

Study on the Influence of 'Sports Module' Teaching on High School Students' Physical Quality

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Abstract : Research Purpose: In 2017, the high school physical education and health curriculum standard advocates modular teaching. This study aims to explore the impact of 'sports module' teaching on the physical quality of high school students. Research methods: 800 senior high school students (400 in the experimental group and 400 in the control group) were randomly divided into two groups. The experimental group carried out modular teaching of physical education, and the control group carried out conventional teaching mode for one semester. Before and after the experiment, the physical fitness of the subjects was tested, including vital capacity, 50 meters, standing long jump, sitting forward bending. Results: After the experiment, the vital capacity ($t = -4.007, p < 0.01$), 50 meters ($t = 2.638, p < 0.01$) and standing long jump ($t = -4.067, p < 0.01$) of the experimental group were significantly improved. High school sports modular teaching has special characteristics. It attaches great importance to the independent development of students' personality. Students can choose their favorite modules to develop various skills and actively participate in various sports activities in the classroom. The density and intensity of sports are greatly improved. Students' speed (50m run), cardiopulmonary endurance (vital capacity), sensitivity, and strength (standing long jump) scores are greatly improved and obviously improved in nature. But at the same time, it was found that the students' sitting forward flexion did not show significant improvement, which was caused by the lack of relevant equipment in school and the students' inattention to stretching after exercise or not doing regular exercise to promote flexibility. Conclusion: (1) 'Sports module' teaching can effectively improve the physical quality of high school students. It is mainly manifested in cardiopulmonary function, speed, and explosive power. (2) In the future, 'sports module' teaching should give full play to its advantages and add courses to improve students' flexibility.

Keywords : module teaching, physical quality, senior high school student, sports

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