

Feasibility Study on Combining Extended Training in College Physical Education Teaching

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Keywords: Feasibility Study; Extended Training; College Physical Education Teaching

Abstract: With the continuous innovation of college physical education teaching mode, more and more extended training has been introduced into college physical education. Extended training is an experiential teaching mode. It can improve students' comprehensive quality and cultivate students' good psychological quality. It is a dynamic teaching mode. This paper summarizes the meaning and characteristics of extended training, points out the importance of the introduction of extended training mode in college physical education, and then discusses its feasibility in college physical education.

1. Introduction

Modern society puts high demands on practitioners. In addition to having good business quality, it also has a healthy psychological quality, a strong will, an enterprising spirit, an adventurous spirit, a good interpersonal relationship, team awareness and organization. Coordination skills, these need to be cultivated from practice. Since the quality of experiential training adapts to the needs of the era to improve personality, improve quality and return to nature, it has gradually been promoted in high schools in China in recent years, becoming a new means of quality education. Physical education has unique advantages in cultivating people's ability to take risks, innovate and challenge extremes. Physical education and extended training have many close links in content and form, and they are opened or integrated in physical education classes. The content of the training not only enriches the content of the classroom, but also increases the burden of the students' academic work. It not only achieves the purpose of the physical education class but also achieves the purpose of expanding the training. Therefore, the integration of extended training with college sports is an urgent matter.

2. The Meaning and Characteristics of Extended Training

Extended training is a comprehensive training model, which includes survival training, physical training, management training, personality training and psychological training. With the continuous development of the economy and society, extended training has gradually been introduced into people's sports life. The extended training venue mainly points to nature. At present, more outdoor training modes are used, which can encourage the trainees to face challenges and not be defeated by setbacks. Extension training can temper the will of the students, improve the teamwork ability of the students, and cultivate the sentiment. As a new type of physical training model, extended training not only can exercise people's basic physical quality, but also promote their comprehensive quality. Its content includes not only the training of pure sports, but also the training of information ability. A relatively new content is the training of survival adaptability, therefore, it can comprehensively improve the overall quality of the students. Because extended training is different from ordinary physical training, it is challenging, entertaining and interesting. Therefore, it can improve students' enthusiasm for participation and enable them to actively participate in training to promote their training objectives.

Features of extended training 1) Comprehensive. Extended training is different from ordinary physical training, and it has a strong comprehensiveness. The extended movement has a complete set of operating procedures and requires the trainees to fully engage. It is the goal of sports activities,

not just pure sports activities, but also an activity of activities and emotional activities. 2) Entertainment. Extended training activities are generally entertaining, and many activities require full participation, which is an exercise for their teamwork skills. At the same time, expanding the training of its recreational existence can also greatly arouse the participants' interest in participation and promote their physical quality. 3) Teamwork. Extended training activities generally involve group activities, so more emphasis is placed on the importance of collective cooperation. It requires the team members to work hard for the collective glory and draw great strength and confidence from the group. Therefore, it can well train the teamwork ability of the students. 4) Challenge. Extended training teaches ordinary sports training, which is more challenging. Generally, the extended training programs have higher difficulty, so as to train the students' psychological endurance. This requires the college to challenge its own ability and stimulate its maximum. Strength, thus crossing the limit. 5) Self-educational. Expanding and training different general sports trainings. In the course of activities, students are required to fully mobilize their own central subject status, paying attention to the subjective initiative of the students. The faculty will basically explain the content, purpose and safety matters before the event, and the activities will no longer interfere. . This is conducive to enhancing the self-confidence of the students, trying to overcome their psychological inertia, and thus temper their will, so it has a strong self-education.

3. The Necessity of Expanding Training into the Teaching of Physical Education in Colleges and Universities

Based on the natural environment, the extended training takes a special and challenging course, allowing students to educate themselves through training programs and psychological challenges. In 2002, Peking University opened the earliest extended training course and formulated The special training frame and the relatively complete scientific syllabus have laid a certain practical foundation for the introduction of physical education in general colleges and universities. "Extended training is an extreme sport that integrates survival, thrill, stimulation, entertainment and education." With more than ten years of continuous exploration and integration, modern extended training is constantly evolving. Based on pedagogy, psychology, modern team philosophy and management, the existing environment is based on experience, inquiry, cooperation and happy learning. For the classroom, with various natural units as teaching aids, through the careful design of some challenging and interesting activities, participants can overcome their self in the activities and hone their will; cultivate healthy psychological quality in the process of cooperation and happy learning. An optimistic attitude towards life while cultivating the spirit of teamwork among students. Their execution, leadership and communication skills.

Looking at today's Chinese college students are mostly only children, poor psychological resistance, lack of team spirit, lack of courage and perseverance. They are physically weak, poorly coordinated, or self-management, learning ability, interpersonal skills, emotional adjustment, environmental adaptation and psychological adjustment, and poor teamwork. They urgently need to solve these psychological problems, and expand training. The introduction is the best answer to solve these psychological problems. Quality expansion training is conducive to improving the employment competitiveness of college students, because it is conducive to cultivating students' persevering psychological quality, is conducive to stimulating potential, constantly surpassing themselves, is conducive to enhancing team cohesion, improving students' social awareness, and is conducive to enhancing students' innovative thinking. .

Extended training is an experiential learning. Through a series of activities that are fun and educational, it can give full play to students' subjective initiative and independent thinking ability, and stimulate students' innovative spirit. Expanded training projects such as: "Heart has thousands of knots", building "Great Wall of Steel", climbing the "innovation peak", etc. These projects are based on the results of innovation, breaking the single perspective of thinking, the diversity of creation The combination of variability and competitiveness combines physical strength with intelligence to enable students to gain a deeper experience.

Extended training means that there are individual projects and team projects. The experience

brought about by the two is different. Of course, the purpose achieved is different. Individual projects such as free climbing, single-wood bridges, and horizontal bars are focused on developing the courage to overcome the difficulties of students in the face of difficulties and tapping their potential. Team projects such as crossing the grid, narrow roads, survival walls and other complex projects to make participants understand the importance of communication among team members, organizational discipline, trust, and collaboration. Establish a good team atmosphere to promote mutual understanding, trust, collaboration, rapport and understanding between trainees. These are the qualities that our contemporary students need.

Although China's colleges and universities have carried out a certain degree of reform and innovation on these sports, especially with the introduction of the new concept of quality education, the options of physical education, club-based physical education, health and physical education, etc. And in stimulating students' interest in sports, mobilizing students' enthusiasm for learning, cultivating students' sports ability, embodying modern education thoughts such as lifelong sports and healthy sports, they have achieved obvious results, but they still can't get rid of the phenomenon that the curriculum resources of sports are concentrated in schools. It is difficult to make full use of resources to develop physical education curriculum. Compared with the traditional college sports training content, the content of the extended training can not only achieve the purpose of physical fitness, but also enable the students to achieve the goal of lifelong sports on the spiritual level, which is exactly what the traditional college physical education does not. Have it. It can make students more healthy and richer in the spiritual world. After graduation, they can adapt to society quickly without causing discomfort due to the huge differences between campus and society.

4. Feasibility Analysis of the Application of Extended Training in College Physical Education

With the continuous development of the economy and society, the society's demand for talents is constantly changing, and students' perceptions of sports have also undergone constant changes. Therefore, the direction of the cultivation of students' quality has gradually changed to the direction of psychological quality, and its teamwork ability is beneficial. Students adapt to the development and progress of the social age. Although most of the current physical education content in colleges and universities already has courses in these aspects, but most of the time of classroom education is dispersed into the teaching of theoretical knowledge of other disciplines, the physical education classroom time is obviously too small, which requires universities to quote more. The teaching method fully supplements the content of physical education. Therefore, there is a new educational model of extended training.

Extended training is more in line with the goal of physical education in colleges and universities. The educational purpose and concept of extended training is consistent with the physical education of colleges and universities. From a theoretical perspective, there is no conflict between the two. Comparing the training contents of the two, we can find that the extended training can better reflect the needs of the society for the quality of the talents. It can promote the development of the physical and mental health of the university, not only enhance the body, but also improve the overall quality of the body. A big boost. Through research, it is found that the traditional teaching mode does not adapt to students' understanding ability, which can only reach 30%. However, the new teaching mode of extended training can increase students' understanding ability to 75%. The experiential teaching mode can stimulate students' enthusiasm for participation. From the perspective of self-development, students can be more conducive to their effective understanding of various reasons in the process of personal experience, thus effectively improving the effect of physical education. Expanding the training content not only can train students' basic physical ability, but also can train their psychological and personality aspects and improve their survival skills in the field. These traditional sports teaching modes cannot be achieved. Therefore, the extended training teaching mode is for physical education. The innovative development of the model can better meet the goals of college physical education.

Expanded training is economically viable In terms of economic costs, the cost of extended training is not high enough to meet the financial input of colleges and universities. First of all,

domestic extended training is different from foreign countries. Most of them are training in water, field and field, and the requirements for required equipment are not high, and the cost is relatively low. For colleges and universities, the choice of training venues can be in schools and parks close to schools. Water training can not only use the surrounding rivers of the school, but also use the school swimming pool, so the cost of the venue is basically zero. Second, the maintenance and construction costs required to expand the training program are also relatively low, further reducing the overall cost of extended training. Finally, for training programs that require high financial support, they can be simulated. It can be seen that the expansion training is economically low and has great feasibility.

Expanding Training Contents Skills Easy to Master From the perspective of the school physical education teachers, most of the college teachers have high academic qualifications and strong understanding of new knowledge. As long as the physical training teachers expand the training content and skills, they can make them Accurately grasp the content skills of extended training teaching. The training of college physical education teachers not only needs to pay attention to monitoring ability and organizational ability, but also needs to cultivate their command and guiding ability. Because China's current selection of college teachers is stricter, they all have good physical quality and high comprehensive quality, and many years of rich teaching experience, enabling them to master multiple subjects at the same time, including education and psychology. Learning and management, etc., at the same time, because colleges and universities have a good learning atmosphere, and its rich cultural heritage, college physical education teachers can understand the extended training teaching methods well, and the implementation of the extended training teaching model can be sTable and orderly. Conducting, this comprehensively demonstrates that the expansion training is very feasible.

5. Conclusion

With the progress of society and the changes of the times, the demand for talents is becoming more and more urgent, and the competition for talents is becoming increasingly fierce. As a backup force for national storage, college students have no professional knowledge and can no longer meet the requirements and needs of society. Innovative spirit, practical ability, self-confidence, courage, and execution have become important components of high-quality talents. Extended training Through the setting and construction of specific scenes, its fun and educational movements and the application and integration of the curriculum enable participants to increase their perseverance and confidence in overcoming difficulties. Therefore, the introduction of extension training in college sports in China can improve the overall quality of college students and promote their comprehensive development, which is not only necessary but also feasible.

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