

The Research on Evaluation of College Students' Ability to Achieve the Physical Exercising Habit and Volition

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Abstract

With the development of modern society, the competition in all fields is becoming increasingly intensified. Therefore, people must be strong in volition if they want to stand out in such a competitive society. Especially for college students, they should form strong volition with the help of school education, or it will be difficult for them to make a career in the future.

The research on college students' ability to develop the physical exercising habit and volition is vital to the physical education of college students. This paper researches on the feasibility of developing college students' ability to form volition by developing their physical exercising habit through school education, and analyses the influence factors of the formation of volition, hoping to give some theoretical references to the evaluation system of the ability to develop the physical exercising habit and volition.

Keywords: evaluation, college students, ability, physical exercising habit, volition

Ability means the psychological characteristics of personality required for grasping and applying knowledge and skills. The habit of physical exercise is formed through repeated practice in the process of physical exercise and developed into an individualized need of automated behavior (Li, 2008). Ability to get physical exercise habits is to develop personality traits through physical exercise habits. The will is the psychological process of determining the purpose and controlling its own actions according to the purpose, overcoming difficulties and achieving the goal (Li, 2011). The stabilizing factor that makes up willpower is called the volition. The attainment of the will quality ability is the psychological characteristic that promotes the volition. We all know that participating in physical exercise and cultivating the habit of physical exercise are closely related to people's will, but physical exercise and will seem to be bound traditionally, and people think that participation in physical exercise can certainly hone people's willpower. So it is always ignored that the cultivation the habit of physical exercise and achievement of willpower are both abilities. This paper studies the above two abilities to provide a reference for the system construction of two kinds of abilities.

Decision on Deepening Education Reform and Promoting Education in an All-round Way promulgated by Chinese government points out that the Chinese universities should highlight "health first" to enable young people to develop a lifetime habits of physical exercise. Therefore, ability to develop the physical exercising habit is crucial to the implementation of lifelong physical exercise.

Life in university is the last stage of one's school education. To cultivate the students' physical exercising habit, first of all, universities should start with the students' motivation of physical exercise.

1. The Research on Evaluation of the Ability to Develop the Physical Exercising Habit

1.1 Motivation of the Ability to Develop the Physical Exercising Habit

The self-determination theory was founded and developed by American psychologists Edward I. Deci & Richard M. Ryan (Figure 1).

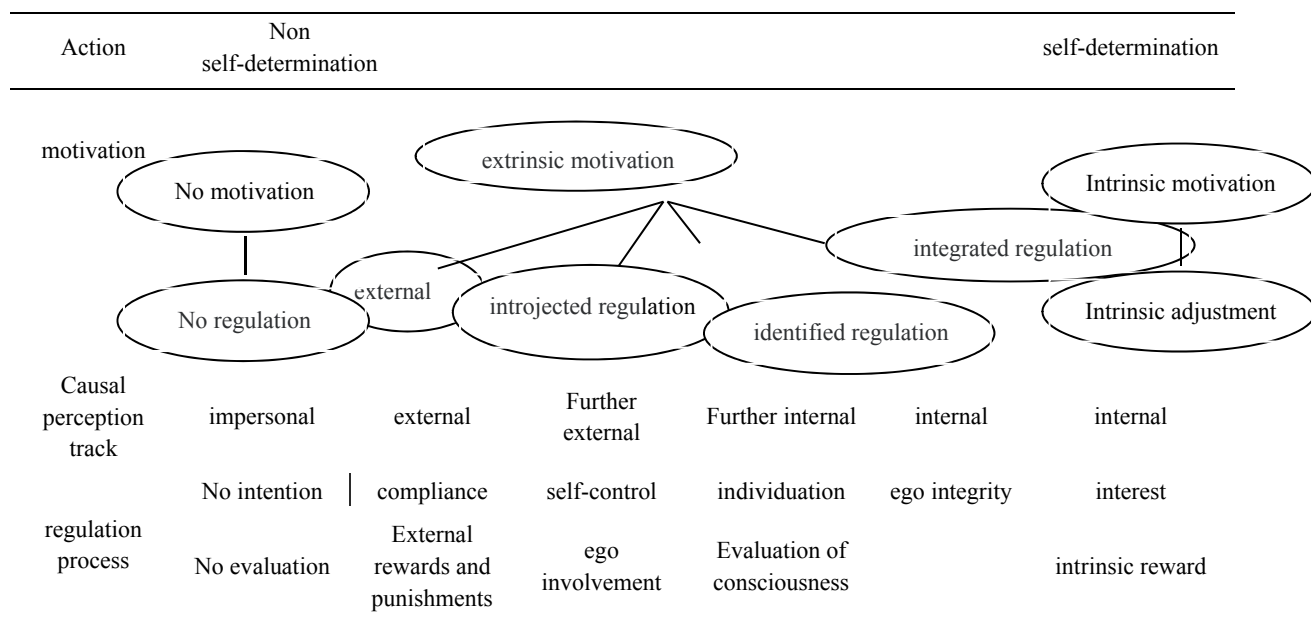


Figure 1. Self-determination continuum (quoted from Deci & Ryan, 2000)

Self-Decide Theory emphasizes the degree of self-determination of human behavior, and regards motivation as a continuum according to the degree of self-determination. The theory holds that human is a kind of positive organism with innate potential for psychological growth and development. Self-determination is a kind of potential for empirical choice based on the individual’s understanding of his needs and environmental information, and it is one’s choice of action. The potential of self-determination can lead people to engage in interesting and beneficial behavior, and this pursuit of self-determination generates internal motivation for human behavior.

Therefore, how to enhance students’ internal motivation, how to promote the internalization of external motivation, and how to turn physical exercise into an intrinsic need of students become the key to cultivate the students’ ability of physical exercise habit.

1.2 The Research on Evaluation of the Ability to Develop the Physical Exercising Habit

Ability is the quality to achieve a goal or task, which is the necessary subjective conditions to complete an activity, and it is also individual mental characteristics that directly affect the efficiency and make the activities finished. In the *Modern Chinese Dictionary*, habit refers to the psychological tendency to develop an action through repeated practice, which will not change with the time. Physical exercise habit is the exercise behavior of automation through conscious repetitive exercise, which is not easily changed. In 1998, the current situation of mass sports investigation and study team, concluded that four conditions of physical exercise habit as: exercise to more than 3 times a week, exercise more than 30 minutes each time, exercise intensity in a medium or medium above strength, continuous movement to keep more than six months. College students own active thinking, the pursuit and goals, so how to stimulate students' interest in exercise through the college physical exercise become a key element in ability to develop the physical exercising habit.

1.2.1 The Research on Evaluation of the Ability to Develop the Physical Exercising Habit Influenced by Physical Education

The *Guideline for the Teaching of Physical Education Courses for Colleges and Universities in China* issued by the Ministry of Education points out that physical education courses are public compulsory courses focusing on the main way of physical exercises and achieve physical fitness, health promotion and sports literacy through reasonable physical education and scientific physical training. The physical education curriculum in university is the final stage where students receive purposeful, planned and formally organized, systematic and scientific physical education. It is also the convergence point of school physical education to social sports. Physical education curriculum not only affects students’ interest in physical education, but also has an important meaning on students’ ability to develop the physical exercising habit.

In the current evaluation system of students’ sports scores in common colleges and universities, people habitually equate physical education test scores to the students’ physical health, psychological quality, sports participation and exercise habits, and they always consider the athletic level as the only means to measure

students' ability (Tian, 2003). This course evaluation system is easy to result in serious exam-oriented physical phenomenon.

The *Guidance Outline for PE Curriculum Teaching in Colleges and Universities* issued by the Chinese Ministry of Education aims to form a curriculum structure which achieves organic combination of classroom teaching and extra-curricular and extra-curricular sports activities, close link between school and society and organic connections of inside and outside the school. Students should not only according to their ability to master the corresponding movement skills, form self-training habits of sports, and it is more important to be able to test and evaluate the physical health, set up the sports learning goals, improve their ability of scientific exercise, so that develop good habits and tenacious character. Therefore, the physical education curriculum setup should break the traditional pattern of physical education Settings, and let the students choose sports special skill to learn according to the students' interest in personal characteristics, so that the students walked out of the passive in the exam-oriented education and make learning motivation by external motivation into internal motivation, giving full play to students' subjective initiative study, forming the integrated curriculum structure. On the other hand, kinds of sports should be organized based on students' sports skill level to make students enjoy fun and success, and show indomitable willpower when challenging sports, so as to improve the psychological condition to overcome the psychological barriers, develop a positive attitude towards life. The realization of the basic goals and development goals in the guidance outline of the ministry of education has a positive effect on the achievement of students' physical training habits and abilities.

1.2.2 The Research on Evaluation of the Ability to Develop the Physical Exercising Habit Influenced by Physical Monitoring

Students are required to participate in a physical test every year in four-year universities life. After the first physical health test results, the students test scores are directly imported into schools' network management system based on the physical examination of all students in each school year in addition to the use of national student physique Health standard data management system which forms the annual report of students physical health. Students can inquiry their scores online through the network. According to *National Students Physical Health*, the test assessment are graded as: 90 points and above are excellent, 75 points -89 points are good, 60 points -74 points are passed, 59 points and below are not passed.

Students' physical health status is an important indicator to measure the school running level, and also students' physical health test results are included in the student archives, which is the important basis for students' evaluation and evaluation. Therefore, the students will envisage this evaluation. For those students who have poor physical health test results or who hope to further improve their test scores, physical education teachers may establish student physical health status analysis and judgment mechanisms based on the students' physical health test evaluation reports, Health conditions to develop interventions, the use of classification teaching. According to the students' physical health status, the intervention measures should be adopted to guide the students to carry out physical exercise and improve the physical fitness level of the students. At the same time, students need to be more conscious of their initiative in participating in physical exercise. Therefore, the methods and plans of physical exercise will be more scientific. And because of the physical fitness test in every school year, physical fitness test is vital to students' ability of physical exercise habit.

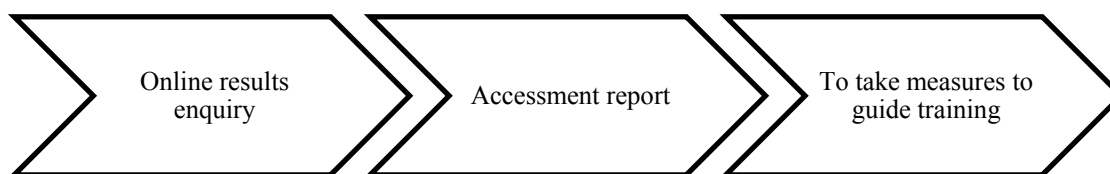


Figure 2. Process of guide to physical exercise by students' physical health test scores

1.2.3 The Research on Evaluation of the Ability to Develop the Physical Exercising Habit Directed by the Exercise Fitness Detection Monitoring System

The exercise monitoring guidance system is mainly carried out from four aspects: health physical fitness, physical exercise habits, comprehensive evaluation report, and exercise prescription. Fitness refers to the ability to engage in leisure activities when the body in the condition of not excessive fatigue, and the ability to deal with the unpredictable emergencies and the ability to engaged in daily work (Xu, Tang, & Liao, 2010).

Physical fitness is divided into two categories: one is physical fitness and physical fitness, and another is

technical fitness. Physical fitness is used by indicators when they need to evaluate one’s physical ability, and it is the basis of health, including cardiorespiratory endurance, body composition, strength and muscle strength, flexible quality. Exercise prescription refers to suitable exercise content, exercise intensity, exercise time and frequency put forward by the rehabilitation physician, rehabilitation therapist and physical education teachers, social fitness instructor or personal fitness trainer, according to the patient’s age, gender, general medical examination, rehabilitation medical examination, exercise test, physical fitness / physical fitness test results, plus his age, gender, health status, physical fitness and cardiovascular, motor function, combined with the main objective conditions, in the form of prescription for patients or sports fitness, in order to achieve scientific and planned rehabilitation or prevention of fitness (Yang, 2013).

The evaluation job would be done by related teachers in Sports human science laboratory. They formulate corresponding exercise prescription based on provided test for students’ individual demand, through survey of fitness related indicators and investigation of physical exercise habits of students, to give students comprehensive evaluation about the body quality and physical exercise, according to the individual differences. The whole operation process is done on the network, all reported by establishing network platform, the applications, such as the WeChat Official Account (a popular application in China) and other accesses which are public for students to query, so as to encourage the students to carry on the science of physical exercise, to help them further form the habit of physical exercising.

2. The Research on Evaluation of the Ability to Develop the Volition

The volition is also a kind of ability which includes consciousness, independence decisiveness and toughness [6]. Consciousness refers to the quality that someone controls the maintenance of the action automatically according to its requirements, which is an internal motivation that comes from inner need. Independence refers to the quality that a person can take decisions and execute decisions independently in the act of will according to his own knowledge and belief, without yielding to the pressure of the surrounding environment. Independence is related to the rational analysis and absorption the reasonable ideas of others. Independent people are rational in their decisions and decisions, both socially and morally. Decisiveness means the quality that the subject can distinguish between right and wrong, quickly to take decision and execution in complex cases. Determination is different from the rash. It is based on thorough thinking. The decisive person has a deep understanding and sober estimation of the method of his behavior and the possible consequences, so he can make prompt action without retreat when it comes to the most critical moment. Toughness refers to someone believes his decision correct for a long time and the volition of unremitting struggle for executive decision. People with high degree of volition owns indomitable willpower and triumphalism, does not fear the difficulty and setbacks, is good at summing up experience and lessons, neither driven by invalid desire, nor would it be constraint by preconceived method, and strive to overcome difficulties and implement decisions.

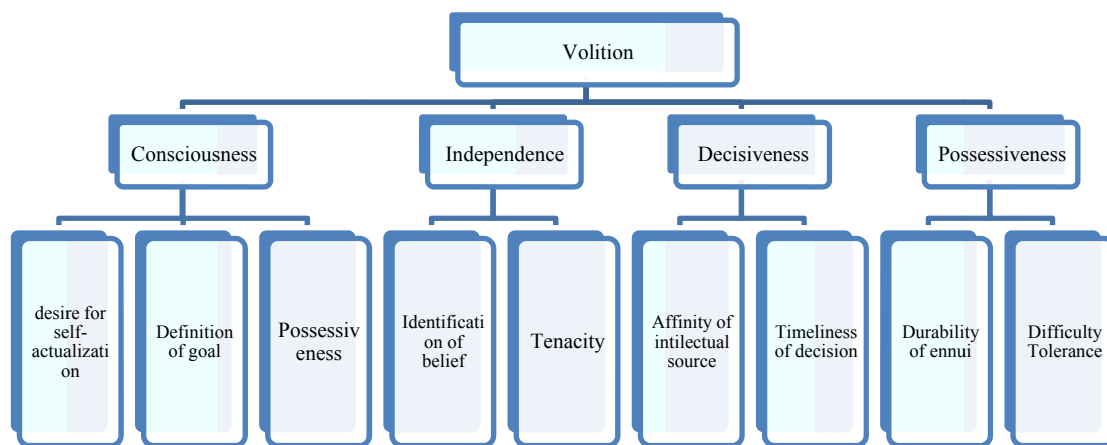


Figure 3. Model Construction of Volition

3. Conclusion

It is a kind of ability to develop the physical exercising habit and volition. Achievement of volition is the basis

for ability to develop the physical exercising habit, and ability to develop the physical exercising habit is a manifestation of Achievement of volition. In previous studies, these two abilities were often tied up in expressions that were detrimental to the assessment of students' ability. This paper only analyzes the evaluation factors of the above two kinds of abilities and does not construct a system, but after this paper, we can form the subjective theory to form physical exercise habits and volition through certain data and evaluation Methodology to provide some theoretical reference for the construction of the evaluation system of the physical exercise habits and volition.

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