

# Research and Analysis of College Physical Education Teaching Model Based on Outward Bound Training Concept

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**Keywords:** Outward Bound Training; Physical Education Teaching; Teaching Reform

**Abstract:** Outward bound training is a new and experiential learning method. The introduction of Outward-Bound Training in physical education is an important means of mental health education for students. In order to further enhance the overall effect of physical education teaching practice, higher vocational colleges introduced outward bound training in physical education teaching, and changed the teaching form on the basis of the original teaching. In this era of economic globalization, knowledge economy and information technology, the comprehensive ability of talents is increasingly demanded, and knowledge and skills are not necessarily the most important. Incorporating the content of the expansion training in the physical education class not only achieves the purpose of the physical education class but also achieves the purpose of expanding the training. It not only enriches the content of the lesson, but also increases the student's academic burden. When designing extension training, individual differences in students should be considered. Completing the student value reengineering process and gaining an overall improvement in the ability and quality should be the direction of future physical education reform.

## 1. Introduction

Outward bound training is to enable students to participate in the teaching process by setting the teaching situation or under the specified environment conditions. In this process, students can better exercise their team consciousness and personal ability [1]. Physical education is an important part of the current teaching system in Colleges and universities. The quality of physical education teaching has a direct impact on the improvement of students'comprehensive quality [2]. Some complex or even serious social problems occurring on contemporary university campuses have aroused people's deep thinking on the cultivation of students'psychological quality in University education [3]. In this era of economic globalization, knowledge economy and informationization, the comprehensive ability of talents is becoming more and more demanding, and knowledge and skills are not necessarily the most important [4]. Physical education and outreach training have unique advantages in cultivating students' above-mentioned abilities. It is of great practical significance to combine the two wells [5]. When designing extension training, individual differences in students should be considered. In many aspects, consider the physical and psychological qualities of students to develop appropriate training programs.

In order to change the boring content and single teaching method in the traditional teaching mode. Universities and colleges have introduced extension training in order to expand the rich teaching resources through training. The teaching mode is the intermediary link of teaching theory applied in teaching practice, and it is a paradigm and plan that constitutes curriculum and coursework, selects teaching materials, and reminds teachers of activities [6]. Expanding the training requires teachers to create corresponding teaching situations and set corresponding teaching tasks according to the teaching situation. Outreach training has unique advantages in cultivating people's team spirit and self-success, and the marriage of outreach training and education in our country has been something that has to be done on the arrow [7]. Integrating outward bound training into physical education can achieve both the goal of physical education and the goal of outward bound training. It not only enriches the content of the course, but also does not increase the burden of students'schoolwork. The introduction of Outward Bound training is not only the need for the development of higher education, but also the need for the development of modern education 8[].

Effective cultivation of students' ability and quality, completion of students' value reengineering process and overall improvement of ability and quality should be the direction of future physical education reform.

## **2. The Necessity of Introducing Outward Bound Training into Higher Vocational Sports**

Based on the characteristics of psychological development training, can we move into school? It is necessary to examine the value of psychological outward bound training in training students' all-round development from the point of view of the school's educational objectives. The most important thing in physical education is to cultivate students' sports spirit, that is, a spirit of adventure and courage to fight against the world. Physical education and outward bound training have many similarities in purpose and means. It is through certain physical activities that we get some social spirit. In order to achieve the goal of teaching reform, schools must fully explore and use all kinds of teaching resources. As an emerging training and teaching method, outreach training has become a major direction of current college physical education reform. Outreach training is a specially designed and challenging course that uses a variety of typical scenarios and game activities to make people aware of their potential, enhance their self-confidence and shape their image. Compared with ordinary colleges and universities, colleges and universities have more practical goals for students. It is necessary to cultivate students' operational ability and social practice ability through a scientific and perfect education system, so as to cultivate more comprehensive talents for social development.

Value refers to the significance of the relationship between the object and the subject to the subject and the group composed of different subjects and the significance of the subject's own survival utility. Knowledge and skills are only tangible capital, and will and spirit are intangible forces, how to release limited knowledge and skills to release the greatest energy. In the teaching of extended training, teachers often play an auxiliary role. When students encounter difficult problems in training, teachers need to guide students to think and explore independently [9]. As an experiential learning mode, outward bound training obtains personal experience and perception through students' personal participation in activities. Then, under the guidance of trainers, team members communicate with each other, share personal experiences and enhance self-awareness. Integrating outward bound training into physical education teaching practice in Colleges and universities can further improve the quality of school personnel training and provide more excellent talents for social development.

With the continuous acceleration of social development, everyone is facing more and more complex problems. The ideas and principles of lifelong education run through all the factors of future education development. In sports teaching activities, students' interests, hobbies and personal strengths in sports are different and have distinct personality characteristics. The management of sports testing items manages the information related to sports testing items. Its functional modules include the addition of sports testing items, the modification and deletion of sports testing items, and the setting of weights. The database Tables involved in the implementation process are mainly test item information Tables. Here is only a detailed description of the implementation of the new enhancements to the test project. The implementation process is shown in Figure 1.

Education is a complex social phenomenon that cultivates people. The purpose is an important feature of educational activities. Expanding training is conducive to fostering a spirit of solidarity and collaboration. Most of the projects in the extended training are done in teams. The experiential teaching method allows students to achieve self-improvement of knowledge and ability in the process of personal experience. At the same time, it can also stimulate students' enthusiasm and initiative in the classroom, and thus improve the quality of the classroom. The primary goal of education is to develop students' attitudes and skills. Spiritual and capacity education is more important than knowledge and technology education. Although physical education also has the function of fostering struggle, progress, solidarity and cooperation, the psychological impact of physical education and outward bound training on people is weak. The content of science education will be transformed from the transmission of scientific knowledge to the philosophy and spirit of

science. Students should constantly and eventually overcome their psychological fears, learn to regulate their emotions and improve their self-regulation ability. The physical education teaching mode in Colleges and universities is mostly based on the theory of physical education, which carries out physical quality training and special skills training for students, but seldom involves spiritual level training.

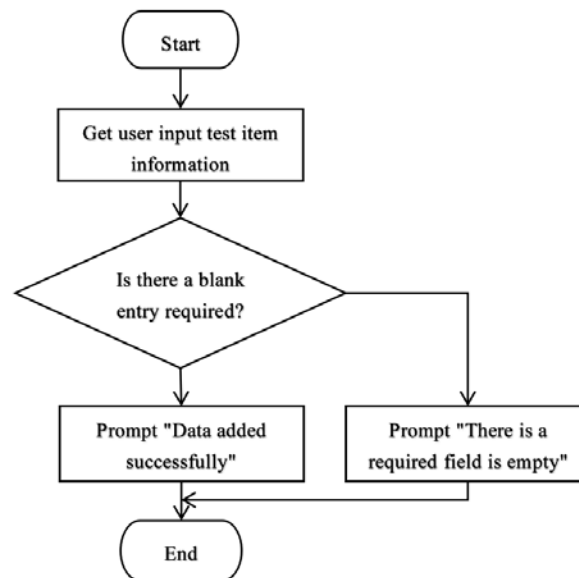


Figure 1 New test project program flow

### 3. The Connection between Physical Education Teaching and Outward Bound Training

The physical education class is not entirely an extension of the training class. It is impossible to turn the physical education class into an extensive development training course, which is also difficult in terms of venue equipment. Outreach training helps to improve communication and develop social skills. The communication in the extended training is multi-directional, and the communication methods are various. The students need to communicate and exchange ideas and opinions before starting the training [10]. The expansion training has changed the content restriction of traditional physical education classroom to a certain extent, and expanded the activity space of physical education teaching. And through the expansion of training, the teaching methods of college physical education classrooms can become more flexible. In the method of educational organization, the diversity of the individual needs and the environment vary widely, and the general education content is divided into common courses and elective courses. After understanding the needs of students, we should choose specific outward bound training projects according to the actual situation of the school and the characteristics of physical education.

According to the requirements and contents of outward bound training, physical education classes promote some places where outward bound courses and physical education courses cross-penetrate as well as the forms of outward bound courses which are easy to carry out in physical education classes. Teachers should transfer their research on teaching methods to the study of learning methods, study students and study learning methods adapted to students. In sports teaching activities, classroom questioning and answering is to guide students to think actively. Establish a new evaluation system and innovate evaluation tools to achieve targeted teaching. The degree to which physical education teaching achieves the educational objectives of physical education is shown in Table 1.

Table 1 Survey of physical education goals in physical education teaching

Degree of realization	Fully implemented	Partial implementation	Not implemented
Selected number	36	96	68
Proportion (%)	18	48	34

Expand the development of training activities, according to the needs of the content, you can use less or less equipment. In the future education content, interdisciplinary education is one of the important characteristics of future education content. The activities are flexible and diverse, and the content of the activities is rich and exciting. Students are the main body to challenge under pressure and solve problems in cooperation. Supplementing and extending the content and functions of physical education with the model of extended training will surely be taken seriously. Its development space is also very large, and it also meets the requirements of current health goals. According to the requirements of the training plan, after the venue and equipment are properly arranged, the expansion training can be carried out. Physical education classroom not only needs to help students master sports professional knowledge, but also needs to cultivate students' comprehensive ability and improve students' comprehensive quality. Mentality is negative and thinking will be limited. The training goal of Outward Bound training is to tell you that you should keep a positive attitude towards everything. Teacher education in the future should change the situation of training teachers into researchers of various disciplines. The task of teacher education should train teachers to become educators with the mission of organizational creativity, participation and training learning.

#### **4. Conclusions**

Outward bound training is carried out through specialized courses which are ideological, challenging and interesting. It is a new way of learning and training to cultivate students' positive and enterprising attitude towards life and team spirit. With the deepening of the concept of quality education, it has become an inevitable trend for colleges and universities to incorporate outward bound training into physical education teaching practice. In the future, colleges and universities should pay more attention to outward bound training and effectively integrate it into physical education teaching practice. While enriching the teaching content, it can also improve the teaching methods. Applying the extended training method to school physical education is to cultivate these qualities in a targeted manner, so that students can achieve comprehensive improvement in comprehensive quality. Psychological development training is based on its innovative and innovative training concept, flexible training form, experiential training goal, and self-concept. In the sports development training of colleges and universities, teachers appear as auxiliary roles, and play the role of students' buzz as much as possible. And improve the classroom participation of students, and timely understand the subtle changes of students.

#### **Acknowledgement**

The study was supported by "Science and Technology Project of China Railway Corporation, China (Grant No. 1341324011)".

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