

Experimental Research on the Integration of Outward Bound Training Concept into Physical Education Class Teaching Competition in Universities

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Abstract: With the deepening of the concept of quality education, cultivating students' all-round development has become a major issue faced by the current education department. As an important part of quality-oriented education, physical education (PE) occupies a pivotal position in the education system. Therefore, it is very important to adopt scientific and reasonable teaching methods to effectively improve the quality of PE. In recent years, there is an obvious gap between university students' comprehensive quality and social requirements, which is mainly manifested in three aspects: inability to combine what they have learned with practice, low psychological endurance and weak awareness of cooperation and communication with others. As far as university PE is concerned, if outward bound game training can be introduced in a more appropriate way, it will greatly promote the effect and quality of PE. This paper mainly discusses the role and influence of outward bound training on PE, and studies the actual effect of integrating outward bound training concept into PE class teaching competition in universities, in order to fundamentally improve the overall quality of PE through effective outward bound training.

1. Introduction

PE course is an important part of university courses, and university students can improve their physical quality by participating in physical outward bound training, thus laying a solid foundation for the study of other courses [1]. Outward Bound is a new training and teaching method in recent years. The purpose of training activities is to cultivate the collective team cooperation ability and enterprising spirit. In order to cultivate students' enterprising spirit and sense of teamwork, and improve students' physical quality, outward bound training has been more and more applied to university PE [2]. As an important course in university education, PE plays an important role in it. PE is of great significance both in terms of training students' bodies and shaping students' personalities [3]. In the current PE activities, the effective implementation of outward bound training can not only further stimulate students' enthusiasm and initiative in class, improve the teaching quality, but also be of great significance to the cultivation of students' comprehensive quality [4]. In the process of outward bound training, students can understand the importance of teamwork through training and personal experience, and can better integrate into the collective, laying a solid foundation for students' future work and life.

PE course is an important part of university courses. Students can exercise their bodies on the one hand, and cultivate their healthy personality on the other. PE workers should be fully aware of the role of outward bound training in PE, and combine the teaching contents and objectives to carry out outward bound training reasonably, so as to give full play to its role in PE [5]. For university PE, if the outward bound game training can be introduced in a more appropriate way, it will greatly promote the effect and quality of PE [6]. In the actual teaching process, the basic teaching goal that teachers strive to achieve is to strengthen students' physique, with little involvement in mental health and social adaptability [7]. In order to promote the all-round development of students' morality, intelligence, physique and beauty, and improve students' physique, psychology and physical quality, it is necessary to pay enough attention to PE and apply outward bound training scientifically and reasonably [8]. This paper mainly discusses the role and influence of outward bound training on PE teaching, and introduces the concept of outward bound training into PE class of universities, so as to make them integrate with each other, enhance the role of PE class in

cultivating students' mental health and social adaptability, and comprehensively improve the value of PE class in promoting students' health.

2. The important role of outward bound training in university PE

2.1. Enrichment of university PE teaching content

PE plays an extremely important role in the comprehensive improvement of students' quality. It can be said that whether students can successfully achieve self-breakthrough, have a strong sense of cooperation and team spirit, and achieve all-round improvement of self-comprehensive ability as soon as possible is the key to their integration into the social family as soon as possible after entering the society. The purpose of outward bound training in teaching activities is to cultivate students' spirit of unity and cooperation and enterprising spirit, and to promote students' all-round development [9]. The ultimate goal of outward bound training is to make students deeply realize the importance of unity and cooperation, and to make people feel the power of unity, so that students can achieve good unity in their future life. With the deepening of curriculum reform, the target system of PE teaching is no longer limited to traditional basic PE knowledge and skills for students. More importantly, PE teaching can improve students' mental health and speed up their social adaptation.

Outward bound training has an important influence on individual potential ability, and it can effectively enhance the cohesion and creativity of the team. It promotes the personality, sentiment and cohesion of the participants. As far as university students are concerned, they are faced with great pressure of study and employment, etc. How to treat these pressures correctly and make corresponding efforts depends to a great extent on their own psychological state. During the implementation of outward bound training activities, some difficult links are set for students. In order to solve difficulties and stimulate their potential ability, students' ability to cope with emergencies is gradually strengthened, and their self-confidence is improved. That is, in the process of team task completion, students can understand that persistence is the true meaning of victory. For seemingly unsolvable difficulties, they dare to try without giving up, and they can inspire their potential ability when encountering difficulties.

2.2. The realization of the goal of university PE teaching

It is far from enough to improve students' comprehensive quality only by general theoretical classroom teaching, but also by PE teaching, in order to achieve the ideal effect. Introducing outward bound training into university PE can not only enrich the content of university PE, but also contribute to the healthy development of students' body and mind. In the process of university PE teachers' teaching activities, according to the actual situation of the outward bound training program, they set corresponding tasks for students. In the process of students' outward bound training, when students encounter problems, they can stimulate their potential ability and work together with other students to complete the task [10]. University is a place to send qualified talents to the society, and its PE teaching should have a higher level goal and pursuit. In other words, PE teaching in universities should not only be limited to strengthening students' physical quality and improving their sports skills, but should try our best to improve students' comprehensive quality. The core composition of innovative PE is shown in Figure 1.

In the process of outward bound training, the organizers will set up more sports with creative thinking. That is to say, when students complete the outward bound training program, they must rely on themselves and team members to complete various tasks. For university PE, how to give full play to students' autonomy and creativity is the primary problem faced by many front-line PE teachers. In university P.E. teaching, correct sports expansion can always give full play to students' enthusiasm, autonomy and creativity. In the process of increasing social competitiveness, cultivating students' comprehensive quality will effectively improve their comprehensive ability, and then promote students' better development. It can be seen that the outward bound training in university PE activities can continuously strengthen students' psychology of customer service

difficulties, encourage students to keep a relaxed and peaceful state of mind, and then improve their self-control ability.

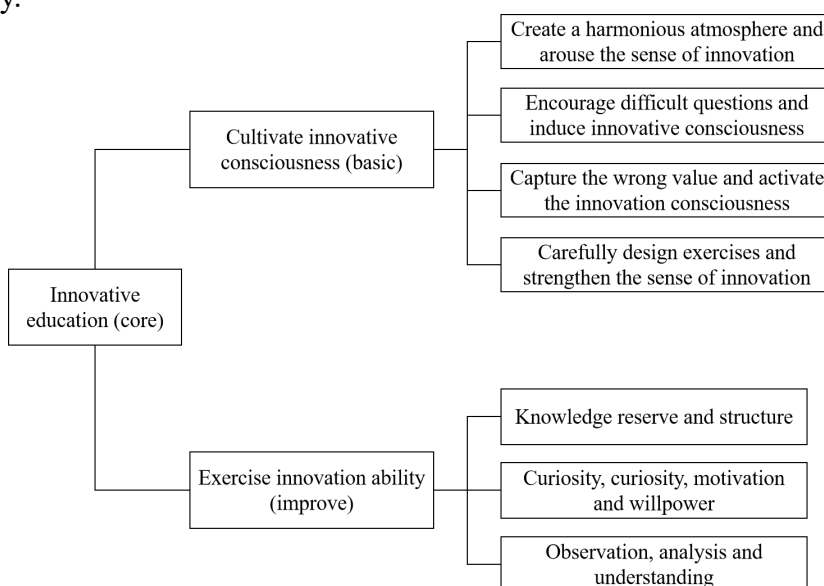


Figure 1 The core composition of sports innovation education

3. The influence of PE outward bound training on university students' autonomy and collective consciousness

In the process of completing the task, students can constantly improve their practical ability, at the same time broaden their thinking, and then cultivate their thinking imagination and creativity. Outward bound training mode itself belongs to a brand-new teaching mode. In view of this brand-new teaching mode, students' innovative ability can be continuously improved with the development of teaching activities. The tasks set in the outward bound training activities do not require a single student to complete them, but require students to face and solve all the problems together. This is very different from the traditional independent thinking. Using the outward bound training mode to carry out PE teaching can free students from the shackles of traditional thinking and deeply understand the importance of teamwork to subsequent social activities. Only in this way can students be better integrated into the collective life in their later work.

The concept of outward bound training has unique advantages in cultivating students' imagination, creativity and practical ability. There are many contents in PE class that can greatly improve students' innovative thinking and practical ability. In teaching, teachers should be discerning, be good at discovering the originality and sparkle of students' works, and affirm and encourage them in time, because students' unique artistic creativity is also an important aspect of their comprehensive collective consciousness. Score students' autonomy and collective consciousness. Figure 2 shows the changes of students' autonomy and collective consciousness scores under conventional education. Figure 3 shows the changes in the scores of students' autonomy and collective consciousness in PE class after integrating the concept of outward bound training.

University students' autonomy and collective consciousness in routine education basically change in disorder, and the improvement of students' ability is not significant. With the integration of the concept of outward bound training, it can be seen that although the evaluation of students' autonomy and collective consciousness didn't change significantly in the early stage, when the cycle was prolonged, the score showed an obvious acceleration trend. Therefore, outward bound training is of positive significance to the cultivation of university students' autonomy and collective consciousness. In the process of carrying out university PE teaching activities, adopting the outward bound training mode to implement teaching activities can break the limitation of traditional independent thinking. Encourage students to cooperate in solving problems in teams, and improve

their ability to adapt to society in the process of completing tasks. PE teachers can cultivate students' self-confidence and good psychological quality by developing outward bound training. So that students can face difficulties calmly and take effective measures to solve them.

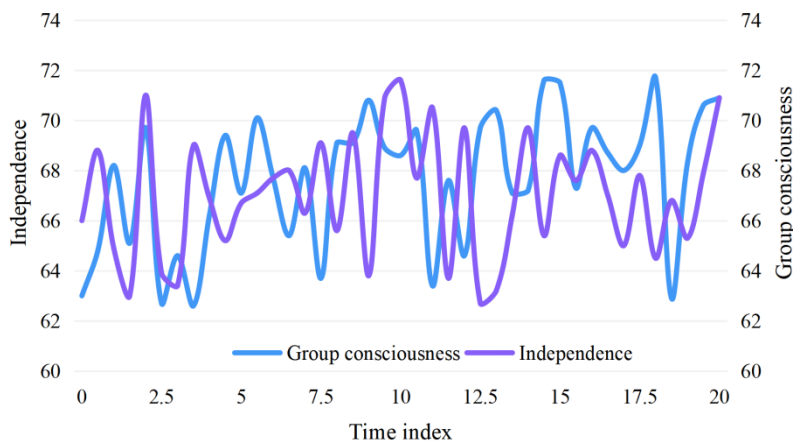


Figure 2 Students' autonomy and collective consciousness score under conventional education

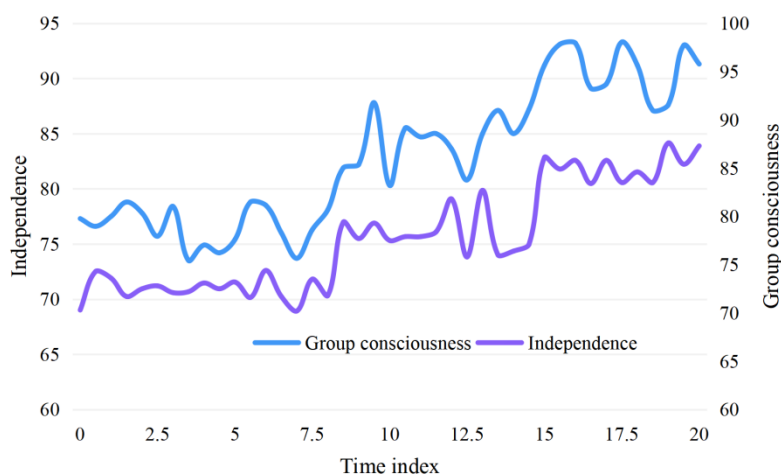


Figure 3 Score of students' autonomy and collective consciousness under the deep integration of outward bound training concepts

4. Conclusions

Outward Bound is a new training and teaching method in recent years. The purpose of training activities is to cultivate the collective team cooperation ability and enterprising spirit. In order to cultivate students' enterprising spirit and sense of teamwork, and improve students' physical quality, outward bound training has been more widely used in university PE. This paper mainly discusses the role and influence of outward bound training on PE teaching, and introduces the concept of outward bound training into PE class of universities, so as to make them integrate with each other and enhance PE class's role in cultivating students' mental health and social adaptability. University students' autonomy and collective consciousness in routine education basically change in disorder, and the improvement of students' ability is not significant. With the integration of the concept of outward bound training, it can be seen that although the evaluation of students' autonomy and collective consciousness didn't change significantly in the early stage, when the cycle was prolonged, the score showed an obvious acceleration trend. The integration of outward bound training concept into the PE class teaching competition not only fully embodies students' dominant position in PE class, but also greatly challenges students' abilities in organization, control, unity and cooperation, improves students' enthusiasm and consciousness in class, and realizes the comprehensive application of students' wisdom and physical function, thus promoting the all-round development of PE class function in universities.

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