

Research on the Combination of Physical Education and Outward Bound Training in Colleges and Universities

Liu Jianwei

Zhengzhou Technical College, Zhengzhou, 450100, China

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Abstract: Physical education is an important part of the curriculum system in China, especially in the context of increasing emphasis put on quality education and people's more attention to physical education. Colleges and universities are an important source of talents in our country, so it is of great importance to carry out physical education in colleges and universities, so as to improve students' comprehensive quality. In the process of carrying out physical education, it is advocated to strengthen the effect of physical education by combining outward bound training, and to promote the reform and innovation of physical education. This paper analyses the current situation of physical education, the role of outward bound training, the characteristics and requirements of outward bound training, and the application effect of the combination of physical education and outward bound training in colleges and universities in order to promote their organic combination.

1. Introduction

We all know that physical education (PE) is a subject with strong participatory characteristic, so students must personally participate in teaching in order to be promoted. On this basis, the outward bound training further strengthens students' participation, in which students can not only improve their physical quality through training, but also make their psychological quality, adaptability, team cooperation ability and fighting spirit get well trained. Compared with the traditional PE, PE combined with outward bound training plays a more important role in strengthening the comprehensive quality of students. Therefore, it is essential to explore this novel and comprehensive teaching method, so as to better train students.

2. Present Situation of PE Teaching in Colleges and Universities

There are three types of PE courses in national colleges and universities, namely, general course, physical fitness course and rehabilitation course. The formulation and implementation of specific courses are all based on the specific situation of students. However, with the continuous development of society, besides colleges and universities of PE, many PE courses in colleges and universities have shown the problems of outmoded teaching mode and backward concept. Firstly, after years of development, the teaching of basic sports skills has been deeply rooted in students' hearts. A lot of colleges and universities are still using this teaching mode without any reform or innovation in the content of PE teaching. With the continuous development of society, this teaching mode no longer meets the current requirements of personnel training, so we need to find a more innovative teaching mode^[1]. Secondly, there are great differences between PE and other disciplines. At present, there is no perfect theoretical system of PE in many colleges and universities in our country. Both teachers and students lack comprehensive understanding of PE. Their cognitive, emotional and will aspects of PE need to be strengthened. Affected by this, the effect of PE teaching in many colleges and universities is not particularly good, so the application of outward bound training in PE is very necessary.

3. Role of Outward Bound Training in PE in Colleges and Universities

3.1 Innovate the Teaching Mode of PE in Colleges and Universities

Outward bound training combines action and mentality perfectly, so students are not only able to get good physical exercise, but also practice their psychology. We can regard outward bound training as a reform of traditional PE teaching in colleges and universities. It creates a more systematic platform on which students are capable of discovering their own shortcomings and enhancing their physical and psychological qualities through active exploration. In addition, outward bound training is more flexible than traditional PE. On the basis of students' personal participation, this mode is more targeted and can be used in the actual teaching process after planning and organizing. Through the above analysis, we can see that the outward bound training has made PE mode in colleges and universities innovated, so it is possible for us to change the traditional teaching concept.

3.2 Improve the Process of PE Teaching in Colleges and Universities

In the traditional PE mode of colleges and universities, it is vital for teachers and students to participate together. Teachers are required to take clear teaching objectives in this process, and stimulate students' initiative through certain means. Meanwhile, they should maintain good communication with students and make a summary after teaching. The traditional teaching mode can be summarized as follows: preparation, teaching and summary. As a new teaching method, outward bound training has three steps: group preparation, activities and summary. Besides the traditional teaching preparation, there are many teamwork contents^[2]. The summary of activities is basically similar to the teaching and summary in the traditional PE teaching mode. The difference is that the outward bound training embodies the team and the growth of students' psychological quality in the stage of activities and summary. Through analysis, we can know that the outward bound training not only contains the content of traditional PE teaching, but also increases the composition of team cooperation and psychological training, under the influence of which, the PE teaching process in colleges and universities has been perfected.

4. Characteristics and Requirements Outward Bound Training in Colleges and Universities

4.1 Characteristics of Outward Bound Training in Colleges and Universities

Through the analysis of the foregoing, we can know that different from the traditional sports training, outward bound training is not simply a way for teachers to impart skills and students to accumulate experience, but also a kind of teaching method that enables students to experience all kinds of outward bound activities and comprehensively cultivate their physical and psychological qualities in activities. It is a perfect combination of physical action and psychological activities, during which an all-round training mode will be formed in the process of challenging and overcoming difficulties. Outward bound training is not just facing difficulties but focuses on finding solutions through analysis, so it has become the biggest difference between the outward bound training and traditional PE teaching. Therefore, we can summarize the outward bound training in this way: Find different solutions through a variety of training methods and discovery of various problems.

4.2 Requirements of Outward Bound Training in Colleges and Universities

Outward bound training has many advantages for PE in colleges and universities, but it can not be used blindly. It not only plays a supporting role in PE teaching, but also produces an impact on the progress of PE teaching. Therefore, in order to use outward bound training more scientifically and rationally, and promote the integration of outward bound training and PE in colleges and universities, it is necessary to proceed from the following requirements to carry out outward bound training.

4.2.1 Security requirements

Safety is the most basic requirement in the development of PE teaching in colleges and universities. Therefore, the effect of safety should also be attached importance to the combination of outward bound training and PE. In the course of application, we sometimes choose the most reliable and safe training project based on the idea of “safety first” to protect the personal safety of students and teachers.

4.2.2 Educational requirements

The basic goal of PE in colleges and universities is to improve the comprehensive quality of students. The combination of outward bound training and PE in colleges and universities should also give full play to this educational characteristic. When selecting training items, we should adhere to the concept of “education first”, so as to cultivate students’ team cooperation ability, fighting spirit and hard-working quality^[3]. Therefore, in the process of outward bound training, teachers are required to observe students’ reactions and evaluate the current training, so as to determine that it can meet the educational requirements.

4.2.3 Fitness requirements

Improving students’ physical quality is another goal of PE teaching in colleges and universities. Therefore, the integration of outward bound training with PE teaching should also meet the requirements of fitness. In the selection of training projects, besides two requirements of safety and education, teachers are also expected to consider whether the project can play an exercise role in students’ health. Lack of exercise is the most obvious feature of college students in our country, so the outward bound training chosen by teachers needs to have sufficient characteristic of fitness, so as to provide help to strengthen students’ physical quality.

4.2.4 Entertainment requirements

The essence of PE in colleges and universities is obvious entertainment. Therefore, choosing interesting outward bound training projects is also one of the requirements for the combination of PE and outward bound training. Entertainment improves students’ interest in outward bound training, so that they will participate in training activities more actively and internalize the knowledge gained in the activities into their own abilities. Therefore, on the basis of meeting the first three requirements, teachers are suggested to add interesting content appropriately in the selected outward bound training projects.

5. Application Effect of the Combination of PE and Outward Bound Training in Colleges and Universities

5.1 Promote the Diversified Development of Modern Education

After entering the 21st century, modern society is experiencing changes every day. In order to make the training of talents more in line with the needs of society, the focus of education has gradually changed from science and technology to diversified training. The current syllabus pays more attention to students’ knowledge and skills, and the new curriculum reform stresses the growth of students’ comprehensive quality. Combining outward bound training with PE determines the teaching goal of PE as the integration of knowledge and skills, process and method, emotion and value. Under the guidance of people-oriented teaching concept, based on the traditional PE teaching methods, combined with flexible and targeted teaching methods in outward bound training, students are trained in different environments. In this training mode, students will bring their autonomy into play, strengthen the physical quality, enhance the sense of teamwork and psychological quality in the process of continuous interaction, learning and challenges, which plays a very positive role in promoting the common development of students’ body and mind. Through the above analysis, we can see that the combination of outward bound training and PE in colleges and universities reflects a series of functions that perfectly meet all the requirements of modern educational ideas. So, to a

certain extent, the combination of the two can promote the development of modern education in a diversified direction.

5.2 Deepen the Reform of PE Teaching Mode in Colleges and Universities

Compared with the traditional PE teaching, outward bound training has more autonomy and interaction, and it has become an effective reference for the reform of PE in colleges and universities. Experiential teaching of outward bound training makes a lot of knowledge that can not be imparted through language find a way to spread, because outward bound training integrates all the contents of classroom teaching and outdoor training. This kind of indoor combination makes the outdoor teaching mode avoid the phenomenon that students have more theories than practice or lack of theoretical guidance in practice. Through the effective use of outdoor teaching equipment and teaching resources, the classroom teaching content will be perfectly absorbed by students^[4]. It can be said that through the effective combination of outward bound training and PE teaching, the PE teaching system in colleges and universities in our country will be enriched and perfected, so that PE teaching will be more in line with the needs of social development, and it is a very good deepening reform for the traditional PE teaching mode.

5.3 Change Students' Concept of Sports Quality Education

Outward bound training pays special attention to the experience of students, and combines it with PE teaching in colleges and universities to change the one-way mode from teachers to students. Students can complete a project together under the condition of cooperation through outward bound training. In this process, students' autonomy can be obviously brought into play and teachers are more likely to guide students to do free communication, discussion, interaction. Students' values and learning motivation in such a new environment can be well trained to achieve learning and improvement in the process of activities. Therefore, this mode has a good stimulating effect on students' interest. Students are able to develop sports consciousness through outward training, and enhance their ability to resist pressure in the process of participating in activities, so that they can more easily face the pressures that may arise in their study and life in the future.

6. Conclusion

To sum up, the purpose of integrating outward bound training into PE in colleges and universities is to make talent training more in line with the needs of the future society. At the same time, it is also a major reform of PE teaching, which will have a profound impact on PE Teaching in China. This PE teaching mode not only enhances students' physical quality, but also strengthen their emotional, psychological quality and team cooperation ability, so students can grow more comprehensively.

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