

Analysis on the Integration of Outward Bound into the Physical Teaching in Higher Vocational Colleges

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ABSTRACT. As a relatively new way of education, the outward bound is introduced into the physical teaching, which can transform traditional single physical teaching activities into comprehensive sports quality training. It can help students establish a life-long physical concept while simulating students' interest in physical exercise and improving the teaching quality and teaching standard. In this paper, the connotation of outward bound was combined to analyze and discuss the integration approaches of outward bound in the physical teaching of higher vocational colleges from the advantages, principle and function of developing outward bound in the physical teaching of higher vocational colleges, hoping to promote the physical teaching standard of higher vocational colleges.

KEYWORDS: Higher vocational colleges, Physical teaching, Outward bound

1. Introduction

Under the background of continuous deepening of quality education, the significance of physical teaching has been frequently mentioned. The physical teaching occupies an increasingly important position in school education, which can achieve the well development of physical and mental health of students, guide the students to establish a life-long physical concept, and realize the emotional communication between teachers and students. When facing the new development environment in the new era, higher vocational colleges can integrate outward bound into the physical teaching to enhance the participation of students in sports and improve the overall level and quality of physical teaching.

2. Introduction of Outward Bound

Outward bound is also called experiential training. Briefly, corresponding social environment is set up with the help of complex natural environment, and the comprehensive ability and teamwork spirit of the individual are exercised to simulate human potential. Outward bound is characterized by development and challenging, through which the team receives both mental and practical practice. Outward bound was first developed in 1950s and was optimized and perfected in continuous development. In 1990s, it was introduced in China and quickly attracted attention. The integration of outward bound into the physical teaching in higher vocational colleges can achieve the well development of physical and mental health of students, and enhance the interesting and challenging of physical teaching. Therefore, the outward bound has gained the favor of students and teachers. In the process of conducting outward bound, students should be the main body, and teachers should play the role in guiding and assisting who simulate student's creativity and cultivate their spirit of innovation with help of experiential learning, so as to deeply tap into the potential and strengthen the teamwork awareness of students ^[1].

3. Advantages and Principles of Outward Bound in the Physical Teaching in Higher Vocational Colleges

3.1 Advantages

Higher vocational colleges have relatively perfect facilities for sports venues and facilities, so they have obvious advantages in the process of carrying out outward bound. Firstly, they have the advantage of organization. The physical teaching of higher vocational colleges is not simply to guide students to do sports, but to cultivate students' interest in physical exercise through colorful sports events, develop their physical ability, and then cultivate students' lifelong

physical training ideology. Under new development environment, the physical teaching methods are continuously optimized, and the teaching model and teaching method are constantly improved. By virtue of outward bound, physical teachers can make an overall planning for courses model, number and classroom environment based on the actual teaching demand to ensure the smooth implementation of teaching. Secondly, they have the advantage of profession. Higher vocational colleges are different from ordinary universities, which have the characteristics of profession and practicability in terms of talent cultivation. In addition, higher vocational colleges require students to have good physical and psychological qualities, and can effectively carry out social interaction while having practical operating abilities^[2]. The integration of outward bound into the physical teaching could exercise the mind of students utilizing outward programs, cultivate their team awareness and cooperative spirit, and promote their social adaptation ability from the connotation of outward bound and characteristics of vocational education. Thirdly, they have the teaching advantage. Physical teachers in higher vocational colleges have good cultural literacy, professional competence and abundant teaching experience. Therefore, in the process of teaching, teachers should set up corresponding scene experience based on the actual characteristics of the students to improve the pertinence of guidance measures. Higher vocational colleges have sufficient sports venues. No matter in the football ground, basketball field or stadium, it is sufficient to support the implementation of outward bound. Furthermore, a relatively perfect evaluation system has been formed in the physical teaching of higher vocational colleges, which can further perfect the evaluation system of outward bound and improve the actual effect of outward bound with the help of corresponding management methods and evaluation indicators^[3].

3.2 Principles

In order to integrate outward bound into the physical teaching in higher vocational colleges, several basic principles need to be adhered to. Firstly, it follows the pertinence principle. For higher vocational colleges, the teaching content should be set with an eye to the major and physical quality of students in the process of conducting outward bound training. Taking into account the different characteristics of different majors, in the process of program selection, it must ensure that the programs can provide services for the professional direction of students. Outward bound programs that can adapt to the physiological and psychological characteristics of higher vocational students should be taken based on the individual qualities of students. Secondly, it follows the objectivity principle. Different higher vocational colleges have unique geographical locations and geographic and geomorphic conditions. In the circumstances, the outward bound should proceed from the reality and lay particular stress on corresponding programs. For instance, if the higher vocational colleges have abundant water resources, water sports can be focused on in the process of conducting outward bound. If they are close to the mountain area, field training can be carried out. Thirdly, it follows the safety principle^[4]. Compared with general sports events, outward bound is more difficult, and there are certain hidden safety hazards in the implementation process. Therefore, physical teachers need to do a good job in organization and management, and promote the smooth implementation of outward bound on the premise of ensuring safety.

4. Function of Outward Bound in the Physical Teaching in Higher Vocational Colleges

4.1 Stimulate Student's Interests

At present, in the process of carrying out physical teaching in higher vocational colleges, the teaching content is too rigid to stimulate students' interest in sports. While training the students' physical quality, outward bound can also cultivate their thinking ability and realize the coordination of thinking and body, thus stimulating their interest in learning. Vocational students are at the age with strong curiosity about new things, and they hope to try something different and get recognition from their peers. Outward bound can help students release the pressure of learning through corresponding training programs or sports games and exercise their personal abilities. In addition, it can also cultivate students' teamwork awareness and deepen the friendship among students^[5].

4.2 Promote Comprehensive Development

Relevant research demonstrated that the integration of outward bound into the physical teaching in higher vocational colleges can promote the improvement of sports level and realize the comprehensive and healthy development of students. Outward bound is not just a kind of sports training, which emphasizes the combination of strength training and intellectual training, and guides students to develop their thinking ability and complete related tasks by adopting the simplest methods. Meanwhile, it can also train students to form correct sporting spirit and competition spirit, and ensure the training effect with the help of effective cooperation between the teams. After more outward bound, students can maintain a correct understanding of competition, and be humble in victory and gracious in defeat that they will not be complacent because of victory, or lose confidence because of failure. As long as they do their best, both success and

failure are the best results. Such sporting spirit is exactly what most vocational students lack ^[6].

4.3 Promote Educational Progress

In traditional education and teaching in China, the education method is mainly infusion education and examination, and the content of the examination outline is the main basis for daily training. Such an education model can easily cause students to be bored or even afraid of learning, which does nothing to improve the learning ability of students. The deepening of the new curriculum reform emphasizes that in school education, attention should be paid to the overall development of students and the implementation of quality education, thus promoting the overall improvement of students' abilities. In the physical teaching in higher vocational colleges, if a physical teacher conducts teaching activities in accordance with the requirements of the syllabus and repeats one or a few trainings, students will inevitably lose interest in sports. The integration of outward bound could improve the interesting of physical teaching and exercise the cooperation ability, communication ability, response capability and physical coordination of students, which can better meet the society's high-quality, professional, comprehensive needs for the talents in the new era. Therefore, the introduction of outward bound into the physical teaching in higher vocational colleges can promote the development and progress of modern education.

5. Integration Approaches of Outward Bound in the Physical Teaching in Higher Vocational Colleges

5.1 Accomplish Content Setting

For higher vocational colleges, in integrating outward bound into the physical teaching, only by properly setting up the training content can desired results be achieved. There are many contents of outward bound, such as water courses, field courses and outdoor course. The water courses include activities such as canoeing and diving; the field courses are mainly developed by virtue of the sports training facilities possessed by the vocational colleges, including crossing in the rain and overhead rope nets; the outdoor courses are mainly outdoor living and karst cave exploration, which have a strong dependence on the surrounding environment. In the process of introducing outward bound, physical teachers should set the curriculum and content of outward bound based on practical situations to provide students with clear training goals ^[7].

5.2 Optimize the Teaching Process

In order to integrate outward bound into the physical teaching in higher vocational colleges, it is necessary to optimize the physical teaching process, and teachers are required to set up corresponding warm-up activities before formal teaching to deepen mutual understanding, so as to establish a good teamwork relationship. Meanwhile, in the process of carrying out outward bound, individual projects and team projects can be set up. Individual projects can specifically test the psychological enduring capacity of students to maximize the effectiveness of psychological training and avoid corresponding safety risks; team projects should ensure that students have a certain team spirit and cooperative awareness, and improve students' mutual understanding through training. After the end of relevant training programs, the individual and team results should be evaluated to help students better absorb and use the results of outward bound, so that students can truly see their progress, thereby improving the self-confidence.

5.3 Innovate the Teaching Methods

Outward bound can promote the teaching standard of higher vocational colleges. In order to ensure the actual results of outward bound, the teaching methods should be innovated to stimulate students' enthusiasm for participation. Physical teachers should give full consideration to the personality traits of students, and formulate effective teaching strategies by combining specific teaching content to better meet the individual needs of students and ensure that they can be exercised in outward bound. For instance, in the process of implementing outward bound, teachers can group students, and launch competitions by using outward projects. Meanwhile, a point system is introduced to encourage all students to participate in. After the competition, the groups are evaluated, and certain reward will be given to the group with outstanding achievements ^[8].

5.4 Perfect the Evaluation System

In the outward bound of higher vocational colleges, phased course evaluation should be introduced to perfect the evaluation system of the training courses, and specific evaluation indicators should be determined according to the

professional teaching goals and the individual characteristics of students. Meanwhile, diversified evaluation methods such as student self-evaluation, peer-evaluation and teacher evaluation can be adopted to do a good job of teaching quality evaluation, so as to stimulate the prospectiveness of teacher teaching and give play to the creativity of physical teachers, so that students can participate more actively in outward bound and establish specific and clear goals. In addition, the student's dominant position can really be highlighted by adjusting and optimizing the overall direction.

5.5 Set Up Game Situations

Game can be said to be the most common form of outward bound, which can make outward bound interesting, break the previous boring practice modes, and realize the diversification of sports training. Prior to carrying out sports training, teachers need to do a detailed study of the psychological activities of vocational students to satisfy their curiosity about the unknown. Outward bound can provide a platform and way for vocational students to show themselves, help students better learn sports professional knowledge, and consolidate the knowledge through corresponding training programs. If the teacher can create good game situations in the physical education curriculum, the students can fully release the nature in the classroom and enjoy the pleasure brought by physical exercise. Excellent game situations can exercise the thinking ability of students while promoting the smooth implementation of outward bound and improving students' physical quality. In outward bound, students are not only required to come up with solutions in a shorter period of time, but also required to coordinate team members. Students must be able to think about the problem from a global perspective so that they can win the game. From this point of view, the outward bound plays a role in promoting the comprehensive and healthy development of students^[9].

5.6 Integrate Theory with Practice

In the outward bound, the organic combination of sports theoretical knowledge and training practice should be emphasized to ensure that students can find out the most suitable outward bound modes based on the theoretical knowledge mastered. Meanwhile, in the process of carrying out outward bound, students can achieve effective protection for themselves under the guidance of theoretical knowledge. Theoretical knowledge can not only enable students to give full play to their abilities in outward bound, but also help them better understand the significance of conducting physical education courses. In practice, the combination of theory and practice is not as simple as it seems, and certain strategies, such as knowledge contests, need to be adopted. Teachers can divide students into groups. Representatives are selected from each group to participate in the competition and make corresponding actions according to the teacher's instructions. For example, when the teacher calls "Run", the students can move forward; when the teacher calls "Stop", the students must immediately maintain the posture at that time. The student who moves should return to the starting point and restart. The first student who reaches the end point can get the right to answer the question. If the answer is correct, the group will get extra points. Otherwise, the second student in line gets the right to answer the question. Finally, the winner will be the group with highest scores^[10].

6. Conclusions

Generally speaking, the integration of outward bound into the physical teaching in higher vocational colleges can cultivate the psychological quality of higher vocational students, help them establish a sound personality, and realize the all-round and healthy development of students while simulating students' interest in sports. Higher vocational colleges should adopt effective measures to ensure the smooth implementation of physical outward bound and promote the physical teaching standard.

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