

Feasibility Study of Outdoor Sports Courses in Higher Vocational Colleges

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Abstract: In college education physical education plays a paramount role. It is an unavoidable trend to open the new type of physical education program that meets the needs of students in colleges in the new era. Outdoor sports are more and more popular among college students. Therefore, it is imperative and feasible to open outdoor sports courses at this stage. This paper primarily takes the approach of literature study and investigation, and its main goal is to discuss and analyze the feasibility and related measures of outdoor sports courses in higher vocational colleges. Outdoor sports courses have been vigorously grown as an educational model for purpose of achieving directional goals in higher vocational colleges.

Keywords: Higher Vocational Colleges; Influencing Factors; Outdoor Sports Courses; Related Measures

Introduction

Currently, the education means in physical education courses are relatively simple in higher vocational colleges. For students in college in the new era, they are not very interested in learning and are unable to keep up with the times. Thus, higher vocational colleges should implement some new outdoor sports projects based on the savor of college students, so students' savor in study is higher, so that they dare to explore, and effectively ameliorate the college students' cultural literacy and connotation. Outdoor sports are an emerging sports project, which is very attractive to college students. It is significant to open outdoor sports courses in higher vocational colleges ^[1].

1. Feasibility of opening outdoor sports courses in higher vocational colleges

1.1 In line with national policy

In recent years, the physical fitness of young people in our country has presented a downward trend. The nation has paid an increasing attention to the improvement of young people's physical attribute. Coupled with the consequent in-depth promotion of quality education, in order to ensure the improvement of the comprehensive quality of college students, a series of policies has released by the country, requiring major universities to vigorously promote Outdoor sports courses allow students to join in various activities about sports in their spare time, such as participating in outdoor sports organized by the school, sports culture festivals, outdoor sports camps, outings, etc. It can effectively develop outdoor sports resources, make full use of natural resources such as woodland, grassland, snow, and beaches, and guide vocational college students to widely participate in sports such as outdoor survival challenges and outdoor expansion sports.

1.2 Meet the requirements of physical education in higher vocational colleges

Vocational colleges are important bases for cultivating skilled talents for the country and society. Schools focus on cultivating the theoretical knowledge and professional skills of skilled talents, but their physical quality is also an important part. Comprehensive talents must also have a healthy physique, and abundant physical strength is a prerequisite for hard work. Based on this, higher vocational colleges should take quality education as their concept, effectively combine the content of

textbooks with students' interests, introduce new teaching methods, abandon traditional teaching methods. They also should introduce outdoor sports courses into classrooms to improve students' learning. interest, guide students to engage in beneficial outdoor sports, let students master certain survival skills, strengthen teacher-student communication and interaction, establish a harmonious teacher-student relationship, stimulate students' strong interest in outdoor sports, practice the concept of quality education. This promotes curriculum innovation and reform in higher vocational colleges, and cultivates comprehensive skilled talents for the country's all-round development.

1.3 Innovate teaching form

At this stage, the physical education courses offered by many vocational colleges are still relatively simple, and the teaching methods are relatively traditional. They often focus on imparting the most basic theoretical knowledge and methods of sports, but the importance of students' subjectivity is not enough, and the important influences of sports teaching environment, sports atmosphere and sports methods are ignored. Outdoor sports courses should integrate sports into a harmonious natural environment. While guiding students to perform sports, they can also allow students to breathe oxygen ions in the air and integrate into the beautiful natural environment, so that students can achieve the effect of physical and mental happiness and improving the quality of exercise. Teachers should create good sports situations and innovative teaching methods for students, so that the outdoor physical education courses of higher vocational colleges can reach a new level.

1.4 Promote quality education for students

The courses set up in higher vocational sports physical education include track and field, ball games, aerobics and sports dance, etc., but the vast majority of students do not like track and field sports. Some boys like ball games, but they are limited by the campus venue, and some girls like aerobics and sports dance, but the training places are very limited. The hardware facilities of higher vocational colleges have a very negative impact on students' extracurricular sports. The opening of outdoor sports is not limited by venues, etc. The vast environment of nature can be used as sports venues, and the infinitely beautiful scenery of nature can excite the interest of students' about sports as well as broaden the horizons of these students.

1.5 Raise the awareness of safety precautions among vocational students

There are many forms of outdoor sports. When vocational colleges offer outdoor sports courses, if there is no effective planning, allowing students to play outdoor sports at will, safety accidents may occur and the risk factor is high. Based on this, higher vocational colleges should train and study teachers and students, integrate them into teaching practice, guide them to master the corresponding knowledge of outdoor sports safety precautions and first aid, and have certain collective rescue capabilities to ensure the safety of students in outdoor sports.

2. Problems existing in outdoor sports courses setting

2.1 Outdoor sports courses are not standardized and not practical enough

At present, many vocational colleges have been promoting outdoor sports courses, but the design of courses is extremely irregular. For example, the name is not planned, the definition of class hours is not standard, and the design of the course is not standard. Higher vocational colleges can set courses according to their school-running advantages and professional characteristics, which has a freedom that is of higher level.

2.2 Faculty factors

If higher vocational colleges would like to promote outdoor sports' popularity on campus, they must have an excellent quality teachers' team. Outdoor sport is a new teaching course now. Higher vocational colleges' teachers do not know much about it. When opening outdoor sports courses, teachers often do not have relevant knowledge. They mainly explore from online platforms. By the original physical education teachers to serve. Outdoor sports usually have high risks, and some

outdoor sports have a high probability of safety accidents. Therefore, it is necessary to carry out necessary training for relevant outdoor sports teachers or coaches until they meet the normative standards before they graduate and issue corresponding certificates. Those who do not meet the standards will continue to train until they have the corresponding outdoor sports qualifications before they can issue certificates.

2.3 Degree of risk factor

Outdoor sports are a sport in the natural environment. The natural environment has certain uncertainties. It is often affected by geographical environment, weather conditions, students' environmental adaptability and other related factors, and has certain safety risks. Most of the students' love for outdoor sports is due to the relevant information obtained from TV programs or the Internet. But as everyone knows, even professional outdoor athletes have done a good job in all kinds of safety protection, but in some dangerous sports, such as skydiving, outdoor climbing, water rafting, outdoor adventure and other sports. When these outdoor sports projects are carried out, their families are often not informed. Based on this, higher vocational colleges should have a correct understanding of outdoor sports, combine the characteristics of outdoor sports, and combine factors such as geographical environment to scientifically design outdoor sports planning programs, and listen to relevant opinions and suggestions. The difficulty of exercise is slightly reduced, which can naturally avoid the occurrence of safety accidents.

3. The internal driving force of outdoor sports in the curriculum of higher vocational colleges

3.1 Variety of motor skills

There are various ways of outdoor sports, all of which are compound sports. For example, climbing peaks, field camping, water rafting, etc., students can freely choose according to their own interests, and can also freely participate in compound sports. In this way, students' walking, running, jumping, climbing, swimming and other sports skills can be used in combination, so that students' sports skills such as sports strength, sports endurance and sports speed can be improved as a whole.

3.2 Dangerous exercise and challenging behavior

Outdoor sports are carried out in irregular outdoor places, which will face various influencing factors such as geographical conditions, weather conditions, physical adaptability, and smooth communication. Because of the unpredictable nature of the natural environment, it has brought many dangers to outdoor sports. sex and challenge. In this way, there are high requirements for the physical performance, psychological conditions, willpower, practical experience of survival, resilience, etc. of outdoor sports players, but it also increases the infinite yearning for some people who like challenges and increases the attractiveness of outdoor sports.

4. External boosting factors of outdoor sports curriculum in higher vocational colleges

4.1 Policy factors

Relevant national departments are paying more and more attention to outdoor sports, giving strong support in policy, and vigorously reforming corresponding outdoor sports projects, giving guidance on the teaching of outdoor sports, strengthening technical support for outdoor sports, and promoting outdoor sports. The accreditation of the sport also strengthens management and reforms ^[3].

4.2 Teaching reform factors

Accompanied by the deepening of the new curriculum reformation, in higher vocational colleges there are higher requirements for talent cultivation. Now sunshine education is advocated, and higher vocational colleges should guide students to transfer sports from indoor to outdoor, so that outdoor sports can be vigorously implemented in the rich resources of nature. At present, the concept of national fitness is being vigorously promoted. In higher vocational colleges sports education's reform is also in full swing. The opening and implementation of outdoor sports courses are also important measures for in higher vocational colleges' education reform.

5. Guarantee measures for the curriculum of outdoor physical education in higher vocational colleges

5.1 Set up an outdoor sports course management organization and formulate a scientific curriculum system

Compared with the traditional sports teaching mode, outdoor sports have huge differences in teaching scale, curriculum system, standardized teaching and safety management. According to the outdoor sports' corresponding features, higher vocational colleges have set up corresponding management agencies and formulated scientific teaching systems and rules for the purpose of guaranteeing the outdoor sports courses' successful implementation. At the same time, we should design one scientific curriculum system in line with the real condition about outdoor sports, and standardize the setting of outdoor sports class form, sports composition, teaching scale and performance evaluation, so as to promote outdoor sports courses in higher vocational colleges. carried out effectively.

5.2 Strengthen the construction of professional class teams

At present, many colleges and universities have set up outdoor sports major, and the successor force of outdoor sports is also increasing day by day, which ensures the further expansion of teachers' team in higher vocational colleges. Higher vocational colleges should be scientifically set according to the corresponding national standards, effectively set the course content, class size and class hour design of outdoor sports, and equip excellent teachers to ensure the teaching effect and safety of outdoor sports.

5.3 Strengthen the management and emergency handling of the teaching staff

Outdoor sports have a great deal of uncontrollability, risk factors. This requires outdoor sports educators in higher vocational colleges to have strong on-site management and control capabilities, have corresponding emergency handling knowledge, be able to reasonably handle outdoor accidents that occur, and perform basic on-site first aid and emergency treatment for the wounded. At the same time, it is necessary to strengthen the management of students. The large class can be set up into several groups, and students with strong management ability can be the group leaders, so as to strengthen the communication and coordination management with teachers and students, and avoid safety risk behaviors^[4].

5.4 Investment in professional equipment

The development of outdoor sports needs professional protective equipment, which is the hardware and the necessary guarantee to ensure students' sports safety. Outdoor sports equipped with professional equipment for students to implement outdoor sports also has an important role in promoting the implementation of outdoor sports, can ensure the participation of

students confidence, can also make outdoor sports courses standardized, which plays an important guarantee for the safety of teachers and students in the process of outdoor sports.

Conclusion

In summary, the development of outdoor sports courses in higher vocational colleges is of great practical significance at present. In the context of the continuous promotion of quality education, strengthening the opening of outdoor sports courses is also in line with the needs of the times in the education reform situation. To set up outdoor sports courses in higher vocational colleges, we must pay attention to the existing problems and current situation and take targeted measures to solve them, do the work well in corresponding course design, equipment investment, and team building of teachers. And at the same time, necessarily in higher vocational colleges we should continuously enhance the risk control as well as emergency handling in terms of outdoor sports, so as to smoothly promote the effective development and smooth promotion of outdoor sports .

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