An operational study on the Construction of the combination training method of Ten items of physical Fitness for Men in troops

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Keywords: Military physical fitness, Men, Combination training, Physical fitness.

Abstract. In this paper, combined with practice and the concept of the new era, the idea of fighting effectiveness from organizational form is firmly established, which is composed of three basic elements: man, weapon equipment and the combination of man and weapon equipment. As the originator of combat effectiveness, people can not be separated from the exercise of physical quality, only their own hard, in order to give full play to combat effectiveness. The army has always attached great importance to physical training, and only by innovating physical training methods and making the training methods more reasonable, scientific and effective can we keep up with the trend of physical development of the times and forge a more powerful people's army. Therefore, this paper adopts the literature method and semi-structural interview. Talk about the method, the action research method and so on, boldly innovates through the army men's physical fitness project transformation and the conformity, constructs the suitable army men's physical fitness training one kind of method. It is concluded that the combination training of "physical fitness ten items" belongs to the training method with heavy load and high intensity, which accords with the characteristics of physical fitness training of troops.

1. Introduction

This paper takes the methods and means of modern physical training as the theoretical basis of this paper, including the basic theory of promoting physical quality, the basic requirements of physical quality, the basic principles of physical quality, the value of physical quality, the measures to promote physical quality and the evaluation of physical quality. It is the theoretical basis and theoretical basis for the design and implementation of the combination training method of physical fitness in this paper. In the article "differentiation and Analysis of the concept of physical Fitness", Gou Bo and other scholars defined physical fitness as "physical fitness" is a reality. On the basis of innate heredity and acquired practice, the adaptability of the body to the outside world includes three aspects: body shape, body function and sports quality. Body shape and function are the material basis of physical ability, and physical fitness as the basic sports ability of human body belongs to the concept, that is, the external expression of physical fitness is sports quality, sports quality is the core content of physical fitness, and its extension is strength, speed, endurance, balance, coordination, flexibility and sensitivity. It provides theoretical support and possibility for the construction of ten physical fitness training methods for men in the army.

2. The construction of the combination training method of "ten physical fitness" for men in the army.

2.1 Take the bow of the load-bearing cartridge box and walk

Load-bearing ammunition box bow step is to carry 20kg ammunition box, from the starting point of the set bow step 10 meters, each step, the front leg and thigh angle (that is, knee joint) is 90 degrees (that is, forming a right angle); back knee joint needs to be straight in a straight line, can not bend; two feet can not take off at the same time, waist plate straight; to meet the above requirements, you can continue the next step. In the course of walking, if the center of gravity is unstable and the

ground is supported by both hands, or if the ammunition box touches the ground, then return to the starting point of the project and start all over the starting point of the project. When the front foot of the bow step completely crossed the finish line, the next project can be continued. The project takes a bow step by loading the cartridge box can exercise the flexibility of leg stretching and enhance the strength of the legs. At the same time, the load-bearing bow walk because it is one foot forward, one foot in the back, has instability, so it can also exercise core stability.

2.2 Turn over a tire

Turning over a tire is to place a 100kg heavy tire from the starting point of the set. lift one end of the tire to the ground with both hands and all the force of the whole body, turn 15 meters in turn, until the whole tire completely overturns the finish line, and then proceed to the next project. The tire must be lifted from one end and touched the ground. The violator must not push the whole tire away from the ground and move the tire back to the starting point. The project mainly through the hand strength and leg and waist extension coordination force to flip the tire, can exercise the strength of all parts of the body and stretching support ability.

2.3 Continuous jump obstacle (ammunition box can be changed to fence if there is a condition)

The continuous jump obstacle is to put six ammunition boxes standing from the starting point of the setting. The distance between the ammunition box and the ammunition box is 1 to 1.5 meters. It is expected to be 10 meters long. The specific operation is placed on demand, about 60 cm high, and the next item can be continued after six ammunition boxes with two feet jumping continuously. If you want to knock down, you need to set up your own, continue to jump the ammunition box, strictly prohibit jumping from outside the ammunition box or one foot. This project mainly through the leg bounce and the hand pedal swing whole body coordination force, can exercise the leg bounce force and the body coordination very well.

2.4 High five push-ups

High-five push-up is to put a mat vertically from the set point (preferably yoga mat), from the last item jump obstacle to the next project after the high-five push-up distance of about 5 meters, can also be placed as needed in practice. The standard push-up posture is required. When bending the elbow, the big arm clamps the body, perpendicular to the body, and the upper body is as close to the ground as possible. After straightening and straightening the arm, the waist and buttocks can not be bent, repeated dozens of times. Through the weight of limbs to bear the weight of the arm, the use of arm support instantaneous force, exercise the compressive ability of the hand and response time.

2.5 Shuttle run

Round trip is from the set starting point to the end of the distance of 10 meters to run three times, that is, from the starting point to the end, and then back to the starting point, and finally to the finish line to continue the next project. One of the two hands is required to return to the iconic external touch; if you do not touch the outside of the sign line, go back to touch the sign line until three runs are completed. The project practices the reaction speed and explosive power of running by running back and forth.

2.6 Push-up rowing

Push-up rowing is to put a mat vertically from the set point (preferably yoga mat), put a heavy 15kg dumbbell on the same side of the cushion, lie on the body prone (similar to push-up), do 5 rowing on the left and right arms, and change hands five times at a time, so that the movement is continuous. When one hand is required to row, the other simply holds the middle of the other dumbbell and pulls the dumbbell to the horizontal line of the chest. The project holds the dumbbell in one hand to train the core stability, and the other hand trains the lifting and pulling power of the arm to achieve the training balance effect of the two hands through exchange.

2.7 Rope skipping

Skipping rope is about 5 meters away, a pair of rope is placed at the set point, and the trainer picks up the rope and jumps directly 50 times after the last project. It is required to use two feet to shake rope skipping rope, to complete 50 times. The tripping was not a success and was recounted from the previous tripping. The project ranges from swinging the arm of the rope to the beating of the foot, almost all over the body. The balance of the body, the coordination of muscles and the exercise of cardiopulmonary function can achieve the effect of exercise in a very short period of time.

2.8 V up

The distance between the two ends is also about 5 meters, and a mat is placed vertically at the set point (preferably yoga mat). The trainer lies on his back, his arms stretched out on the ground above his head, and his feet on the ground. Legs and arms swing straight up, hands and feet touch each other in the air. When the action is required to restore, the hand and foot touch the ground before starting the next action, otherwise do not count. The project moves from foot to hand at the same time, changing the lying torso into waist stretching and abdominal tightening, which can exercise well to the core strength of the torso and achieve the exercise effect of the whole body participating in the activity.

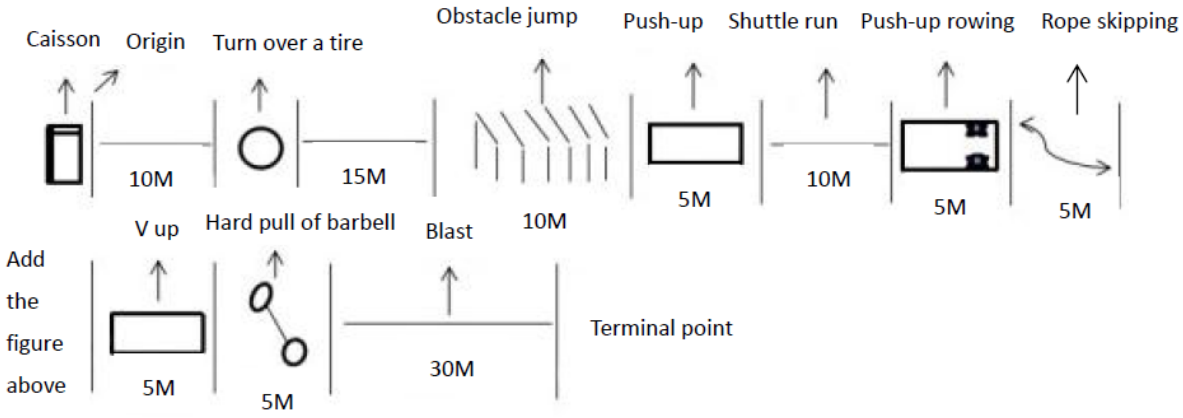
2.9 Hard pull of barbell

The distance of the barbell hard pull should also be more than 5 meters. The trainers who come to this stage are already in a state of exhaustion and adjust by adding a little distance as appropriate. A pair of heavy 80kg barbells are placed horizontally at the set point. The trainer is required to use leg flexion and hard pull to complete 10 hard pull. When the barbell rings, the upper body must stand straight and straighten the hip. When the barbell is put down, it must touch the ground before making the next action. The project works out the flexion and extension of the legs and waist from the flexion of the leg to the straight hip of the waist. At the same time, hard pull is a very effective action for the training of explosive power and the transfer of lifting power, as is the exercise of a strong lower back and abdomen. It has a very good effect.

2.10 Blast

The distance from the sprint to the end point after the completion of the previous project is 30 meters, and since the project has already been the last of this physical training, the 30-meter dash is required to be completed with the maximum speed at this time until the end point. After the completion of the first nine projects, the body is in a very tired state, and the idea of giving up the training will be generated, so it is required to run to the end point with the maximum speed, to exercise the oxygen-free endurance of the trainer and the willpower.

3. Schematic diagram of ten physical fitness combination training



4. Research results and Analysis of Action

Action research is a scientific study of your actions, from participating in the reflection of their actions. Conduct action research according to the operation steps in the schematic diagram, conduct the test and experience, and then conduct the interview after personal training experience, and the following conclusions are drawn: Interviewers basically agree that this will power of the trainer is a very good test, reflecting that the body of the seventh project has been fatigue, and then there is a thought of giving up, and the latter can only bite the teeth. Through testing the training method, the completion time can be basically 24 minutes without error, If more than 4 minutes in the whole process there will be a lot of problems, such as errors caused by certain items redo, stamina deficiency, lack of strength and other reasons, specific problems should be analyzed. After the test, the heart rate beats very fast, shortness of breath, the whole body muscle, especially the leg muscle ache aggravation, sits uncomfortable, recovers for a long time. This shows that the "physical fitness ten" combination training is through the embodiment of the maximum strength, speed, endurance, coordination and other comprehensive ways to complete, belong to a high-intensity training.

5. Conclusion and suggestion

To sum up, the combination training method of "physical fitness ten items" can improve the development of all muscle organs, and can cultivate the physical quality and willpower of soldiers. However, due to the limitations of project equipment and other aspects, in the application of this training project, we should set up time tellers and referees who are familiar with the requirements of this project, and strictly according to the requirements of timing. Those who receive this training program should pay attention to safety. Because of the load and intensity of this physical training, people with incomplete cardiopulmonary function, liver function disorder, physical defect or some kind of disease should be used with caution.

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