

Research on the feasibility and strategy of applying functional training in physical education in colleges and universities

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Abstract: the purpose of college physical education is to promote the all-round development of students. Among them, enhancing students' physique is the core purpose. College students represent the future development of the motherland and bear the hope of the society. In the face of severe social pressure, students need not only professional knowledge and ability, but also healthy physique, so that they can better adapt to the society and display their ambitions and talents. Based on this, physical education teaching in Colleges and universities should consider how to carry out physical training to improve students' physical health level. In recent years, functional physical training, as a hot issue in the field of physical fitness, has attracted a large number of scholars' research. This paper studies the feasibility and Strategies of the application of functional physical training in college physical education teaching, so as to provide reference for physical training in college physical education teaching.

Key words: college physical education; Functional physical training; Physical health

Functional physical training originated from the field of rehabilitation therapy. After being applied in competitive sports and mass fitness, people found that it played a positive role in sports health, which was paid more and more attention and studied by more and more people, forming the existing functional physical training system. The essence of functional physical training is purposeful training. It is to evaluate the human body status through motion screening, and improve the physical health level through targeted training.

Due to high academic pressure, college students often sit for a long time and lack of exercise, which is easy to lead to physical obstacles or sports injuries. The development of functional physical training can effectively improve the physical state and avoid sports losses. However, if we want to apply functional physical training in College Physical Education and show good results, we need to analyze the feasibility of the application of functional physical training in Colleges and universities, and study the application strategy, so as to ensure the high quality of College Physical Education and provide guarantee for the health of students.

1. Overview of functional physical training

Functional physical training is a kind of training concept and method system that pays attention to the basic body posture and human movement mode, integrates various body qualities to optimize the most basic human movement ability, and systematically optimizes the movement mode, spinal strength, power chain, recovery and regeneration, so as to improve the special movement ability.

Gray cook, the expert who first proposed the concept of functional motion screening, believes that motion screening can be used to detect the body's functional system. This test can identify problems in the human body and give correction and treatment according to the problems. Mike Boyle believes that the essence of functional training is purposeful training. Functional training emphasizes the control of nerves over the body and the integrity and stability of body movement. Lidanyang believes that functional training is a training method system to improve the working ability of the human movement system through comprehensive physical training, in order to achieve higher competitive ability.

Functional physical training emphasizes the training of overall and neural control, seeks to improve the movement mode and quality, optimize the transmission ability of human power chain, and develop and maintain the physical ability required in basic life.

2. The role of functional physical training in College Physical Education

2.1 Promote the comprehensive and coordinated development of students' body and mind

The development of College Students' physical quality is in the golden period, and scientific training can help them better improve their physical ability. In the traditional college physical education teaching, most of them focus on technical exercises, and there are relatively few targeted physical exercises, which leads to the uneven development of students' physical fitness. In order to solve this problem, teachers can apply functional physical training methods in teaching, such as setting up body coordination exercises and stability exercises in the teaching content, and according to the characteristics of students' high academic pressure, carry out the evaluation and screening of the corresponding parts of the body, and carry out functional intervention to restore the physical function and sports ability. At the same time, through the development of students' nerve muscle control ability, movement mode, movement transmission efficiency, so that students' physical ability can be comprehensive and coordinated development.

2.2 Conducive to the cultivation of students' lifelong sports consciousness

Students' understanding of sports determines their views and willingness to participate in sports. Cultivating students' lifelong sports consciousness is an important goal of college sports teaching, and also an effective way to improve students' physical health. In this context, college physical education enriches teaching content and introduces functional physical training, which helps to promote students' enthusiasm to participate in sports, and has a positive impact on stimulating students' interest in learning and improving students' physical health.

In teaching, teachers objectively evaluate the physical condition of students through motion screening, understand and master the physical function status of each student, and formulate functional physical training plans according to the individual situation of students. Students can improve their physical problems and sports performance through functional training methods, such as free hand exercises and sensitivity exercises.

Most of the functional physical training is completed through some simple free hand movements and with the help of some new equipment, which is in line with the contemporary students' pursuit of fresh knowledge and content, and can meet the students' psychological needs. Because of its novelty, interest and coordination, functional physical training can enable students to cultivate good communication skills and teamwork spirit while learning sports knowledge and mastering sports skills, promote students' sports participation, and help cultivate lifelong sports awareness.

2.3 Enhance students' social adaptability

Colleges and universities are the cradle of transporting talents to the society, so we should improve students' social adaptability. Social adaptability includes adaptability to natural environment, interpersonal communication, rules, cooperation and competition, and anti frustration ability.

First of all, functional physical training according to the actual situation of students to carry out targeted exercises, so that students' physical skills have adaptive changes, which is conducive to the formation of healthy physique, which is the basis of adapting to society. Secondly, functional physical training emphasizes the training of movement mode, which can help students prevent sports injury, and has a significant effect on the improvement of posture and shape. Good posture and shape can promote the establishment of students' self-confidence and social communication. Thirdly, functional physical training should be carried out under certain norms, which is helpful for students to cultivate the awareness of rules. Finally, the teaching form of competition and cooperation is often used in functional physical training. This will teach students what is competition and what is cooperation, and correctly view the victory and defeat, and enjoy the happiness brought by sports.

3. Application strategy of functional physical training in College Physical Education

3.1 Combined with the actual situation of students

The content system of functional physical training includes: motion screening and motion integration, muscle mobilization and nerve activation, core area strength, speed and multidirectional movement, rapid telescopic compound training, maximum strength and rotational explosive force, recovery and regeneration, etc. It can be seen that functional physical training covers a wide range and cannot be mechanically transplanted into college physical education. According to the actual situation of students, targeted exercises should be carried out.

In terms of the logic of application, first of all, students' status is diagnosed through motion screening, which is the starting point and necessary link of training. Secondly, problems or weak links of students' bodies are found through state diagnosis, such as movement mode problems, joint flexibility problems, trunk stability problems, power chain transmission problems, etc. Thirdly, through functional physical training, we can improve the movement mode, optimize the movement efficiency, improve the body state and improve the students' sports ability. Finally, it is completed through systematic and efficient training methods.

According to the survey, most college students have the characteristics of insufficient lower limb strength and poor muscle control. The occurrence of this situation is related to the students' lack of lower limb strength practice and the wrong movement mode. Therefore, when carrying out physical education teaching, college physical education teachers can carry out functional training according to these problems of students. For example, vibration training can well solve the problem of insufficient strength of lower limbs, and flat support can improve the poor muscle control ability.

3.2 Reasonably arrange training contents according to professional characteristics

When carrying out functional physical training, physical education teachers in Colleges and universities need to design the corresponding training content according to the characteristics of different majors, so as to better play the effect of functional physical training. In addition, when designing the training content, teachers also need to take into account the teaching objectives, teaching tasks, classroom time and other factors, reasonably plan the implementation of the teaching process, produce the best teaching effect in a limited time, and help students improve their physical fitness level.

In the arrangement of teaching content, the first is the planning of course time. In order to maximize the effectiveness in a limited time, college physical education teachers should carry out the practice of action activation and nerve activation in the preparation link, so that students can enter the state as soon as possible. Secondly, in the basic stage, add the practice of action mode, explosive force and more mobility, At this time, the students are full of energy and spirit. Arranging corresponding exercises can better improve the effect of practice. Thirdly, the teaching can arrange some coordination exercises and core strength exercises, such as crawling exercises, flat support, etc. Finally, in the end part, some exercises are arranged to help students' physical recovery, so as to promote students' physical recovery and the regeneration of lost material and energy.

In the setting of teaching content, students' professional characteristics should be considered. Taking medical students as an example, when making teaching content, teachers need to consider that most of them will face heavy workload when they enter the society in the future, and have higher requirements for their physical fitness. Then, physical education teachers can focus on improving students' endurance and muscle stability according to this point. For another example, taking students majoring in liberal arts as an example, most

of their employment direction faces the risk of sedentary, so when formulating teaching content, we need to consider improving students' movement mode and core strength. Based on the consideration of specialty, college physical education teachers can have a certain emphasis in the selection of teaching content, so as to help students improve their physical ability and give full play to the effect of functional physical training.

3.3 Establish and improve the feedback mechanism

If functional physical training wants to be applied in College Physical Education and play its role in promoting students' physical development, it needs to establish and improve the feedback mechanism. Training feedback mechanism can help teachers timely understand the real-time dynamics of students, so as to correct the application of functional physical training in the whole teaching process, better improve the effect of functional physical training, so as to achieve the goal of completing teaching tasks and enhancing students' physique.

In establishing and improving the feedback mechanism, on the one hand, we should take the action screening of functional physical training and other means of evaluating physical fitness status as the starting point of students' physical education teaching, formulate targeted training methods according to the screening and evaluation results, and evaluate and feed back the status of each physical education teaching and each stage of students. On the other hand, college physical education teachers should make full use of modern information technology to monitor physical education teaching activities, collect training feedback information, improve the content and methods, optimize the training process, and improve the utilization efficiency of functional physical training.

4. Summary

To sum up, the application of functional physical training in college physical education teaching has strong feasibility. When teachers apply it in teaching, they should pay attention to the consideration of students' professional characteristics and students' personality, so as to formulate reasonable application strategies, truly play the effect of functional physical training, and help students achieve the improvement and development of physical fitness, Lay a good foundation for their lifelong sports behavior in the future.

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