

Feasibility Investigation on the Implementation of Happy Physical Education Method in the Free Combat Specialized Course of Shenyang Sport University

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Abstract: The paper adopts literature consultation method, questionnaire survey method, observation method and mathematical statistics method to investigate the teaching status quo of free combat specialized course of Shenyang Sport University and analysis existing problems. It turns out that the never-changed warming-ups, the uninteresting teaching content and the careless class summary lead to a part of students lose their interest on free combat specialized course of Shenyang Sport University and some teachers are lacking in courage to innovate and unable to motivate the class air and promote students' learning motivation. On the basis of investigation on teaching status quo of Shenyang Sport University, the paper points out that Happy Physical Education method should be blended into class to show the importance and actuality value of Happy Physical Education, which can prove that Happy Physical Education is feasible. The paper provides referential suggestions for the training of versatile physical talents of our university for the new century's socialist modernization and promoting teaching quality.

Keywords-*happy physical education; free combat specialized course; implementation; investigation*

I. INTRODUCTION

The basic core of Happy Physical Education is how to achieve a perfect situation that teachers enjoy teaching and students enjoy learning by adopting various measures. Happy Physical Education is based on the affective teaching theory and approaches of affective investment and situation creation to stimulate students' learning motivation. It is a teaching mode that enables students to learn knowledge, promote their skills, enhance their minds and train their spirits in a harmonious, happy, tense and orderly way. The goal of Happy Physical Education is to carry out physical education learning happily. And it is in essence teaching students through lively activities with complete personality education, physical ability education, etc so that students can understand and accept physical education to be a part of their lives. Happy Physical Education method changes the concept that merely teaches students knowledge in physical education. It carries out personality education while develops students' physical ability, which changes the teaching method that teachers implant knowledge in students and students response mechanically. Happy Physical Education method adopts heuristic teaching

method that changes students' passive learning and hard studying situation in physical education and advocates students study actively and happily. Free combat, which is striving for access to Olympic Games, is an ethnic traditional sport item that has been developed the most widely with the longest history. Free combat is one of the most important sport items in ethnic traditional sports and the most important basic course of ethnic traditional free combat major. It has realistic and historical significances for carrying forward national spirit and stimulating students' patriotic enthusiasm. However, free combat course is uninteresting and monotonous currently, which makes students lose their interests and lead to the weakness of students' professional skills, innovation ability and practice ability. To solve those problems, I think make Happy Physical Education method blend into the whole teaching process so that students' learning interests will be promoted. The investigation in this paper takes free combat specialized course of Shenyang Sport University as an example.

II. OBJECT OF INVESTIGATION AND METHODS

A. Object of Investigation

Take teaching status quo of free combat specialized course of Wushu Institute of Shenyang Sport University as an object of investigation. Choose 25 students from students respectively whose enrollment year is 2009, 2010, 2011 and 2012 of free combat specialized course randomly as respondents.

B. Investigation Methods

1) Literature Consultation Method: Consult research results on Happy Physical Education of relevant experts and scholars in recent years.

2) Questionnaire Survey Method: For students who specialize in free combat of ethnic traditional PE major of Wushu Institute of Shenyang Sport University, a questionnaire was made with 8 questions. I sent 100 questionnaires altogether to students who specialize in free combat of Shenyang Sport University and enrollment year is 2009, 2010, 2011 and 2012 respectively and acquired 100 questionnaires. The return rate is 100%. Effective questionnaires are 95 and the effective rate is 95%.

3) Mathematical Statistics Method: The data is expressed as percentage.

III. RESULTS AND ANALYSIS

A. Time for Learning Free Combat before Enter the University

Table 1 Time for Learning Free Combat before Enter the University N=95

	Number of People (n)	Percentage (%)
1 Year and Within 1 Year	20	21.1
2-3 Years	67	70.5
Over 3 Years	8	8.4

We can know from figure 1 that students of Shenyang Sport University who spent 1 year and within 1 year for learning free combat before they entered the university account for 21.1%; who spent 2-3 years account for 70.5%; who spent over 3 years account for 8.4%. The data imply that most of students have learned free combat for 2-3 years before they entered the university and a small number of students have learned free combat for over 3 years. They will learn free combat for 4 years in the university. So if the course makes them think free combat is uninteresting and monotonous, the teaching results will be affected.

B. The Attendance of Free Combat Specialized Course

Table 2 Attendance N=95

	Number of People (n)	Percentage (%)
No Absence	76	80
Absence Occasionally	19	20

We can know from figure 2 that the attendance rate of students of Shenyang Sport University who specialize in free combat is high. However, some students are absent from class occasionally. Reasons of absence may be various and one of them may be that students have understood what they are taught so that they think the course is uninteresting.

C. The Investigation on the Warming-ups of Free Combat Specialized Course

1) Whether the Classroom Routine of Free Combat Specialized Course is Variable or Not?

Table 3 Classroom Routine N=95

	Number of People (n)	Percentage (%)
Yes	12	12.6
No	73	76.9
Not Sure	10	10.5

We can know from figure 3 that the classroom routine of free combat specialized course is not variable due to teachers are lacking in innovation ability in the short-time class. Happy Physical Education method requires that teachers should have the thought of innovation and

distinctiveness all the time, which will bring happiness and fun to students' learning.

2) Whether the Joints Motion Activity Has Been Innovated?

Table 4 Innovation of Joints Motion Activity N=95

	Number of People (n)	Percentage (%)
Yes	4	4.2
No	76	80
Sometimes Innovation Happens	15	15.8

We can know from figure 4 that most of students think the joints motion activity of free combat specialized course of Shenyang Sport University is lack in innovation, which teachers just shout watchword with students while carry out joints motion activity. Students have already been bored about this lack-of-innovation activity, which rather than play football.

3) Warming-ups of Free Combat Specialized Course and Its Style

Table 5 Impression to the Current Warming-ups N=95

	Number of People (n)	Percentage (%)
Monotonous with Common Effects	83	87.4
Lively and Variable with Good Effects	12	12.6

Figure 6 Style of the Warming-ups N=95

	Number of People (n)	Percentage (%)
Play Soft Football	57	60
Do Aerobics	4	4.2
Play Games	18	18.9
Running	9	9.6
Free Activity	0	0
Others	7	7.3

We can know from figure 5 and figure 6 that most of students think warming-ups of free combat specialized course are monotonous with common effects. In most cases, they choose to play soft football and sometimes they play games. Due to the limit of the place where cushions are thicker and soft, jumping is not allowed but merely some games.

D. The Investigation on Teaching Subject of Free Combat Specialized Course

1) The Investigation on Contents of Course

Table 7 The Investigation on Contents of Course N=95

	Number of People (n)	Percentage (%)
Invariable with No Feeling of Freshness	24	25.3
Ordinary with Repeated Contents	37	38.9
Good, because I like free combat	34	35.8

We can know from figure 7 that students hold different attitude to the contents of course, which means free combat

specialized course is not based on students' interest and leads to they think the course is invariable with no feeling of freshness. Some students really like free combat and want to perfect their own professional skills, so they think the arrangement of contents of course is reasonable enough with felling of freshness and certain teaching effects.

2) The Investigation on Expectant Classroom Activities

Table 8 A Questionnaire of Expectant Classroom Activities N=95

	Number of People (n)	Percentage (%)
Interest in actual combat, but teachers are not often organize that	18	18.9
Interest in playing soft football but contents of course	28	29.5
Interest in playing games and want to learn something while play games	49	51.6

We can know from figure 8 that 51.6% of students want to learn something while play games, which also is Happy Physical Education's purpose. Happy Physical Education requires that students should adjust their own learning process and excise activities by means of strong interest, steady mind and appropriate methods to make the whole learning process be filled with happy, joyful and harmonious air and emotion, which can stimulate students' learning desire, let them know the purpose of learning and make them develop their own physical ability, personality, physical strength, intelligence and morals on their own initiative.

3) Whether Teachers Stimulate Students to Learn on Their Own Initiative by Affective Teaching Method?

Table 9 Whether Teachers Teach Students by Affective Teaching Method N=95

	Number of People (n)	Percentage (%)
Yes	51	53.7
No	32	33.7
Not Sure	12	12.6

We can know from figure 9 that teachers carry out teaching with their emotion is exactly what Happy Physical Education advocates. Happy Physical Education is a physical education method with the goal of completing students' physical and characters with affective teaching. It is not only focusing on education of love and beauty, but also learning interests and innovation. It also takes sports and emotion as means for achieving teaching goals and direct purpose. So, it is able to stimulate students' interest to sports, satisfy their learning desire, help them to train self-physical ability and perfect their personalities, which will lay foundation for their lifelong sport career.

E. The Investigation on the Ending Part of Free Combat Specialized Course

Table 10 The Investigation on the Ending Part of Free Combat Specialized Course N=95

Relaxation Exercises		Class Summary	
Number (n)	Percentage (%)	Number (n)	Percentage (%)
There Are	23	24.2	22
There Aren't	19	20	41
Occasional	53	55.8	32

We can know from figure 10 that most of students think relaxation exercises at the end of free combat specialized course are occasional. That may be caused by the overmuch contents of course, which lead to teachers have no time to let students do relaxation exercises and also imply that the class time is not arranged well by teachers. The relaxation exercises should be carried out in every class. The class summary is able to help teachers to diagnose and arrange physical education teaching, which is one necessary part of PE class. Results of the investigation show that some free combat teachers have ignored that.

F. Investigation of awareness of the Happy Physical Education

1) Attitude toward the Happy Physical Education

Table 11 Awareness of the Happy Physical Education N=95

Ever heard of the Happy Physical Education or not?	Number (n)	Percentage (%)
Ever	81	85.3
Never	14	14.7

Table 12 Investigation of attitude toward implementation of the Happy Physical Education N=95

	Number of People (n)	Percentage (%)
It is hoped that it can be implemented in specialized coursefor improving teaching level.	79	83.2
Don't care; used to present teaching method.	16	16.8

From table 11, we find that 85.3% of students have ever heard about teaching thought of the Happy Physical Education, and only a small part of them have never heard of it. It means the Happy Physical Education thought is widely known to people. It is believed that a better development prospect is waiting for the Happy Physical Education. From table 12, 83.2% of the students hope this teaching thought to be implemented in specialized course and only 16.8% of the students don't care about this and are used to present teaching methods. It is concluded that the students of free combat course are willing to try new reformation in teaching methods and study happily to improve teaching result.

2) Students' awareness of application of the Happy Physical Education in PE teaching

Table 13 Investigation of students' awareness of application of the Happy Physical Education in PE teaching N=95

(%)	Number of People (n)	Percentage
It mainly focuses on training of professional skills.	24	25.3
It mainly emphasizes game teaching and interest-oriented teaching.	76	80
It mainly stresses to arouse or guide student's interest in skill teaching and to harvest happiness.	86	90.5
Other	36	37.9

(Multiple choice)

Table 13 indicates most of the students think the Happy Physical Education mainly stresses on arousing or guiding student's interest in skill teaching and assisting them to obtain happiness. 80% of the students think the Happy Physical Education mainly emphasizes game teaching and interest-oriented education, and only a small number of the students think the Happy Physical Education mainly provides professional skill training and teaching. We can conclude that the majority students consider the Happy Physical Education as a teaching method which simply brings the students happiness and help them to harvest happiness. In fact, the Happy Physical Education refers to students can learn professional technique or skills and harvest happiness from playing by adopting happy physical education teaching thought. It is necessary to establish a correct happy physical education concept.

IV.CONCLUSIONS AND SUGGESTIONS

A. Conclusions

1) The students of free combat specialized course of Shenyang Sport University had learnt free combat for about two or three years before they entered the university, and there are some individual students absent when they have class.

2) The class routine of free combat specialized course preparation part of Shenyang Sport University is not novel enough, and there is no innovation about the links of activities. Most students think that the preparations are boring with ordinary effects, the form of which is single and not rich.

3) Students have different attitudes to the main part of free combat specialized course of Shenyang Sport University, because the content of courses is single. At the same time, students hope that teachers could incorporate their emotion into teaching.

4) It is not often of relaxing of free combat specialized course end part of Shenyang Sport University, as well as summary of the class.

5) Most students of free combat specialized course of Shenyang Sport University know Happy Physical Education, and hope that it can be implemented into specialized course.

6) Most students know Happy Physical Education not very deep, considering that Happy Physical Education is just a sample game which gains happiness.

7) There are many factors which influence the implement of Happy Physical Education into free combat specialized course of Shenyang Sport University, such as teacher's knowledge of Happy Physical Education method, teacher's character, students' receptivity, school policy etc..

B. Suggestions

1) There are some questions in the free combat specialized course of Shenyang Sport University, which can be solved in the Happy Physical Education. It is suggest that Happy Physical Education should be implemented into free combat teaching.

2) Aim at these questions, teachers should establish harmonious relationship with students to arouse their sports interest; teachers should innovate physical education method, and design teaching activities meticulously to make students have fun in specialized courses.

3) Teachers should achieve people first, inspire and lead students adequately, and move students with their own emotion, for example, teachers can prepare some passionate slogans at the preparation part and give some philosophical poems or other words at the end part to make students to be encouraged and inspired.

4) Teachers can incorporate music into free combat specialized course, it is not only cultivates students' mind but also improves students' interest of study.

5) Teachers should design sports games meticulously which it is running the teaching content of free combat and excises factors of strengthening students' physique through games, to make students learn basic free combat knowledge, grasp stroking skills and developing good volitional quality from kinds of interesting games and activities.

6) Teachers should create interesting teaching situation. Human's emotion always comes from some special situations. A good teaching situation can not only enrich students' perceptual knowledge but also arouse their strong sense of curiosity.

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