

On the Application of Outward-Bound Training in Higher Vocational Physical Education

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Abstract: Owing to the quick progress of China's social economy, quality education has also been continuously implemented and improved. The society greatly focuses on the cultivation of students' comprehensive quality. As a crucial part of quality education, physical education in colleges can help students develop in a healthy way, and enhance their practical ability and quality. Outward bound training can play a positive role in the formation of students' willpower and personality. This paper analyzes the necessity and significance of the application of outward-bound training in physical education teaching, clarifies the value of outward-bound training, and puts forward specific application strategies.

1. Introduction

Outward-bound training mainly refers to the use of natural environment and related teaching auxiliary resources to strengthen the training of students' sports skills and physical quality, and in this process, to get the teaching purpose of enhancing students' sports ability and stimulating students' sports spirit and team spirit. Outward bound training is not a simple way to enrich and innovate the sports teaching content, but a new teaching method based on the traditional sports teaching content to effectively supplement and enhance students' learning ability. At present, the demand for talents is expanding, and the selection criteria for talents are also improved. The learning stage of higher vocational education is the key stage to cultivate students to form correct outlook on life and values. The expansion training can effectively enhance students' comprehensive quality and psychological quality, which is greatly crucial for students' personal progress.

2. Application Necessity of Outward-Bound Training in Physical Education Teaching in Higher Vocational Colleges

2.1 Reform Demand of Physical Education Teaching in Higher Vocational Colleges

Generally, physical education rarely involves the education of spiritual level, but mainly focuses on physical training and sports skills, with the purpose of enhancing the physical quality of students^[1]. However, owing to the popularization of quality education in China, the society has focused more on the comprehensive quality of vocational college students. The traditional teaching model can no longer meet the progress needs of the education field. In physical education teaching, outward bound training can effectively integrate quality education into physical education, and improve students' ideological level by deeply digging the quality teaching content existing in sports. Meanwhile, it can also deepen the content of physical education and enhance the efficiency of teaching. In this way, colleges can form the whole discipline penetration of quality education, build a perfect system for training and improving students' comprehensive quality, and thus push the healthy progress of students.

2.2 Needs of the Times for the Progress of Modern Society

Under the background of rapid social and economic progress, the demand and requirements of the society for talents are constantly increasing. The current society not only requires talents to have

a solid professional foundation and skills, but also comes up with higher requirements for the overall quality of talents^[2]. Some enterprises and institutions believe that the professional ability and practical skills of talents can be fostered in the work, but the comprehensive quality directly affects their work behavior and attitude, which is hard to effectively reverse in the work. To better meet the needs of the times of modern social progress, it is crucial for colleges to develop expansion training to foster more high-quality practical talents for the society.

3. Application Significance of Outward-Bound Training in Physical Education Teaching in Higher Vocational Colleges

3.1 Conducive to Improving Students' Sense of Teamwork

In the outward-bound training, PE teachers can develop a series of teaching activities in the form of learning groups, and students can play their own advantages and expertise in their own learning groups to help the whole group better complete the teaching task. As members of learning groups, students can recognize the significance and value of teamwork in tasks, and enhance their sense of responsibility and teamwork. Students can also deeply recognize their own shortcomings when completing group tasks. In order not to delay the group, students will actively develop physical training and professional knowledge learning, which is greatly crucial for improving students' sports skills and physical fitness^[3].

3.2 Conducive to Enhancing Students' Interest in Sports

Interest is the best teacher for students. Only when students are interested in sports teaching can they actively participate in sports teaching and enhance the effect of sports teaching. The biggest advantage of developing outward bound training is to enhance the interest of physical education teaching. In this way, it can reduce students' antipathy to sports, mobilize students' interest in learning, and promote students' whole-body involvement in physical education, which is greatly crucial for students' all-round progress. In addition, outward bound training can also stimulate students' desire to participate in performance, develop outward bound training programs in combination with students' learning interests, and stimulate students' interest in sports^[4].

3.3 Conducive to the Healthy Growth of Students

At present, colleges still focus more on sports teaching activities. Therefore, most of the colleges have rich sports teaching resources. Developing outward-bound training can maximize the value of these teaching resources, enhance the effect of physical education teaching, and is greatly crucial for promoting the coordinated and healthy progress of students' body and mind. However, the current rigid teaching model in colleges has more or less led to a certain degree of disgust among students. Developing outward bound training can innovate the teaching form and content, stimulate students' interest in learning and enthusiasm for classroom participation to the maximum degree, and facilitate students to better integrate into physical education teaching.

4. Application Strategy of Outward-Bound Training in Physical Education Teaching in Higher Vocational Colleges

4.1 Make Preparations for Outward Bound Training

Preparation is a crucial basis and prerequisite for effective progress of physical education activities. Therefore, before the progress of physical expansion training, teachers should make relevant preparations to ensure that students' personal safety is maximized during training.

First of all, teachers should do a good job of ideological preparation for students, so that students can fully know the significance of outward-bound training, and then improve the cooperation of students. In this process, teachers should also explain the difficulties that may exist in outward bound training, and formulate countermeasures. Secondly, teachers should also improve their teaching level and professional quality, understand psychology, physiology and other aspects of

knowledge, so as to ensure the safety of outward-bound training ^[5]. Finally, before the outward-bound training, teachers should also conduct safety inspection on sports facilities and equipment, and personally demonstrate the contents of outward-bound training to check the degree of difficulty and danger. Only by making relevant preparations, can we guarantee the smooth progress of outward-bound training to the greatest degree.

4.2 Carry out Physical Expansion Training

The main aim of physical education teaching activities is to strengthen students' physical quality and build up their physique. Therefore, during outward-bound training, physical education teachers should test and evaluate the physical quality of students, formulate targeted and reasonable teaching programs, and enhance the pertinence and effectiveness of outward-bound training activities. Teachers can divide students into different study groups according to the physical fitness test results of students, and then let students play games for physical fitness training in groups. This can not only ensure that students receive adequate physical exercise, but also enhance the pertinence, and strengthen students' sense of teamwork and cooperation ability. For example, teachers can develop obstacle relay games to achieve the purpose of physical training of students, divide the students in the class into four or eight groups according to their physical ability, and then guide them to complete the obstacle relay competition. In this process, students not only need to improve their running speed, but also need to complete the task according to the task information in the track. At this time, students who are not strong in physical fitness will realize their personal influence on the results of the group competition, work hard under the guidance of teachers to improve their physical fitness and strengthen their collective awareness.

4.3 Develop Psychological Quality Development Training

In addition to training students' physical ability, teachers should also focus on psychological quality training. In the actual sports process, students need to have good physical quality and strong psychology is a crucial factor for students to complete sports efficiently ^[6]. The application scope of psychological quality expansion training is relatively wide, which can be on water, outdoors, school sports ground, etc. For instance, teachers can organize students to play a counting game. Students can be divided into several groups and count from one to one hundred. Once three or multiple of three is encountered, it is necessary to skip. This way can effectively enhance student' logical thinking ability and adaptability, and exercise their psychological quality. In addition, qualified vocational colleges can also develop swimming and field exercises. The diversified teaching methods can enrich students' sense of physical education teaching experience, enable students to form a strong psychological quality in different teaching forms and environments, and push students' physical and mental health.

4.4 Establish and Improve the Evaluation Mechanism

No matter what kind of work, we need to develop a corresponding evaluation mechanism, which can not only enhance the standardization and rationality of the work, but also constantly optimize the existing problems and strengthen the efficiency of the work. Therefore, teachers should enhance the quality evaluation mechanism, respect students' personalized progress to the maximum degree, and then enhance students' learning self-confidence^[7]. First of all, PE teachers should fully use Internet technology to broaden the collection channels of students' learning information, enhance the comprehensiveness and integrity of the collected information, and then ensure the scientific fairness of the evaluation. Secondly, PE teachers should also seek the opinions of professionals to form a standardized evaluation mechanism. Finally, teachers should enhance the transparency of the evaluation mechanism, show the effect of physical education teaching through the campus network teaching platform, school official account, etc., and encourage the students who perform well. This can not only stimulate students' enthusiasm for learning, but also effectively enhance the level and quality of teaching.

5. Conclusion

In a word, in the context of the new education field and the reform of quality education, outward-bound training has begun to be widely applied in physical education, which is greatly crucial for enhancing the quality of physical education. Therefore, PE teachers should analyze the problems existing in the current teaching, change the teaching concept, improve professional quality, constantly improve and optimize the teaching mode, further push the reform of PE teaching, and facilitate the all-round progress of students.

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