

Prospect of dart sports in cooking majors of Vocational Colleges

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Abstract: with the continuous enrichment and diversification of sports, more and more vocational colleges began to explore the development of various emerging sports on campus. As a leisure sport, darts can not only strengthen the body and meet the professional needs of students, but also become an excellent option for campus sports activities of cooking majors in vocational colleges. By using the methods of literature, interview and comprehensive analysis, this paper summarizes the exercise value of darts for students majoring in cooking, analyzes the current situation and existing problems of darts in vocational colleges, and analyzes its coping strategies, which provides a theoretical reference for improving the optimization of physical education curriculum structure for cooking majors in Vocational colleges.

Key words: dart sport; Major in cooking; Physical quality; Occupational needs; Countermeasures and suggestions

I. Darts and school physical education

Darts originated from a javelin throwing game in England. Its purpose is to score points by throwing darts at a fixed circular target. Darts are steel objects with three feather wings and a center of gravity. They are generally divided into two types: plastic rods and wooden rods. In the competition, participants need to stand at a certain distance and throw darts onto the target board. The target board is divided into different scoring areas such as single, double, triple and bull 's-eye. it is an indoor leisure sports that integrates the development of physical quality, coordination ability, reaction speed and psychological quality. Darts entered China in 1999 and was listed as a formal sport by the General Administration of sport of the people's Republic of China. It has become a part of campus sports in China because of its simple and easy to learn, strong interest, small venues, simple and easy-to-use equipment, and can be carried out anytime and anywhere.

At present, many foreign schools have carried out dart sports for a long time, such as Brown University in the United States, Oxford University in the United Kingdom, Queensland University of technology in Australia and other famous universities. In China, some colleges and universities have also begun to gradually introduce darts. For example, Shanghai Jiaotong University and East China Normal University have carried out relevant activities. They have also established dart associations or clubs to provide professional training, competition and exchange platforms, attracting a large number of dart enthusiasts to participate in them. In these activities, students can not only improve their dart skills, but also cultivate teamwork spirit, challenge themselves and shape their personal image.

2. ForThe exercise value of darts for students majoring in cuisine

2.1 Improve students' physical quality

Students majoring in cooking will spend most of their working time in the kitchen, lacking enough time and space for exercise. Dart sport can exercise efficiently in limited time and space: in dart sport, athletes need to hold darts for throwing. In this process, multiple muscle groups such as shoulder, chest and arm are required. Long time training can enhance the muscle strength and endurance of upper limbs; In the process of throwing darts, athletes need to maintain balance and stable posture, which can strengthen the coordination and balance ability of leg and trunk muscles. To sum up, dart sport is an effective way for participants to improve their physical quality.

2.2 Docking professional post demand

1. precise hand coordination ability

Darts require a high degree of accuracy and hand coordination ability, which is also the ability required by professional sculptors and pastry makers in cooking. Through the practice of dart movement, we can improve the coordination ability and accuracy of the hand, so as to better master the carving techniques.

2. acquire exquisite hand feel and knife work

Dart requires the practitioner to master the delicate touch of fingers, which is also the ability required for pastry making and knife making. In the production process, it is necessary to master different techniques and knife techniques in order to better show the beauty and artistic effect of the dishes. The practice of darts can improve the chef's hand feel and knife work.

3. deep shape and light perception

Dart sport requires the practitioner to deeply perceive and recognize the shape and light and shadow, which is also the ability required by the professional knife and Carver skills of cooking. Sculptors need to make in-depth observation and judgment on the shape, texture, color, light and shadow of food materials, so as to better show the aesthetic feeling and artistic effect of food.

4. quick response and flexibility

Dart sports require practitioners to have the ability of quick reaction and flexibility, which is also the ability required by cooking practitioners. In the process of food production, there may be many unexpected situations, which require rapid response and flexibility, so as to better respond to emergencies and show the beauty of the dishes.

5. prevention of occupational health problems

Research shows that dart athletes who aim and stare at the target for a long time have stronger visual muscle strength than ordinary

people. People who often carry out “hyperopia adjustment” in life can relieve visual fatigue caused by long-term close eye use, so as to adjust their eyesight; Dart throwers relax all over the body, raise their heads, lift their chests, and close their bellies. They mainly use their fingers, wrists, elbow muscles, and joints to complete their movements, which can alleviate and prevent the occupational health problems such as varicose veins and lumbar keyboard herniation that are prone to occur among professional practitioners of cooking.

6. cultivate concentration and patience

Dart sports require practitioners to have concentration and patience, which is also the quality required by professional cooking practitioners. In the process of carving Chinese food, it needs to spend a lot of time and energy on detailed depiction and processing, and it needs to have good concentration and patience, so as to better show the beauty and artistic effect of the dishes. The practice of darts can cultivate the chef’s concentration and patience, so as to better master the Chinese carving skills.

To sum up, dart sports can help to develop the skills of pastry, Carver and knife maker, and will play an important role in meeting the job requirements of students majoring in cooking and developing professional physical fitness.

2.3 Promoting students' mental health

In dart sports, we need to keep calm and focused, which plays a good role in relieving pressure and regulating mood. In the competition, we need to face competition and pressure, which can help people exercise their psychological quality and coping ability. At the same time, darts can also improve self-confidence and self-awareness, so that people can better understand their advantages and disadvantages, so as to better adjust their mentality and behavior.

2.4 Building social adaptation ties

Dart sports also have certain social functions. During the practice, participants will meet new friends, enhance communication and exchanges, and alleviate loneliness and loneliness. In the process of darts, participation requires interaction and communication with others, so as to increase social experience and social skills

2.5 Enrich school sports ecology

Various schools at all levels carry out various school sports projects, which are affected by policies, leaders’ attention and other environmental factors. The site condition, equipment, difficulty and organization have become the biggest constraints of school sports. Dart sports need a small venue and simple equipment. It can be held in public competitions, or at home or in dormitories. Participants need to use their hands and brains. It has high fitness value and strong interest. It meets the needs of the construction of campus sports culture and is one of the long-term physical exercise projects for teachers and students. At the same time, the dart movement rules are variable, which is suitable for all kinds of people at all levels to participate, and can also adjust the psychological state, delight the body and mind, and promote mental health; In the practice competition, it is helpful to cultivate the students’ interpersonal skills and solve the behavior and thinking mode of some students who tend to be self closed.

2.6 Help develop lifelong sports

According to the research of the sports medicine research center of Washington University in St. Louis, the “light sports” (i.e., sports with low intensity, low energy consumption, flexible movement, informal form, and pleasant and relaxed) are more conducive to health and longevity than the traditional medium and high-intensity sports. Darts is a kind of “light sports” project suitable for different ages. It has small site requirements, less physical consumption, low exercise intensity, flexible mode, low technical requirements, small economic burden and loose time requirements. Taking part in dart sports for a long time can improve metabolism, enhance physical skills, make people relaxed and happy, give people the enjoyment of beauty, so as to achieve the purpose of promoting health. To sum up, participating in dart sports provides the possibility for students to develop lifelong sports habits.

3. A survey of darts in cooking majors of Vocational Colleges

The author visited some schools carrying out dart teaching, associations and clubs, and investigated the development of dart sports to managers, instructors and participating students

3.1 Dart movement has aroused widespread concern and support

The teachers interviewed believed that dart sports can not only exercise students’ body, but also improve their coordination ability, fine touch, reaction ability and psychological quality, which is beneficial to promote students’ professional development. Dart is a kind of accurate sports, which is easy to make participants have positive emotional experience, thus causing more students to participate.

3.2 Dart sport arouses students' interest and participation

The students interviewed believed that darts enriched their after-school life, could help them relax physically and mentally, reduce learning pressure, and exercise their body and skills. Some students in the college have spontaneously organized dart teams and conducted relevant training and competitions. The training and competition not only enrich the campus culture, but also enhance the students’ sense of belonging and honor.

3.3 Some possible problems in the development of dart sport

The interviewed managers and instructors believe that there may be some problems and difficulties in the process of darts:

1.Darts belongs to a minority sport. The competition rules are complex, the movements are difficult, and the lack of necessary scientific guidance may bring certain security risks to activities, training and competition;

2.In order to promote the development and promotion of a sport on campus, the support of managers and active publicity and promotion are indispensable. The popularity of darts in vocational colleges has a long way to go;

3. Formal dart competitions still have certain requirements for venues and equipment. In order to carry out long-term and professional dart training and competition, various vocational colleges need certain planning and investment in venues and equipment.

4. Countermeasures and suggestions

Based on the above research results, this paper puts forward the following suggestions:

4.1 Strengthen organization and guidance to eliminate potential safety hazards

During activities, training and competitions, the site must be strictly divided to ensure the safety of the site and avoid other personnel entering the practice area; Although darts is a “Light Sport”, it should also be fully warmed up and stretched to avoid muscle injury; At the beginning of the project, necessary guidance should be provided so that students can understand the basic rules, master the throwing movements and avoid accidents.

4.2 Strengthen publicity, establish and improve the system

Vocational colleges should set up dart courses to introduce and guide students and attract students’ participation; Publicize the knowledge and activities related to dart sport through the school website, school newspaper, radio and television stations and other media; Strengthen the training of coaches and volunteers, improve their understanding and understanding of darts, and improve the level of organization and management; Establish a three-level system of classes, departments and schools, organize regular training and competition activities, select athletes and add honor to the school.

4.3 Ensure necessary investment and create a good environment

A special dart field must be set up in the stadium, equipped with standard equipment and facilities; According to the rules and technical difficulties of darts, professional coaches can be invited to give regular guidance to improve students’ skills; The school can strengthen exchanges with other schools and organizations, expand the influence and popularity of darts, and improve the competitive level and competition quality.

5. Conclusion

Darts, as an indoor leisure sport, is easy to learn, interesting, small, simple and easy to use, which is suitable for development and promotion in vocational colleges. Darts can strengthen the body, meet the professional needs of students majoring in cooking, enrich extracurricular cultural life, and promote the development of lifelong sports, which is concerned and welcomed by teachers and students in some vocational colleges. It is feasible to carry out darts in vocational colleges. At the same time, there are some problems in the development of dart sports on campus, which requires schools to strengthen equipment management, safety management and professional guidance, and enhance students’ safety awareness, so as to effectively promote the effective development of dart sports in cooking majors in vocational colleges. Although the extent and scale of dart sports in domestic vocational colleges need to be improved and improved, with people’s pursuit of a healthy lifestyle and recognition of sports culture, it is believed that dart sports will be popularized and carried out in cooking majors in vocational colleges.

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