

Application of the “Trinity” Educational Model in the Cultivation of Sports Culture in Institutions of Higher Learning

Zhihong Yin

Nanchang Institute of Technology, Nanchang, 330044, China

Keywords: Trinity, Institutions of higher learning, Sports culture cultivation

Abstract: Nowadays, the speed of social development has accelerated significantly, and people's emphasis on education has also significantly increased with the hope that students' overall talents can become fully developed. In order to promote the substantial improvement of students' physical fitness, colleges and universities play an important role in the cultivation of sports culture. When the “Trinity” educational model has been properly applied in cultivation of sports culture in institutions of higher learning, it will not only impart the institutions sports culture but also enhance students physical fitness.

1. Introduction

Under the influence of the concept of exam-oriented education, teachers have paid more attention to the improvement of students' academic performance and failed to realize the importance of improving multiple disposition. “Trinity” is a new type of teaching concept and it will be closely integrated together with cultivation of sports culture. In the end, the influence of sports will be significantly improved and students will appreciate the important status of sports culture cultivation and actively integrate into sports activities.

2. Significance of the “Trinity” Educational Model on Sports Culture Cultivation in Colleges

2.1 Passing on the Sports Culture Inheritance in Colleges

Sports culture cultivation does not only entail the ideas of sports teaching, but also includes various sports vigour, vitality and qualities. When the promotion of sports culture is strengthened, the sports spirit in colleges and universities will be fully promoted [1]. Passing on of sports culture inheritance is a long-term process and should be highly valued. Many students today do not understand the significance of sports culture. In this case, the teaching equipment should increase significantly, and the teaching content should also be modified, schools should also recruit more outstanding teachers promoting the students' comprehensive practical ability to increase significantly and grow into fully developed talents. There are various excellent sports cultures in institutions of higher learning but when they are not actively passed on then sports culture cultivation will show a negative trend.

2.2 Enhance Students' Physical Fitness

This is the era of information technology and everyone is closely connected with the Internet, this makes people's exercise volume to decrease immensely with many students losing their awareness of active exercise. Physical exercises are no longer carried out intentionally and physical fitness gradually declines. Some students will become overweight, Problems also occur in the cervical spine, with serious consequences. The improvement of physical fitness is a long-term process. Students should develop the idea of active exercise and vigorously integrate it into various sports activities to improve their physical fitness significantly. The “Trinity” educational model plays a very important role. When students realize the significance of physical exercise, they will actively participate in various sports activities.

3. Frame of the “Trinity” Educational Model in the Cultivation of College Sports Culture

3.1 Modify the Original Sports Culture Education Model

College students are the future of the nation. The development of the country places higher demands on the physical and mental quality of young people. Under the previous test-oriented teaching system, students spent most of their time in cultural learning, and their participation in sports was relatively low. In recent years, society and universities have gradually recognized the importance of students' comprehensive physical and mental development, and strengthened their efforts to carry out sports activities. Schools have formulated clear educational goals, carried out various forms of physical activities with reference to the actual situation of students, promoted students' high participation enthusiasm, and their skill levels were significantly improved, recognizing the significance of sports culture cultivation[2]. The realization of teaching goals is a long-term process. The venue and infrastructure are the basic guarantee for sports activities. Today there are relatively few training venues, and the construction time of the venue is relatively long. There are also outdoor training grounds where students cannot perform effective training in windy, rainy weather.

In addition, the amount of equipment that schools can provide is relatively small, and it is difficult to meet the athletic needs of a large number of college students. It can only be provided to students on a first-come, first-served basis, which limits students' enthusiasm for participation. Additionally, in the process of student autonomous training, if there are unclear technical problems, you can ask the teacher for guidance. For the personalized learning needs of students, colleges and universities have not launched personalized teaching courses which is difficult to meet the diverse learning needs of students. Showing a negative development trend, this situation should be highly valued by people. The original sports culture education model should be modified with reference to the actual situation of students, teachers should put forward reasonable solutions. At the same time, when researching each sports culture achievement, it is necessary to understand the requirements of physical education in the year and analyze the same. Existing advantages and disadvantages have led to a major change in the teaching model of sports culture. At the same time, based on the use of questionnaires, students conduct a comprehensive evaluation of the sports culture they prefer, so that the reform of the education model can be clearly targeted, and students can be well integrated into the process of sports culture construction.

3.2 Constructing a Scientific “Trinity” Educational Model of College Sports Culture:

Teacher guidance, practical experience, and environmental influence are organically linked in order to fully guarantee the fun in teaching. At the same time, teachers should protect the student's subjective status, guide them correctly, and promote their awareness of the significance of sports culture. For example, the importance of gymnastics and the precautions in gymnastics should be explained to the students. When the students show imperfect movements, the teacher should give them comprehensive guidance. Practical experience means that the physical education curriculum should be well integrated with extra-curricular sports activities, and the school's sports activities should be very rich, such as badminton games, volleyball, etc. For an excellent Students' practical experience [3]. Environmental influence refers to the ideological education of students. The teacher's behavior will have a subtle influence on students. When teachers are full of enthusiasm for teaching then the students' enthusiasm for learning will increase.

4. Application of the “Trinity” Educational Model in the Construction of Sports Culture in Colleges and Universities

4.1 Set Teaching Goals

Colleges and universities should strengthen the improvement of training environment and facilities, urgently need to strengthen capital investment, build more high-quality training venues, purchase more sports facilities, provide greater convenience for students to participate in various

sports activities, and enable students to participate in the training process such as volleyball and badminton, ensuring good infrastructure for sports safety purposes. In addition, high-quality training venues and equipment guarantees a high-quality sports experience, provide convenience for their participation in sports training, and then stimulate students' enthusiasm for sports activities, so that students can fully feel the fun brought by sports culture and provision of local sports. The development of cultural construction activities has laid a good foundation.

At the same time, the school strengthens the training of teachers 'teams'. Various sports have certain skills. To ensure that students' sports training are carried out more effectively, a high-quality and professional teacher team is required to provide them with professional and high-quality guidance. Therefore, colleges and universities urgently need to strengthen the construction of teachers' teams. This requires schools to strengthen publicity and select teachers with professional skills and good sense of job responsibility in the society. At the same time, sports training courses and colleges should also strengthen ties, select sports college graduates with higher professional skills and passion for teaching, injecting momentum into the development of college sports. On this basis, schools should strengthen teacher training and guidance, request teachers to have a higher sense of responsibility and service to be able to place students' learning needs at a higher level, and provide them with more professional and high-quality sports instruction.

4.2 Enrich Sports Training Methods

The Adolescent stage is an important stage for physical and mental development, with relatively strong individual consciousness and thinking ability. It is difficult for a single physical education teaching model to effectively meet the learning needs of students, therefore leaders of universities should encourage students and teachers from the perspective of students. There should be closer communication between them, to truly understand the needs and preferences of students, and to provide them with corresponding teaching methods. Also, it is necessary to provide students with more high-quality and diversified services, such as providing consulting services as well as scientific and reasonable answers and explanations for students' unclear knowledge and skills about sports culture. It can have a more reasonable understanding of the cultivation of sports culture in colleges and universities, so that students can acquire more professional skills such as badminton and toss, and promote the continuous improvement of training levels. The single training method lacks innovation, and the training enthusiasm of the students will be significantly reduced. When the "Trinity" education model is used, the sports culture will be well spread.

5. Conclusion

It takes a long time to apply the "Trinity" education model in the cultivation of sports culture in colleges and universities. Today's school sports venues and infrastructure are insufficient, teachers are few and the training and teaching methods are single and outdated. The cultivation of sports culture lacks reasonable cognition. Therefore, this article puts forward suggestions such as strengthening the environment and facilities of sports training, strengthening the training of teacher teams, and enriching sports training methods. It is hoped that this research can actually contribute to the application of the "Trinity" education model in the cultivation of sports culture in colleges and universities, and promote the comprehensive growth of youth physical and mental quality.

References

- [1] Zhu Xiaoli. Research on the "Trinity" Education Mode of College Sports Culture [J]. *New Campus (Reading)*, 2017, 13 (1): 110-111.
- [2] Luo Rui. "Trinity": Construction of Chinese Traditional Culture Education Model in Teachers Colleges [J]. *New Curriculum Research (Mid-Term)*, 2017, 02 (5): 9-10.
- [3] Mei Yuqi. Research on the Construction of "Trinity" Practical Sports Teaching System in Colleges and Universities [J]. *Journal of Heihe University*, 2019, 11 (7): 159-161.