

Strategies for Fostering and Enhancing Students' Self-Directed Learning Ability in College Physical Education

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Abstract: With the reform of education, cultivating students' self-directed learning ability in college physical education has become an important task to promote all-round development of students and foster a habit of lifelong learning. Self-directed learning ability refers to a person's ability to learn independently in the course of studying and living, as well as the ability to manage one's own study, life and other affairs. Currently, there are still some problems with physical education, such as a teacher-centered way of teaching, a lack of autonomy in class planning, and a standardised assessment system. This paper studies the current situation and reasons for changes in the self-directed learning ability of college physical education students, and puts forward improvement measures, such as personalised learning plans, the use of information technology and reform of the evaluation system. Research has shown that many ways can be used to teach, and the introduction of information-technology support and good-quality tests can help students learn independently and improve their all-around ability in sports literacy. In the future, colleges and universities will strengthen teaching reform and explore various ways to allow students to study flexibly and individually according to their different needs.

Keywords: College Physical Education; self-study ability; personalised learning plan; information technology; educational assessment system.

Introduction

With the gradual renewal of global educational ideas, especially the widespread application of the "student-centered" teaching concept in all schools, various subjects have been changing, and physical education is no exception. As one of the fundamental qualities students need in school, self-study has attracted the attention of all sectors of education. College physical education is a fundamental part of all-around cultivation for students and lifelong exercise education; therefore, its teaching model and learning method will directly affect students' physical health, mastery of sports skills, and sense of health. Currently, many courses in physical education still use the traditional teacher-led mode and do not offer strong support for self-directed learning; as a result, students face many difficulties in extracurricular study and self-improvement. Therefore, how to improve students' self-directed learning ability through personalised learning design, the rational use of information technology, and the reform of educational evaluation systems have become urgent problems in the current reform of college physical education. This paper will explore how to motivate college students in physical education classes to learn independently, and thus help them develop good habits for life in the future.

1. Overview of Self-Directed Learning Ability in College Physical Education

1.1 Definition and Connotation of Self-Directed Learning Ability

Self-directed learning ability is a person's ability to independently plan what to learn, how to learn, how fast to learn, and to monitor and adjust their own learning in pursuit of their own goals and interests. In Physical Education, this quality refers not only to the mastery of sports skills but also to the independent exploration and learning in various areas, such as physical exercise, knowledge of sports science, health management, etc. Students can choose different ways to study in their own learning, tailor the training plan according to their own needs, and thus improve both their sports skills and quality of life. Compared with the traditional model of teacher-led instruction, students who can learn

independently are more likely to think on their own, actively solve problems in their studies, and take initiative in learning. Thus, they can pursue personalised and continuous development in long-term physical education^[1].

With the development of modern education, cultivating the ability to learn independently has been regarded as one of the essential qualities for today's students. The main features are student initiative and autonomy; therefore, students need to have strong learning motivation, good study methods and time management, etc. The goal of fostering this ability in physical education is to improve students' skills and, more significantly, to promote their all-around development in mind and body and cultivate a healthy life attitude. Through self-study, students will learn about the basic laws of physical exercise better, be able to learn various training methods that suit their own conditions, and continuously improve and refine their study methods with repeated practice.

1.2 The Current Situation of Self-Directed Learning Ability in College Physical Education

At present, the cultivation of self-directed learning ability in college physical education still faces many problems. Although college physical education courses are gradually shifting towards quality education and personalised teaching, most of the courses are still teacher-led, and students have had relatively few chances to learn actively and independently in the classroom. Many students depend on teachers' guidance and classroom teaching, have little initiative in self-study, and their ability to learn independently outside of class is particularly weak. In the past, most of the teaching in physical education classes took place in the classroom. Although the teacher leads some physical exercises for the students, it does not inspire them to study on their own or arouse their interest in learning.

The distribution of educational resources in college physical education has also affected the cultivation of students' self-directed learning ability. Some colleges and universities have good sports facilities and rich teaching materials, but without a proper support system and guidance for self-study, it is difficult for students to make full use of these resources. Although some institutions have begun to introduce information technology in physical education, such as smart sports equipment and online learning platforms, to enable students to learn independently, most schools still face problems with technology, a lack of resources, and no systematic teaching plan for actual application. It will not be possible to help the students study independently at home during their free time. Therefore, creating a good study environment for independent learning is now necessary to improve students' autonomous learning abilities^[2].

1.3 The Significance and Role of Self-Directed Learning Ability in Physical Education

The function of self-study ability in physical education is to help students improve their movement skills and physical health, and at the same time foster a spirit of continuous learning in all areas of life. At the level of skills, students who can study independently can choose suitable sports programmes and training methods according to their own learning needs to achieve personalised development of skills. Self-regulation and feedback are used to correct errors, and then adjustments are made to the training plan to improve performance. Autonomy and independence will help the students face all kinds of problems in sports life independently and achieve good results.

Self-directed learning ability can help students develop physically and mentally, and it will also improve their sports skills and enhance their sense of responsibility for their own learning. Through self-study, students are able to learn to be self-aware and adjust themselves in the face of new problems as they study; thus, they can also better manage their own learning. In the course of self-study, students learn how to set goals and plan; at the same time, they are able to solve problems and overcome difficulties through repeated practice. This will help them be more adaptable and competitive in life in the future.

Training students' ability to learn independently will help them study better and find joy in sports. In the long run, through self-study, students can learn to master some physical exercise skills and achieve good results; at the same time, they will develop a deep interest in sports and a sense of social responsibility for it. This internal motivation will enable students to continue exercising after leaving school and maintain a good lifestyle for the rest of their lives. Therefore, promoting the sense of responsibility for learning among students can help them develop better as individuals and also contribute to building a sound cultural system in society^[3].

2. Factors Affecting Self-Directed Learning Ability in College Physical Education

2.1 The Influence of Teaching Models and Classroom Design on Self-Directed Learning Ability

Teaching models and classroom construction are the basic conditions that affect the growth of students' self-study ability. In traditional physical education, classroom teaching is often teacher-centered and based on knowledge transmission; thus, students are generally in a receptive mode to the knowledge and do not have much opportunity for self-study. With the change in educational concepts and the development of personalised teaching, new teaching models and classroom designs have been gradually introduced to motivate students to study actively and independently and improve their learning results. For example, with a differentiated teaching model based on students' actual situations, some students can receive different learning materials, have their own goals, and organise their study according to their interests and needs. This teaching mode can stimulate students' interest in learning and help them improve various skills and physical fitness at the same time.

The flexible and open nature of the classroom will enable the students to learn more independently. Design student-centered classroom activities, such as group cooperation, task-oriented learning and exploratory learning, so that students can take the initiative to communicate and cooperate, continually adjust and improve their own learning methods through practice. In a student-centered model of teaching, the students themselves will be the subjects of learning; as such, they can motivate themselves better and manage their own study progress. Prompt feedback from teachers in class is also one of the ways to foster self-study; it can help students know what they have done well and where they need to improve, so they can adjust their own study plans and methods more effectively. In short, by using all kinds of flexible and varied teaching methods, conducting student-centered classes, and creating an independent-study environment for students, we can promote their own learning ability.

2.2 The Influence of Individual Student Characteristics on Self-Directed Learning Ability

Students have various individual differences, such as motivation for learning, cognitive abilities, emotions, personality, etc., and all of these affect the growth and development of their self-directed learning ability. First of all, students' own motives are the basis for self-study. Students with high intrinsic motivation are more eager to learn actively and are willing to invest the time and energy needed to overcome difficulties in their studies; thus, they will improve their sports skills and physical fitness. The cultivation of intrinsic motivation is rooted in the inherent interest and challenge of the physical education curriculum, and it is also closely related to students' interest in and identification with sports activities, as well as their expectations for personal improvement. Therefore, to promote the development of students' autonomous learning, one should strengthen their intrinsic motivation^[4].

Second, students' cognitive functions can be inferred from how they learn and regulate themselves during independent study. Students with higher cognitive abilities can learn motor skills and theoretical knowledge more quickly, are generally able to master various learning strategies flexibly in their studies, and can self-monitor, set goals, and evaluate themselves. These cognitive abilities help students learn to regulate their own study, so they can improve how well and how long they learn. One's sense of self-confidence and anxiety, as well as the will to learn, also affect one's ability to study independently. Self-confident students are generally more self-motivated and can face difficulties in their studies better; students who are more emotionally unstable are more likely to give up when they encounter problems. In short, the combination of students' individual cognitive, emotional and motivational traits will affect how much of their self-directed learning ability can be realised.

2.3 The Role of Teachers and Guiding Methods in Promoting Self-Directed Learning Ability

The role of teachers in college physical education is no longer solely to impart knowledge, but also to guide students in their self-study. The old way of teaching is too teacher-centred and limits students' initiative. With changes in educational concepts, teachers have begun to assume the role of learning designers and have provided many ways for students to learn independently through self-study, such as setting goals, creating a good study environment and offering personalised support. Teachers' methods of giving feedback are also important; at the right time, particularised information on how to improve can help students correct their mistakes. Teachers can use open-ended questions and guided inquiry to provoke students' thoughts and foster their sense of responsibility and self-management.

Teachers' emotional support and psychological guidance for the students are also essential in

fostering their independent learning. Students are under pressure and have problems in physical education; teachers' encouragement and support help the students maintain a good mood and boost their self-confidence. By building a good teacher-student relationship, teachers can better know what students need and provide appropriate help to foster their independence and creativity in physical education. Emotional support can help students cope with difficulties in learning, and it will also promote the continuous growth of their self-study ability during the long period of study^[5].

3. Strategies and Ways to Enhance Students' Autonomous Learning Abilities

3.1 Individualised Learning Plans According to Students' Needs

Individualised Learning Design is one of the ways to improve students' autonomy in learning. There are many differences in the students' physical conditions, sports interests, learning requirements and goals for college physical education. Therefore, teachers need to design different learning tasks and paths according to the differences among students. Individualised Learning Design can boost students' interest in learning and motivation, help them address their own weaknesses in studies, and thus achieve all-around physical and mental development. Therefore, the first step is to determine the current physical condition and learning abilities of the students through basic fitness tests and skill assessments, and then design individualized learning plans for them.

In the actual implementation process of personalised learning design, it is necessary to adjust the learning content of physical education according to the characteristics of different students, as well as vary various learning methods. For example, according to the interests and learning speeds of the students, various training options and ways should be provided, such as basic training for physical fitness and specialised training that focuses on technical details. Teachers should have students set their own short-term and long-term goals, provide feedback and suggestions for correction, and help them adjust their study plans flexibly according to their performance. Individualised learning plans can motivate students to study better, enhance their sense of self-management in physical education, and through repeated exercise practice, they will accumulate experience and improve their abilities gradually.

3.2 The Application of Information Technology in Promoting Self-Directed Learning Ability

With the spread of information technology in contemporary society, it is now applied to various aspects of education, and specifically in physical education, it can be used to foster self-study among students. Intelligent Sports Equipment, Learning Management Systems and Data Analysis Tools can all be used to offer individualised assistance in students' studies. Data-driven teaching in physical education can generate personalised learning reports and analyses based on real-time data of students' athletic performance, so they will be aware of their own strengths and weaknesses in learning early on. Based on the above data, students will be able to grasp the current situation of their learning and adjust the content and level of training accordingly^[6].

Collect sports data in real time and use information technology to build an online learning platform for students to study physical education independently in their spare time, etc. For example, one can use an online teaching platform to learn about sports skills, nutrition and physical training in detail through videos, training plans, interactive discussions, etc. Students can study independently at their own pace in this self-study mode, and through various ways of learning, they will be able to absorb and apply the knowledge of sports. Information technology has been applied to expand the space for students' self-study, and now they can learn at their own pace, increasing both their autonomy and efficiency in learning.

3.3 Integration of the Educational Evaluation System and Self-Directed Learning Ability

The Design of the educational evaluation system will affect how students learn to manage themselves in the future. The old way of assessing students in physical education is mainly focused on outcomes and generally involves only a few tests for skills and fitness. However, this assessment method does not fully reflect the efforts and progress students have made in their own studies. To help students learn how to study independently, the new model of education evaluation should pay more attention to how students study and learn by assessing their initiative, self-awareness and self-control.

Process-oriented assessment observes how students behave in class, the quality of their thinking and

continuous improvement in skills during learning. Based on all-round observation and evaluation of how students study independently, teachers can get a clearer picture of their learning status, find out what problems or deficiencies students are facing in self-study, and then offer suitable support and direction. To this end, various types of assessments will be carried out in the evaluation system, such as self-assessment, peer assessment and teacher assessment. The above assessment methods can motivate students to think about how they are learning, discover any problems in their studies, and therefore improve their ability to study independently through continuous correction.

The evaluation system should also consider the individual development of students and their different learning speeds and interests, so it is not uniform for everyone. According to the multi-dimensional assessment of students' autonomous learning ability, the education evaluation system will be better in reflecting their actual learning results and fostering all-round development of students in physical education. A good assessment system can help students set learning goals independently, and teachers will have more data to improve their teaching; thus, a virtuous cycle is formed to promote the development of students' autonomous learning.

Conclusion

Based on the research conducted in this paper, it can be seen that there are many problems in the cultivation of self-directed learning ability for college physical education, such as issues with teaching models, classroom design, application of information technology, and evaluation systems. To enhance students' ability for self-directed learning, it is necessary to introduce personalised learning plans, make full use of information technology, and establish an educational evaluation system that focuses on the process of learning. In the future, colleges and universities should integrate educational resources, promote innovation in teaching concepts and methods, strengthen the alignment of physical education content with the individual needs of students, and further foster all-round development of students' self-directed learning ability. With the development of technology and changes in the educational environment, intelligent physical education tools and platforms will be introduced to help students learn in a personalised manner and continue to advance in all areas of their studies. Improving the self-directed learning ability of students will help them improve in sports and provide a good basis for managing their health and learning independently throughout life.

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