

Rational Thinking on the Implementation of Outward Bound Training in College Physical Education

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Abstract: With the continuous advancement of quality education, physical education in colleges and universities has received widespread attention and has become an indispensable part of the process of cultivating the comprehensive quality of college students. The main teaching method in the current college physical education process is to carry out outreach training for students. Focus on training the sports literacy and professional ability of the people. This article analyzes the actual situation of physical education in colleges and universities, puts forward the existing problems in physical education and the practical significance of expansion training, and makes rational thinking about the implementation of expansion training in college physical education.

Keywords: College Physical Education; Outreach Training; Teaching Strategy; Quality and Ability

Physical education in colleges and universities should adopt diversified teaching methods to meet the needs of the times. Through expansion training, it is conducive to cultivating students' advanced knowledge and concepts, enabling students to develop excellent personalities, and promoting students' comprehensive strength. It is completely different from the traditional teaching method, the expansion training focuses on physical activities as the carrier, and uses the form of game activities to encourage students to engage in group activities, which improves students' personality while enhancing their physical fitness.

1. The purpose and significance of implementing outreach training in college physical education

1.1 Conducive to mobilizing students' interest in learning sports

Different from the traditional teaching mode, the teaching mode of implementing outreach training in colleges and universities is a bold attempt. It is also an important result of teaching reform. The implementation of outreach training in the process of college physical education not only enriches the physical education classroom, but also greatly aroused students' interest in physical education, stimulated their enthusiasm for learning, and promoted the improvement of teaching effects.

1.2 Conducive to the physical and mental development of students

In addition to stimulating students' interest in learning, the implementation of expansion training in college physical education is more important to promote the overall development of students' physical and mental health. Through expansion training, students' physical quality has significantly enhanced their psychological endurance, and they have also been fully exercised. The physical and mental health of students is fully guaranteed, which will naturally promote the improvement of overall quality. This is not only the purpose of physical education, but also an important goal of education reform.

1.3 Conducive to improving the comprehensive quality and ability of students

The rapid development of information technology has made society's demand for talents greater and greater, and of course there are also more and more requirements for talents. In such a fierce competition, effective measures must be taken

to improve the overall quality of students. The top priority of teaching. In physical education, through the implementation of outreach training, students can develop good independent ability, innovation ability and teamwork ability. These abilities can help students improve their comprehensive literacy and help students stand out in the fierce competition for talents.

2. Application measures of outward bound training in physical education teaching in colleges

2.1 Improve the quality of physical education teachers

In order to achieve the best outreach training teaching effect, it must be escorted by professional physical education teachers. Therefore, college physical education teachers should actively participate in training activities and continuously optimize their theoretical knowledge, teaching concepts and professional skills, so that they can develop more for students. Effective teaching, colleges and universities should provide adequate training opportunities and platforms for physical education teachers, build professional development training bases for teachers in schools, and hire professional development training personnel to carry out targeted training for physical education teachers. Colleges and universities can also provide professional development personnel expand to the physical education teacher team to better improve the professional standards of the physical education teacher team. The physical education teachers themselves should also consciously improve their abilities in their spare time, master the advanced concepts of expansion training, learn the knowledge and skills of expansion training, and constantly enrich their own knowledge reserves, so as to lay the foundation for the implementation of expansion training.

2.2 Increase investment in education funds

The implementation of outreach training requires professional facilities, venues and equipment support. This requires colleges and universities to increase financial support for physical education and increase funding, so as to build safe and professional outreach training venues to better carry out outreach training Teaching, which can also provide guarantee for the safety of students. Colleges and universities can obtain more adequate sources of funds for outreach training by strengthening school-enterprise cooperation. With the support of funds, college sports can carry out diversified outreach training activities to obtain better teaching effects, and at the same time comprehensively update the venues and equipment, build professional indoor basketball, football, and volleyball training venues, so that students can The rainy weather can still carry out outreach training in the indoor venue. At the same time, he can purchase training equipment according to the needs of the expansion training and students to improve the professionalism and diversity of the expansion training.

2.3 Motivate students

The implementation of college sports expansion training requires not only the support of schools and teachers, but also the active cooperation of students. Only when students actively and autonomously participate in expansion training can they use expansion training to deepen their sports knowledge and improve their sports knowledge system. Cultivate students' sports skills and improve their practical ability in sports. In specific teaching, as long as the spatiality and practicality of expansion training are fully utilized, it is very helpful to stimulate students' learning enthusiasm. Under the driving of learning enthusiasm, expansion training will inevitably achieve more ideal teaching effects.

3. Concluding remarks

The expansion training model is not only an innovation of the traditional college physical education model, but also the improvement of the physical education curriculum system. It can drive students to participate more in physical exercises, and allow students to invest more passion and energy in sports. While cultivating students' comprehensive literacy, it optimizes the effectiveness and innovation of physical education, improves students' teamwork ability and psychological quality, so that they can achieve comprehensive development and become a comprehensive talent that can be used by society.

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