



## 运动电子游戏对21世纪体育课程设置的意义

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### Implications of exergaming for the physical education curriculum in the 21st century

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**摘要** 运动电子游戏为体育教学提供了一种初始情境兴趣环境, 以鼓励初学者参与体育教学活动。但目前的研究表明, 随着学生持续参加这一活动, 他们的情境兴趣逐渐下降, 而以中等强度水平持续运动的能力逐渐增强。本文首先简要回顾了运动电子游戏的益处及其在当代体育课程中的作用, 然后探讨运动电子游戏在体育教学导向型方法中的作用。笔者认为: 如果在情境学习框架中采用运动电子游戏教学, 能有助于学生了解运动对其身体的作用, 还可能帮助学生创造、管理、适应一套健身计划, 使其能通过多种体力活动参与到终身运动当中。

**关键词:** 娱乐 公共健康 情境兴趣 情境学习 益处

**Abstract:** Exergaming provides an initial situationally interesting environment in physical education (PE) that serves to motivate novice players to engage in PE or physical activity. Current research suggests, however, that as students persist in this activity their situational interest decreases as their ability to exercise consistently at moderate intensity levels increases. In this article I will briefly review the literature citing benefits of exergaming and the role of exergaming in contemporary PE curricula before turning to the question of the place of exergaming in a learning-oriented approach to PE. I will suggest that exergaming, when taught within a situated learning framework, can contribute to student understanding of the effects of exercise on their bodies and may produce meaningful lessons to assist students to create, monitor, and adapt a fitness plan to participate in life long exercise using a variety of physical activities.

**Significant points:** As students persist for several weeks or months in exergaming, their situational interest decreases as their ability to exercise consistently at moderate intensity levels increases. Exergaming, when taught within a situated learning framework, may provide excellent opportunities for student to understand the effects of exercise on their bodies and can produce meaningful lessons to assist students to create, monitor, and adapt a fitness plan to participate in life long exercise.

**Key words:** Benefits Public health Recreation Situated learning Situational interest

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