



# Research on the Influence of Sports Facilities on College Physical Education Teaching

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## Abstract

This article aims to study the impact of sports facilities on university physical education teaching and explore their role in improving students' sports literacy and promoting physical and mental health. Through the analysis of relevant literature and empirical research, it was found that good sports facilities can provide rich and diverse teaching resources and conditions, stimulate students' interest and participation, and enhance their learning effectiveness and subject abilities. Research has shown that a rich and diverse range of sports facilities can meet the needs and interests of different students, and can also improve their physical fitness and skill levels. By providing various types of sports facilities, universities can provide students with diverse opportunities for sports activities, including group sports, individual exercise, and competitive competitions. This personalized selection space makes sports teaching more flexible and targeted, meeting the individual differences of students, and increasing their participation and motivation. At the same time, this article proposes design principles and optimization strategies for sports facilities, providing a theoretical and practical basis for the improvement of physical education teaching. This has important guiding significance for the improvement of university physical education teaching and the comprehensive development of students.

## Keywords

Sports facilities, Physical education teaching, Design principles, Optimization strategy

In recent years, with the development of university physical education, people have attached increasing importance to the role of sports facilities in teaching. Sports facilities not only provide students with places for sports activities and training but also provide teachers with innovative teaching methods and resources. However, there is currently relatively limited research on the specific impact and effectiveness of sports facilities on university physical education teaching. Therefore, this article aims to deeply explore the impact of sports facilities on university physical education teaching, in order to provide a scientific basis for improving university physical education teaching.

## 1. The Influence of Sports Facilities on Students' Sports Literacy

### 1.1 Provide rich and diverse opportunities for sports activities

The existence of sports facilities provides rich and diverse opportunities for physical education teaching in universities. By utilizing diverse sports facilities, students can participate in various types of sports activities, such as group sports, personal exercise, and competitive competitions. This not only meets students' individual differences and interests but also provides them with a wide range of choices, making physical education teaching more flexible and

targeted. A variety of sports activities can meet the needs of different students, with each student having their own specific interests and preferences. Some students may prefer group sports such as football, basketball, or volleyball, while others may prefer individual exercises such as running, yoga, or fitness. By providing various types of sports facilities, universities can meet the needs of different students, allowing everyone to find suitable sports activities, thereby increasing their participation and enthusiasm. When students have the opportunity to participate in sports activities that interest them, they will be more proactive and actively involved. Sports facilities provide a creative and diverse environment, allowing students to try new sports or activity forms, thereby stimulating their curiosity and exploration desire. This not only helps students establish healthy sports habits, but also cultivates their leadership, teamwork, and self-management abilities (Wei Wei & Yu Jia, 2022).

## **1.2 Enhancing Students' Interest in Participation**

Providing rich and diverse sports facilities not only provides opportunities for various sports activities in university physical education teaching but also effectively enhances students' interest in participation. When students have the opportunity to access attractive sports facilities during the teaching process, they often feel more excited and engaged. Good sports facilities can create an active, stimulating, and interesting learning environment, stimulate students' curiosity and exploration desire, and thereby increase their active participation in physical education teaching. Whether it's modern sports venues, well-equipped gyms, or interactive teaching facilities equipped with advanced technology, these attractive sports facilities can attract students' attention and enhance their interest in sports teaching. By actively participating in sports activities, students can not only gain physical exercise and skill improvement, but also cultivate teamwork, leadership skills, and self-confidence, thereby achieving comprehensive learning and growth (Shu Jingdan, Guo Wuyi, & Zhang Li, 2021). Overall, universities should focus on providing attractive and innovative sports facilities to stimulate students' interest in participation and improve the effectiveness of physical education teaching.

## **1.3 Improving students' physical fitness and skill levels**

The impact of diverse sports facilities on university physical education teaching is also reflected in improving students' physical fitness and skill levels. By participating in various sports activities and utilizing relevant facilities, students can receive comprehensive physical exercise and skill development. Sports facilities provide students with excellent training venues and equipment, enabling them to engage in systematic physical training and skill exercises. For example, advanced sports venues and equipment can provide appropriate venues and conditions to help students carry out Strength training, flexibility training, coordination training, etc., so as to improve their physical fitness. In addition, diversified sports facilities can also meet the needs of students in different sports projects and cultivate their abilities in various sports skills. By participating in sports activities and utilizing relevant facilities for training, students can gradually improve their skills, master professional sports skills, and enhance their understanding and application of sports (Zhao Chun, 2022).

## **2. The impact of sports facilities on students' physical and mental health**

### **2.1 Promoting the development of physical and mental health**

Rich sports facilities can effectively promote the development of students' physical and mental health. By participating in sports activities and utilizing sports facilities, students can gain comprehensive physical exercise, improve cardiovascular function, enhance muscle strength, and improve physical function. Regular physical exercise can help students maintain a healthy weight, prevent chronic diseases, and improve immunity, thereby promoting the development of physical health. In addition, sports activities can also alleviate learning pressure, improve emotional state, and promote the development of mental health. Participating in sports activities can release stress, enhance psychological resilience, and enhance self-esteem and self-confidence. Sports facilities provide a positive social environment where students can interact with others, build friendships, and develop social skills and emotional support through teamwork and competitive activities.

### **2.2 Relieve learning pressure and improve students' emotional state**

Sports activities and related facilities provide students with opportunities to relax and shift their attention, effectively alleviating learning pressure. Participating in sports activities can temporarily distance students from academic

tasks, reduce psychological burdens, release tension, and help them recover energy and focus. Physical activities can also stimulate the body to release neurotransmitters such as Endorphins, produce a sense of pleasure, and improve the emotional state of students. Sports facilities provide a positive and enjoyable environment where students can actively cope with stress, relieve emotions, and cultivate a positive and optimistic mindset through exercise and exercise (Wang Meng, 2022). At the same time, participating in Team sports and competitive activities can also help students establish good interpersonal relationships, enhance social support, further alleviate learning pressure, and improve their emotional state. Therefore, universities should attach great importance to providing good sports facilities and corresponding sports activities, providing students with opportunities to alleviate learning pressure, improve their emotional state, and promote their comprehensive development of physical and mental health.

### **3. Design Principles of Sports Facilities in College Physical Education Teaching**

#### **3.1 Fully consider students' needs and characteristics**

In college physical education teaching, the design of sports facilities should fully consider the needs and characteristics of students, and understand information about students' sports interests, levels, special needs, etc., in order to provide them with suitable sports facilities and teaching environment. Through surveys, questionnaires, personal communication, and other means, schools can understand students' expectations and needs for sports facilities, including their favorite sports events, the functions, and the frequency of use of the facilities. Based on this information, the design of sports facilities can provide targeted equipment, venues, and equipment suitable for students to meet their learning and exercise needs. In addition, consideration should also be given to the diversity of students, such as age, gender, physical differences, etc., to ensure that the design of facilities is inclusive and flexible. The design of sports facilities that fully consider students' needs and characteristics can help improve their participation and satisfaction, thereby promoting their physical education teaching effectiveness and comprehensive development.

#### **3.2 Creating a diversified physical education teaching environment**

Creating a diversified sports teaching environment is one of the important principles of sports facilities design in college sports teaching. A diversified sports teaching environment can provide different types of learning experiences and teaching methods to meet the individual differences and Learning styles of students. This means that the design of sports facilities should take into account the needs of different sports events and provide corresponding venues and equipment. For example, different types of venues such as Basketball courts, football fields, and swimming pools can support diversified sports activities and teaching content. In addition, creating a diverse physical education teaching environment also includes providing various teaching methods and resources, such as group training, individual guidance, technical demonstrations, etc., to meet the learning needs of different students. By creating a diverse physical education teaching environment, students can learn and practice in different scenarios and situations, cultivating comprehensive sports skills and comprehensive literacy.

#### **3.3 Provide flexible and adjustable facilities and equipment**

Sports facilities should have characteristics that can be flexibly adjusted and adapted to different needs to meet the requirements of different teaching and training objectives. For example, an adjustable sports facility can be divided or combined according to needs to adapt to different types of sports activities, such as delimiting a basketball court or volleyball court. Moreover, flexible and adjustable equipment is also important, such as adjustable height basketball stands, adjustable weight fitness equipment, etc., which can meet the needs of students of different ages, levels, and physical differences. This design enables teachers and students to make reasonable adjustments and customizations based on specific teaching objectives and student needs, improving teaching effectiveness and student participation. Therefore, providing flexible and adjustable facilities and equipment is an important aspect of sports facility design, which can provide a more flexible and diverse teaching environment for university physical education teaching.

### **4. Optimization Strategies for Sports Facilities in College Physical Education Teaching**

#### **4.1 Strengthen the maintenance and management of facilities**

Strengthening the maintenance and management of facilities is one of the key strategies for optimizing sports facilities in university physical education teaching. Good facility maintenance and effective management can ensure

the continuous operation and good use of sports facilities, thereby providing a safe, hygienic, and comfortable learning environment. Firstly, regular maintenance and repair of facilities is crucial. By regularly inspecting and maintaining the equipment, equipment, and site of the facilities, potential problems can be identified and repaired in a timely manner, ensuring the normal operation and safety of the facilities. Maintenance work includes cleaning, lubricating, and replacing equipment, repairing and cleaning the site, etc. to ensure the normal use of facilities and provide a high-quality teaching environment. Secondly, strengthening the management of facilities is inseparable from standardized use. Developing and implementing strict facility management systems, including facility reservation and allocation, site usage standards, equipment borrowing, and return, can ensure the reasonable allocation and efficient utilization of facility resources. Management personnel should be responsible for the daily management, supervision, and maintenance of facilities, develop safety operating procedures, provide necessary guidance and training, and ensure the safety of students and teachers when using the facilities (Yang Liwei, 2022). Thirdly, establishing a feedback mechanism and student participation system is also an important link in strengthening facility management. Students and teachers can provide feedback and suggestions on the use of facilities, such as improvements and maintenance needs, in order to timely improve and optimize facility management. Through a student participation system, such as establishing facility use committees or student representative groups, students' sense of responsibility and participation can be enhanced, and facilities can be jointly maintained and managed.

#### **4.2 Application of innovative teaching methods and technologies**

With the continuous progress of technology and innovation in the field of education, applying new teaching methods and technologies to physical education teaching can provide a richer and more efficient teaching experience. On the one hand, introducing innovative teaching methods can stimulate students' interest and enthusiasm in learning. For example, the adoption of project-based learning, Cooperative learning, problem-solving, and other activities can cultivate students' Critical thinking, creativity, and team cooperation abilities. Using these methods in sports facilities, students can deeply understand sports knowledge and skills through practice and exploration, and improve the learning effect. On the other hand, combining advanced technological applications can improve the quality and effectiveness of physical education teaching. For example, using virtual reality (VR) technology can simulate real sports scenes, allowing students to experience different sports events in person. The use of intelligent devices and sensors can monitor students' movement status and data in real time, providing personalized feedback and guidance. At the same time, through the online platform and the Learning management system, students can access teaching resources, course materials, and interactive exchanges at any time to expand Learning space and ways. The application of innovative teaching methods and technologies can also promote teachers' professional development and teaching improvement. Teachers can improve their teaching ability and design level by learning and mastering new teaching methods and technologies. Teachers can also participate in teaching teams and interdisciplinary collaborations to jointly research and develop innovative teaching plans suitable for university physical education teaching.

#### **4.3 Increase Capital Investment**

The construction of university sports facilities also relies on financial support. By increasing financial investment, the quality and quantity of sports facilities can be improved, equipment can be updated, venue conditions can be improved, and good maintenance and management of facilities can be ensured. Capital investment can be used to build modern sports venues, sports venues, and fitness facilities, purchase advanced teaching equipment and equipment, and provide diversified sports activities and teaching resources. In addition, funding can also be used to train teachers and management personnel, improve their professional literacy and management abilities, and better serve the needs of physical education teaching. Vigorously increasing financial investment can provide sustained development and improvement impetus for university physical education teaching, provide students with higher quality physical education resources and environment, and promote their comprehensive growth and development. Therefore, universities should prioritize funding for physical education as an important area of educational development, ensuring that sports facilities and teaching conditions are continuously improved and improved.

### **5. Conclusion**

By studying the impact of sports facilities on university physical education teaching, we can conclude that good sports facilities have a positive impact on improving students' sports literacy, promoting physical and mental health,

and improving teaching effectiveness. In order to maximize the role of sports facilities, universities should design and optimize sports facilities reasonably based on the needs and characteristics of students, and pay attention to the maintenance of facilities, innovation of teaching methods, and improvement of teacher training. It is hoped that this study can provide a useful reference and reference for the improvement and development of university sports education.

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