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THE ESTABLISHMENT OF A VOLUNTARY SPORTS CLUB: A PHYSICAL EDUCATION MODEL TAILORED TO UNIVERSITY STUDENTS' PSYCHOLOGICAL NEEDS

I. Introduction

Physical Education (PE) is an important component of the overall education process, contributing to the development of both physical and mental health for students. However, up to now, physical education has not truly been innovated. The PE curriculum still consists of compulsory content, while students nowadays have a growing desire to engage in physical activities based on their personal abilities and interests.

Currently, as schools are increasingly being equipped with more modern facilities, students have more opportunities to participate in sports and physical activities that align with their individual capacities and preferences. Therefore, reforming the PE approach by establishing sports clubs within schools to meet student needs is a necessary and timely initiative.

II. Research Content

1. The Basis for Proposing the Establishment of Sports Clubs in Schools

1.1. The Emergence of Various Types of Physical Activities Attracting Students Outside of Class and Curriculum Hours

At present, besides several sports being organized and taught within the official school curriculum—such as volleyball, basketball, badminton, aerobics, athletics, and chess—many other physical activities are increasingly attracting student participation. These include dancesport, aerobics, gym, yoga, swimming, and martial arts. Students engage in these activities based on their personal interests, talents, or career needs. As a result, their practice is often more effective, stimulating enthusiasm and motivation, reducing stress, and promoting the development of both physical strength and mental well-being.

1.2. Student Attitudes Toward PE Classes

To understand student attitudes toward PE courses, we conducted a survey involving 105 students, examining their behaviors and evaluations. The results are presented in Tables 1 and 2 below:

Table 1

Student Behaviors in PE Classes

No.	Behavior	Often (%)	Sometimes (%)	Rarely (%)
1	Enjoy and are interested in PE	12.4	18.1	69.5
2	Take the class just to meet compulsory requirements	78.1	21.9	7.6
3	Feel bored or dislike the class	18.1	81.9	0
4	Are afraid of the subject	61.9	38.1	0
5	Are afraid of teacher punishment	16.2	83.8	0
6	Enjoy practicing sports but not during official class hours	84.8	15.2	0
7	Comply during supervised sessions but disengaged during optional periods	72.4	27.6	0
8	Pretend to be unwell to skip practice	26.7	73.3	0
9	Always try to practice hard	52.4	47.6	0