

# Research on the Influence of Sports Exercise Atmosphere on the Enthusiasm of College Students to Participate in Physical Education Courses

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**Abstract:** This study aims to explore the impact of sports exercise atmosphere on the enthusiasm of college students to participate in physical education courses. Through questionnaire surveys and interviews with college students from multiple universities, the impact of factors such as sports facilities, sports culture, and teacher roles on students' participation in physical education courses was analyzed. The research results indicate that a good sports exercise atmosphere can significantly improve the participation enthusiasm of college students in physical education courses. Specifically, well-equipped sports facilities provide students with more opportunities for physical activity, which helps to increase their participation frequency; A positive sports culture atmosphere inspires students' interest and enthusiasm for sports through organizing various activities; The teaching attitude and methods of teachers also greatly affect students' willingness to participate. Based on this, this paper suggests that universities should strengthen the construction of sports facilities, promote sports and cultural activities, and optimize physical education teaching methods to enhance students' participation in physical education courses and promote the comprehensive development of students' physical and mental health.

**Keywords:** Sports and Exercise Atmosphere, College Student, Physical Education Curriculum, Participation Enthusiasm

## 1. Introduction

With the continuous development of the social economy and the gradual improvement of people's living standards, health and sports have become indispensable components in modern society. As the future force of society, the cultivation of physical health, psychological development, and social adaptability of college students is particularly important. In this context, physical education courses, as an important component of quality education for college students, are receiving increasing attention from universities. However, many universities currently have problems with low student participation and a lack of physical exercise atmosphere in the implementation of physical education courses, which have a negative impact on students' physical fitness and mental health.

Physical exercise is not only an important way to improve the physical health of college students, but also an effective means to promote mental health and social communication skills. Currently, the participation rate of college students in sports activities is generally low. How to stimulate students' interest and improve their enthusiasm for participating in sports courses has become an urgent problem to be solved in the field of physical education. Research has found that the enthusiasm of college students to participate in sports activities is closely related to the sports exercise atmosphere they are in. The atmosphere of physical exercise not only includes the design and implementation of school sports facilities and physical education courses, but also includes various factors such as teacher-student interaction, peer motivation, and social support. A good sports exercise atmosphere can effectively stimulate students' interest in sports and promote their physical and mental health development.

However, there is relatively little research on how the atmosphere of physical exercise affects the enthusiasm of college students to participate in physical education courses, especially in the context of Chinese universities, and relevant research is still in its preliminary stage. In order to further explore

the impact of the sports atmosphere on the participation enthusiasm of college students in physical education courses, this article will analyze the specific mechanism of the sports atmosphere on students' participation in sports activities from various levels.

The main objective of this study is to investigate and analyze the current participation of college students in physical education courses, and explore the impact of different types of sports exercise atmospheres on students' participation enthusiasm. Through in-depth analysis of internal and external factors that affect college students' participation in physical education courses, this article aims to provide theoretical basis for the reform and optimization of college physical education courses, and propose effective measures to improve the sports atmosphere and increase college students' participation in sports activities. Through this study, it is expected to provide useful reference and guidance for improving the enthusiasm of college students for physical exercise, promoting the reform of physical education in universities, and contributing to the cultivation of students' comprehensive quality and healthy lifestyle.

## **2. Research problem analysis**

In the current higher education environment, the participation of college students in physical education courses has gradually become one of the important factors affecting their physical fitness and mental health. As an important variable that affects students' participation in sports activities, how to build a good sports atmosphere and its specific impact on the enthusiasm of college students to participate in sports courses has become an urgent problem in the field of physical education. Therefore, this study will start with the core elements of physical exercise atmosphere, explore its specific impact on the enthusiasm of college students for participating in physical education courses, and further analyze the relationship between physical exercise atmosphere and college students' participation in physical education courses.

### ***2.1 Analysis of the core elements of sports exercise atmosphere***

The atmosphere of physical exercise is a multidimensional concept that encompasses students' feelings in physical education courses and the overall support and advocacy of sports activities in the school environment. To fully understand this atmosphere, it is necessary to analyze it from multiple perspectives. Firstly, the completeness and accessibility of sports facilities are crucial. The quantity, quality, and distribution of sports facilities on campus directly affect students' opportunities and interests in participating in sports activities. Insufficient facilities or poor conditions may inhibit students' exercise enthusiasm, and the accessibility of facilities, such as whether they are convenient for students to use in their spare time, can also affect their willingness to participate. Secondly, the design and implementation of physical education courses directly determine students' motivation to participate. The scientific and innovative nature of course content and format, especially whether personalized arrangements can be made based on students' physical fitness and interests, will affect their participation enthusiasm. Diversified and interesting physical education courses often stimulate students' interest and enhance their participation. The interactive relationship between teachers and students is also an important factor in the atmosphere of physical exercise. Teachers are not only knowledge transmitters, but also guides and motivators of activities. The teaching methods, communication skills, and emotional care of teachers will directly affect students' emotional participation. Thirdly, the influence of peers and social support also play a crucial role in the atmosphere of physical exercise. Mutual encouragement and joint exercise among students can enhance their motivation to participate, while the reward and punishment mechanisms, publicity activities, and policy support of schools and society can also help create a positive atmosphere for exercise.

### ***2.2 The specific impact of sports exercise atmosphere on the participation enthusiasm of college students in physical education courses***

The impact of the sports exercise atmosphere on the participation enthusiasm of college students in physical education courses is reflected in multiple aspects [1]. Firstly, a good atmosphere for physical exercise can stimulate students' interest and motivation to participate, especially when the course content is rich and the form is novel, students are more likely to actively participate. Diversified sports such as basketball, football, badminton, etc. can meet different interests, and encouragement from teachers and peers can also enhance students' enthusiasm for participation. Secondly, a positive atmosphere can enhance students' confidence and sense of achievement, especially in group

cooperation and competitive competitions. Students not only improve their physical fitness, but also gain a sense of collective belonging and achievement, forming a virtuous cycle and further stimulating their interest in participation. In addition, the atmosphere of physical exercise has a positive impact on students' physical and mental health. A healthy and active atmosphere encourages students to persist in exercising, improve their physical fitness, immunity, and relieve psychological pressure, making them more motivated in physical education courses. Finally, the nature of teamwork in sports activities also promotes students' social skills and collective spirit. In group projects, students can exercise their ability to cooperate with others, enhance their social adaptability and collective consciousness.

### ***2.3 The relationship between the atmosphere of physical exercise and the participation of college students in physical education courses***

There is an interdependent and interactive relationship between the atmosphere of physical exercise and the enthusiasm of college students to participate in physical education courses. A good atmosphere for physical exercise can motivate students to actively participate in sports courses and help them develop healthy exercise habits by optimizing sports facilities, course content, teaching methods, and peer support. The joy and sense of achievement brought by participating in sports activities can enhance students' motivation to continue participating in the future and form a positive feedback mechanism. At the same time, active student participation can also promote more classmates to join, thereby creating a strong atmosphere of physical exercise, and even prompting teachers to innovate and adjust the content and form of the curriculum, further improving the quality of physical education courses. Therefore, student participation is not only influenced by the atmosphere, but can also in turn drive the improvement of the atmosphere. In short, a sports exercise atmosphere full of motivation and support can effectively enhance students' interest in participation, boost their confidence, physical and mental health, and promote the improvement of their social adaptability. Building a good atmosphere for physical exercise is the key to increasing the participation of college students in physical education courses.

## **3. Research results and analysis**

### ***3.1 Current situation and problems of sports exercise atmosphere***

The construction of a sports exercise atmosphere plays a crucial role in the participation and enthusiasm of college students in physical education courses [2]. However, the survey results show that most universities currently have varying degrees of problems in creating a sports atmosphere. Although some schools have strengthened the construction of sports facilities and provided diversified physical education courses, overall, many students still feel that the atmosphere for physical exercise is insufficient. The specific problems are reflected in the following aspects: firstly, insufficient facilities and environment, uneven distribution of sports facilities in some schools, and outdated equipment that cannot meet the diverse needs of students; Secondly, the course content is single, and many universities' physical education courses lack innovation and diversity, mainly focusing on traditional projects such as track and field, basketball, etc. There are few choices for activities such as fitness and dance that students are interested in, which fails to stimulate students' interest; Thirdly, there is a lack of interaction between teachers and students. Some schools have traditional teaching methods that lack active teacher-student interaction and communication, making it difficult for students to experience the joy and sense of achievement of exercise; The fourth issue is insufficient peer support, lack of effective team building and mutual assistance among students, resulting in some students lacking support from others and struggling to maintain sustained interest in sports.

### ***3.2 Analysis of the current situation of college students' participation in physical education courses***

Research has found that although physical education has become a compulsory subject in most universities, college students perform poorly in actual participation. The survey shows that although many students are interested in physical education courses in the early stages of enrollment, their enthusiasm for participation gradually decreases as the semester progresses. The increase in academic pressure makes it difficult for students to find time for physical exercise, and the physical education curriculum itself lacks sufficient appeal, leading to a decrease in students' enthusiasm. In addition, most students have not developed regular exercise habits outside of class, and only a small number of students participate in sports clubs or activities. Most students choose other forms of entertainment,

ignoring the importance of exercise. At the same time, gender differences also significantly affect the participation in physical education courses. Boys are more likely to participate in team sports such as basketball and football, while girls are more inclined towards yoga, aerobics, and other activities. This difference affects the popularity and attractiveness of physical education courses.

### ***3.3 The relationship between sports atmosphere factors and college students' enthusiasm for participating in physical education courses***

Research has shown that the sports atmosphere plays an important role in promoting active participation of college students in physical education courses [3]. Good sports facilities and environment can provide students with diverse sports choices, thereby enhancing their participation and enthusiasm. When schools have well-equipped sports facilities and equipment, students' willingness to participate in sports activities is significantly enhanced. In addition, outdoor activity areas such as green spaces and parks around schools can also provide students with richer sports experiences, further motivating them to participate. The diversity of physical education curriculum content and innovative teaching methods directly affect students' participation. If the curriculum can combine students' interests and needs, provide a variety of sports projects, and adopt interactive teaching methods such as group cooperation, competitions, etc., students' enthusiasm for participation will be greatly enhanced. On the contrary, traditional single course content can easily lead to students feeling bored, thereby reducing their willingness to participate. The role of teachers in the sports atmosphere is also crucial. Teachers are not only the lecturers of courses, but also the guides and motivators of students' interest in sports. By interacting, encouraging, and providing personalized guidance to students, teachers can effectively enhance their participation and enthusiasm. When students feel the attention and support of teachers, they are more willing to engage in sports activities, forming a virtuous cycle. In addition, mutual support and social identity among students are also key factors affecting their participation motivation. Positive peer relationships and team spirit can enhance students' enjoyment and sense of achievement in physical education courses, while the acquisition of social identity can further stimulate their motivation to participate in sports activities. A survey shows that students who are accustomed to active exercise are often able to motivate their classmates to participate in sports activities, thereby promoting the exercise atmosphere of the entire class and school.

In summary, by optimizing sports facilities, innovating curriculum content, motivating student participation, and strengthening peer support, schools can effectively enhance students' participation enthusiasm, thereby promoting the continuous improvement of the sports exercise atmosphere. This virtuous cycle is of great significance for improving the physical and mental health of college students and cultivating lifelong exercise habits.

## **4. Discussion**

### ***4.1 The impact of sports exercise atmosphere on college students' participation in physical education courses***

The sports atmosphere refers to the overall environment, cultural atmosphere, and behavioral patterns surrounding sports activities on campus. In physical education courses for college students, a good atmosphere of physical exercise can not only enhance students' interest in sports, but also effectively stimulate their enthusiasm for participating in physical education courses.

The construction of a sports exercise atmosphere is influenced by multiple factors, including sports facilities, sports culture, and the role of teachers. The improvement of school sports facilities is closely related to students' willingness to participate in sports activities. Schools with complete facilities usually attract more students to participate in physical exercise, while schools with insufficient facilities may lead to a lack of exercise motivation among students and a decrease in course participation. The construction of sports culture on campus is equally crucial. Schools can subtly influence students' attitudes by promoting sports culture, organizing sports activities, and advocating sportsmanship. By organizing sports festivals, campus competitions, health lectures, and other activities, schools can enhance students' sense of identification and participation in sports, thereby increasing their enthusiasm for participating in physical education courses. In addition, the role of teachers in the atmosphere of physical exercise cannot be ignored. By creating a positive classroom atmosphere and adopting diverse teaching and interactive methods, teachers can not only enhance students' interest in physical education courses, but also strengthen their athletic abilities and

confidence, further encouraging students to actively participate in sports activities. Therefore, sports facilities, cultural construction, and teachers' teaching methods work together to influence students' physical exercise atmosphere and participation.

#### ***4.2 Analytic hierarchy process of influencing factors***

The factors that affect the participation of college students in physical education courses are multidimensional, involving three levels: individuals, schools, and society. Through the Analytic Hierarchy Process, these factors can be divided into the following main levels:

##### ***4.2.1 Personal level***

Personal interests and motivations are important factors determining participation in physical education courses. If students are interested in a certain sports activity itself or have a higher intrinsic motivation, they are more likely to show an active participation attitude in physical education courses. Therefore, how to stimulate students' interest in sports and cultivate their exercise habits is the core of enhancing participation. The physical health status of students also directly affects their participation in physical education courses. Students with good physical fitness are usually able to maintain a high level of participation in physical education courses, while students with poor physical health may develop avoidance psychology due to physical exhaustion or inferiority complex. Therefore, providing students with health guidance and personalized exercise advice is particularly important.

##### ***4.2.2 School level***

The adequacy of sports facilities and resources in schools is an important external factor that affects students' participation in physical education courses. If schools can provide sufficient sports venues, equipment, and sports options, it can effectively stimulate students' enthusiasm for participation. Meanwhile, the management and maintenance of sports facilities by schools also affect students' exercise enthusiasm. The course content and teaching methods directly determine the level of student participation in the classroom. Innovative teaching methods (such as fun and interactive teaching methods) and diverse curriculum settings can make students more willing to participate. A fixed and singular teaching method can easily lead to a decrease in students' interest, which in turn affects their participation.

##### ***4.2.3 Social hierarchy***

The support of families for students' physical exercise, the sports environment in society, and the attitudes of peers towards sports also greatly affect students' enthusiasm for participating in physical education courses. If students' families encourage them to exercise actively and their peers around them also have the habit of participating in sports activities, then students are often more likely to participate in physical education classes. With the increasing emphasis on health and physical fitness in society, sports activities have gradually become a symbol of a healthy lifestyle. The recognition and admiration of sports activities in the social and cultural atmosphere can also to some extent motivate students to participate in physical exercise and enhance the attractiveness of physical education courses.

#### ***4.3 Practical suggestions for building a sports atmosphere in universities***

Strengthen the construction of sports facilities and resource allocation. Universities should improve sports facilities, increase various sports venues and equipment according to students' needs and interests, and ensure that students can choose suitable sports projects based on their own interests. At the same time, it is necessary to maintain and manage sports facilities to ensure their long-term availability and safety.

Enrich the content of physical education courses and innovate teaching methods. Universities should design diverse physical education courses based on students' different interests and athletic abilities. For example, team collaboration projects, competitive events, fitness courses, etc. can be set up to enhance students' interest in participation. At the same time, innovative teaching methods such as group interaction, competitive competitions, experiential teaching, etc. can greatly enhance students' enthusiasm for participating in physical education courses. Cultivate sports culture and create a campus sports atmosphere. Schools can enhance the sports atmosphere on campus by organizing sports and cultural activities, promoting sports spirit, and other forms. For example, regularly organizing sports events both on and off campus, encouraging students to participate in sports volunteer activities, promoting the comprehensive penetration of sports culture, and enhancing students' sense of

identification with sports activities. Enhance teachers' professional level and teaching interaction. The role of teachers in physical education curriculum cannot be ignored. Teachers not only need to possess high professional competence, but also need to have strong communication and motivation abilities. By effectively interacting with students and caring about their growth and progress, teachers can stimulate students' interest in learning and enhance their participation in physical education courses. Strengthen social and family support. Universities can strengthen their connections with families and society through cooperation, and jointly promote students' enthusiasm for sports participation. Schools can regularly promote the importance of physical exercise to parents and encourage families to support their children's sports activities. At the same time, schools should cooperate with social organizations and invite sports experts and social forces to jointly promote the construction of campus sports atmosphere.

Overall, the atmosphere of physical exercise has a profound impact on the participation of college students in physical education courses. After analyzing the influencing factors from multiple perspectives, measures such as optimizing facilities, enriching course content, innovating teaching methods, cultivating sports culture, and strengthening social support can be taken to enhance students' enthusiasm for participation. The construction of a sports atmosphere in universities not only helps promote students' physical and mental health, but also provides strong support for cultivating lifelong exercise habits and the concept of national fitness.

## 5. Conclusion

This study explores the impact of physical exercise atmosphere on the enthusiasm of college students to participate in physical education courses, aiming to gain a deeper understanding of how factors such as sports facilities, sports culture, and teacher roles work together to affect college students' participation in physical education courses. The research results indicate that the atmosphere of physical exercise plays a crucial role in improving the participation enthusiasm of college students in physical education courses.

Firstly, the improvement of sports facilities is positively correlated with the frequency of students' participation in physical education courses. Schools with good facilities can provide diverse sports programs and venues, stimulate students' interest, and increase their motivation to participate in physical education courses. In contrast, schools with insufficient or inadequate facilities may lead to students lacking opportunities to participate in sports activities, thereby reducing their investment in physical education courses. Secondly, the construction of sports culture has also played a positive role in shaping students' attitudes towards physical education courses. Schools can strengthen the dissemination of sports culture through various means, such as organizing sports festivals, on campus competitions, health lectures, and other activities, which can effectively enhance students' sense of identity and participation in sports. A good sports culture atmosphere can stimulate students' enthusiasm for physical education courses and promote their active participation. Finally, the role of teachers in physical education courses cannot be ignored. The teaching attitude, methods, and classroom atmosphere of teachers directly affect students' participation. By adopting diverse teaching methods, providing interactive opportunities, and stimulating students' interest and confidence, teachers can effectively promote students' active participation in physical education courses, thereby improving the overall effectiveness of the curriculum.

In summary, the atmosphere of physical exercise has a significant impact on the enthusiasm of college students to participate in physical education courses. Schools should strengthen the construction of sports facilities, enrich sports and cultural activities, and pay attention to teachers' teaching methods and attitudes, in order to create a good atmosphere for physical exercise, further enhance the enthusiasm of college students to participate in sports courses, and promote their comprehensive development and healthy growth.

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