

Application Analysis of Outward Training in College Physical Education

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Abstract—To realize the application of Outward Bound Training in college physical education is a new exploration and attempt to guide college physical education reform under the concept of health concept. Outward bound training uses its rich social functions to extend the connotation of College Physical Education and plays an irreplaceable role in achieving the good development of college physical education. Therefore, this paper makes a concrete analysis of the application of Outward Bound Training in College Physical Education teaching. Starting from its characteristics, this paper analyses the application value and scientific application strategies of outward bound training, so as to give full play to the role of cultivating students' physical quality from all aspects and angles.

Keywords—*Outward bound Training; College Physical Education; Application Strategy*

With the reform of physical education teaching in Colleges and universities, outward bound training has become an important part of physical education teaching. It enriches the content of physical education teaching, and plays an important role in developing students' potential and establishing students' health concept of lifelong sports. However, in the current practice, the value and practical significance of Outward Bound training has not been fully reflected. Influenced by many factors, improving the application effect of Outward Bound training still makes the key topic of physical education teaching in Colleges and universities. Therefore, it is still of great practical significance to deeply analyze the application of Outward Bound Training in college physical education.

I. THE VALUE OF OUTWARD BOUND TRAINING IN COLLEGE PHYSICAL EDUCATION TEACHING

It promotes and develops students' physical quality and physical potential. The most prominent manifestation of the social function of outdoor training lies in its rich elements of outdoor sports, thus enhancing the interest and practicality of College Physical Education teaching. Compared with the traditional sports teaching mode, it better meets the physical training requirements of students at different levels, enables students to participate in outward bound training more actively, fully express themselves and challenge themselves in the training process, and realizes physical development while constantly strengthening their physical fitness.[1]

It creates opportunities for college students to adapt to society. Social adaptability is also an important component of modern health concept, which affects many elements such as

mental health, physical health and so on. Therefore, physical education teaching in Colleges and universities should take the initiative to assume responsibility, understand the specific connotation of quality education and specific requirements, and strengthen the cultivation of basic social requirements for students. Outward bound training is usually based on a specific situation, which condenses a certain situation in contemporary society. Students need to adjust their mentality and control their behavior based on the situation in outward bound training, so that they can accomplish their activities efficiently without violating the rules of activities[2]. It can also be regarded as a part of situational teaching, using the situation to let students experience different emotions, such as success, failure, anxiety, confusion, competition and cooperation, so as to achieve the cultivation of students' multi-faceted abilities.

It plays an irreplaceable role in improving students' mental health. Because of the increasing social pressure, college students need strong psychological construction when they enter the society, so that they can face up to failure and their own shortcomings, in order to alleviate the negative impact of fierce competition and high pressure on students' psychology. The outward bound training is rich in connotation, which integrates the theoretical knowledge of pedagogy, physical education, psychology, sociology and other disciplines. The students' inner changes are fully taken into account in the design activities. It not only tests the students' physical quality, but also exercises the students' mind, and improves their ability to resist pressure and adjust their emotions.

II. EXPANDING TRAINING CHARACTERISTICS AND APPLICATION STATUS

A. *Outward bound Training Characteristics*

First, it is comprehensive. Outward bound training has prominent comprehensive characteristics in terms of its design and practice. It integrates many disciplines, theories and designs. In the process of practice, it also exercises students' physical, psychological, will and other qualities, so that students can get rich harvest both physically and mentally in outward bound training.

Second, experience. Outward bound training carries out specific activities is based on certain situations. Students need to integrate into the situation through their own practical experience and cognitive training. Compared with simple training, students have more rich experience. According to

their own life experience and development background, students can learn more abundant knowledge and experience different pleasures. [3]

Third, it is challenging. The most prominent difference between Outward Bound training content and physical education teaching lies in its challenging training content and equipment. For example, training such as field survival and development not only tests students' physical fitness, but also has a strong impact on students' psychology, which requires students to challenge themselves, break through their own limits and complete training tasks.

B. Application of Outward Bound Training in College Physical Education

First, infrastructure construction is imperfect. In the current outward bound training, because of the imperfection of funds, training equipment and the construction of teachers, it has been affecting the outward bound training effect, and many training projects can't be achieved. In order to carry out outward bound training smoothly, many colleges and universities employ teachers from outward bound training institutions, but these teachers' professional qualities and comprehensive abilities have not been effectively inspected, thus still unable to guarantee the teaching effect. [4] However, the lack of funds for physical education teaching in Colleges and universities has always existed. Outward bound training needs to purchase a large number of equipment and equipment, which can't be realized due to lack of funds, thus affecting the role of outward bound training.

Second, the understanding of Outward Bound training is not profound. Outward bound training has also been practiced for a long time in our country, but many colleges and universities still have incorrect understanding of outward bound training. They think that outward bound training is just to launch some simple sports games to make students feel the fun and interesting of sports activities. However, it neglects the experiential characteristics of outward bound training. It is still only for the purpose of fulfilling teaching tasks and ignoring the exertion of students' subjective initiative in the training process. In addition, some colleges and universities believe that outward bound training will interfere with normal teaching, in order to complete the teaching task, they have to carry out practice. [5] The existence of these problems can't give full play to the value of outward bound training.

Thirdly, there are still considerable security problems. Because there are fewer teachers specializing in outward bound training and receiving education system training, many teachers rely on personal experience to guide students in the process of outward bound training. These non-standard behaviors may cause physical injury to students.

III. STRATEGIES FOR THE APPLICATION OF OUTWARD BOUND TRAINING IN COLLEGE PHYSICAL EDUCATION TEACHING

A. Improve the Construction of Teachers

Perfect teaching staff is the guarantee and basic condition to realize the reasonable implementation of outward bound training. For the imperfect construction of teachers, colleges

and universities should pay more attention to it, increase the investment of funds, continuously introduce professional talents, and strengthen the mastery of professional knowledge and skills in teachers' outward bound training. At the same time, our colleges and universities should realize that the development and start of Outward Bound Training in our country is relatively late. We can actively learn from the experience and lessons of foreign universities in teaching application, constantly improve the theoretical knowledge system of outward bound training, and form a training mode suitable for our college students and our national physical quality, so that students' physical fitness and various abilities can be fully exercised in the process of Outward Bound Training. [6] In addition, if conditions permit, we can organize our college physical education teachers to go to overseas outward bound training bases for field experience and investigation, understand the practice of Outward Bound Training abroad, accumulate experience from it, and constantly inject fresh elements into our college physical education outward bound training, so as to achieve the rapid development of college physical education.

B. Promote the Scientificity and Targeting of Content

On the one hand, the application of Outward Bound Training in college physical education should be combined with students' future development. Students live in the campus for a long time, they do not understand the development of society, and many students who have the ability to adapt to society have not received systematic training. As a result, many college students find it difficult to adapt to the social environment after they enter the society. Outward bound training restores many social scenarios, which can help students feel society and society ahead of time. Therefore, in the process of outward bound training, we should not only attach importance to the cultivation of students' physical quality, but also play an active role in the cultivation of spiritual guidance and comprehensive ability. In the specific practice process, starting from the students' physiological and psychological characteristics, the training content is formulated to meet their needs, so that students can get some enlightenment and inspiration in the training process. According to the individual characteristics of each student, the training difficulty and the position or role of the students in the outward bound training should be adjusted appropriately so that the students can better adapt to the outward bound training, and at the same time realize the exercise of their necessary ability to adapt to the society. [7]

On the other hand, the application of Outward Bound Training in college physical education should be combined with students' majors. Because of different majors, there are also differences in the direction of students' quality development. Therefore, in order to highlight the pertinence of outward bound training, we should highlight the focus of training programs among students of different majors. For example, when designing outward bound training programs for business administration majors, we should focus on students' organizational coordination ability and leadership ability. This way enables teachers to design activities according to students' professional environment and future development direction, improves the scientificity and pertinence of activities, makes

the contents of activities better meet the actual development needs of students, and also facilitates the motivation of students to participate in outward bound training.

C. Increase investment and improve the basic construction of Outward Bound Training

Outward bound training itself enriches the content and forms. However, due to the influence of funds, venues, facilities and other factors, the training content is still too monotonous, and the interesting and knowledgeable characteristics of Outward Bound training can't be reflected. Therefore, schools should recognize the importance of outward bound training, improve infrastructure construction on the basis of increasing the introduction of outstanding talents, actively strive for financial support from the education sector, and set up special funds for outward bound training infrastructure construction in schools, introduce outward bound training equipment according to the development needs of students and the development needs of Physical Education teaching in Colleges and universities, set up special venues or venues for outward bound training within schools if conditions permit, and create a good environment for outward bound training so that various types and forms of Outward Bound training can be combined with physical education in Colleges and universities, so as to ensure adequate facilities and equipment and ensure the safe conduct of outward bound training.

D. Construct Scientific Training Recovery System

Although there are great differences between Outward Bound Training in form and physical education teaching, the level of Outward Bound Training in physical strength is basically the same as that of physical education teaching. As non-professional athletes, students need a long time to recover after an outward bound training practice in order to ensure the normal recovery of various physical functions. Therefore, building a scientific training recovery system to help students quickly recover their physical functions is an important means to improve outward bound training and enhance training safety. After each training, the teacher should lead the students to carry out various rehabilitation exercises to help them recover their physical fitness and physical condition systematically. In this process, teachers can have a comprehensive understanding of students' physical condition, timely lead students who are ill or have injuries to the regular hospital for medical treatment, so as to ensure students' healthy exercise and safe exercise. At the

same time, teachers should attach importance to sports training to restore the learning of relevant knowledge and enrich relevant skills, so that after students complete training, they can provide professional guidance for students, help students restore physical fitness and physical function, and avoid injuries to students in sports.

IV. CONCLUSION

To sum up, outward bound training, with its rich connotation and social functions, has become an indispensable part of current college physical education teaching. Therefore, the role and value of college physical education teaching should be fully realized in the application of outward bound training. According to the current situation of the application of outward bound training, this paper points out the existing problems and shortcomings in the current application, and puts forward specific strategies for the application. It is hoped that it can provide useful reference for College Physical Education teachers, realize the innovative application of Outward Bound Training in the process of teaching practice, and truly realize the healthy physical and mental development of college students in China.

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