

# Rational Thinking on the Implementation of Extension Training in Physical Education Teaching of Public Security Major Students in Colleges and Universities

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**Abstract:** With the improvement of social requirements for public security professionals, the physical education of college public security students also needs continuous innovation and improvement. Traditional physical education only focuses on the improvement of physical quality, while public security personnel need to solve various complex situations in the actual work, so students need to cultivate higher adaptability, innovation ability and professional responsibility in the process of learning. Therefore, the introduction of outward bound training into the physical education of public security students in colleges and universities can not only improve the students' physical quality, but also cultivate their comprehensive quality. This paper mainly focuses on the role of outward bound training in improving students' adaptability, innovation ability, professional identity and sense of responsibility.

**Keywords:** University public security major; Student physical education; Implement outward bound training

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## Introduction:

In the physical education teaching of public security major students in colleges and universities, it is of great significance to effectively carry out students' outward development training. Through the design of challenging activities, such as simulated police chase, students can reasonably apply their knowledge in the activities and improve their ability to respond to emergencies. At the same time, outward bound training can also stimulate students' innovative thinking and cultivate their ability to solve problems. This teaching method can not only improve the physical quality of students, but also cultivate their comprehensive quality, so that they become more excellent public security professionals. Therefore, in the physical education teaching of public security major in colleges and universities, we should make full use of the advantages of extension training, cultivate students' comprehensive quality through various practical activities, and lay a solid foundation for their future work.

## 1. Organize practical activities to improve students' physical quality and mental health

Improving students' psychological quality and mental health level is one of the important teaching contents in physical education. Through a variety of challenging and interesting projects, outward bound training enables students to face challenges in nature and actively overcome difficulties, which can enable students to actively exercise their bodies, thereby improving their physical fitness. At the same time, outward bound training can also help students release pressure, regulate emotions, improve mental endurance, and be conducive to mental health.

For example, rock climbing is a kind of project in outward bound training, which requires students to have good physical quality and tough mental quality. Rock climbing can not only exercise students' physical strength and endurance, but also improve their physical coordination and flexibility. In the climbing process, students need to use various skills and strategies, such as using hands and feet, choosing the right climbing path, etc., which can exercise students' thinking ability and adaptability. In addition, rock climbing can improve students' mental health. In the climbing process, students need to face a variety of difficulties and challenges, such as high fear, physical overdraft, which requires students to have a strong psychological endurance and good emotional regulation ability. Through rock climbing, students can learn how to face pressure and adjust their emotions, which is very important for their future

public security work. In rock climbing, students also need to learn how to work with others and how to trust and rely on teammates. This experience of teamwork helps to develop students' teamwork spirit and leadership skills, which are also very important for their future public security work. As a kind of extension training, rock climbing can improve students' physical quality and mental health level in practice, cultivate students' teamwork spirit and leadership ability, which is a very effective teaching method for the physical education of public security students in colleges and universities.

Second, emphasize teamwork, cultivate teamwork spirit and leadership

Team spirit has always been an important part of team cooperation. In the process of completing the training program, students need to help, support and trust each other with other members. Only when each member of the team closely relies on each other, the strength of the team can be maximally exerted. In public security work, teamwork spirit and leadership are more important, and effective implementation of outward bound training can help students better adapt to future work needs.

For example, the "trust back drop" is a type of teamwork event in outward Bound that requires students to take turns standing on a high position with their backs to a teammate, then fall backwards from a high position and be caught by a teammate below. This project may seem simple, but it actually requires students to overcome their fears and trust their teammates in order to complete the task. In the Trust Back Fall program, students learn how to work with others and how to trust and rely on their teammates. This requires good communication skills and teamwork skills. During the project, students need to communicate and coordinate constantly to determine the best position and way to catch a backbreaker. Through this project, students can deeply understand the importance of teamwork and experience the role and power of teamwork. In addition, the Trust Back Fall program also develops students' leadership skills. In the project, each student has the opportunity to act as a leader, responsible for organizing and coordinating team members to ensure the smooth running of the project. Through this program, students can learn how to organize and command a team, and how to mobilize the enthusiasm and creativity of team members, which is very important for their future public security work.

Third, dare to challenge difficulties, improve students' adaptability and innovation ability

Outward Bound projects are often challenging and uncertain, and students need to face various difficulties and emergencies, make judgments and respond quickly, which helps improve students' adaptability and innovation ability, which are crucial for solving problems and handling emergencies in the future public security work.

Teachers can design a simulation of police and bandits chasing outward training, on-site design some unexpected situations. In this activity, students need to play the role of police and gangsters, and conduct a simulated chase battle. The activity requires students to find and catch the gangsters as soon as possible by solving problems, analyzing the situation and making plans in a limited time. In this example, the student has to face various complex situations and challenges, such as hidden clues, false information, traps, and so on. Students need to apply their knowledge, such as investigative skills, tactical strategies, teamwork, etc., in order to successfully complete the task. This kind of activity not only tests the students' adaptability, but also requires students to have the ability to innovate, and be able to quickly find solutions to problems. In addition, through this practice, students can better understand the actual situation of public security work, improve their ability to cope with emergency situations, help students develop a good attitude of calm and calm when they encounter problems, and stimulate their innovative thinking and cultivate their ability to solve problems. This training method can not only improve the physical quality of students, but also cultivate their comprehensive quality, so that they become more excellent public security professionals.

Fourth, actively participate in activities to strengthen students' professional identity and sense of responsibility

The challenge and interest of outward bound training can help stimulate the enthusiasm and participation of students, so that students can feel the sense of honor and responsibility of public security profession in the process of completing the training program. A strong sense of responsibility and mission is the prerequisite for students to truly work, and also helps students better invest in professional learning and development, laying a solid theoretical foundation for future public security work.

Take the "emergency rescue drill," a common outward bound program. In the emergency rescue drill, students need to simulate the emergency situations that may be encountered in public security work, such as fire, earthquake, traffic accidents, etc., through teamwork, quickly and effectively complete the rescue task. Through this program, students can not only exercise their resilience, improve teamwork and command coordination ability, but also deeply understand the mission and responsibility of public security profession. In the process of emergency rescue exercises, students need to face various difficulties and challenges, such as the harsh environment, the life danger of the injured, etc. This experience helps to cultivate their self-confidence and courage, and enhance the ability to cope with various challenges in the profession. In addition, emergency rescue exercises can also let students experience the taste of failure and success, so as to develop their frustration tolerance and positive spirit. In short, through the implementation of outward bound training, public security students can better understand and identify with the mission of the police profession, and develop

a stronger sense of responsibility and honor to serve the people. This teaching method can help students better prepare for police work and contribute to social policing and public safety.

### **Closing remarks**

Public security personnel shoulder the major responsibility of safeguarding national security, maintaining social stability, and protecting the interests of the people, which requires them to understand various fields of knowledge, have a number of skills, and strong psychological quality. The implementation of outward bound training is an effective teaching method, which helps to cultivate students' comprehensive quality and improve their professional identity and sense of responsibility. Through outward development training, students can practice their law enforcement skills and improve teamwork and command coordination skills in simulated real combat scenarios. At the same time, this training method also helps to develop students' self-confidence and courage, and enhance their ability to cope with professional challenges.

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