

# The Construction of Mountain and Outdoor Sports Course System in Higher Vocational Colleges

## ---A Case Study of Hainan's Sports Majors

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**Keywords:** Higher vocational college, Outdoor sports course, Construction method

**Abstract:** Higher vocational sports colleges pay attention to the idea of cultivating people: cultivating students' technology and skills. The research content of this article starts from the training goal, starts with the origin of outdoor sports, and is guided by social needs. It focuses on the training goals, students' thinking orientation and behavior pattern characteristics, starting from the "root", returning to the "origin" of the curriculum, and changing students' learning habits and learning. Way to build a curriculum system.

### 1. Introduction

In 2019, the Ministry of Education issued the "Guiding Opinions of the Ministry of Education on the Development and Implementation of Professional Talent Training Programs in Vocational Colleges" (Jiao Vocational Cheng [2019] No. 13) document clearly pointed out that: The orientation of the school shall be determined scientifically and rationally with reference to the national professional teaching standards.

In July 2019, the National Vocational Education Teaching Standard System was released on the official website of the Ministry of Education of the People's Republic of China. The teaching standard system of higher vocational colleges includes 19 categories, of which the sports category is subordinate to education and physical education, which are for 6 sports majors. : Sports training (670401), social sports (670403), leisure sports (670404), golf sports and management (670405), sports operation and management (670408), sports health and rehabilitation (670409) put forward specific guidance. Throughout these six professional teaching standards, in the training objectives, all require: training high-quality technical skills talents. In this sense, the idea of cultivating people in higher vocational sports colleges is to cultivate students' technology and skills. The research content of this paper starts from the training goal, starts from the origin of outdoor sports, and is guided by social needs, and builds a curriculum system around the training goals, students' thinking orientation and behavior mode characteristics.

Starting from the "root", returning to the "origin" of the curriculum, changing students' study habits and learning methods, and truly achieving: learn as much as you teach, and use as much as you learn.

### 2. Course Background Analysis

#### 2.1 Concept Analysis

At the beginning of 2000, the Mountaineering Management Center of the State General Administration of Sports defined outdoor sports as "a group of sports activities carried out in the natural environment and directly connected with the natural environment".

In 2002, when the "Articles of the Chinese Mountaineering Association" was revised, Zhang Zhijian and others re-discussed outdoor sports. Later, Li Shuping revised the definition of outdoor sports as "outdoor sports is a group of adventure or adventure sports with a natural environment as a sports venue. Experience the adventure sports group".

In April 2005, mountain outdoor sports became an officially launched sports project approved by

the State Sports General Administration. It is subordinate to the mountaineering project and managed by the Mountaineering Management Center of the State Sports General Administration.

Mountain outdoor sports are the main part of land-based outdoor sports in outdoor sports. Outdoor sports are based on the natural mountain environment as a sports venue, including mountain sports, canyon sports, wild survival (including camping), and desert sports.

## 2.2 Interpretation of Mountain Outdoor Sports Policy

At the beginning of 2000, in the “National College Physical Education” published by the Ministry of Education

“Curriculum Teaching Guidelines” mentions: “Universities can achieve the physical education curriculum goals required by colleges and universities through the development and utilization of natural resources and some basic outdoor sports; the application and development of outdoor sports are in line with the actual situation of colleges and universities. “.

In 2017, the Hainan Provincial People's Government General Office's implementation opinions on accelerating the development of the fitness and leisure industry (Qiong Fu Office [2017] No. 142) clearly stated: “Using resource advantages to develop outdoor sports. Implementing the simultaneous development strategy of water, land and air” “With the Wuzhishan Mountains as the core area, vigorously develop outdoor mountain tourism, promote mountaineering, hiking, marathon, cycling, cross-country, rafting, rock climbing, orienteering, adventure, expansion and other outdoor mountain sports... Actively cultivate fitness and leisure events, cultivate Outdoor sports social sports instructor...”

For vocational colleges, the direction of curriculum training must first have “skills”. For sports colleges, it must also be “professional”. This article takes sports vocational colleges in Hainan Province as the research object to build sports vocational colleges Mountain outdoor sports curriculum system.

## 2.3 Geographical Analysis

On October 21, 2016, the National Development and Reform Commission, the Ministry of Industry and Information Technology, the Ministry of Finance, the Ministry of Land and Resources, the Ministry of Housing and Urban-Rural Development, the Ministry of Transport, and the National Tourism Administration officially issued the “Mountain Outdoor Sports Industry Development Plan (hereinafter referred to as the “Plan”), among which, the “three verticals and three horizontals” national mountain outdoor sports project layout has become a key interpretation of the “plan”. Combining with the “Guiding Opinions of the General Office of the State Council on Accelerating the Development of the Fitness and Leisure Industry, Guobanfa [2016] No. 77” to organize the development plans of various outdoor sports projects (Table 1), we can see the development plans of mountain outdoor sports or other outdoor sports projects Here, Hainan is not included.

Table 1 “Three Verticals and Three Horizontals” National Mountain Outdoor Sports Project Layout Schematic Diagram

Proj Name	Develop Direction
Snow sports	Expanding south and west
Mountain outdoor sports	Three verticals and three horizontals (Taihang Mountain and Beijing-Hangzhou Grand Canal, Xi'an-Chengdu, Qinghai-Tibet Highway, Silk Road, 318 National Highway, along the Yangtze River)
water sports	“Two Rivers and Two Seas” (Yangtze River, Pearl River, Bohai Sea, East China Sea) water sports industry cluster area
Motorcycle sports	Three circles and three lines, Beijing-Tianjin wing, Yangtze River Delta, Pan-Pearl River Delta, Beijing to Shenzhen, Beijing to Urumqi, Nanning to Lhasa
Air sports	200km aviation sports flight circle

On January 23, 2019, General Secretary Xi Jinping presided over the sixth meeting of the Central Committee for Comprehensively Deepening Reform, and reviewed and approved the “Hainan Tropical Rainforest National Park System Pilot Program”; December 2, 2020, the Sixth Hainan Provincial People’s Congress The twenty-fourth meeting of the Standing Committee passed

the “Management Measures for the Concession of Hainan Tropical Rainforest National Park”. Article 5 of the franchise clearly states: “Operating outdoor sports or commercial shooting, commercial performing arts and other cultural and sports services”, policy support It is the guarantee for the development of outdoor sports in Hainan.

Hainan’s Baisha Sports Tourism Project Plan pointed out: “Hainan Island alone has 2 main categories, 4 sub-categories, and about 287 tropical sports tourism resources rich in sports factors. It is estimated that about 70% of Hainan Island’s tourism All resources contain sports factors”, which provides the basic conditions for outdoor sports in Hainan.

Hainan Provincial People's Government has published data: Hainan Island has a tropical monsoon oceanic climate. Mountains and tropical virgin forests Hainan Island has 81 peaks above 1,000 meters above sea level. The surrounding communities of Hainan Tropical Rainforest National Park are the habitats of the Li and Miao ethnic groups. The Li ethnic group is the earliest inhabitant of Hainan Island and the largest settlement of the Li ethnic group in the country. Therefore, it is feasible to develop outdoor sports with the color of the Li ethnic group. In addition, it is unique to Hainan Island. With tropical rainforest landforms, it is feasible to develop characteristic outdoor sports with ethnic characteristics in Hainan.

### **3. The Foundation of Curriculum System Construction**

#### **3.1 Back to the Source of the Curriculum**

Returning to the origins of mankind, a series of survival skills forced to fight against nature, such as: collecting medicine, hunting, war, etc. These initial life skills are the prototype of the earliest outdoor sports. At that time, no one set up a camp, no one to study the curriculum system, but there were constant research and changes in order to gather the needed medicinal materials, to catch more prey, and to win more life resources. , Train your own skills to meet your own needs.

#### **3.2 Life Instinct Achieves Outdoor Sports Skills**

Tracing back to the origin of mankind, human ancestors changed from living on a tree to walking on land and walking on two feet. This is a change in human life style. Life on a tree naturally avoids certain dangers, but it is necessary to switch to a tree underneath. “Fighting” for survival at night is the initial camp. By analogy, in order to fight against the ever-changing natural environment, life skills such as climbing, foraging, swimming, hunting, exploring, and crossing are the prototypes of current outdoor sports in the evolution of mankind.

#### **3.3 The Physical Quality Requirements of Social Sports Majors in Higher Vocational Colleges**

According to Baidu Encyclopedia, the “noun” of outdoor sports recorded in historical data can be traced back to the 18th century when the famous European French scientist de Saussure climbed Mont Blanc. Before and after World War II, in order to exercise the physical fitness of special forces to meet the combat needs of various places, the army began to develop outdoor skills: rock climbing, camping, swimming and other technologies began to take shape.

The enrollment of social sports majors in Hainan's higher vocational sports colleges is not only limited to sports majors, but also ordinary students. Without high school training, the physical fitness of ordinary students cannot keep up with the skill needs in a certain sense. , Coupled with the restrictions on the curriculum in the talent training program of higher vocational education, this part of the students has a heavier class volume, and the corresponding physical fitness training will be reduced. The learning and training of outdoor courses can just meet the physical fitness training. Demand.

### **4. Curriculum Basic System**

#### **4.1 Security System Course**

Article 37 of the National Fitness Regulations promulgated in 2009 stipulates that the holding of

high-risk sports events must be subject to pre-approval, and mountain outdoor sports have also been included in the national high-risk sports catalog. From this perspective, the primary content of the mountain outdoor sports curriculum system is safety education: the dangers of the project, the specific means of avoiding risks, and the knowledge of physical fitness, equipment, technology and other aspects required to avoid these risks.

LNT (Leave No Trace) is also the law of the least impact of the environment. This law is a measure of the ethics of an outdoor person. This is a virtue and a behavior. Although the China Mountaineering Association has set up environmental protection courses in various training types very early, it is still a drop in the bucket, and more vitality is needed to increase the type of actors.

## **4.2 Skill System Course**

Mountain outdoor sports is a huge sports project group, so participants and practitioners must not only master a variety of sports techniques and skills related to various sports equipment, but also master three parts of basic knowledge: protection technology system, basic equipment Operation technology, survival and rescue skills in the wild. According to the situation in Hainan, in the curriculum system, the basic skill system includes: topographic map knowledge, rope knot technology, walking and crossing technology, climbing technology, descent technology, protection technology, protection point setting technology, outdoor rescue and contact technology, Hainan common activities Plant knowledge, etc.

## **4.3 Physical Fitness System Course**

Mountain outdoor sports take longer than common sports, so endurance is a necessary physical requirement for mountain outdoor sportsmen. In addition, taking rock climbing as an example, rock climbing is known as “ballet on the rock wall” because it is necessary to complete technical movements such as moving, turning, jumping, and pulling up on the rock wall in order to complete these technical movements. , It requires rock climbers to have: muscle strength (extremities, lower back, abdomen, etc.), balance, flexibility, dexterity, breathing and circulation functions, etc., and so on, physical fitness courses are essential skills for mountain outdoor sports practitioners.

Outdoor sports are dangerous projects, such as rock climbing, downhill, expedition, etc., because of the unknown, doubts about protective measures, etc., it is easy to cause tension, anxiety or even fear, so there is a targeted psychology. Training courses are also a knowledge system that outdoor practitioners need to master.

## **4.4 “1+X” Curriculum System**

In accordance with the “National Professional Standards for Social Sports Instructors”, “Implementation Measures for Occupational Skill Appraisal of Specific Work in the Sports Industry (Trial)”, “Implementation Rules for Occupational Skill Appraisal of Specific Work in the Sports Industry”, “Management Measures for Professional Qualification Certificates of Special Work in the Sports Industry (Trial)” and other industries Regulatory documents, mountain outdoor sports practitioners must pass the national professional qualification certification of social sports instructors.

On April 29, 2005, the State Sports General Administration approved the establishment of mountain outdoor sports as an officially launched sports event in my country, and its business work is managed by the Mountaineering Center. According to the information from the Vocational Skills Appraisal and Guidance Center of the State General Administration of Sports, the training link in the vocational appraisal of specific occupations in the sports industry relies on associations at all levels. This also provides convenient conditions for vocational colleges and schools to cooperate and the integration of documents and certificates. Courses are also necessary.

## **5. Conclusion**

It can be seen from policies and regulations that the prospects for outdoor sports in my country are considerable. From the planning and development of mountain outdoor sports, it can be seen

that Hainan is not involved. This article analyzes the policies, environment, and foundation. Out, Hainan's mountain outdoor sports have great potential for development. The corresponding mountain outdoor sports practitioners are talents in the future. Vocational colleges contribute to the development of the regional economy in a certain sense. Therefore, for vocational colleges, mountain outdoor sports The research on the construction and development of the outdoor sports curriculum system can be analyzed from various aspects, and it is of certain guiding significance to set up characteristic courses according to regional characteristics.

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