
Survey Research on Physical Education Teaching Satisfaction—Taking Adamson University as an Example

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Abstract

In order to improve the quality of physical education teaching in colleges and universities and the love of sports among college students, a survey and research on the satisfaction of physical education teaching among college students was conducted. Methods such as literature method, questionnaire survey method, interview method and mathematical statistics method were used to conduct questionnaire surveys and interviews with college students. Research results show that college students' satisfaction with physical education teaching is affected by many factors, including teaching content, teaching methods, teacher quality and teaching environment. Suggestions for improving physical education teaching in colleges and universities include optimizing the content of physical education and increasing the diversity and practicality of physical education content; secondly, flexibly using physical education teaching methods to increase the interactivity and participation of physical education; and thirdly, continuously improving physical education. Teacher quality specifically requires strengthening the professional training of physical education teachers and optimizing the age structure of physical education teachers; finally, improving the physical education teaching environment and providing safe and comfortable physical education teaching venues, facilities and sports equipment.

Keywords— Physical Education, Satisfaction, Survey Research, Adamson University

I. INTRODUCTION

Physical education is an important part of the school education system. It is not only beneficial to students' physical health, but also cultivates students' team spirit and competitive awareness. Physical education in colleges and universities is an important part of cultivating students' physical fitness and health awareness. Students' satisfaction with physical education teaching directly affects their enthusiasm and participation in learning. In order to improve the quality of physical education teaching in colleges and

universities and the love of sports among college students, a survey and research on the satisfaction of physical education teaching among college students was conducted. Through surveys and research, it is known that college students are generally satisfied with physical education teaching, but there are still some problems and room for improvement. Students generally believe that teaching content should be more diversified and practical, teaching methods should be more flexible and interactive, and teachers should Teachers should have professional knowledge and

enthusiasm, and the teaching environment should be more comfortable and safe, etc. Therefore, the survey on satisfaction of physical education teaching in colleges and universities is an important tool to improve the quality of physical education teaching. By in-depth understanding of the opinions and feedback of college students, colleges and universities can make more targeted improvements and improve the level of physical education, which is of great significance for achieving all-round quality training and improving students' learning enthusiasm.

II. RESEARCH OBJECTS AND METHODS

2.1 Research Object

Taking Adamson University students' satisfaction with physical education teaching as the research object. Adamson University is a Catholic research university located in Manila, the capital of the Philippines. It is the top university in the Philippines and ranked fifth in the Philippines in the 2024 Quacquarelli Symonds (QS). Randomly select students from Adamson University as the recipients of questionnaires, and conduct corresponding research and analysis on college students' satisfaction with physical education through their questionnaire filling and related interview records.

2.2 Research methods

2.2.1 Documentation Method

By consulting Google Scholar, the Philippine National Electronic Journal Service Platform, and on-site inspection at the Adamson University Library, we obtained reasonably used literature and the latest results of previous research in this area, which provided a good basis for the smooth development of this research. theoretical support and research experience.

2.2.2 Questionnaire Method

A standard questionnaire was adapted and used to survey students at Adamson University, and statistical analysis was conducted based on the actual data obtained from the questionnaire. Before the questionnaire was distributed, the validity of the questionnaire was tested with relevant experts. In order to ensure the credibility of the questionnaire, the questionnaire was filled in anonymously by the students themselves. A total of 200 questionnaires were

distributed in this survey and 200 were recovered, with a recovery rate of 100%. After the final verification of the questionnaire, it was found that there were 190 valid questionnaires and the effective recovery rate was 95%.

2.2.3 Interview Method

During the investigation of this study, interviews were conducted with students at Adamson University and recorded. The content of the interviews was mainly about a deeper understanding of the questionnaire, as well as the students' self-views and suggestions about their satisfaction with physical education teaching.

2.2.4 Mathematical Statistics Method

This survey research uses Microsoft Excel computer software as a mathematical statistics tool to enter the data collected from the questionnaire into Excel software and conduct data sorting and analysis.

III. RESEARCH RESULTS AND ANALYSIS

3.1 Satisfaction Analysis of Physical Education Content

According to the survey results, students at Adamson University have the highest basic satisfaction rate with the physical education content, which is 38.9% (as shown in Table 1). From this analysis, we know that there is still a lot of physical education content at Adamson University. The improvements can be seen from the second highest satisfaction rate of 27.9%, which also shows that college students have a greater willingness to optimize and improve the content of physical education. As for the dissatisfaction with the content of physical education teaching, which accounted for 7.4%, it was found through questionnaires and interviews that daily physical education teaching is content that they are not interested in, and they hope to be able to choose their favorite sports to learn. The satisfaction rates of relatively satisfied and very satisfied accounted for 17.4% and 8.4% respectively, indicating that the physical education content of the university basically meets the needs of physical education, but there is still room for improvement. In short, with the improvement of student satisfaction with physical education content, more students will actively learn physical knowledge and sports skills, which is conducive to better development of physical education.

Table 1 Satisfaction Statistics of Teaching Content (N=190)

	Very satisfied	More satisfied	Generally satisfied	Less satisfied	Very dissatisfied
Number of people	16	33	74	53	14
percentage (%)	8.4	17.4	38.9	27.9	7.4

3.2 Satisfaction Analysis of Physical Education

Teaching Methods

It is understood that physical education teaching methods include, guidance method, practice method, explanation method and demonstration method, etc. Each physical education teaching method has different functions and meanings. The survey results in Table 2 show that students at Adamson University are less satisfied and dissatisfied with the physical education teaching methods, accounting for 22.6% and 11.6% respectively, indicating that the physical education teaching methods of the university are not enough to arouse more students' physical education. Learning interest, traditional physical education teaching methods also need to be continuously improved in order

to be loved by more students. Students' basic satisfaction with physical education teaching methods accounts for 38.9%. It can be seen that on the one hand, Adamson University's physical education teaching methods are considered effective and reasonable by students, on the other hand, it also shows that they only basically agree with the current situation. There is still a lot of room for optimization in physical education teaching methods. Generally speaking, due to the particularity of physical education teaching, physical education teaching methods do not use a single method, but a combination of multiple teaching methods. Moreover, for teaching different sports events, appropriate teaching methods must be selected.

Table 2 Satisfaction Statistics of Teaching Methods (N=190)

	Very satisfied	More satisfied	Generally satisfied	Less satisfied	Very dissatisfied
Number of people	14	40	71	43	22
percentage (%)	7.4	21.1	37.4	22.6	11.6

3.3 Satisfaction Analysis of Physical Education

Teachers' Quality

As an important part of the physical education team, physical education teachers have an important impact on the overall development of students. Through the survey, it was found that Adamson University students' basic satisfaction with the quality of physical education teachers accounted for 42.1% (as shown in Table 3). From this analysis, it was found that the overall level of physical education teachers at Adamson University was rated by students. recognized, but the quality level still

needs to be greatly improved, because students are less satisfied and dissatisfied with the quality of physical education teachers, accounting for 17.4% and 12.1% respectively, indicating that nearly one-third of the students There is more willingness to improve the quality of physical education teachers. In short, the quality of physical education teachers should be comprehensive. They should be able to provide students with high-quality physical education through their own efforts and professionalism.

Table 3 Satisfaction Statistics on Teacher Quality (N=190)

	Very satisfied	More satisfied	Generally satisfied	Less satisfied	Very dissatisfied
Number of people	19	35	80	33	23
percentage (%)	10.0	18.4	42.1	17.4	12.1

3.4 Satisfaction Analysis of Physical Education Teaching Environment

A good physical education teaching environment can cultivate students' sports interests and habits and improve students' sports level and quality. The main factors that affect the physical education environment include venue facilities, equipment, etc. The survey results in Table 4 show that the majority of Adamson University students are basically satisfied with the physical education environment, which shows that the university basically meets the students' sports needs in terms of venue facilities and equipment, but students

Those who are less satisfied and dissatisfied with the physical education teaching environment accounted for 23.7% and 13.2% respectively, indicating that more than one-third of the students hope to improve and improve the physical education teaching environment of the university. In general, the physical education teaching environment affects students' learning experience and physical development in physical education classes. A good physical education teaching environment can stimulate students' interest in sports and promote their physical health and comprehensive development of sports.

Table 4 Satisfaction Statistics of Teaching Environment (N=190)

	Very satisfied	More satisfied	Generally satisfied	Less satisfied	Very dissatisfied
Number of people	13	42	65	45	25
percentage (%)	6.8	22.1	34.2	23.7	13.2

IV. RESEARCH CONCLUSIONS AND SUGGESTIONS

4.1 Research Conclusions

Life is movement! Improving the satisfaction of physical education teaching in colleges and universities is of great significance to improving the quality and effect of teaching. Satisfaction with the physical education content in colleges and universities is less satisfied and dissatisfied, accounting for more than one-third, indicating that more college students believe that the physical education teaching content cannot arouse students' interest in learning physical education, and that the physical education teaching content is insufficient Diversity; satisfaction with physical education teaching methods in colleges and universities, the majority are basically satisfied or above. It can be

concluded that physical education teaching methods are accepted by most students, but there is less interaction between teachers and students and students and students; satisfaction The survey results show that more college students believe that the quality of physical education teachers needs to be improved, which is mainly reflected in the age structure, professional knowledge and skills, and enthusiastic guidance of physical education teachers; the statistical results of satisfaction with the physical education teaching environment in colleges and universities indicate that students care more about Safe venue facilities and sufficient sports equipment are provided. At the same time, students also hope to have high-quality light, air and a friendly humanistic environment. Generally speaking, continuously improving the

satisfaction of physical education teaching in colleges and universities not only provides high-quality services for physical education teaching and ensures the smooth progress of teaching, but also makes teachers and students feel happy and focused, which will inevitably lead to better teaching effects and sports results.

4.2 Suggestions

In order to improve the satisfaction of physical education teaching in colleges and universities, colleges and universities should pay attention to students' needs and feedback, continuously improve physical education teaching, and then promote students to love physical education and sports more. Suggestions for improving physical education teaching in colleges and universities include optimizing the content of physical education and increasing the diversity and practicality of physical education content in order to cultivate students' sports awareness and interest in sports; secondly, flexibly use physical education teaching methods to increase the interaction of physical education. sex and participation, one of the important purposes of physical education is to allow students to participate more in sports; thirdly, to continuously improve the quality of physical education teachers, it is specifically necessary to strengthen the professional training of physical education teachers and optimize the age structure of physical education teachers, and provide enthusiastic guidance Cultivate students to be proficient in sports knowledge and sports skills; finally, improve the sports teaching environment and provide safe and comfortable sports teaching venues, facilities and sports equipment. A good sports teaching environment can stimulate students' interest in sports. In short, physical education is an important part of students' comprehensive and healthy growth. It can not only improve students' physical fitness and sports skills, but also exercise their will and quality, and cultivate good character and correct values.

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