

Function of Excitation Method on School PE Educational Management

Yanni ZHANG

Yangtze University College of Technology & Engineering, Jingzhou, Hubei, 434020, China

Keywords: PE Educational Management, Excitation Method, Learning Efficiency, Quality Training.

Abstract: At the request of new curriculum reform, new requirements have been set for physical education. Students are required to participate in the learning and training of PE classes, which is also stipulated as a necessary condition for good grades in PE course. The application of excitation method in school PE educational management is conducive to the smooth progress of teaching and comprehensive development of students. Thereupon, the work began with explorations on the positive functions of excitation method on school PE educational management by means of combining theory with practice. On this basis, in order to find new ideas and methods to ensure the progress of teaching and enhance students' overall abilities and qualities, in-depth research were carried out to discuss the proper use of excitation method in PE educational management.

1 INTRODUCTION

As the pace of curriculum reform is accelerated, PE course has received more attention than before. It has become a topic commonly concerned by all the PE peers to make PE a meaningful course that meets the requirements of both curriculum reform and quality-oriented education. Therefore, the excitation method is widely applied in the management of school PE teaching.

2 PE EDUCATIONAL MANAGEMENT UNDER CURRICULUM REFORM

The new curriculum reform has set some new requirements for each subject and PE is of no exception. Compared with the traditional classroom teaching, the new curriculum reform has paid much more attention to the improvement of student's qualities and integrated development. In other words, PE is no longer a dispensable course without exams. On the contrary, more emphases should be laid on the enhancement of students' physical qualities and abilities (Chang Songwei, 2013).

Due to the traditional exam-oriented education, all the teaching methods in favor of the score-first theory were allowed in class, while that were

adverse to increasing the scores promptly were rejected. Moreover, the courses not included in the entrance or graduation exam were even "removed from students' curriculum" in order not to affect the improvement of students' overall scores. PE was one of those courses at that time (Liu Changguo, 2004).

Owing to the particularity of PE, classes were reduced or even canceled in many schools. Even if PE course still remained, schools only went through the motions of it. PE was often changed into activity class or self-study class, and as a result, students could hardly obtain the real knowledge, skills, abilities or qualities from classroom teaching of PE.

However, the new curriculum reform requires teachers to give play to the principle role of students so as to promote their integrated development. Although the status of PE in the exams has not been fundamentally changed after the reform, it begins to obtain increasing attention as an important course promoting the qualities and integrated development of students. No longer dispensable, PE course allows no going through the motions any more. Instead, students should be encouraged to play the principle role in PE class and the three-dimensional objective is expected to be achieved in classroom teaching. Aiming for the realization of three-dimensional objective, PE teachers and schools should both strengthen their school PE educational management in order to transform the simple imparting teaching to the interactive quality-oriented education. In this

way, PE class can serve as a base to enhance students' abilities and a main platform to promote their integrated development.

3 ROLE OF EXCITATION METHOD IN THE SCHOOL PE EDUCATIONAL MANAGEMENT

The excitation method in the school PE educational management, if applied in a proper way, will add luster to school PE teaching and contribute to promote the comprehensive development of students. Then what role on earth does the excitation method play in the school PE educational management?

3.1 Being Conducive for Students to Cultivate Learning Interest

Since sports are full of fun and challenges, for students, PE can be either a pleasurable course, or a tiring course that makes students feel both physically and mentally exhausted. It is known that sports gain a high ornamental value, but sports learning and training are highly painstaking. Only by maintaining a keen interest in PE, can students keep active and persistent during sports learning and training.

There are many methods to cultivate students' learning interest, among which the excitation method is one of the most effective ways. For example, once finding students tired of learning and training in the process of teaching, PE teachers should tactfully employ the excitation method to help students get rid of tiredness and persist in sports learning and training. Among various reasons that cause students to lose interest in learning and training, feeling bored with learning and training and losing confidence in them are both very important ones. With the utilization of excitation method in PE educational management, the whole class will become more vivacious and helpful for students to overcome the problem of lacking confidence so that students can rediscover their interest in learning and training, as well as take an active part in the PE course again.

3.2 Being Helpful for Students to Set Clear Objectives

Like a lighthouse indicating directions in sailing, a clear objective can cheer people up to persevere with

high morale. There are quite a few cases where students give up halfway in the process of learning and training on account of their unclear and unrealistic objectives. Hence, it is an urgent issue for PE teachers to guide students to set a clear and scientific objective.

In the mean time, a timely and rational usage of excitation method will help students to well define their objectives and inspire them to make unremitting endeavor to achieve their goals. For instance, in order to arouse students' morale while teaching, PE teachers can take advantage of some stories where someone finally made a success with arduous efforts to achieve his established goal. Inspired, students will learn to set clear objectives for success and persevere to make them come true.

3.3 Being Beneficial for Students to Correct Their Mentalities towards Learning and Training

Incorrect mentality is a significant factor that leads to incorrect attitude towards learning and training, while incorrect attitude can cause students to give up halfway. The emergence of incorrect mentalities, such as self-abasement and self-conceit, will seriously prevent students from developing correct attitudes towards learning and training, which is adverse to their commitment in learning and training. Properly motivated, students are able to acquire a better knowledge of their characteristics, objectives and positions, so as to correct their mentalities to deal with PE course and their performance in classes. Finally, with students' right attitudes towards PE course established, the classroom teaching and training can proceed smoothly and students' personal physical qualities can be enhanced as well.

3.4 Being Favorable for Students to Develop Strong Volition

Indispensable for learning, training and competition, a strong volition is also an important part of a sound personality. Under the circumstances of quality-oriented education that aims to promote the integrated development of students, it is of vital significance for students to build up a sound personality, which has become a commonality among all the courses education.

In addition, a strong volition is also a prerequisite for a successful career. As a course to develop skills and improve physical fitness, PE is a key subject for students to cultivate a strong volition.

During PE classes, teachers should make full use of all sorts of methods to hone students' volition, thus, the appropriate application of excitation method is rather effective.

Generally speaking, sports training and competitions are often contests of volition, where the one who holds on straight to the end is able to achieve the ultimate success. Once teachers or coaches find their athletes have a thought of giving up, it is likely to cheer them up to stick it out for the final victory with some verbal incentives.

3.5 Being Available for Students to Culture Competitive Spirits

Just as biological evolution is a process of survival of the fittest, the contemporary society is also full of competitions. The one who wants to survive in the society must have a strong spirit of competition. Therefore, the cultivation of competitive spirits is an inevitable requirement for the integrated development of students, and meanwhile, a feature for the fulfillment of quality-oriented education and the education of quality-oriented talents. By means of excitation method, students are motivated to strive hard for their objectives and dramatically strengthen their consciousness of competition. At the same time, some stipulations about rules in the excitation approach are available for students to establish an awareness of fair competition, as well as enhance their consciousness of rules and legality.

3.6 Being Valuable for Students to Better Examine Themselves

Self-reflection and examination are valuable for the discovery of personal problems in expectation for greater progress in the future. The excitation method adopted in PE teaching can help students to more profoundly figure out their strengths and weaknesses through comparisons and competitions. Thus, students can take advantage of their strengths in the process of learning and training, make up for their weaknesses and accomplish greater progress.

3.7 Being Good for Students to Cooperate in a Team

Collectivism spirit and sense of teamwork, as an important part of workers' qualities under the current socialized mass production, have become one of the several demands of society for elites. It is in favor of class management and beneficial for the community to foster qualified talents through training students'

sense of teamwork. If combined with the excitation method, it will be more conducive for students to strengthen their sense of collective honor, sense of teamwork and collectivism spirit. For example, In order to motivate students in PE teaching, teachers can organize a class by encouraging competition in groups so as to spur students to cooperate with each other for triumph. In such a way, students' sense of collective honor will be enhanced unprecedentedly and their sense of teamwork will be gradually developed.

3.8 Being Important for Students to Enhance Their Enthusiasm of Patriotism

The future development of society relies on large quantities of passionate young people with intense patriotism. Hence, the enhancement of patriotism should be taken as an important part of school moral education. By motivating students in use of examples of Olympic athletes can not only arouse students' enthusiasm of learning and training, but also make students feel much more excited and patriotic.

4 APPLICATION OF EXCITATION METHOD IN THE SCHOOL PE EDUCATIONAL MANAGEMENT

Since excitation method is of great significance for the management of PE teaching as well as integrated development of students, PE teachers and other peers must strive to do well in its proper utilization.

4.1 Using Excitation Method Properly in Accordance with Scientific Principles

First and foremost, principle of timeliness is required to be followed for proper application of excitation method. To receive effects of incentive, teachers must ensure that every incentive is carried out in time, with whichever method. Incentive words or other methods must be utilized to motivate students immediately after incidents; otherwise the effect of incentive will gradually disappear in such a long time.

Next, principle of "incentive" should also be observed. As excitation method is not merely used

for the completion of teaching tasks, it is incorrect to "only stimulate without encouragement". In other words, teachers must make an appropriate use of opportunity and excitement method. Just as the saying goes, "work must be done to the point".

Finally, principle of comprehensiveness needs to be upheld. Teaching with excitement method means not to only apply one method alone or to aim at just a few students. Specifically, it is easy to result in isolationism if one excitement method is used alone, then its role of incentive will fail to be authentically played out; Similarly, only aiming at some students is likely to give rise to a phenomenon that "one succeeds while one fails". Therefore, it is ultimately not conducive to the educational management or the integrated development of students.

4.2 Motivating Students with Incentive Words

Using incentive words to motivate students in the school PE educational management is the most common excitement method. Teachers should use incentive words to inspire students, help them develop learning interest and instruct them to overcome problems occurred in the process of learning, so that students will actively participate in the future learning and training.

For example, when a student gets a good grade, words, such as "You are awesome", "You can be even better", can make students more enthusiastic and confident in his learning and training; When a student confronts with setbacks and nearly loses confidence, teachers should communicate with that student in time and help him reestablish confidence by telling him that trouble is temporary and all setbacks are surmountable.

4.3 Inspiring Students with Their Own Good Behaviors

Teachers are models for students to learn from and students pick up many habits from their teachers. Teachers' excellent performance can always arouse students' enthusiasm. Similarly, if a teacher himself feels bored, his students will become much more negative. Thereupon, in the management of teaching, teachers must firstly establish a good image in students' minds to inspire and encourage them better.

For example, teachers should manage to accomplish what they require the students to do in order to make students feel fair with teacher. As a repay for teacher, students will keep in high morale.

If a teacher requires students to gather in the playground on time, then the teacher himself should wait in the playground in advance; if a teacher requires students to persist in doing something, the teacher himself should take the initiative, and gradually students will improve themselves in the process of imitating their teacher.

4.4 Encouraging Students by Forgiving Their Mistakes

As a young group, students are prone to making mistakes in study and daily life. When students make some mistakes, teachers should not blindly blame them, but offer forgiveness and guidance instead. Teachers' tolerance to students is not connivance most of the time. In contrast, it can encourage students to learn from their mistakes and treasure such mistakes as lifelong wealth. Students can also promptly refrain from making the same mistake again and actively involve themselves in study and life.

4.5 Spurring Students with Competitive Mechanism

Since young students are generally much more competitive, teachers can take advantage of this characteristic to set up a competitive mechanism, which is conducive to spurring students and arousing their enthusiasm. If applying the competitive mechanism in PE educational management, students will take the initiative to devote in learning and training under the pressure of competition and sense of honor.

For instance, teachers can take the chance of annual sports meeting to motivate students to study and train harder both for the honor of the whole class and their own sense of achievement; Besides, teachers can encourage students to race to be the first to answer questions in the theoretical teaching and spur students to compete in groups in the usual teaching.

4.6 Stimulating Students with the Power of Models

Young students are often "star chasers", regarding sports stars and Olympic athletes as their idols. Many students are very willing to imitate their idols, even in some aspects of speech, deportment, behavior and habit. If the hardships and sweat behind the stars aura of these sports stars can be

used to stipulate students, they will be more motivated to strive hard to run after their idols.

For example, Michael Jordan, a superstar in the history of NBA, has become an idol for many students. Although his height is only 1.98m, he has created an amazing myth in the NBA history and earned the nickname "Air Jordan" with his absolute bounce of 1.09m and running speed of 10.7s/100m. Jordan's experience when he was young can be used to motivate students and enable them to realize that "No pain, no gains".

5 CONCLUSIONS

The application of excitation method in the school PE educational management is in favor of the smooth progress of classroom teaching, the cultivation of students' interest and the improvement of their comprehensive qualities. Therefore, in the realistic teaching practices, teachers and other PE peers at school must learn to utilize the excitation method in a proper way, so as to promote the development of school PE educational management.

REFERENCES

- Chang Songwei. On Using the Incentive Method in PE Teaching, *Test & Research: Teaching Forum Teaching Forum*, 2013 (11): 20
- Liu Changguo. The Study of the Application of the Incentive Method in PE Teaching, *Juvenile Sports Training*, 2004 (04): 16