

Discussion on the Method of Integrating Outward Bound Training into Physical Education Teaching

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Abstract: At present, colleges and universities in response to the call of the new course reform, in order to improve the quality of physical education, and gradually carry out physical education reform. Due to the lack of experience, there will still be setbacks in the process of reform. According to the research, many colleges and universities ignore the importance of outward bound in the reform of physical education. Therefore, this paper discusses the application strategy of integrating outward bound training into physical education teaching. First of all, it analyzes the importance of outward bound training in college physical education. Secondly, it analyzes the problems existing in the process of outward bound in college physical education. Finally, it analyzes the application strategy of sports “outward bound” course in teaching from multiple angles.

Keywords: College; Physical Education; Outward Bound Training

1. The importance of developing physical education in colleges and universities

Colleges and universities play an important role in providing high-quality talents for the society. At the same time, physical education plays a very important role in the physical quality of college students. At present, enterprises not only pay attention to the cultivation of talents, but also gradually to the cultural construction, which is also very important, and often achieved through outward bound training. The main role of outward bound training is to improve the team spirit of team members, with a positive and optimistic attitude to deal with problems and setbacks. Therefore, colleges and universities should, according to the needs of enterprises, keep pace with the times and put outward bound training in physical education.

1.1 It is good for students to keep fit

In many colleges and universities, it is common that students' exercise only stays in the physical education classroom and lacks the exercise after class. For girls, the love of physical exercise is less and less. Therefore, if the school wants to strengthen the students' physical exercise, it is necessary to grasp the psychological characteristics of students' curiosity, start from their interests and hobbies, and have more interesting outward bound training, such as graduation wall, rock climbing, mountaineering, camping and so on. It can stimulate the students' enthusiasm for exercise, let the students enhance their physical quality through outward bound, and develop good sports habits.

1.2 It is conducive to the cultivation of team consciousness

The sense of unity and the ability of unity and cooperation is one of the abilities that the current social demand talents must have, and the outward bound training is usually carried out in the form of team to guide students to achieve goals in team cooperation and improve team spirit and consciousness. It can be seen that outward bound training has a far-reaching impact on students' team cooperation and future life.

1.3 It is beneficial to improve students' comprehensive development of morality, intelligence, physique and beauty

Colleges and universities will expand the combination of training and physical education, not only can stimulate the potential of students, but also through exercise to shape a perfect body, and improve self recognition and confidence. At the same time, through outward bound training, we can correct students' learning attitude, overcome their fear of difficulties, and correct their bad habits, so as to guide them to become responsible people and deal with future setbacks and life with a positive and optimistic attitude. Thus, this can promote the all-round development of students' morality, intelligence, physique and beauty, and better realize the teaching purpose of teaching and educating people.

1.4 It is helpful to enhance students' psychological quality

With the rapid development of society, people's pressure is increasing, and psychological quality has become an important competitiveness of students. Compared with the traditional sports teaching project, outward bound training plays an important role in the cultivation of students' psychological quality. In the process of outward bound training, students can find their own shortcomings in time, correct and improve themselves in time. They can also release pressure through training and cultivate students to face their future life with a more positive and optimistic attitude.

1.5 Meeting the requirements of the times

Based on the new requirements of quality education in the new curriculum reform, colleges and universities should pay more attention to physical education, respect students' subjective initiative, and teach students in accordance with their aptitude to realize students' personalized development. One of the main goals of outward bound is to improve students' physical fitness. Therefore, in practical teaching, interesting courses can be used to strengthen students' experience and create different situations and activities for students. This is not only an experience for students, but also a test for themselves. In the process of outward bound training, students' will is constantly honed, and their potential is tapped, so that students can improve themselves and better themselves in the process of training. This teaching method makes up for the shortcomings of traditional teaching mode, provides a bridge for the cooperation between teachers and students, and can enlighten and educate students. The process of outward bound training is also a process of self education and self promotion. This form of education and educational philosophy are the direction of modern education reform. Outward bound training embodies the advanced nature of physical education to a certain extent.

2. Analysis of the problems existing in the process of injecting outward bound training into physical education teaching in colleges and universities

2.1 The facilities are not perfect and there are potential safety hazards in outward bound training

"Body is the capital of revolution", so before taking any action, we should first consider the word "safety". When introducing outward bound training into physical education, colleges and universities should fully consider the law of students' development and psychological quality, and at the same time, improve the corresponding sports facilities. However, in fact, many colleges and universities often ignore two points, due to the limited investment and sports facilities are not perfect, leading to many students injured in the actual sports training, there are safety risks to the students' life safety. Therefore, it hinders the smooth development and progress of physical education. Meanwhile, social progress has brought convenience and pressure to people. Students' psychological development is not yet mature, unable to overcome and bear great pressure. If we blindly improve the quality of physical education teaching and ignore the law of students' development, it will lead to students' resistance psychology, which is not conducive to the implementation of outward bound training. Therefore, there are still many deficiencies in the current physical education reform.

2.2 Physical education teachers lack of comprehensive ability

Teachers play an important role in education and teaching, so the level of teachers' professional ability directly affects the quality of education and teaching. At this stage, many PE teachers' professional skills and comprehensive quality are not in line with the teaching standards. Some of them only pay attention to the basic knowledge of sports theory, but ignore the importance of psychological education and comprehensive quality. At the same time, they are often lack of strong organizational

adaptability, and have no strong foresight of some potential safety hazards, which will hinder the physical education teaching and restrict the development of students.

3. The application strategy of sports “outward bound training” course in teaching

3.1 Strengthening the construction of teachers’ team and teachers

The level of teaching quality is directly related to the professionalism and childishness of teachers’ skills. Therefore, if you want to improve the quality of physical education, colleges and universities should not only pay attention to the development of training, but also to strengthen the establishment and improvement of teachers’ team, which can be prepared from the following aspects. First, we should pay attention to the training of teachers’ professional skills. For example, schools can make students realize the characteristics and related knowledge of physical education curriculum through professional training activities and lectures. Only in this way can we help teachers understand the value of outward bound training and the specific development method, which is the basis of outward bound training. Second, the school can organize teachers to conduct social surveys, through understanding the social development training club to understand the specific situation of development training, and accumulate experience for the development of teaching activities. Finally, teachers should set up outward bound training courses from the perspective of college students, combined with their psychological characteristics, age characteristics and interests, so as to construct a characteristic physical education teaching system.

3.2 Contents of outward bound courses

When it comes to the content of outward bound training courses, the following principles should be followed. First, we should make clear the objectives of outward bound training and adopt targeted training contents. In teaching, teachers should respect the law of students’ development, and adopt targeted sports development training according to their current psychological characteristics, so as to enhance the students’ acceptance of the training content. Gradually carrying out physical education course can achieve efficient training. Secondly, giving priority to students, teachers teach students in accordance with their aptitude, consider the learning ability of different students, and guide them to actively participate in sports activities, so as to stimulate their enthusiasm and initiative in sports training, and improve the quality of physical education.

3.3 Introducing safe projects to improve students’ psychological quality

As mentioned above, there are still many deficiencies in outward bound training, which need to be solved urgently. Therefore, colleges and universities should invest a large amount of funds into the reform of unexpected teaching, improve sports facilities, and pay attention to the law of students’ development and psychological quality, so as to strive to follow the principle of respecting and giving priority to students. Physical education teaching reform is not a day’s work, and colleges and universities should proceed step by step. In the early stage, training activities with high safety factor can be applied to physical education classroom, which can also relieve the pressure of capital turnover on the premise of ensuring students’ personal safety. At the same time, we can also enrich the content of physical education, and add new forms of physical education teaching, in order to stimulate the enthusiasm and initiative of students in sports learning. It can promote the healthy development of students’ body and mind, improve their physical quality, and improve the quality of physical education.

4. Conclusion

The application of outward bound to physical education in colleges and universities can not only improve students’ comprehensive ability, but also conform to the trend of modern education development. Therefore, teachers should strengthen the importance of outward bound, play an important role in physical education teaching, and cultivate students’ lifelong sports consciousness, so as to provide guarantee for students’ future learning and development.

References

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