

Research on the Reform and Development of Practical Teaching in Physical Training Major

Ningyu Xi

Master's Degree intermediate Title 32, 127 Units of the People's Liberation Army, Dalian, Liaoning, China

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Abstract: By analyzing current physical education teaching, it can be found that there are major drawbacks in traditional physical education teaching mode, which has a far-reaching influence on the improvement of students' professional skills. With the continuous advancement of quality education, schools pay more attention to the improvement of students' comprehensive literacy. In the reform and development of professional teaching, actual physical training has been increasingly emphasized. This means that teachers should make special plans for actual physical training, according to the development of students to gradually improve students' sports literacy and guide them to master specialized sports skills in order to lay a solid foundation for future development.

1. Introduction

It is time to promote traditional teaching, reform and innovation. Physical training is the most basic course in physical education teaching, but there are many shortcomings in traditional physical training, and it is easy to be affected by various factors, resulting in poor physical training effect. This is not conducive to the improvement of students' professional skills. In view of this situation, schools have introduced the practical physical training professional teaching mode to improve students' actual level and promote their all-round development.

2. The Significance of Teaching Reform in Practical Physical Training Major

2.1 Be Conducive to Improve the Efficiency of Physical Education Teaching

In physical education teaching, carrying out the professional teaching reform towards actual physical training is conducive to clarifying the teaching objectives, guiding students to tap their own potential, and conducting self-regulation training according to their own specific conditions. Accordingly, teachers will also adjust the teaching mode considering the direction of reform, formulate targeted training plans in line with the development of students, enhance the training of strength, agility, endurance, psychological quality and other aspects, so as to improve the teaching quality and efficiency of physical education.

2.2 Be Conducive to Promote the Organic Integration of Physical Training and Technical Level

In the classroom teaching, teachers introduce practical physical training, and integrate it with technical training, guide students to do some purposeful physical training, and gradually establish their interest in sports, so as to improve the efficiency and technical level of physical training. In this condition, students can fully coordinate physical energy and techniques in the actual competitions, to ensure that the physical energy can increase their own advantages, give full play to the technical level, and win the competitions.

3. The Feasibility of the Teaching Reform in Practical Physical Training Major

3.1 The Progress of Quality Education Provides New Ideas for Teaching Reform

Recently, the application of quality education in the field of education is more and more

extensive. It pays attention to the overall development of students and reflects the dominant position of students in the classroom. The new teaching concept of quality education is applied to physical education teaching, which provides new ideas and important theoretical support for the professional teaching reform in practical physical training, and guides teachers to change their traditional teaching concepts. In order to improve teaching efficiency in actual physical training and promote the effective implementation of practical physical training teaching reform in the teaching of physical education, we should acknowledge the dominant position of students in physical education teaching, and make comprehensive consideration from the aspects of students' physical quality, interests, development status and potential.

3.2 The Demand of Physical Education Professionals Provides a New Path

At present, the specialized teaching mode has been implemented to cultivate specialized talents in the teaching of physical education in China. Furthermore, it is increasingly necessary for sports industry in China to cultivate more professionals to promote the rapid development of sports industry. Therefore, this demand provides a new path for the teaching reform in actual physical training. Vocational colleges need take employment as the guidance, formulate corresponding teaching plan and teaching mode in accordance with the characteristics of different majors, pay attention to the actual physical training of students. Through the development of specialized teaching, those schools can cultivate students' professional skills and physical energy, make the development of students more in line with the needs of society, and broaden the development path of students.

4. The Effective Path of Teaching Reform in Actual Physical Training Major

4.1 Enhance the Training on Endurance

In actual competitions, endurance plays a very important role in most students' physical energy and skills. Therefore, teachers should pay attention to enhancing students' endurance when carrying out practical skills training, so that students can still maintain their good condition even at the last moment in the actual competitions. To train endurance, it requires teachers to work out the training plan step by step in combination with the students' physical quality. Basically, it starts from the basic training where students are guided to enhance their own endurance step by step through training them to run and to jump. For example, in the track and field special physical education teaching, teachers can train students' reaction speed and endurance through frog leaping and repeated running. Additionally, teachers should make training plans on the basis of the students' exercise load and then improve their training intensity gradually. In this process, teachers also need to guide students to properly distribute their own physical strength, so as to achieve a good effect of endurance training.

4.2 Enhance the Training on Core Strength

In actual competitions, the core strength of students determines the explosive force of students and their technical and tactical level. With the continuous infiltration of the actual physical training teaching, teachers also apply the actual physical training to the training of core strength. By training all parts of the students' body, the application of actual physical training can improve students' physical quality and physical coordination, focus on training the key parts according to the needs of students, so that students can burst out amazing strength in actual competitions, laying a foundation for the play of technology and tactics.

For example, in order to improve the quality of the core strength of students, the coach will specially develop a targeted training plan to make it meet the actual standards in the special training of basketball. First, we need to pay attention to the strength training of wrist, finger and arm muscle group. This part of muscle group can directly determine the play and movement effect of shooting, passing, catching, grabbing and other technical movements. Therefore, the coach has formulated an effective training program to strengthen the training of students' fingers, wrists and arm muscles

according to the physical quality of each student, ensure their flexibility and improve their flexibility. Second, we need to focus on the training of waist and abdomen muscle groups. When students attack and defend in all directions, all the strength is controlled and adjusted through the muscles of the waist and abdomen. At the same time, it can adjust the body center of gravity to ensure the coordination of the body, and can effectively carry out all the movements of running, jumping, throwing, turning, stopping and turning. Third, we need emphasize the training of jumping ability. This training can be carried out through frog leaping and repeated running, which has a very important impact on defense, blocking, running and jumping shot.

4.3 Strengthen Flexibility Training

In special sports practice, training of students' flexibility is mainly to train their soft tissue or joint muscles, so as to prevent the students from injury of soft tissue or joint muscle in daily training and sports, laying a solid foundation for students to play a good role in the competition. Flexibility training can be divided into passive and active training. Active training refers to students in the actual physical training do stretching exercise towards muscle joint soft tissue while passive training refers to the flexibility training of students with the help of mechanical and other external forces. According to the specific situation of students and the advantages and disadvantages of active and passive training, coaches should formulate appropriate training programs to ensure that flexibility training can play an important role in students' physical training and improve their physical quality.

4.4 Strengthen Speed Training

In the actual physical training, speed training occupies a very important position. It can improve students' reaction ability and sports speed, test students' comprehensive ability, and is of great help for students' professional skills. Therefore, coaches pay special attention to the development of speed training program. According to the needs of sports major, the speed training is divided into reaction speed and sports speed. In the reaction speed training, the coach will train the students' physical coordination through some perceptual training and mind body coordination training, so that students can play muscle strength, adjust limbs and make response in the shortest time. In the training of sports speed, coaches usually combine the training of physical energy with the training of professional skills. Through training some basic movements, increasing the difficulty of training and so on, we can improve the students' physical quality. In the professional skills training, we need set different exercise intensity, guide the students to gradually advance, break through themselves, improve the sports load, combine the speed of movement with the speed of reaction, so as to achieve a good effect of sports and reaction in the actual competitions, give full play to the techniques and tactics, and occupy the advantage of the competition.

4.5 Simulate Actual Training to Improve Students' Psychological Quality

In order to carry out the teaching reform of actual physical training in physical education major, we should pay attention to the effective combination with psychological quality teaching, improve students' physical quality, professional skills and psychological quality, and prepare for the competition in the best state. In the daily teaching, teachers can simulate the scene competition environment or a series of problems that may appear in the competition. In this condition, the physical and psychological quality of students can be trained, so that students can adapt to different changes of environment, adjust their physical quality and physical function, gradually improve their adaptive ability, and cope with all kinds of unexpected situations with a calm mind. Teachers need make records of simulation training, observe the performance of students, adjust the simulation training scheme according to the development and adaptation of students, so as to solve all kinds of psychological problems existing in actual competitions, and provide a good guarantee for physical training. All these can ensure that students will not be affected by internal and external factors in actual competitions, and give full play to their physical energy and skills to reach the best competition state.

5. Conclusion

In a word, physical education teaching should pay attention to the implementation of the reform direction of actual physical training and improve the shortcomings of traditional education under the background of quality education. Teachers should combine physical training and technical training organically, and formulate targeted training programs according to the specific situation of students, so as to simulate the competition environment for students and guide students to feel the physical energy and techniques in the actual competitions. The cooperation of skills enables students to exert their potential in physical training and gradually improve their professional level.

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