on the Quality of Physical Education Produced by college PE Teaching Environment**

People in society are who are inseparable from the environment always this big factor that people behave differently in large part due to the environmental impact of student teaching activities as a sports theme, constantly threatened by environmental factors and impacts. Physical education activities in many ways would be impacted by the quality of physical education. In the general physical education, teachers have different teaching methods, teaching scope and specific teaching methods. So it requires that students and teachers have good communication, communication the results will also be physical education environment. Physical education teaching quality environment is the external factor and essential external conditions. In addition, physical education environmental factors are increasingly penetrated into all aspects of teaching, affecting all aspects of teaching. Good quality of teaching physical education environment plays a dynamic reaction, guiding the direction of physical education.

### **5.2. The Influences on the Students' full Development Produced by college PE Teaching Environment**

Who is in the nature of the people, affected by the environment, leaving a certain social environment, people cannot engage in appropriate behavior. Physical Education is the mainstay of students and teachers, teaching environment will affect the student's behavior subtle ability, so, for those environmental factors do exist, we should seriously enough. In physical education activities, we should strictly abide by relevant state policies

and regulations, the Ministry of Education on the timely completion of the task of Physical Education. Teachers should focus on training students' enthusiasm for physical exercise, to establish the concept of lifelong learning, while strengthening professional ethics and fulfill teaching obligations. Under the condition of the new curriculum reform, the new era teachers should adhere to dialectical views and have a comprehensive understanding of the specific circumstances of each student to find concrete ways for students and lay the foundation to the overall quality of students.<sup>[4]</sup>

### Conclusion

PE teaching environment plays a vital role in physical education, we must ensure the physical education facilities construction during the actual teaching, arrange

teaching planned and purposeful, take full use advantages of factors in teaching environment, achieve better physical education goals and receive good physical education results.

### References

- [1] Zhang Zhenfeng, Dong Yaling; The influence on college PE teaching environment during PE teaching [J]; Luoyang Normal University; 2012.02.
- [2] Wang Tongbin; Some suggestions to improve the effectiveness of PE teaching [J]; Success (Education); 2011.08.
- [3] Liu Zhuo, Handong; Analysis on physical qualities [J]; Abroad and Employment (Employment Edition); 2010.22.
- [4] Ma Yuefang, Wang Junyan, Zhang Wei; The exploration strategy to improve the quality of sports school teaching [J]; Chinese and Foreign Entrepreneurs; 2011.12.