

# **Rational Analysis of Outward Bound Training in Physical Education in Colleges and Universities**

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**Abstract:** With the continuous advancement of the new curriculum reform and the deepening of quality education, the physical education in China's major universities is facing the requirements of innovation and transformation, among which the implementation of outward bound training is crucial. Based on this, this paper investigates the significance of outward bound training in college physical education, and makes a rational analysis on outward bound training in college physical education for reference.

With the intensification of talent competition, both social progress and enterprise development need corresponding talents, which requires all universities in China to cultivate students' comprehensive quality. Sports, as a social activity, can effectively improve students' psychological quality, physical fitness and self-control by implementing outward bound training. Therefore, it is necessary to make a rational analysis on the implementation of outward bound training in college physical education.

## **1. The implementation of Outward Bound Training Is of Great Significance to College Physical Education**

Firstly, by implementing outward bound training in physical education, colleges and universities can effectively mobilize students' enthusiasm for learning physical education. Different from the traditional physical education in the past, the implementation of outward bound training can create a good teaching environment and atmosphere, effectively enrich the course content, effectively optimize the physical education teaching system, break through the traditional teaching mode, and further improve students' interest and enthusiasm in learning sports-related knowledge. Moreover, the implementation of outward bound training has increased the training items in physical education in colleges and universities. By carrying out diversified and diversified teaching activities, physical education teachers can effectively mobilize students' enthusiasm, thus improving the quality and efficiency of physical education.

Secondly, to realize students' dominant position in teaching activities. It is explicitly mentioned in the new curriculum reform that teachers are the guides and organizers of teaching activities, and students are the main body of teaching activities. However, in the traditional physical education in the past, physical education teachers occupied a dominant position, and students only played the role of participants, which led to students' weak interest in physical education and unable to carry out teaching activities smoothly. However, the implementation of outward bound training can effectively realize students' dominant position. In outward bound training, teachers only need to guide students, and students are the finishers of training, which can effectively improve students' subjective initiative in carrying out training activities, thus giving full play to students' subjectivity.

Thirdly, promoting the all-round development of students' physical and mental health. In the past, the content of physical education was too monotonous, which could not stimulate students' interest effectively, which led to students' perfunctory and failed to play the real role of physical education. The implementation of outward bound training stimulates students' enthusiasm by enriching the teaching content, so that students can finish the training spontaneously, thus training their physique and promoting their healthy development. Moreover, when students complete the outward bound training, they can challenge their physical and psychological limits, so that they can develop tough

character and quality, improve their mental endurance, and cultivate their psychological quality.

Fourthly, strengthening students' comprehensive quality. At present, our society has great demand for high-quality talents, specifically, they have solid professional knowledge and skills, as well as good psychological and moral qualities. The implementation of outward bound training can effectively cultivate students' quality with sports as the core, thus promoting the development of their comprehensive quality. The main reason is that outward bound training can effectively improve students' physical quality, and ordinary group cooperation can also cultivate students' sense of unity and cooperation, thus promoting students' all-round development.

## **2. Rational Analysis of Outward Bound Training in Physical Education in Colleges and Universities**

At present, although China's major universities have begun to pay attention to quality education, many factors such as imperfect hardware, insufficient capital investment, low level of teachers, inadequate safety management and unreasonable physical education curriculum design have affected the effective implementation of outward bound training. Therefore, from an objective point of view, in the implementation of outward bound training in college physical education, the quality of outward bound training can be improved through the following points:

### **2.1 To Carry out Outreach Training Elective Courses**

Due to the difficulty of outward bound training, it is not suitable for every student's physical quality, and the outward bound training has various forms. Therefore, when developing outward bound training in physical education, it is necessary to respect the differences of students' physical qualities and set up outward bound training items scientifically. First of all, colleges and universities can force students to participate in sports development training with low difficulty coefficient and high openness in the form of compulsory courses to improve students' basic physical quality. Secondly, the sports development training with higher difficulty coefficient is presented to students as an elective course, respecting the differences and subjective initiative among students, so as to meet the needs of students with different physical qualities. Finally, enriching the content of sports development training. On the premise of meeting students' diversified learning needs, colleges and universities should enrich the projects in outward bound training. Moreover, individualized projects should be designed scientifically to promote the cultivation of students' interest and promote their individualized development.

### **2.2 The Construction and Development of Training Teachers**

In order to improve the effectiveness of the implementation of outward bound training in physical education, colleges and universities should increase efforts to build outward bound training teachers, so that teachers not only have relevant professional knowledge, but also have excellent training ability and guidance ability. Colleges and universities can strengthen teachers' professional quality and related skills through regular training and further education for in-service teachers. In addition, colleges and universities should also regularly carry out related entertainment competitions, such as sports competitions, basketball and volleyball competitions at the school level, etc. By setting reasonable prizes, students and teachers' training interests can be mobilized, thus promoting the orderly development of outward bound training. Moreover, colleges and universities should actively absorb and learn from excellent training methods, innovate and optimize the methods of outward bound training according to the specific conditions of colleges and universities, and further improve the quality of outward bound training.

### **2.3 Optimizing the Equipment and Venues for Outward Training**

Optimization of equipment and venues is mainly an outward-looking training program for team cooperation. Outward bound training in physical education is usually cooperative training, which has higher requirements for training venues and equipment. Therefore, in order to promote the orderly development of outward bound training, all universities in China should consciously expand

training venues and optimize training equipment, so as to improve the quality and efficiency of outward bound training. Moreover, when designing training programs, universities and teachers should also design the combination of equipment. By combining the equipment, it can be recycled, on the one hand, it reduces the capital investment of the school in equipment. On the other hand, it trains students' innovative spirit and ability, and promotes students' all-round development on the basis of improving their physical fitness.

## **2.4 Strengthening the Management of Outward Bound Training**

At present, the management of outward bound training in physical education of major universities in China can be divided into three points, namely, management organization, safety management and cost input. Management organization means that colleges and universities set up special organizations to comprehensively manage all aspects of outward bound training. Safety management is to manage related facilities and equipment, improve their safety and provide safety guarantee for students. Not only that, but also before each development training, students should be given safety education to improve their safety awareness, so as to avoid students' irregular operation. In addition, teachers related to safety management should also supervise students in the whole process when carrying out large-scale outreach training to ensure students' safety, so as to promote the smooth development of outreach training; costing input mainly refers to the input of related equipment. By increasing the investment of capital cost, colleges and universities can eliminate and replace damaged or backward equipment in time to provide students with good training conditions.

## **3. Conclusion**

To sum up, the implementation of outward bound training is of great practical significance in college physical education, and strengthens the quality and effect of physical education. Therefore, colleges and universities should take measures such as strengthening management, building teachers and optimizing venues, so that outward bound training can be carried out effectively and students' comprehensive quality can be cultivated.

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