

Analysis on the Development of Practical Path of Physical Training in Track and Field Sports

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Abstract: From sports power to healthy China, the development of Chinese modernization is not only reflected in the economic aspects, but also in the political, cultural and other aspects. With the goal of achieving quality education, we should pay attention to the comprehensive quality of the people, care about the health foundation of the people's body and mind, and emphasize the "aerobic" activities such as sports to continuously improve the level of national physical and mental health, so as to lay the foundation for the development of a new road of Chinese modernization. Track and field, as a sport that is very conducive to improving human skills, has attracted much attention in all sections of large, medium and small schools. Taking track and field as the main project of physical training, according to the actual situation of students, making a reasonable track and field teaching plan and physical training plan can promote students' physical fitness in a period of time. Therefore, it is suggested that teachers should continue to pay attention to the development of students' state in the physical training of track and field sports, and adjust the training plan in time to ensure that they can provide more reliable physical training guidance services for students.

Keywords: Track and field; Physical training; Practice path

Introduction:

The document "State Council on Printing and Distributing the National Fitness Plan (2021-2025)" pointed out: It is necessary to implement the spirit of the 19th National Congress of the Communist Party of China and the Second, Third, Fourth, and Fifth Plenary Sessions of the 19th Central Committee, adhere to the people as the center, and adhere to New development concepts, in-depth implementation of the healthy China strategy and the national fitness strategy, and accelerate the construction of a sports power... College track and field sports physical training requirements for students' quality education, almost covers the entire section of physical education for students of the training requirements. In the process of emphasizing the implementation of sports quality education, we should pay attention to the cultivation of students' core literacy of track and field sports, assist them to gradually improve the comprehensive quality of individuals through more specific and subtle quality training, and help the healthy development of students. Guided by the comprehensive implementation of quality education policies, clarify the overall goal of literacy cultivation and the differentiated goals for individual students, ensure the implementation of quality precision education, and effectively improve the core literacy of each student's sports.

1. Characteristics of Physical Training in Track and Field

Track and field sports training consists of physical, technical, tactical, psychological, recovery and other aspects of training and theoretical learning content. These factors are the training level and competitive ability of track and field athletes. Physical training is bound to make students physical quality, mental state and thinking characteristics have changed^[1]. In order to ensure the effective physical training of track and field sports, teachers should pay attention to the comparison of students' performance before and after training or stage, and make a reasonable evaluation of students' skills and physical and mental development. Based on the evaluation, determine the next stage of training objectives, clear training methods, formulate activity plans, and conduct targeted and adaptable intensive training for students to ensure that students can effectively improve various qualities in track and field physical training.

2. Advantages of Physical Training in Track and Field Sports

Track and field, as a comprehensive and basic sport, has a more obvious impact on students' physical and mental development. Individual students are extremely explosive in sprinting, but they show their shortcomings in the 400-meter and 800-meter races. There are a small number of students who can persist in running the whole course in one breath. This is related to the lack of students' strength and endurance. In order to effectively improve the physical quality of college students, it is necessary to pay attention to the implementation of track and field training^[2]. Track and field is known as the "mother of sports". The walking, running, jumping, and throwing events and techniques in track and field are the foundation of all sports. The event itself is also extremely competitive, which is conducive to cultivating students' good psychological quality. It is extremely beneficial to the development of students' physical and mental health.

3. Practical Path of Physical Training in Track and Field Sports

From the performance of physical education, we can see that contemporary college students generally have "physical exhaustion. This has a direct relationship with poor physical fitness and insufficient physical training. With the help of track and field training, to help college students keep fit, we should also start from the comparison of students' sports performance before, during, after or in stages, find out the advantages of students' training, find effective ways to make up for their training disadvantages, and promote the continuous improvement of students' physical function.

3.1 Training Purpose and Plan

The purpose of arranging track and field training is to enhance students' physique, cultivate students' endurance and improve the level of core strength. Based on this, when carrying out track and field training activities, consider starting from periodic training, taking days and weeks as units, formulate specific training plans and clarify specific training items.

Training programs include:

- (1) Quality training: small step, high leg lift, longitudinal jump, cross-step run, back pedal run, squat up, stride run, leg press between marches, kick between marches, squat down
- (2) Speed training: 50 meters, 100 meters, 400 meters, 200 meters, 30 meters between marches, ahead of speed running;
- (3) Strength training: single-foot jump, frog jump, triple jump, standing jump, step jump, push-up;
- (4) Endurance training: 800 meters, 1500 meters, leading, seven-point timed run;
- (5) Reaction training: add distance to touch the ground to run back and forth, start training in the opposite direction, listen to the signal to do the starting exercise, listen to the whistle to do the running stop exercise;
- (6) Flexibility training: shoulder pressing, leg pressing, splitting;
- (7) Special training: hurdles, stand-up long jump, back high jump, 200 meters, 400 meters, 800 meters;

Periodic training schedule (in days/weeks):

The first day:

- (1) Jog 400 meters * 2 times around the playground;
- (2) Auxiliary exercises for running: lift your legs 20 meters * 4 times; Run 20 meters * 4 times in the back pedal; Run 20 meters * 4 times in small steps;
- (3) Fast running: 60 m * 3 times; 100 m * 3 times;
- (4) Special training: field race group: 200 meters (squat start, accelerated run), track race group: 400 meters run * 2 times, 800 meters * 1 time;
- (5) Relax.

The next day:

- (1) Jogging 400 meters * 2 times;
- (2) .30 m accelerated run * 5 times;
- (3) Special training: high jump group (run-up exercise, take-off exercise), middle and long distance running group (variable speed running 50 m * 10, leg strength exercise), running and jumping group (frog jumping, 100 m running, 200 m running);
- (4) Relax.

Third day:

- (1) preparatory activities;
- (2) Special training for running: lift your legs 20 meters * 4 times; Run 20 meters * 4 times in the back pedal; Run 20 meters * 4 times in small steps;

(3) Strength exercise: half squat jump 10KG * 6 times, relax and run 200 meters between every two times;

(4) Relax on the mat.

The fourth day:

(1) Jogging 400 meters * 2;

(2) Special exercises for running: small step run 10 meters * 3 to 30 meters fast run 10 meters relaxation run, high leg lift 10 meters * 3 to 30 meters fast run 10 meters relaxation run, back pedal run 10 meters * 3 to 30 meters fast run 10 meters relaxation run, back kick 10 meters * 3 to 30 meters fast run 10 meters relaxation run;

(3) Fast running: 60 m * 3 times; 100 m * 2 times; 200 m * 1 time;

(4) Durable running: 400 m * 2 times, 800 m * 1 time;

(5) Jump practice: 10 steps jump * 4 times;

(6) Relax.

The fifth day:

(1) Game activities: sticking plaster, jogging 400 meters * 2 times;

(2) Sensitivity exercises: listen to the whistle to run, listen to the signal to run;

(3) Special exercises: throwing group (coordination exercise, leg strength exercise), middle and long distance running group (test 400 meters, 800 meters), running and jumping group (speed exercise, strength exercise, long jump);

(4) Relax.

3.2 Organization and implementation of activities

In the specific organization and implementation process, although each training content is suitable for most students, it is still necessary to fully consider the “exception” of physical training and formulate an emergency management plan so that when an emergency occurs, a backup plan can be used as soon as possible., Deal with emergencies in a timely and effective manner. The content should be changed at any time according to the weather, the physical recovery of the students and the adjustment of the stage cycle of the training plan, and the training intensity should be appropriately increased or decreased.

3.3 Evaluation and Reflection of Activities

After the actual organization and implementation, it can be found that compared with the students’ comprehensive sports performance before and after the cycle training, the students’ physical quality is generally improved, but some students still fail to reach the expected level. Teachers should pay attention to the actual situation of the students, to understand the attitude of all students, some students and even individual students in the whole training program, whether to stick to it? What causes it to fail to stick to it? Whether sports injuries occur? When it is understood that some students are not very active in training, we should reflect on whether the training content or training methods should be adjusted? Such as appropriate into some interesting content, organize training games, or organize training in groups, etc., to relieve the tension of training, help students to train in a relatively relaxed state of body and mind.

Conclusion:

To sum up, modern physical education teaching should pay attention to the principle of reducing students’ schoolwork pressure and creating a relaxed and happy growth space for students from the perspective of “core literacy”, reasonably optimize and improve the modern education mechanism, realize quality education, and ensure the effect of quality improvement. In track and field teaching activities, we should adhere to the principle of “establishing morality and cultivating people” and cultivate students’ core literacy. We should stand in the perspective of reasonable planning and scheme design, fully combine the characteristics of learning situation and teaching content, formulate teaching objectives and teaching strategies, reasonably implement teaching plans, ensure that students’ work is carried out in an orderly and effective manner in the process of learning, and ensure the realization of the goal of quality education, it has even contributed to a good situation of national fitness.

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