

A Study on the Application of Cognitive Education in Physical Education

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Abstract: For students'physical education, we should pay attention to the students'cognitive education, only by improving the students'understanding ability in the process of physical education, can the students'physical education knowledge get great progress to promote the students'sports core accomplishment. And for students'cognitive education, we can train students'metacognitive ability through metacognitive training, which makes students have a deeper understanding of sports and further improve the students'learning effect of physical education.

1. Introduction

In the process of teaching students physical education, how to improve their various sports skills, all kinds of sports movement proficiency is the focus of teaching is also difficult, is one of the important goals in the teaching work of teachers. There are many influential factors for students'sports skills, and the metacognitive level of students is the most important one. Therefore, for students'physical education, teachers need to cultivate students'metacognitive ability, so that the speed and quality of students'learning skills can be effectively improved, and the efficiency of physical education teaching can be greatly improved.

At present, there is no clear definition of metacognition, Hofstadter explains that metacognition is the cognitive processing of jumping out of a system, while Flavell explains that metacognition is a person's cognition and monitoring of his own thinking and learning activities. [1]. But what cannot be denied is that the core of metacognition is to take the individual's cognitive operation as the object, so that the individual's cognitive operation can be controlled and adjusted. Therefore, metacognition is the subject's cognition from inside to outside, and then the cognitive subject can monitor and adjust accordingly.

2. The Feasibility of Metacognition in Physical Education

For students, they have strong thinking independence and critical, students are brave to discover and explore, there are often some ideas and practices in life and learning are different from adults, have their own independent views on the handling of problems, have a strong self-consciousness, have the potential of metacognitive learning, so that students can be taught metacognitive teaching.[2]. As the students grow older, their self-consciousness is constantly increasing, and the students'self-monitoring ability is stronger, and the students'academic performance is therefore greatly affected. Although metacognition is the theory put forward in recent decades, there are still some disputes about its definition, but through the study of metacognition and its application to physical education, it has achieved good results. Through the application of metacognition in physical education, students'understanding ability has been significantly enhanced. Because the students'learning tasks are heavy, the students'learning strategies and learning methods can be improved effectively through metacognition, and their ability to manage their own learning can be effectively cultivated, which makes the teachers'education and teaching level improve significantly [3].

3. The Cultivation of Metacognition in Physical Education

3.1. Improve Students'physical Education Metacognitive Knowledge

In order to further strengthen students'physical education, students need to fully understand their own physical education learning ability, methods and so on, and have a full understanding of learning goals, so that students can learn physical education better. By having a comprehensive understanding of themselves, students can become masters of their own learning.

3.2. A Clear Understanding of Learning Tasks and their Own Characteristics

In the physical education of students, it is necessary for students to make clear the task of learning and understand their own characteristics, so that students can achieve the desired goals and improve the effectiveness of students'learning. In addition, teachers should help students'sports learning, so that students can actively self-regulate their activities, so that students can have a full understanding of the learning characteristics of sports skills, and effectively cultivate the behavior habits of students'conscious and active learning. Only have a full understanding of their own learning tasks, students can take corresponding measures according to their own characteristics to learn, so as to effectively complete the learning tasks. For example, in the long jump physical education, students need to know that the long jump with the help of run-up to jump to complete, for the long jump learning, run-up is the first step, and compared with the general sprint, the long jump run-up has its own characteristics, different run-up distance, speed and so on will have a certain impact on the distance of the long jump, so the teacher should let the students have a full understanding of it, in order to have a better study of sports skills.

3.3. Guide Students to Understand their Own Learning Characteristics and Learning Style

Students learn about sports on the basis of their own ability, the so-called "within their means" is so, especially for an unfamiliar task of learning, students for their own use of the method, it is not clear whether the same is effective. Therefore, for physical education, teachers should guide and evaluate the students'existing ability level in a certain learning task, so that students can have a more comprehensive understanding of their own learning characteristics and learning methods, so that students can learn sports content effectively according to their own characteristics, and students can have a more correct grasp of learning methods.

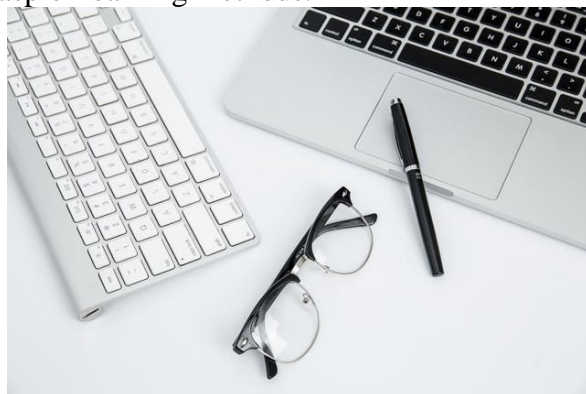


Figure 1 Learning characteristics

3.4. Propose Solutions Based on Students'specific Problems

For students'learning, effective learning methods can make students'learning effect with twice the result with half the effort, which is the most important part of learning. Therefore, for students'physical education, teachers should make students realize the importance of learning methods, so that students can clearly understand which learning strategies are useful in the process of learning, and how to apply them, so that students can get effective learning efficiency. In addition, students need to know why and how to use these methods. For example, the teaching of high jump and long jump in physical education, although both need to run up, but the way and

method of running up is very different, teachers need to explain the students, so that students can fully understand the difference between the two, so as to effectively improve the effectiveness of learning.

4. The Guide to Students' Metacognitive Experience

4.1. Guidance of Emotional Experience

The so-called emotional experience is not the specific content of the students' psychological activities, but an effective psychological process can effectively improve the students' perceptual and rational understanding, so that the students' meta-cognitive level can be effectively improved. However, in the physical education of students, the test results of students can make students get obvious emotional experience, so teachers can start with the examination, cultivate the students' metacognitive experience, and carry out a follow-up test on the students through learning part of the content, so as to have a full grasp of the students' learning situation, and enable students to get a rich emotional experience and improve the students' metacognitive level.

4.2. Motivation of Students to Learn Physical Education

For students, learning motivation is an effective driving force for students to carry out learning, which can make students' attention be concentrated, vitality is increased, and students' learning efficiency is effectively improved, and if students lack learning consciousness, it will be difficult to produce enthusiasm. Therefore, for students' physical education, teachers should give positive guidance to students, take effective measures to make students in the state of active learning, and stimulate students' learning motivation, so as to effectively arouse students' enthusiasm for learning. However, the motivation of students' learning enthusiasm is directly related to teachers' teaching level, so teachers should formulate learning goals according to students' own characteristics, so as to effectively enhance students' self-confidence in learning and stimulate students' enthusiasm for learning.

4.3. New Teaching Contents and Methods

For students' physical education course teaching, monotonous, boring teaching content and teaching methods will make students' interest in learning greatly weaken, thus making students' learning efficiency greatly reduced. Therefore, teachers should adopt new teaching methods in physical education, so as to stimulate students' enthusiasm for learning. For example, in the teaching of long-distance running, teachers can increase cross-country running or relay to enrich the teaching content, so as to stimulate students' enthusiasm for learning, so that students have a stronger interest in learning, so that students can be fully involved in learning, and improve learning efficiency.



Figure 2 New teaching content

4.4. Guidance for Students' emotional Self-Regulation

For students' physical education, good psychological emotion can make students maintain the functional state of adaptation, so that students can perform well in the process of learning, have a

positive face to the interference that occurs, and effectively avoid trauma. Since most students are only children at present, many of them have the disadvantages of timidity, inability to bear hardships and poor physical education, which will make these students develop inferiority complex in the process of learning, and thus tire of the study of physical education. Therefore, for students' physical education, teachers should effectively guide these negative emotions of students, so that students can face up to their own sports foundation and learning ability, and then choose effective learning methods according to their own characteristics. For example, students with poor sports foundation can improve their sports quality through a lot of training, and students with timidity can gradually educate students, so that students can gradually build up their self-confidence in learning.



Figure 3 Self -regulation of emotion

5. Conclusion

Physical education has an important role for students, can effectively train students, and through the application of cognitive education in physical education, can make students' self-study ability and the ability to analyze and solve problems can be effectively cultivated, so that the students' sports literacy can be improved in all directions.

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