

The Influence of the Belief of Physical Health on the Physical Exercise Behavior of College Students

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Abstract: The development of sports can strengthen the people's physique, college students are the future, pillars and hope of the country, not only to exercise the students' ability of learning and learning to use, but also to make the college students have a strong physical quality, in the long life and study, to be able to complete all kinds of seemingly impossible tasks in the promotion of healthy body, to achieve long-term development and progress. If the college teachers try to make the students have a more positive performance in the PE class, it is necessary to make the students strengthen the sports belief, and to take physical exercise as a good thing to be done to adhere to it.

1. Introduction

Many of the students who study in colleges and universities put learning on a very high level of importance, but how to exercise their physique, but feel half-understanding, unknown, many college students, but also lazy to exercise, in a long period of time is a perfunctory, boring state of treatment of sports activities, think that this can have no behavior, its importance can be compared with learning professional knowledge. College teachers should help all students to establish a more harmonious, balanced and stable learning model, while actively learning can seriously exercise the body, develop a strong physique, and lay the foundation for future progress.

2. Analysis on the Problems of College Students in Physical Exercise

2.1. Insufficient Awareness of the Importance of Physical Exercise Among Students

Internal causes work through external causes. If college students are eager to make greater achievements and breakthroughs in the university, they should become a student with both internal and external training and comprehensive development of moral, intellectual and physical development. A good man is a good man; a good man is a good man. In fact, in addition to virtue and talent, a person's physical accomplishment is also extremely important. The decline in college students' physical function is one of the major reasons why students are unable to concentrate on their courses in class. What's more, many college students don't have enough sense of suffering and don't know how to make full use of their extracurricular time for physical exercise. College PE teachers to students for painstaking persuasion and supervision, the results achieved are also unsatisfactory, many students do not want to carry out physical exercise, and do not want to have a feeling of sweating, these are problems, but also worth thinking about. Any theory that cannot be complemented by action is meaningless [1].

2.2. Students do not have Enough Time for Physical Exercise

If college students want to make great gains in physical exercise, they must have time and energy, and put their physical strength and energy into the actual physical exercise to concentrate their efforts to get the gains. However, nowadays, college students are entangled in heavy academic tasks, so it is difficult for students to find time, energy and space to exercise. Anyone who wants to achieve a great cause should spend more time and energy on it to be effective. Education is like a dish of jade, such as learning, such as grinding, students need to through practical exercise to

achieve physical ability beyond. However, it is difficult for college students to make gains and progress in physical exercise, which is closely related to the lack of enough exercise time for students. Nowadays, college students are addicted to reading, and it is difficult to have time and space to exercise, as shown in figure 1:



Figure 1 Indulge in reading

2.3. Students'willpower is not Strong Enough

Students should have more strong perseverance and courage to face physical exercise, fear of hardship, fear of sweat, easy to work is not only difficult to do in physical exercise, but also difficult to achieve in life, so students in colleges and universities should give their own spiritual supplement calcium, make a strong mental person. The current college students, sports are full of fear of the mood is not a few. The flowers of the greenhouse are hard to withstand the baptism and thumping of reality, and are easily defeated and defeated in the face of pain and pressure.

3. Analysis of the Influence of Sports Health Belief on College Students

3.1. Encourage Students to Develop Strong Sporting Spirit

The water stimulates the stone to sing, the person excites the ambition to be great. College students should have a strong sports fighting spirit, sports as a major test and challenge to their own, while completing the sports, my athletic ability and psychological tolerance can achieve qualitative sublimation. Many students don't have no athletic potential, but they can't accomplish what they could have done well because of a lack of morale. If a college teacher wants to change the teaching outlook, he must first "start from the heart ", first of all, make the college students believe in themselves, believe in the strength of physical education, second, make the students in the spirit of" blowing all the sand before gold ", bravely and tenaciously engaged in physical exercise, not afraid of hard work, no fear of wind and rain, thus in the physical education class will be able to achieve extraordinary progress and improvement. Students in colleges and universities should not only make students use sports health belief in physical exercise, but also make students put this heroic and tenacious spirit into life, understand that life is an endless struggle, only when the battle to the last moment, human beings can find a reasonable home, an individual who does not have the challenge and the spirit of struggle, must be defeated in the course of life. College students need to take physical exercise as the epitome of life, put the perseverance in the physical education class into the study and life, so that the students'future can be better, students'tomorrow can be more brilliant, which is a very important thing for every student.

3.2. Encourage Students to Exercise with a Persistent Attitude

Many college students are not without the enthusiasm of sports, but their enthusiasm is very easy to produce, but also easy to collapse in an instant, in this case, college teachers must encourage students to develop a persistent sports mentality, so that they understand the philosophy of "no beginning, no beginning, no end ", whether it is to engage in physical exercise or to complete other life tasks, if a student does not have the mentality of perseverance, if not to be able to do what needs to complete the end, can only waste time, and finally only a two empty end [2]. In the process of

guiding the students to complete the physical exercise, the PE teachers in colleges and universities should not make the students rush too hard, but should make the students exercise gradually and gradually, regard the sports as a matter worthy of persistence, savor the fun of sports at the same time, and realize the rapid development and progress in the imperceptible movement. College teachers must make students feel happy in sports, as shown in Figure 2:



Figure 2 Sports

3.3. Dispel Students'fear of Difficulties and Laziness

Many college students, especially girls, have a kind of fear of physical education and physical exercise, which makes all students'sports potential cannot burst out completely. In particular, PE teachers in colleges and universities should help students develop a state of self-confidence and self-improvement, so that students can accomplish tasks that seem impossible to accomplish. The meaning of the belief in physical health to students is a strong mental agent, which makes students not afraid of floating clouds to cover their eyes, with sweaty way to meet the health of life and spiritual strength, which is of great significance to college students.

3.4. Guidance to Students on Sports Health Belief

Subjective initiative has a powerful catalytic and motivating effect on a person, which is something and problems that need not be argued again and again, but the problem is that the incentive effect is limited. College teachers should encourage students to complete the task of physical exercise, but also let students master some scientific knowledge and practical sports methods, only in this way, students can go better and farther on the road of sports. If the teacher blindly highlights the initiative, does not know how to help the student to treat the physical education scientifically, cannot let the student master the scientific movement method, this is doomed not to be feasible.

4. How should PE Teachers Help Students Finish their Physical Exercise

4.1. Motivate Students to Exercise

Many students nowadays have a deep-rooted bias and apathy towards physical education and physical exercise, which is the "killer" that restricts students'progress. College PE teachers need to help students develop a strong sports enthusiasm, can actively exercise, in sports to enhance the enthusiasm for life. College teachers can introduce some interesting sports to students, such as fun relay race, two people three-legged race, interesting basketball match and so on, so that all college students can feel the enthusiasm and passion of sports in happiness.

4.2. Teach Students Appropriate Exercise Skills

College teachers should teach students the skills of physical exercise in a timely manner, so that students do not fear the wind and rain, persistent forward. In the course of football class, the teacher

can pass the ball, lead the ball, pass the ball, shoot the ball and so on to all the students, so that the students can complete the learning task while mastering the basics [3]. As shown in Figure 3, college students' courageous efforts in the field can be exchanged for a vibrant development of campus sports:



Figure 3 Exercise skills

4.3. Tailoring to Create a Suitable Sports Model for Students

The teachers of physical education in colleges and universities should create a suitable sports mode for all students to grow and progress, so that every student can make great progress and development in the process of growing up, and also make students more clear about their physical function and sports limit through sports, so as to make greater development and progress in physical education class.

5. Conclusion

P.E. teachers in colleges and universities should reiterate to all students the great significance of physical education, which can make students change their thinking, overcome difficulties, and turn the mental pressure and burden into the driving force and energy of progress through exercise, thus making greater development and progress in the course of life, which is of great significance to every student. P. E. teachers in colleges and universities need to integrate teaching resources to convey a strong belief in physical health for students, so that students can achieve a great improvement in sports ability driven by the belief in physical health.

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