

## Study on PE Teaching Model Reform of Regular Institutions of Higher Learning Based on Outdoor Training Concept

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**Abstract:** With teaching reform and era development, traditional teaching methods have been gradually replaced. Under the new teaching mode, it is necessary to explore a teaching mode more suitable for student development. To meet social development demand, college PE also receives more and more attention. However, traditional training cannot meet the demand. Outdoor training is a new training mode, which is student-oriented and aims to motivate students' learning initiative and enthusiasm, make up for cultural deficiency and promote all-round development. This paper analyzes the defects and shortcomings of traditional PE teaching mode and proposes the importance of outdoor training concept for college PE teaching and the method to study college PE teaching mode reform.

### 1. Introduction

In the 21<sup>st</sup> century, the society is full of talents, and social competition is talent competition. With rapid social development, college students occupy a large proportion among youths and they are the future backbones of the country. The quality of college students marks the overall quality of China to certain degree, and concerns the quality of social and economic development of China. Hence, they shoulder the hope and expectation of national citizens. In recent years, the number of college students is on the rise, but the quality fails to improve obviously. Both the educational circle and the whole society focus on this issue. College PE teaching plays an important role in cultivating students' physical and psychological qualities. With generalization and fashion-orientation of college students, traditional teaching methods cannot adapt to students' development. In the new era, students pursue fashion and passion. So, outdoor training is proposed. PE teaching mode under outdoor training concept can start from the "student-oriented" perspective to motivate students' potential and promote their all-round development.

### 2. Concept of teaching mode

From the pedagogical perspective, teaching mode refers to a curriculum standardization activity which is composed of teacher's teaching activity, teacher's selection and development of teaching materials. The teaching mode refers to the organic combination of teaching method, teaching material and teaching concept by the teacher in the teaching process, where teaching concept is the core. Only with high-level teaching concept and from the pedagogical perspective, teaching can be deemed from a wider perspective. The teaching material is the carrier. All kinds of learning cannot be separated from teaching materials, because the teaching material is the teaching reference proposed by the country and also the foundation for teachers to explore the teaching content. The teaching method is the expression way. Even if a teacher owns lofty teaching idea and thoroughly comprehend teaching materials, he/she cannot do without teaching method. Only when a teacher chooses a correct teaching method can he/she better impart the teaching content to students and let them not merely understand the superficial knowledge but also think deeply. For example, in football PE teaching, group

cooperative learning is often adopted, instead of explanation method. Practice makes perfect. Only practical operation can better help students grasp the skills.

### **3. Definition of outdoor training**

Outdoor training was a teaching mode first proposed in UK after WWII, which emphasizes very strong teamwork ability and good psychological quality to cope with various emergencies, except strong personal will. PE Course Teaching Guidance Outline of General Institutes of Higher Education also indicates that college physical training should make the best of resources inside and outside the college and natural resources to cultivate students' outdoor living ability and ability to cope with emergencies and associate PE teaching with life. Teaching is for life, and teaching can also be conducted in life. In outdoor training, the teacher should adopt "student-oriented" teaching concept. Everyone is different individual, with different features, advantages and disadvantages. When arranging the teaching activity, the teacher should fully utilize and explore students' features, highlight students' dominant role, motivate their potential and let them discover and carry forward their advantages in the teaching process.

### **4. Defects of traditional PE teaching mode**

#### **4.1 The single classroom form cannot reflect students' all-round development**

PE course is a course which can relax students. Under high course pressure, students expect to relax in PE course. However, students actually try to avoid college PE course, because PE teaching is too single. It cannot let students be relaxed. On the contrary, students are full of fear for PE course due to some boring and multifarious regulations and examinations. PE course is supposed to make students relaxed, but the teaching mode is single teaching and training. Students learn it in order to pass the final examination, rather than body building and relaxing. The boring and dull PE course totally reduces students' experience, which is adverse to students' integrated development.

#### **4.2 It cannot effectively motivate students' potential**

More and more athletes emerge. On the one hand, many like sports and exercise. On the other hand, not everyone is suitable for cultural knowledge learning, and one may find out his sports talent by accident. China is a country with a large population, where there is no lack of athletes, but lack of talent scouts to cultivate athletes. In traditional teaching mode, the teacher plays a dominant role, and students learn passively, which cannot motivate students' potential. Sports potential is motivated in training and exercise process, and blind teaching can obliterate students' interest in sports.

#### **4.3 Teacher-centered teaching mode fails to fully embody teaching in accordance with students' aptitudes**

Seeing from PE teaching of many colleges, many teachers apply explanation as the main teaching mode and impart theoretical knowledge, but ignore students' internal needs. Colleges and universities are full of talents, but everyone has strengths and weaknesses. For them, the school is where they can train themselves, adopt their good points and avoid shortcomings or better train their strong points. Thus, the teacher should learn to teach students in accordance with their aptitudes and give full play to subjective initiative of every student. Take college football course for example. Because of different elective system, students' football skills are different. Some students have never contacted football before, so they can only start from simple passing skills, while some have good foundation and can directly compete. But, the teacher teaches as per the teaching program and makes all students practice ball passing, or all students compete. In this way, students cannot gain good experience, and those without experience do not know how to play and cooperate, while those with experience cannot feel the joys of playing, thus affecting the course experience. Thus, the teacher should try to understand students and teach them in accordance with their aptitudes in PE teaching.

## **5. Importance of PE outdoor training**

### **5.1 Train students' comprehensive ability**

Very different from colleges, middle schools underline exam-oriented education and quality-oriented education, while colleges aim to cultivate students' thinking mode and ability. Outdoor training is based on original knowledge and skills, and aims to cultivate students' comprehensive ability, such as cultivating students to establish correct outlook on life, values and outlook on the world, training their independent living ability and thinking mode, and improving their cognition ability, unique thinking mode and perspective of treating problems. These abilities are exactly absent in traditional PE teaching. The difference between outdoor training and traditional education is that traditional teaching mode attaches importance to professional knowledge explanation, while outdoor training exactly jumps out of these limitations. It not just cultivates students' professional knowledge, but teaches from educational concept, features and rules and embodies them. So, outdoor training carries extraordinary significance for college students, and it is a fundamental way to improve students' comprehensive ability. Meanwhile, it is also an approach to promote higher education development, and the component of higher education.

### **5.2 Adapt to the demand of educational reform**

With era progress and educational reform, teaching objective of education is no longer to not just cultivate students' knowledge and skills, but also train their operation ability. The proposal of "student-oriented" viewpoint is great progress of modern education, and also a major feature of outdoor training. Outdoor training takes PE course as the carrier and adopts multiple learning methods to cultivate students' multi-aspect abilities from PE practice. Meanwhile, a series of situations or problems are designed for students. In the problem solving process, students' thinking mode is cultivated, and their psychological quality also develops. The all-round physical and psychological development is the requirement for contemporary college students in the new era. Outdoor training helps students adapt to high requirements in the new era and become outstanding youths.

### **5.3 Comply with values of college students**

The establishment of values is a long-term process. Due to different eras, values will also change. With rapidly changing information era, sports values of college students also change. They no longer build up their body through PE course, but like to experience impulsive and stimulating physical exercise, which also conforms to adventurous feature and spirit of contemporary college students. After analysis of relevant data, colleges also pay attention to students' sports attainment and value cultivation. In PE teaching process, students' sociability should be cultivated, and also they should be able to better adapt to the society after their graduation.

## **6. Methods of PE teaching mode reform under outdoor training concept**

### **6.1 Teaching design under outdoor training concept**

Teaching design is the precondition of a course and also the basis and reference of teachers in the teaching process. A good teaching design also will bring good teaching effect. The concept of outdoor training stresses people orientation. The teacher should mostly guide students, and students should be the subject so that they can give full play to their potentials and experience the course heart and soul. Based on people orientation, the teacher also should teach students according to their development features. Students like the sport events full of challenges, but this involves safety problem. So, the teacher must pay attention to emphasizing safety in the design process. Only under the precondition of safety, students can experience sports events well. Besides, teaching design should be innovative and extending, and be based on the development features of era.

## **6.2 Teaching content under outdoor training concept**

Seeing from current development, outdoor training is the trend and demand of modern college PE course reform. But, it is necessary to notice that the outdoor training here does not refer to outdoor sports events arranged by the teacher at will in PE class, but refers to a set of mature PE system formulated according to actual conditions of the college and national teaching indexes. The teacher should not blindly copy successful outdoor trainings, but should make corresponding references and modifications in combination of faculty, college sports facility, PE valuing degree, financial and material resources and the number of students so as to obtain the PE outdoor training suitable for the college. In terms of teaching content, outdoor training could be divided into theory and practice parts like traditional teaching. But, the details of teaching content differ a lot. Both theory and practice start from outdoor training. The theory part covers the origin, history and development of outdoor training and its importance for college students. Practice part aims at sports events for practical training, where the teacher should teach students according to their aptitudes and adopt layered teaching so that the students with different foundation and level can learn different contents and really learn practical knowledge and skills. Moreover, the teacher may design excitant events (such as trolleybus, surviving wall and high ladder) according to students' interests to motivate their learning interest and reach the purpose of outdoor training.

## **6.3 Teaching form under outdoor training concept**

There are various kinds of teaching forms, so it is necessary to choose the teaching form based on actual conditions. Two teaching forms are common. The first one is campus outdoor training which combines all teaching facilities in the college to design outdoor training events under the limited conditions. A special teacher is responsible for teaching. For the sake of safety, the outdoor training is only available for the students in the college. The advantages of such form is high safety coefficient, while the disadvantage is outdoor training experience is insufficient. Due to site limit, the number of students who can experience is not large. The other form is campus + field form, that is, there is corresponding training field on campus. Such form can meet students' needs and let them really experience field sports. However, the requirements for teachers are high. Because the security coefficient of field is low, the teacher should own good flexibility and handling ability. No matter which form of outdoor training is conducted, first of all, it is required to ensure students' safety and then start from students' interest to give full play to the function of outdoor training.

## **7. Summary**

In conclusion, with rapid development of education, college PE teaching mode under the concept of outdoor training is a trend of college PE. But currently, there are still many blind spots to introduce outdoor training in college PE teaching. Colleges need to actively explore and try to introduce outdoor training concept in college PE teaching mode so as to cultivate students' comprehensive ability and promote their integrated development.

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