

Specific Countermeasures for Higher Institution's Extracurricular Physical Training Without Special-recruited PE Students

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Abstract. As China's economy continues to develop, China's higher education is constantly evolving. At the same time, university students' physical fitness attracts more and more attention. In order to continue to implement the instruction of physical education for college students in China to promote the further development of physical education in higher education, relocating, the development of university's extracurricular physical training without special-recruited PE students is of great significance. For the time being, in order to promote the development of university's extracurricular physical training without special-recruited PE students, you must strengthen the project management.

Introduction

Extra-curricular sports training is not just an important part of school education, but also an important aspect of school physical education. Under the guidance of Ministry of Education documents, every university especially those without special-recruited PE students strengthened the extracurricular physical training. After years of development, nowadays, many college students' physical training in sports competition level and scale of the project have increased more than ever before. However, some problem and shortcomings occurs during extra-curricular sport training. That would require colleges and universities in China, especially those without special-recruited PE students and find measures for their further development. Therefore, it would be necessary to figure it out based on the status quo of extracurricular physical training, find new purpose of extracurricular physical training to identify specific measures to improve.

Present Situation of University's Extracurricular Physical Training Without Special-recruited PE Students

Insufficient attention to after-class physical training in colleges and universities

At the moment, many colleges, especially those without special-recruited PE students, there is no emphasis on extracurricular physical training in those universities. This view is not recognized correctly on the students' development of extra-curricular sports training plays an important role. Therefore, these extracurricular physical training in colleges and universities either do not meet regularly, either look too casual. At the same time, due to lack of emphasis for schools, extra-curricular sports training in both human and material inputs is relatively scarce. Resulting effect is teachers and students neglect sports training, loss enthusiasm in extracurricular physical training. On this basis, the school failed to develop an effective extracurricular physical training management system, lack of effective management of school extracurricular physical training, and productivity is low. Students' extracurricular physical training supervision and guidance cannot be implemented effectively.

College students' physical training lacks software and hardware.

In terms of extracurricular physical training, the basic guarantee is a certain size playground. However, a lot of sports in university's playground is relatively small, no large-scale venue for extracurricular physical training. Moreover, some of the University's lack of timely updates, many college sports venues and facilities are seriously left behind, cannot meet the needs of sports training. With more and more college enrollment in recent years, inadequate venues and facilities to conduct

sports training are increasingly prominent. In addition to the hardware facilities cannot meet the extracurricular physical training, lots of extracurricular physical training of managers and mentors is also directly affects the quality of the after-class physical training. However, many universities' extracurricular physical training is their PE teacher. However, many physical education teachers' lacks professional skills and professional experience in physical training. At the same time, PE teachers have some tasks themselves, assignment of extra-curricular sports training would increase the PE teachers' work pressure, thus also affects the extracurricular physical training, it is difficult to guarantee the quality of extra-curricular sports training.

College extracurricular physical training lack the correct orientation

Related guidance document that was introduced in the education sector, reference was made to develop a high level sports teams in colleges and universities. However, some colleges and universities does not properly understand the document, blindly cater to the terms of the document, regardless of their actual situation, they want to form some high level sport team. In the file, on the development of university sports teams are for key universities with excellent resources, but not all colleges and universities. Some colleges and universities eager to win the prize in the competition, regardless of their actual situation in school, just for the sake of competition and normal rank regardless of students' physical development, blindly expand the scope of training, improving the training intensity. This not only failed to achieve good results, but damage students' physical, mental, it is not helpful.

New Orientation for Extra-curricular Sports Training for University without Special-recruited PE Students Sports

There are many reasons that may cause the problem. However, after some study, and these issues, comparing the key point is many of the extracurricular physical training, colleges lacked a clear scientific orientation. In order to better solve the problem, the most important thing is changing the old ideas, reposition the extracurricular physical training goals. By relocating the target, raising awareness of the extracurricular physical training, in-depth understanding of nature of the after-class physical training to identify beginning development of extra-curricular sports training in the new stage. Only in this way will we be able to achieve new orientation.

New Direction of Extracurricular Sports Training Purposes

First of all, we want to make sure that the main purpose of extracurricular physical training is to promote the development of University students' physical and mental health. Extracurricular physical training is primarily intended to help students relax after school life, so as to enhance students' learning initiative. At the request of a new era, extracurricular physical training is primarily intended to develop students' physical training habits, helping students' sports awareness, promote the improvement of students' social adaptability. While some merely see the extracurricular physical training's surface purpose, you do not see extracurricular physical training's special effects in education. As it has no special-recruited PE students, there is a certain disadvantage in sports. Therefore, more attention should be paid on extracurricular physical training's special role in education. Only in this way can make full use of extracurricular physical training.

Extracurricular Sports Training New Main Position

Under the guidance documents imposed by the relevant authority and the Ministry of Education, the training goal of sports teams with a higher level of quality was presented. This can be seen, one aim of the after-class physical training is to train outstanding student athletes and a high level of physical backbone. Guidance document is directed at colleges and universities with excellent conditions, however, if we study the document more carefully, it is not difficult to find the purpose of guidance documents is to train some top student athletes so as to promote sports in universities. With the active participation of excellent student athletes, create a good atmosphere of sport, to attract more students to participate in extra-curricular sports training, this can also effectively promote the further development of school extracurricular physical training.

The New Position of Extracurricular Physical Training

When reposition the extracurricular physical training, it is necessary to stand on the students' point of view. For the universities without special-recruited PE students, some students do have good athletic ability and athleticism, and some students have a high interest in sports, they have no professional training at their early school times for some reasons. However, these students hope to improve their athletic abilities and skill besides PE classes. Extracurricular physical training can effectively meet the needs of those students. Extracurricular sports training, students can improve their sporting qualities and athletic ability at the same time; by represent the departments of schools or classes in the game, to feel the spirit of joy and edification of sports culture. The feeling was replaced by other things in life, and again, this is another kind of special education for students. The spirit of knowledge accumulated through sports is difficult to achieve by other forms of education, which plays an indelible role in training high quality talents. In modern societies, this special form of education should serve as a new model of university education.

Specific Countermeasures for Higher Institution's Extracurricular Physical Training Without Special-recruited PE Students

Optimization of Extracurricular Physical Training Project Settings

Especially the universities without special-recruited PE students should pay attention to the optimization of Extracurricular Physical Training Project Settings. Because of the lack of professional talents, sports training programs should be excellent rather than numerous. Pay attention to follow the following principles in the training project setting. First of all, a new and unpopular sports project, new project always has a certain novelty, while students can accept new things quite easily. New popular projects are consistent with the pursuit of personality psychology of university students; it can help improve the students' interest in sports. Secondly, the university sport training program is one of the coach's strengths, with high level of ability in the projects, and that project is easy to carry out. So, this kind of project should be the first choice, it can make full use of school's advantage. Promote the project intensively at school; build into a boutique of the university sports. Finally, according to the school's actual situation, select the appropriate project. Lots of students in a sports project have a certain basis, or through training can greatly improve the students' level of athletic ability, all these kinds of projects can be used in school extracurricular physical training.

(B) Strengthening Extracurricular Physical Training Athlete's Source and Development

1, in the extracurricular physical training, the trainee itself must be of high quality. Among them, universities be conscious for some students with sports specialty is important at the time of enrollment, however, the athlete source group of universities without special-recruited PE students is their students themselves. Therefore, the choice of extra-curricular sports trainee needs to be selected. Among them, there are several main ways to select. First, consider those outstanding students at the school-level competition. Second, students with more excellent performances in PE classes, they can be recommended by teacher as well. In the selection of students, students potentially should be higher than their actual sports techniques. A certain physical condition and good potentially is the first choice.

2, after the extracurricular physical trainee selection is completed, then focus on the cultivation of the students' ability. First of all, understand a phenomenon correctly. Many students do not improve in terms of sport technology when they finished one or two times school-level competition. According to relevant knowledge we know, one or two matches were unable to dig out students' potential. Student with potential to explore and improve key skills rely on the usual training and spare-time sports training in PE. In terms of physical education curriculum, rely on adding interesting courses in the basic curriculums primarily. At the same time, through the combination of elective courses to help students lay a solid foundation for extracurricular physical training and technology to improve students' athletic ability. Second, encouraging students to take part in sporting clubs, take some steps to mobilize students' interest in sports, in order to help students maintain a good state of athletic condition, but also conducive to promote students' physical training.

Handling the Relationship between Competitions and Training Properly

Universities without special-recruited PE students, extracurricular sports trainee normally lack sports skills and physical fitness. Therefore, this requires school extracurricular physical training managers and coaches to have a good attitude. Don't put too much emphasis on the student's performance, pay attention to students' mental state after the game, a useful psychological intervention in a timely manner, so as to make sure students interested in it. In amateur sports training, coaches should focus on the technical as well as students' sport interest cultivation. Physical plan of training should be persistent, focused on technical and tactical training, but cannot be too specialized as well; it must not influence students' enthusiasm. Before the game, the training can target at improving the specialized degree, professional training can help students move into competitive status. In practice, long lasting training normally cannot be conducted for a variety of reasons. Thus, it is necessary for coaches to develop a training plan for students and cultivate students' consciousness of self-management, play the consciousness to achieve self-training.

Strengthening Extracurricular Physical Training Management

In the course of promoting the development of extra-curricular sports training program, strengthen the management of the students and coaches is essential. Extracurricular sports training program cannot develop without good management. Among them, for the student's aspects, mainly in optimize school schedules and course schedule, and give students plenty of time to study and develop sports training. Secondly, we have to strengthen the sports-related incentives in order to increase students' enthusiasm. In terms of coach management, on the one hand provides a platform to help the coaches to improve their professional qualities. On the other hand, mobilize enthusiasm of coach and lessen pressure on the coach's job through a variety of means. Through some competition and the establishment of incentive mechanisms to promote the progress of the coaches are also promoting the development of extra-curricular sports.

Concluding remarks

To sum up, physical training in colleges and universities without special-recruited PE is at the new era, the major problems facing the further development is unclear goal orientation, and whose solution is mainly based on the characteristic of the school itself, under the guidance of documents of Ministry of Education on extracurricular physical training, repositioning the extracurricular physical training purpose, nature and so. By creating school characteristics of extracurricular physical training brand, to promote further development of extra-curricular sports training program.

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