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Analysis of the Situation and Causes of College Students' Physical Literacy

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Abstract: In the form of questionnaire survey, the physical literacy of the first-grade students in 6 universities in Sichuan are investigated. According to the survey results, the students' sports foundation, sports cognition and teaching content are analyzed. Combined with the progress of the sports literacy research at home and abroad, analyze the status quo of the sports literacy of the college students in Sichuan, and study the causes of the current situation of the sports literacy, and put forward the corresponding conclusions.

Keywords: College Students; Physical Literacy; Causes.

1. Introduction

Physical literacy (physical literacy, PL) refers to the motivation, confidence, physical ability, knowledge, and understanding that individuals need to participate in lifelong physical activity. at the same time, physical literacy is also a student after years of school physical education and after-school physical education exercise formed, relatively solid internal literacy, plays a key role in the formation of students' sports behavior and lifelong sports awareness. After the word "physical literacy" was put forward, Chinese academic circles have not been able to clarify its definition and category. " Different studies have put forward different views on the definition of physical literacy, and at present there are five more mainstream definitions in China."

Through the induction of the relevant research literature, the reasons for the cognitive difference in "sports literacy" may be as follows: 1. Chinese sports division, sports are not the only one in foreign English words, and there are background and emphasis on vocabulary; 2. Physical and mental monism and physical and mental dualism controversy.

School physical education is the foundation of lifelong physical education. In many countries, it is also a gradual process for the role and contribution of physical education in the development of people to society. K-2 physical education curriculum in the United States has gone through three versions. The national standard of K-2 physical education curriculum in the United States, covers mental movement, cognition and emotion. In 2017, Australia released the Australian Physical Literacy Standards (Australian Physical Literacy Standard, APLS) and the official version in 2019, including physical, psychological, cognitive and social.

China's physical education curriculum has also experienced the development of physical fitness theory as the center, the development of quality as the center to promote health as the center. The core qualities of the Physical Education and Health Curriculum Standard (2022 edition) issued by the Ministry of Education of China are in three aspects: sports ability, health behavior and physical education morality, but there is little difference in essence. This study investigated and studied from the aspects of motor skills, physical cognition, and course teaching content.

2. Research Methods

2.1. Questionnaire Survey Method

A total of 716 questionnaires were issued, including 671 students from Sichuan Province and 45 students from outside the province, namely from Sichuan Mianyang Normal University, Sichuan Vocational and Technical College of Architecture, Sichuan Neijiang Normal University, Sichuan Neijiang Vocational and Technical College, SiChuan university of science and engineering and Sichuan Yibin Vocational and Technical College.

2.2. Literature Method

In CNKI, "physical literacy", "school physical education teaching content", "school physical education teaching goal" and so on. The keywords were searched, and the search results were classified and analyzed.

2.3. Mathematical and Statistical Method

Mathematical statistical analysis of 716 questionnaires was conducted, and the main methods were matrix method, frequency statistics and percentage in multiple choices Method and other statistical methods.

2.4. Expert Consultation Method

The designed questionnaire index was subject for expert consultation, and the index with an average score greater than 8.0 was retained to ensure the specificity and effectiveness of the questionnaire design.

3. Statistical Results and Analysis

Among the subjects under investigation, town students accounted for 47.35% percent, Rural students accounted for 52.65 percent, the proportion of urban students and rural students is basically the same; There are more boys than more girls.

3.1. Statistical Results

3.1.1. Sports Cognition

Table 1. Students' cognition of sports function (selection)

Sports function	Frequency of selection
education	64.11%
fit	92.32%
recreation	67.6%
culture	36.59%
economy	23.88%
Develop personality	56.7%
Promote mental health	81.28%
Promote individual socialization	46.37%
ignorance	3.07%

As can be seen from the above table, students have a certain cognition of sports, but there are differences in cognitive cognition. Fitness function is recognized by most students, followed by promoting mental health, then entertainment function, educational function, personality development and individual socialization.

About 68.85% Students have a clear purpose when participating in physical exercise, and physical education awareness has been fixed, they can stick to it for a long time; However, only 36.31% students who can participate in after-school physical exercise more than 3 times a week, and the proportion of students who can be counted as sports population is too small, indicating that most students' lifelong sports awareness has not been formed.

3.1.2. Foundation of Sports

Table 2. Basic sports of student sports (selection)

Item	Frequency of selection	proportion
badminton	506	70.67
Table tennis	360	50.28
basketball	254	35.47
Track and filed	162	22.63
football	155	21.65
volleyball	146	20.39
swimming	126	17.6
billiards	122	17.04
Skidding of the wheel	69	9.64
wushu	28	3.91
aerobics	32	4.47
tennis	28	3.91
others	154	21.51

As can be seen from the above table, badminton and table tennis have the most extensive sports foundation, followed by basketball, track and field, football, then swimming and billiards, while roller skating, martial arts, aerobics and tennis are the least.

3.1.3. School Physical Education Teaching Content

The goal of school sports is by the sports discipline objectives, learning period of sports teaching, teaching objectives, year teaching objectives, unit teaching objectives, semester teaching objectives and teaching objectives of system, is a from macro to micro structure, and physical education and extracurricular sports activities is the main form of the goal of sports teaching, teaching content is the important of physical education constituent part.

Table 3. School physical education teaching content (double selection)

content	Frequency of selection	proportion
Body diathesis	481	67.18
order and queue formation	476	66.48
Sports project and technology	398	55.59
Sports games	342	47.77
Scientific and physical exercise knowledge	345	48.18
Sports injury and prevention	305	42.6
Sports competition rules and referee rules	169	23.6
nothing	65	9.08
others	59	8.24

The statistical contents of Table 3 basically cover the physical education teaching content of middle schools in Sichuan province, mainly including physical quality, freehand gymnastics, sports events, sports games, sports knowledge, sports competition rules, proportion is80.92%, no physical education teaching content proportion is9.08%, It shows that physical education is not carried out in accordance with the curriculum teaching norms, which is a proportion that cannot be ignored.

3.1.4. Sports Watching Habits

Watching sports competitions can cultivate students' interest in sports, increase their knowledge of sports competition, improve their sports appreciation ability, and understand the development trend of the sports project. According to the survey, 64.94% respondents had a habit of watching sports competitions, but the purpose of students watching competitions varied.

Table 4. Students' concerns when watching the game (re-checking)

option	Frequency of selection	Frequency of selection
Sports technique	507	70.81
The intensity of the game	389	54.33
Game victory or defeat	384	53.63
tactics	324	45.25
others	91	12.71

As can be seen from the above table, when students watch the game, the purpose is multi-dimensional, but the focus is basically limited to the game itself, and the proportion of star-chasing is relatively small, which indicates that college students are more rational than middle school students.

3.1.5. Evaluation of Middle School Physical Education

The realization of physical education teaching goal depends on the hardware and software level of the school, including the school site facilities and equipment, software involves the level of teachers, school management rules and regulations.

Compared with the evaluation matrix scale of school physical education of middle school students, the average score of school physical education evaluation in college is significantly higher than that of middle school, indicating that the physical education resources and teaching implementation in middle school are not as good as those in

the university stage.

Table 5. Students' evaluation of school physical education in middle school (matrix scale)

title/option	1	2	3	4	5	Average
Site facility	36(5.03%)	74(10.34%)	205(28.63%)	196(27.37%)	205(28.63%)	3.64
Content of courses	34(4.75%)	80(11.17%)	200(27.93%)	196(27.37%)	206(28.77%)	3.63
Teaching method means	36(5.03%)	75(10.47%)	216(30.17%)	176(24.58%)	213(29.75%)	3.64
Teaching norms	28(3.91%)	69(9.64%)	202(28.21%)	187(26.12%)	230(32.12%)	3.73
Teaching effects	37(5.17%)	82(11.45%)	199(27.79%)	182(25.42%)	216(30.17%)	3.65
Teacher's ability	28(3.91%)	37(5.17%)	188(26.26%)	195(27.23%)	268(37.43%)	3.89
subtotal	199(4.63%)	417(9.71%)	1210(28.17%)	1132(26.35%)	1338(31.15%)	3.7

4. Conclusion

4.1. Students' Sports Cognition is not Comprehensive

in today's society, mobile phone computer is widely used, students are able to contact with all the current forms of sports, but students' sports cognition is affected by family, school, society, students on the nature of sports and sports function of cognitive differences, generally unaware of the school sports and lifelong sports, health, social adaptation, most stay in the cognitive aspects of education and fitness function.

At present, the sports problem of Chinese college students is caused by the lack of sports cognition, and the proportion of people who participate in physical exercise more than three times a week only 36.31%, Until the university stage, students still have not formed the consciousness and behavior of lifelong physical exercise, which also shows that there are some problems in students' sports cognition and sports awareness.

Healthy body and sound personality are the foundation of students 'all-round development. The cultivation of knowledge, function, cognition and sports spirit are indispensable in the process of school physical education. [7] The survey results of the physical literacy of college students in Sichuan also confirm that the school is missing in the process of cultivating students' physical literacy.

4.2. Sports Field Facilities Still Cannot Fully Meet the Needs

The results of students on the evaluation of middle school and college PE courses are obviously different, which is reflected in each aspect of teaching, and the difference in the average score is about 1 point. It reflects two possibilities: the first is the difference in curriculum implementation between middle schools and universities; the second is the difference in urban and rural curriculum implementation.

4.3. The Concentration Degree of Motor Skills is High, and the Breadth is Insufficient

From the analysis of students' sports skills, mainly focus on badminton and table tennis, followed by track and field and three balls, and the difference between the two aspects is obvious. The technical difficulty and physical quality of badminton and table tennis are not high, it is easy to start, and the cost of field equipment is relatively low, which reflects the weak teaching of sports skills in middle school. Other events such as roller skating, swimming, tennis, martial arts and other sports can be ignored, the main reason may be the limited venue and teachers.

The main ways to achieve the goal of school physical education in China are physical education, morning exercise, recess exercise and extracurricular sports activities. In the middle school stage, because of the existence of physical examination, physical education subjects are as important as other subjects, but in the high school stage, due to the pressure of higher education, the insufficient participation in extracurricular sports activities leads to the guarantee of sports technology foundation, the decline of physical fitness, and the disconnection of physical education courses.

Among the three elements of culture, the most core element is the psychological level, for a social person, its core element should be three views; as sports literacy, its core should be sports cognition, because people need to rely on the inner three view for life guidance, need to rely on internal cognition and demand to drive, internal factors determine external factors. At present, the employment competition of young people in China is still fierce. Families and schools attach great importance to the college entrance examination and the first degree, pay attention to the study of cultural courses, and do not pay enough attention to physical education courses and physical activities.

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