

Adoption of Appropriate Agricultural Model for Food Security in Guiping Town, Renshou County, China

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Abstract: This study explores the problems and strategies in modern physical education around the issue of improving students' sports participation. By analyzing factors such as outdated teaching methods, single curriculum design, imperfect evaluation mechanism, insufficient school sports culture atmosphere, and lack of social and family support, the reasons for the low level of students' sports participation are deeply analyzed. The study emphasizes that physical education is not only a means to improve physical fitness, but also an important way to promote students' mental health and cultivate social interaction skills. On this basis, the study proposes specific strategies such as improving teaching methods, optimizing curriculum design, strengthening school sports culture construction, providing diversified sports projects, and family and social support. Through multi-dimensional methods such as gamification teaching, stratified teaching, ability grouping, interest-driven, interdisciplinary integration, and family and community resource sharing, students' participation in sports activities can be effectively improved, thereby improving the effectiveness of physical education. The study pointed out that the purpose of physical education is to help students develop comprehensively in terms of physical fitness, psychological and social abilities through scientific teaching and management, and promote the improvement of their comprehensive quality.

Keywords: Student Sports Participation; Physical Education; Teaching Methods; Curriculum Design; School Sports Culture.

1. Introduction

The improvement of students' sports participation has gradually become a hotly debated topic in modern physical education. With the growing demand for comprehensive quality education for students, physical education courses are not only limited to the improvement of physical fitness, but are also regarded as a key way to cultivate students' mental health, social interaction skills and teamwork spirit. However, the actual teaching situation shows that students in many schools do not participate in physical education classes ideally, showing low interest in sports activities, weak willingness to participate and even avoidance behavior, which greatly affects the effectiveness of physical education.

The low level of sports participation not only limits the development of students' physical fitness, but also has a certain negative impact on students' physical and mental health, academic performance and socialization ability. In recent years, relevant studies at home and abroad have shown that students who actively participate in sports activities usually show better mental health, relatively good academic performance, and outstanding performance in teamwork and leadership. Therefore, improving students' sports participation has become an important part of improving students' overall quality and improving the quality of education.

2. Analysis of Influencing Factors

In order to solve the problem of low student participation in sports, it is crucial to deeply analyze the multiple factors behind it. These factors not only involve internal factors such as teaching methods and curriculum design, but also external influences such as social culture and family support. The following is a more comprehensive analysis of influencing factors:

2.1. Outdated Teaching Methods

The traditional sports teaching model often adopts a single "demonstration-practice-evaluation" model, lacks interaction and flexibility with students, and ignores individual differences among students. This traditional teaching method is mainly teacher-led, focusing on the teaching of technology and physical fitness, while neglecting the stimulation of students' interest and creativity. For example, in some classes, students just repeat fixed movements, which lacks challenge and fun, resulting in their lack of participation and sense of achievement. With the continuous development of information technology and teaching concepts, traditional teaching methods can no longer meet the needs of modern students for fun, diversity and interactivity in sports. Students have resistance to the single and boring sports model and gradually lose their enthusiasm for participating in physical education classes.

Modern educational theory emphasizes that students are the main body of learning, and the teacher's task should be changed from "demonstrator" to "guide" to help students discover and experience the fun of sports. Therefore, the traditional mechanized teaching method should be replaced by more interactive and game-based teaching methods to make students feel happy and involved in sports activities. For example, adding cooperative games, team competitions, situational teaching and other methods can enhance students' sports experience and increase their participation.

2.2. Unreasonable Curriculum Design

Physical education curriculum design should take into account individual differences in students' age, gender, physical fitness, athletic ability, etc. However, the content of physical education courses in many schools is relatively single, which makes it difficult to meet the needs of students from different groups. For example, in the physical education

courses of primary and secondary schools, some highly competitive projects (such as football and basketball) occupy more class hours, while there are no selective courses for girls or students who are not good at confrontational sports, such as dance, yoga, swimming and other projects. This lack of diversity and flexibility in the curriculum arrangement directly leads to a lack of interest and motivation in physical education classes for some students.

In addition to the single content design, the curriculum structure also lacks pertinence and hierarchy. Students of different grades are at different stages of physical and psychological development, and their ability levels are also different, but the existing courses often ignore these levels and adopt a one-size-fits-all standard, which fails to effectively take into account the needs of all students. For example, students with weaker physical fitness may feel too much pressure in physical education classes and lose confidence in participating; while for students with strong athletic ability, the existing courses seem to lack challenges, resulting in a decrease in their willingness to participate. Therefore, it is very important to design diverse, targeted, and hierarchical course content.

2.3. Imperfect Evaluation Mechanism

At present, the physical education evaluation system of most schools is centered on physical fitness tests, mainly examining students' running, long jump, throwing and other projects. This evaluation method is relatively one-sided and fails to fully reflect students' enthusiasm, cooperation, sports interest and effort in sports activities. Some students with weaker physical fitness may not perform well in physical fitness tests, feel frustrated and ashamed, and even develop fear or boredom of physical education classes, further reducing their participation in sports.

In addition, the standardization and uniformity of the evaluation mechanism often ignore individual differences, especially students of different genders, physical conditions and athletic abilities. The evaluation method focuses too much on the results and ignores the process, resulting in physical education classes becoming a "competition" rather than a process of participation and enjoyment. To this end, it is very necessary to build a more comprehensive and multi-dimensional evaluation mechanism. Students' sports interest, participation enthusiasm, teamwork ability, emotional management, etc. should be included in the evaluation scope, and attention should be paid to the progress and effort in the process, rather than just looking at the final physical performance.

2.4. Insufficient School Sports Culture Atmosphere

The degree of school sports culture has a direct impact on students' sports participation. Many schools have weak sports culture construction, and the forms of sports activities are monotonous and lack creativity, which fails to attract students to actively participate. For example, some schools only hold regular sports games or individual competitions, ignoring the organization and publicity of non-competitive sports activities. In the long run, it is difficult for students to feel the vitality of sports culture in school, and sports activities gradually become a task rather than a spontaneous interest and hobby.

Sports culture not only depends on the design of courses and activities, but also needs to be created through school

publicity and management. For example, schools can enhance students' sense of identity and interest in sports by setting up sports clubs, organizing fun sports games, theme day activities, etc. By combining sports with the daily culture of the school, a healthy, progressive, united and cooperative atmosphere can be created, which can allow students to be influenced by sports culture invisibly and develop the habit of active exercise.

2.5. Lack of Social and Family Support

Students' sports participation is not only a school problem, but also closely related to the attitudes of society and family. In many families, parents tend to pay more attention to students' academic performance, and do not attach enough importance to sports activities. They even regard sports activities as a "waste of time", believing that as long as the grades are good, there is no big problem with physical health. This concept has weakened students' motivation to participate in sports to a certain extent, resulting in their low interest in physical education classes. At the same time, the lack of positive sports role models in the family, and the parents' own non-participation in sports or lack of support for their children's sports activities will also indirectly affect students' exercise habits.

In addition, the importance of sports in society also directly affects students' participation. For example, the community lacks public sports facilities and extracurricular sports venues are limited. Even if students are interested in sports, it is difficult to get sufficient sports opportunities outside of class. In order to improve students' sports participation, families and society should strengthen their support for sports activities. Parents should establish correct educational concepts, recognize the importance of sports to the all-round development of children, and provide children with more opportunities and support for sports.

3. Importance of Physical Education

Physical education plays a vital role in the all-round development of students. It is not only an effective means to improve physical fitness, but also an important way to promote students' mental health, cultivate social skills, and improve their overall personal quality. In the modern education system, physical education is regarded as an equally important part of academic courses. Through scientific physical education, students can achieve balanced development in physical, psychological and social abilities. The most direct function of physical education is to improve students' physical fitness through exercise. With the increasingly static lifestyle of teenagers (such as excessive use of electronic devices and long hours of desk study), the reduction of physical activity has led to more and more prominent problems such as obesity and physical decline. Physical education can help students maintain and enhance their physical fitness and prevent the occurrence of health problems through systematic sports training and reasonable physical fitness tests. Regular physical exercise can enhance cardiopulmonary function, improve muscle strength, and improve body flexibility and coordination, thereby providing protection for students' healthy growth.

In addition, teenagers are in a critical period of growth and development. Adequate physical activity can promote the healthy development of bones and muscles, enhance immunity, and help them resist diseases. Physical education helps students develop a habit of lifelong exercise through

scientific and reasonable exercise planning, laying the foundation for their future healthy life.

Physical education not only contributes to physical health, but also has a significant role in promoting mental health. In modern society, phenomena such as academic pressure, social problems and psychological anxiety are becoming increasingly common among young people. Sports activities provide a way to release stress, relieve anxiety and regulate emotions. When exercising, the brain will secrete "happy hormones" - endorphins, which can effectively relieve stress and anxiety and improve emotional levels. In addition, the successful experience and sense of achievement in sports activities can help enhance students' self-confidence, especially those students who may not be outstanding in academic performance. They can gain self-identity and satisfaction through sports activities. Physical education helps students better face the challenges of academic and life by promoting positive emotional management and psychological recovery. Especially when facing setbacks, sports activities can cultivate students' ability to resist stress, enable them to learn how to persist in difficult situations, overcome failures, and cultivate perseverance. Sports activities are usually highly collective and cooperative. In the process of participating in collective sports, students have the opportunity to interact and cooperate with their peers, thereby improving their social skills. In team sports (such as basketball, football, volleyball, etc.), students need to cooperate and communicate with their teammates and work together to win the game. This cooperative experience not only cultivates their team spirit, but also improves their communication skills and leadership.

Through collective sports activities, students can learn how to collaborate with others, resolve conflicts and share responsibilities. At the same time, competition and cooperation in sports activities provide students with real social situations, helping them learn to respect rules and understand failure and victory in competition. These experiences are not only valuable in physical education classes, but can also be transferred to other areas of life, helping students better adapt to society and form a good social personality.

Success and failure, victory and frustration in sports activities provide students with valuable emotional experiences, helping them better understand and manage their emotions. In sports, students learn how to control emotions when facing failure, how to stay calm and self-disciplined under pressure, and how to stay humble when winning. Through this emotional regulation and control, students can gradually enhance their emotional management ability and improve their psychological resilience. Especially in competitive sports activities, students need to face pressure, competition and challenges, which provides them with opportunities for self-control and emotional management in stressful situations. Through repeated practice and feedback, students gradually improve in emotional management and self-regulation, and are able to maintain psychological stability and rational decision-making in various situations.

Physical education can effectively cultivate students' self-management ability and sense of responsibility. In sports activities, students need to participate in training on time, complete the established exercise goals, and gradually develop good time management habits. In addition, participating in sports activities requires students to maintain discipline and self-restraint. In the face of rules and team

interests, students must assume corresponding responsibilities, abide by rules and cooperate with others. In this environment, students gradually realize the importance of self-discipline and responsibility, which is not only reflected in sports activities, but also transferred to their studies and lives. Through continuous self-management and responsibility, students' self-regulation ability has been improved, which lays a solid foundation for them to face more complex social life in the future.

Studies have shown that students who actively participate in sports activities usually perform better in academic performance. This is because exercise can enhance blood circulation in the brain, promote brain development, and improve cognitive function and concentration. Through sports activities, students' brains are fully relaxed and activated, making them more focused and energetic in academic learning. In addition, the sense of achievement, self-confidence and goal setting ability in sports activities can also help students achieve better results in academic fields. The qualities of perseverance, concentration and continuous effort cultivated in sports can be effectively transferred to the completion of academic tasks, thereby improving students' learning efficiency and academic performance.

Comprehensive quality education emphasizes the development of students in morality, intelligence, physical fitness, and beauty, and physical education is a key link in achieving the goal of comprehensive quality education. It provides students with a non-academic learning and growth space, allowing them to develop in multiple dimensions such as physical fitness, psychology, and sociality. Through physical education, students not only learn how to become physically healthy and mentally strong individuals, but also learn how to play a role and take responsibility in the collective. Therefore, physical education is not only a part of the school curriculum, but also the foundation for students' quality development and personal growth. Schools should use scientific physical education strategies to maximize students' sports potential and make them comprehensive talents with all-round development.

4. Research Purpose

The main purpose of this study is to explore how to effectively improve students' sports participation through physical education strategies. By analyzing the existing physical education model and the current status of students' participation in sports, strategies that adapt to current teaching needs are proposed to help students participate in sports activities more actively.

5. Strategies to Improve Students' Sports Participation

Improving students' sports participation is a key task in physical education, which requires comprehensive optimization from multiple aspects such as teaching, curriculum design, school culture construction, family and social support. The following are more comprehensive improvement strategies:

5.1. Improve Teaching Methods

In order to stimulate students' interest in physical education, traditional teaching methods need to keep pace with the times and incorporate more interactive and interesting teaching methods. Teachers can improve teaching methods in the

following ways:

1) Gamified teaching: Combine sports activities with game elements to make the course more interesting. Stimulate students' interest and enthusiasm for participation through competitive games, role-playing, reward mechanisms, etc. For example, fun competitions can be designed in running training, and game scenes can be used to allow students to complete exercises in a relaxed and pleasant atmosphere.

2) Teamwork activities: Focus on teamwork and interaction, and cultivate students' collaboration ability and team spirit through collective projects (such as cooperative competitions, team challenges, etc.). Let students experience a sense of accomplishment and belonging in the group, thereby increasing their sense of identity with sports activities.

3) Differentiated teaching: According to the physical condition and interests of students, differentiated teaching is carried out, and personalized sports goals are set for students of different ability levels, so that each student can gain a sense of accomplishment at a difficulty that suits them, and avoid frustration or boredom caused by too much or too little difficulty.

5.2. Optimize Curriculum Design

Sports curriculum design should pay more attention to diversity and flexibility to meet the needs of different students:

1) Interest-driven: Design course content according to students' interests and hobbies, and provide different types of sports options. For example, basketball, badminton, yoga, swimming and other sports can be set up according to different ages, genders, and physical fitness differences to ensure that every student can find a sports project that suits them and is of interest.

2) Ability grouping: Training according to students' sports ability groups can protect students with weaker physical fitness from excessive pressure and provide challenges for students with strong sports ability. This can not only allow students with weaker physical fitness to grow, but also allow students with strong sports ability to make progress in high-level challenges.

3) Interdisciplinary integration: Combine sports with other subjects (such as mathematics, science, etc.) to help students learn and apply knowledge in sports. For example, by combining motion measurement, speed calculation, etc. with mathematical or physical knowledge points, students' comprehensive quality can be improved.

5.3. Strengthen the Construction of School Sports Culture

The strong atmosphere of school sports culture can significantly improve students' sports participation. Schools should actively create an atmosphere that encourages sports and make sports an indispensable part of campus life:

1) Organize a variety of sports activities: In addition to traditional sports games, schools can regularly hold fun sports games, theme sports festivals, sports club activities, etc. to attract more students to participate. In particular, non-competitive activities such as skipping competitions, fun runs, cooperative obstacle races, etc. can be added to ensure that every student can participate.

2) Recognition and incentive mechanisms: By setting up sports recognition activities, encourage and recognize students who perform well or actively participate in sports activities. Schools can set up annual sports awards to commend not only students with excellent sports skills, but

also those with high participation and strong spirit of cooperation, thereby stimulating the enthusiasm of all students.

3) Improvement of campus sports facilities: Schools should ensure the improvement and diversification of sports facilities, including not only playgrounds and gymnasiums, but also basketball courts, football fields, table tennis tables, swimming pools and other facilities to meet the needs of different sports. At the same time, more sports venues should be opened for students to use after school to encourage them to participate in sports activities independently.

5.4. Provide Diversified Sports Projects

The diversification of sports projects can provide students with more choices and meet the needs of students with different interests and ability levels:

1) Introduce emerging sports projects: In addition to traditional competitive sports such as basketball and football, schools can introduce more emerging or non-competitive projects, such as yoga, gymnastics, martial arts, aerobics, dance, etc., to increase the attractiveness of physical education courses. Students can choose suitable projects according to their interests and enhance their enthusiasm for participation.

2) Explore cultural sports: Introducing some sports projects with regional or cultural characteristics, such as Chinese martial arts, dragon boat racing, folk dance, etc., can not only enrich the content of physical education classes, but also inherit and carry forward local culture and stimulate students' interest in these projects.

3) Open up for independent choice: Provide students with opportunities for independent choice, set up "optional items" in the physical education curriculum, let students choose sports items according to their interests and physical conditions, and enhance their sense of participation and control in physical education classes.

5.5. Family and Social Support

Family and social support are important external factors to improve students' participation in sports. Schools need to work closely with family and social forces:

1) Strengthen home-school communication: Through parent meetings, home-school contact platforms, etc., parents are informed of the importance of sports activities to the all-round development of students, eliminate parents' misunderstandings about physical education classes, and encourage them to support their children's active participation in sports activities. Parents can cooperate with the school to help students continue to exercise in their spare time.

2) Community resource sharing: Schools can cooperate with community sports facilities and sports clubs to provide students with extracurricular sports venues and activity opportunities. For example, cooperate with community swimming pools, fitness centers, basketball clubs, etc. to regularly organize students to participate in community sports activities to improve their extracurricular sports participation.

3) Parent-child sports activities: Organize parent-child sports activities and encourage parents and students to participate in sports together, which not only enhances parent-child relationships, but also sets a good example for students. For example, schools can hold "Parent-Child Sports Meeting" or "Family Health Day" to allow parents to run, skip rope and other activities with their children to create a good family sports atmosphere.

5.6. Technology-assisted Teaching

In the digital age, technology has brought new possibilities to physical education. Through technical means, students' sports experience and participation can be effectively improved:

1) Sports applications: Schools can introduce various sports applications to help students record sports data, set goals, track progress, and give instant feedback. For example, using step trackers or fitness apps to help students understand their sports situation, set goals and challenge themselves.

2) Virtual reality (VR) and augmented reality (AR) technology: VR and AR technology can create virtual sports scenes, allowing students to experience a variety of sports activities in a virtual environment. Through this innovative approach, students can perform sports that are difficult to achieve in reality, such as rock climbing and skiing, in the virtual world, which increases the fun and participation of sports activities.

3) Smart device monitoring: Smart bracelets, heart rate monitors and other devices can help students monitor their sports performance in real time, and provide personalized sports suggestions through big data analysis to improve sports results.

5.7. Strengthen the Training of Physical Education Teachers

Teachers are the core force to improve students' participation in sports. Schools should strengthen the professional training of physical education teachers so that they can master the latest teaching methods and sports projects:

1) Teaching innovation training: Regularly provide teaching innovation training for physical education teachers to help them understand the latest educational concepts and methods, and learn how to improve students' enthusiasm for participation through fun and interactivity.

2) Sports project training: Through professional training, help physical education teachers master more sports project skills, provide students with a variety of sports options, and thus enhance the richness and fun of physical education classes.

6. Conclusion

This study conducted a detailed analysis of the factors affecting students' sports participation and revealed the importance and urgency of improving students' participation in sports activities. First of all, physical education is not only about cultivating physical fitness, but also a key way to promote students' mental health, teamwork and social interaction skills. Studies have shown that traditional physical education teaching methods, single curriculum design and imperfect evaluation mechanisms limit students' participation in physical education classes, which directly affects the effectiveness of physical education. Therefore, it is

particularly important to improve teaching methods, optimize curriculum design and enhance the school sports culture atmosphere.

The strategies proposed in the study to improve students' sports participation are feasible and practical. In terms of teaching methods, it is advocated to make the classroom more interesting and interactive through gamification, stratified teaching, teamwork and other methods to stimulate students' interest in sports. In curriculum design, it emphasizes diversity and flexibility to meet the personalized needs of different students. In terms of school culture construction, it is recommended to create a positive and healthy sports atmosphere through rich extracurricular sports activities, complete sports facilities and commendation mechanisms. At the same time, the study also pointed out that family and social support is an important external factor in improving students' sports participation. Schools should work closely with parents and the community to provide students with extracurricular sports opportunities and support.

In summary, improving students' sports participation can not only enhance students' physical fitness, but also promote their mental health and social ability, thus promoting the comprehensive development of students' quality. Schools, families and society should work together to help students find fun in sports and develop a lifelong habit of exercise through reasonable physical education strategies, laying the foundation for their future healthy life.

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