

Research on the Cultivation Strategies of Swimming Practical Ability for Students Majoring in Physical Education in Colleges and Universities

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Abstract: The swimming course of physical education in colleges and universities has the direct impact on student's mental health and after the employment, and they mainly engage in swimming course teaching, swimming coach and project competition organization. They not only have a solid theoretical foundation, but also have strong practical ability. In order to conform to the social development trend, the physical education in colleges and universities should be based on cultivation objective of interdisciplinary talents in mastering many skills while specializing in one based on cultivation of students' practical ability. In the teaching process, it should not only pay attention to transmitting sports technology and theoretical knowledge, but also focus on cultivation of practical ability, so as to cultivate all kinds of applied talents with strong practical ability, which can meet the demand of social development. According to this, this paper mainly analyzes the cultivation strategies on swimming practical ability for students majoring in physical education in colleges and universities.

1. Cultivation objective of practical ability

As a social practice activity of cultivating talents, college education should cultivate diversified talents who meet the requirements for society. The talent cultivation objective in physical education is that students have the basic ability and quality to engage in the education industry, and strive to cultivate high-quality and high-capacity applied talents with multiple abilities while specializing in one, so as to meet the diversified requirements of the society for sports talents. During the talent cultivation in physical education, the specialized one is specific sports, which are swimming and track and field. The students' theoretical knowledge and practical skills in swimming events are important conditions for measuring their related work of project, and the specialized one is the key to the comprehensive quality of talents in physical education. And the specialized ability is the main influencing factor for employment of professional graduates.

The practical ability highlights the psychological and physiological characteristics of students when they solve practical problems. It mainly includes practical motivation, general practical ability and professional practical ability. The specific problems that need to be solved practically in practical activities generally have industry attributes and project characteristics. The special practical ability is the student's special knowledge and skills reflected in solving problems

practically, and it is an important prerequisite to ensure that students can effectively solve problems in practice. The professional practical ability is the key of practical ability and any practical activity clearly requires students to have good special practical ability.

In strong popular of the concept of national fitness and lifelong body-building, as well as the influence of the rapid development of sports industry, the number of swimming pool increases gradually and swimming has become the important means of fitness for people. The social demand for swimming coaches and venue managers also increases, especially in the peak season of swimming in summer and the swimming talent market in physical education is in short supply. For this, colleges and universities must take active measures to cultivate the applied sports talents that are needed in society, summarize the practical demands of swimming professionals talents in society and employment of students in physical education. Based on that, actually according to the talent cultivation object in physical education, colleges and universities should cultivate PE teachers and swimming coaches needed by school and swimming stadium, as well as swimming lifeguards and venue management talents.

2. Cultivation program of practical ability

The swimming course and the course of swimming skill and physical quality are compulsory courses for physical education in physical education in colleges and universities. It mainly transfers the related skills of breaststroke, backstroke and freestyle for students. Some students with good swimming skills can meet the relevant standards for the junior certification of swimming lifeguards. Through learning swimming courses, the students majoring in physical education in colleges and universities have perfect basic theoretical knowledge and sports skills of swimming, and they have practical ability to engage in swimming teaching, training, fitness management and guiding, and organizing and judging swimming competitions.

The practical ability training of swimming students majoring in physical education should take the swimming teaching guidance ability as the core component and develop the swimming life-saving ability, venue management ability and the physical ability to organize and judge swimming competitions in an all-round way. There are various ways to train students' practical ability in swimming courses majored in physical education. First, through the classroom teaching, give full play to the leading role of teachers, innovate teaching modes and methods, guide students to systematically and skillfully learn and master the basic theoretical knowledge of swimming, improve students' sports skills, and actively guide students to deeply understand the teaching methods of teachers in this process. Second, the teacher guides the students to see the general courses and elective courses within the school and teaching objects of different levels, ages and genders of practice teaching base out of campus, so as to improve the diversified ability of explanation, demonstration, organization and teaching as well as the ability to correct wrong skilled movements, and strengthen the students' intuitive cognition of swimming teaching and training. In addition, the practical training of in-class practical ability is carried out in a group of 5-6 people in class, and the swimming teaching ability of students is tested in real time based on the compilation of teaching plans and lesson explanation. Through the skills competitions like lifesaving and judgment, improve the overall skill level of students all round. Finally, the teachers lead the students to observe the practice base on the spot after class to coach and develop their practical ability. And the students should actively participate in the skills training and assessment to obtain qualification certificates. Meanwhile, the teaching practice base should be improved. For some students who have excellent performance in the training, the teaching practice base should be arranged to participate in the practical training in the summer vacation, so as to enrich the diversified swimming teaching objects and improve the teaching content to improve the teaching ability of students.

The cultivation of students' swimming practice ability majoring in physical education in colleges and universities should effectively teach combined with the practice teaching and curriculum theory, actively carry out the second classroom teaching activity form, follow the education concept of practice in advance and many times. Through the active cooperation with swimming pool and swimming club, build teaching practice base and create the teaching platform of practice ability to realize organic combination in and out of class and school, form the stepped professional practice ability training process, develop the program with professional ability, career ability and comprehensive ability, which enables students to strengthen the cultivation on the practice platform, fully combining theory and practice, and find and analyze problems based on practice.

3. Teaching system of practical ability

The practical ability is actually formed and developed gradually by students in the process of practical training. The training of practical ability is mainly based on practical activities to effectively solve practical problems. The cultivation of swimming practice ability of students majoring in physical education in colleges and universities mainly consists of four parts, that is, the experiment teaching, the social practice, teaching practice, the graduation thesis within the swimming course. Through the systematic, standardized and multi-level practice activities in and out of class and school, the students' swimming practice ability can significantly improve.

3.1 Experiment teaching

According to the actual situation, perfect the experimental teaching content of all courses such as optional, specialized and major courses, form a structured and systematic experimental teaching mode with strong standardization and promote the comprehensive development of students' comprehensive practical ability. Based on the in-class cultivation of experimental teaching and extracurricular teaching observation activities, as well as the active participation in professional qualification certificate examinations like swimming lifeguards and social instructors, the students make comprehensive preparation to lay a sound knowledge and skills for the subsequent participation in social practice.

3.2 Social practice

The subsystem of social practice is based on the construction of the practical teaching base. The students can participate in social practice by reasonably using their spare time in the practice base, which is mainly composed of swimming lifeguards, social instructors and venue management personnel. The social practice is the most effective way that teachers and students generally think that it can improve the practical ability. The students participate in social practice as social people, which can enhance students' sense of social responsibility. Such practice will also bring certain economic returns, so as to fully mobilize students' practical enthusiasm and initiatives.

3.3 Graduation thesis

The students majoring in physical education in colleges and universities take science and technology innovation projects and graduation thesis as the important carrier, which significantly improves the students' enthusiasm and initiative to participate in practice and actively carry out exploratory research, and is conducive to the rapid improvement of students' comprehensive practical ability and professional quality.

3.4 Teaching practice

The students majoring in physical education in colleges and universities must take an active part in education practice in the first semester of senior year. Most of the students will participate in the practice teaching of primary and secondary schools. In the process of practice teaching, although the students majoring in physical education basically cannot teach swimming lessons, but the physical education course teaching in primary and secondary school is beneficial to improve the students' comprehensive practical ability and professional quality, so as to develop into interdisciplinary talents mastering many skills while specializing in one.

Through the positive cultivation of various links such as experiment teaching, social practice, teaching practice and graduation thesis, especially the training of practice platform out of school, the cultivation time of practical ability can be extended, and the diversified practice content and teaching objects can be more conducive to the cultivation of versatile talents for the society and school.

4. Control and assessment in cultivation process of practical ability

The assessment of the cultivation of students' practical ability is the main step of the cultivation of students' practical ability. The assessment of swimming practice ability of students majoring in physical education in colleges and universities mainly adopts the assessment rules of swimming social sports instructors and swimming lifeguards, and advancement plan of swimming referees to assess and feedback the development of students' practical ability. Based on cultivation objective of professional ability, the students should be guided to develop towards the direction of professional experts. For the cultivation of students' swimming teaching practice ability, the professional skill score sheet of swimming social sports instructors can be selected, which is divided into four stages to assess students' teaching practice ability, track the development of students' practical ability in real time, and then make preparations for setting clear and correct objectives for the subsequent ability cultivation.

The first assessment is based on the group practice in the specialized courses; the second assessment is carried out in the teaching practice of general courses; the third assessment is conducted in practice base out of school; finally, the students' teaching practice ability can be assessed after practice out of school. The first two assessments of practical ability can help students clearly aware of their own defects in the teaching and inability. Through the practice with in-class group and teaching practice for general courses, further do a good job for the students to attend the cultivation and appraisal of swimming society instructors, so as to get related professional certificates of swimming social instructors. But, the last two assessments are mainly to track and observe the development of students' practical ability in real time and guide students to improve their practical ability.

For four assessments of the student's teaching guidance ability, the safety for students is an important principle in swimming teaching. The students can pay attention to the importance of safety education from the start. However, at the first assessment, the students are consistent with the attention requirements of the safety education of different objects and they do not consider the diversity and individuation of objects. With the increasingly rich experience in teaching, the students have begun to gradually realize that it should make different safety protection measures and the matters according to different objects.

Moreover, dynamic and continuous assessment can promote teachers to fully understand the development of students' practical ability. The teachers can carry out scientific and reasonable teaching design according to the specific level of students' practical ability, optimize and improve teaching strategies to make students develop towards the direction of professional experts. The

students can find their own defects and deficiencies in each stage of assessment, and point out the right direction for their own comprehensive development.

5. Conclusion

To sum up, the cultivation of students' good practice ability is a systematic engineering for a long time. In order to ensure that the swimming practice ability of students in physical education meets the talents demand in social and school, the physical education in colleges and universities must actively take effective measures and use the classroom teaching practice, extracurricular teaching practice to strengthen the practice teaching, perfect the training base, build and optimize cultivation mode of practical ability conforming to their own actual situation with colleges and universities. and on this basis and based on dynamic and persistent assessment of students' practical ability on professional ability, the students' learning enthusiasm and initiative should be stimulated, so as to cultivate more excellent talents for the society and school.

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