

Effective Application of Encouragement Teaching Method in University Physical Education

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ABSTRACT: Encouragement teaching method is an effective teaching method. It can motivate students to learn through verbal encouragement, behavioral encouragement, etc., which can mobilize students' learning enthusiasm, help students build self-confidence, and make students have courage and interest in learning, so as to carry out more effectively Teaching, therefore, it is feasible to apply motivational teaching method to university physical education and can play an important role.

KEYWORDS: Encouragement Teaching Method; Behavioral Encouragement.

I. INTRODUCTION

Encouraging teaching method is an effective teaching method that can motivate students to learn through verbal encouragement, behavioral encouragement,... can mobilize students' enthusiasm for learning. students, help students gain confidence, give students courage and interest in learning. The application of motivational teaching methods to university gymnastics has great significance, not only creating motivation for students to study, arousing their enthusiasm for learning, but also creating a comfortable learning environment for students. students, so that students can be confident.

II. THE STATUS QUO OF UNIVERSITY PHYSICAL EDUCATION

The society is advancing, but the physical fitness of students is regressing, coupled with the current situation of university physical education is not good, the teaching effect is not ideal, the students are more perfunctory and other factors, causing the problem to become more serious. Therefore, improving the quality of university physical education has become an issue of widespread concern. However, the current situation

of university physical education is not optimistic. First, lack of awareness of exercise and insufficient attention to physical education courses. Some students rarely take the initiative to participate in physical exercises, and their physical fitness is not good. For example, the 800-meter long-distance running, sit-ups and other physical fitness test items fail to meet the standards, which affects the physical health of the students, and the students do not pay much attention to physical education and are not attentive in class , Affect the effect of physical education. Second, the teaching method is single. The single teaching method is the main problem in university physical education. In the teaching process, teachers mainly explain the key content of the course and make demonstrations, that is, complete the knowledge explanation. The remaining time is freely allocated by the students, and the learning effect is mainly based on the students. Interests and learning enthusiasm have caused some students to perfunctory and other problems, which affects teaching efficiency.

III. THE EFFECTIVE APPLICATION OF MOTIVATIONAL TEACHING METHOD IN UNIVERSITY PHYSICAL EDUCATION

1. Choosing the right time for motivation

The key to the application of motivating teaching method is to choose the right time. Undergraduates will encounter difficulties and obstacles in the learning process. The difficulties encountered are different, and the learning difficulties of students are also different. Therefore, when using the motivational teaching method, the appropriate time should be selected according to the different problems of the students to achieve the desired motivational effect. . Choosing an appropriate incentive time requires the following points: First, it varies from person to person, and

specific issues are analyzed in detail. When motivating students to study, it is necessary to motivate students while understanding the reasons for their resistance and their psychological state at the time to ensure the effectiveness of motivation. Some students may be afraid or even give up due to lack of physical skills or physical deficiencies; some students may be afraid of hardships due to tiredness. Second, carefully observe student behavior, analyze the reasons why students are afraid to give up, and choose the right time to encourage teaching. Understanding and analyzing students is the guarantee and basis for choosing the right time for motivation. Therefore, it is very important to do a good job in student analysis.

2. Teach students in accordance with their aptitude and carry out targeted teaching

When using the motivational teaching method, it is necessary to teach students in accordance with their aptitude, to ensure the pertinence of teaching, and to carry out motivational teaching according to the characteristics of students' personality and personality characteristics, so as to ensure the effectiveness of motivational teaching. Therefore, it is particularly important to teach students in accordance with their aptitude and to carry out targeted teaching. The key is to analyze the personality of students and carry out targeted motivational teaching. For introverted and timid students, teachers should encourage them after they find that they have made a little progress, motivate students in real time, help students build self-confidence, and increase their courage; for cheerful students, teachers should motivate students in a competitive way. Arouse the enthusiasm of students to learn, so as to achieve the purpose of stimulating teaching. For example, when learning volleyball, when facing introverted students, teachers need to standardize their volleyball movements, correct their learning attitudes and encourage them to motivate students to make progress. Facing extroverted students, teachers can organize students to compete in volleyball. Encourage students to learn.

3. Choose the appropriate incentive method

The focus of the implementation of the motivational teaching method is to choose the appropriate motivation method. Generally, the commonly used motivation methods include

language motivation method, action participation method and emotional integration method. When carrying out motivational teaching, it is necessary to choose appropriate teaching methods to ensure that the motivational teaching is effective. Implement. Choosing an appropriate incentive method needs to be based on a specific situation, a specific timing, etc., to ensure that the incentive teaching method is most effective. For example, when students are afraid of difficulties, they need to use verbal motivation to motivate students to make progress; when students lose confidence and deny themselves, they need to use emotional integration and motivation to communicate with students in depth to help students build confidence; when students are uncertain about their actions When it is standard, it is necessary to use the action participation method to encourage, demonstrate actions, and standardize behavior.

IV. CONCLUSION

The application of motivational teaching method to university physical education is of great significance. It can not only motivate students to learn, mobilize their enthusiasm for learning, but also create a comfortable learning environment for students and give them confidence and courage to learn. Therefore, the motivational teaching method plays an important role in education and teaching, and its application in physical education can achieve the ideal teaching effect.

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