

Research on Current Situation and Countermeasures of Extracurricular Sports Training in Colleges and Universities

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Abstract. In recent years, college education has increased the input of physical education in order to improve the health of students and cultivate the exercise habits of students. It is very important to promote the students to strengthen physical training in their spare time. This paper starts firstly analyzes the current situation of college extracurricular sports training, and then give the countermeasures of extracurricular physical training from the three aspects of training time, training and training management to provide some references for the relative researchers.

Introduction

Sport is an all-round development of sports. It can not only keep you fit, but also can be used as an effective means of work and rest. But from the perspective of diversification, it can be found that the university sports itself also plays a multiple role. First of all, we need to take appropriate measures to improve the current college physical education teaching methods, and constantly enrich its practical significance. In colleges and universities to promote after-school sports training, first of all can enrich the students' extracurricular life, so that it becomes a variety of forms, and promote the construction of different types of campus culture. In addition, it can promote the development of the school sports group. It has a certain appeal and appeal, so we can get a special effect of physical training. Therefore, the multiple values of sports training provide a good environment for the development of students and related facilities. Colleges and universities have different professional classification, for sports professional students, after-school sports activities, can effectively promote their sports skills training. At the same time, the continuous development of the school after school sports work, but also can continue to strengthen the university related sports skills. In order to achieve this goal, need to constantly strengthen teachers with and improve, while also increasing the sports equipment and facilities equipped, so it will further increase the students' physical exercise, to make most of the students can benefit from them. Therefore, the scope of the sports is also increasing. All these are helpful to the development of our sports talents training target.

Current Situation of Extracurricular Sports Training in Universities

Limited Time. Student's extracurricular activity time is limited. Most of the students in Colleges and universities are faced with heavy load. For some students, they have a lot of theory courses, while in class but also the need for a large number of test operations, and often experimental course of time cannot be fixed, just random arrangement and adjustment, thus causing less spare time after school self-disposable. Therefore, it is not effective for this kind of student organization related sports activities, at the same time prone to a variety of changes, resulting in a conflict between

students' academic and extracurricular sports training. The influence factors of practice and holidays, so it caused the students for their contribution to sports power is limited, and it will be related to the collective project tactics, style and other factors will cause negative effects related to. Students can find their own shortcomings through the competition, so as to take the necessary measures to encourage the relevant sports enthusiasm. But the school organization of the competition is less, so the students cannot through the aspects to constantly improve themselves, and sports projects for a long time. Some of the school's training site environment is poor, and venues, equipment, equipment, there are obvious deficiencies, and will be affected by weather factors, so it needs to continue to improve. As athletes, focus on the study of professional knowledge, can only use their spare time to complete the training mission, as well as the influence of exam and holiday, so training random changes, training system to ensure consistency. Only in the game before the training period, sports teams in Colleges and universities to adjust the training time, part of the school holidays also began training, but because of the special training course, is short period training behavior.

Unscientific Training. Physical training in colleges and universities still use the traditional teaching system, the administrative color is higher than the teaching purpose. We make the college after school sports training to become the representative of the formalism, the influence of the sports initiative and training. When planning, the proposed goal cannot match the actual situation, not fully take into account the commercialization of sports and professional road, resulting in a lot of goals cannot be achieved. At the same time, some colleges and universities in the recruitment of athletes in violation of operating behavior, the impact of the school's social image. Extracurricular sports training funds are mostly from the school, the school is difficult to raise training funds from other sources, and the school sports funds are very limited, has seriously affected the smooth development of school sports teaching career and. School time is more intense, heavy schoolwork, many students can use their own very little time. All these factors have hindered the normal development and smooth running of the spare time sports training work. Amateur training conditions are relatively professional, sports training in colleges and universities operating mechanism, facilities. to nutritional supplements and professional team sports school which is even less than some college athletes, athletic performance is not the main reason. The athletes of sports training reflects the shortage of funds, the gap is large, resulting in the training cannot be normal, systematically, to improve the quality of training; training venues and facilities are not ideal, supervision and protection work of sports injury is not in place. Training ground and facilities and other physical security is also an important factor in sports training. It reflects the basic condition of physical education in Colleges and universities to carry out competitive sports training.

Deficient Management. The current sports training competition and reward system is not perfect. The part of the university sports competition system to acquire the level and method, but from other aspects of analysis, still exist some problems, such as the length of training period, teacher qualifications, and make full use of human resources, have caused a certain impact. And part of the long distance, cannot carry out the year after school exercise, which caused the waste of personnel. In respect of the relevant incentives, there is no comprehensive and reasonable system, so it cannot be effective from many aspects to promote the enthusiasm of students and related training teachers. The most important is that students and teachers do not have the relevant recognition. For athletes, because students need to consider their own future employment development, work direction, so it cannot promote the development of the current college after school sports training. Strengthen the exercise of medical supervision, to prevent the occurrence of sports injury and transition training. The coaches should stick to routine supervision and inspection

of athletes self-supervision, so that athletes develop good habits of self-testing and temperature, morning pulse writing training diary, so that the athlete's self-supervision habits and institutionalized; observe the athletes in training and competition after the performance, in order to take the corresponding adjustment measures in a timely manner; regular medical examination for a series of physiological and biochemical indexes of the athletes, understand the function and nutritional status of athletes, adjust training plans, effectively prevent the transition of training.

Countermeasures of Extracurricular Sports Training in Universities

Guarantee Training Time. Universities should analyze and arrange the time of spare time training, and make a systematic and scientific training program. Physical training should be a continuous process of deepening and gradual, it is not possible to want to jump, and it must have a certain time to improve and complete the training standards. According to the laws of motion, for the higher level of athletes, to improve the training results must be exercised daily for more than four hours, and should continue to exercise for about eight years. If the training time cannot be effectively guaranteed, even if the athlete's personal qualities is good, the exercise capacity will gradually decline, therefore, in addition to college athletes should carry out the necessary training, guidance training plan should be clear, reasonable planning industry time and spare time athletes, thus the greatest degree of mining athletes potential. Sport training is a process of gradual and continuous deepening. The improvement of the sports performance needs some training time. Even with a high level of athletes, there is not enough training time, the level of movement will also decline. While in college athletes in college athletes are different from their occupation athletes, improve athletic performance at school, but also the completion of the school, to obtain the corresponding credits, to be allowed to graduate, which determines the training time is limited. Therefore, the coaches should be based on the characteristics of the students to develop a focus, clear thinking and clear stage of the training plan to arrange a reasonable exercise time and the training can be carried out step by step.

Strengthen Training Guidance. To improve the level and effect of the training of the athletes, colleges and universities must carry out a reasonable planning of the load capacity of the village training project. Colleges and universities should follow the characteristics of the physiological function of athletes, excess load movement ability study of athletes, the establishment of multi volume overload exercise class, so that athletes selectively exercise their own quality, so as to improve their athletic ability. Of course, the athletes in training process, the training method and the training method is very important in the development of universities, training and selection of training methods, should be combined with the athlete's body function, formulate the training plan for the needle, the training content should conform to the human physiological characteristics of athletes, and then through reasonable means of comprehensive training to improve the athlete's body function. Raising the level of movement through the training body at a higher level to adapt to the exercise load, but not all the sports training can make the body produce special adaptation, only to follow the circadian rhythm of human body to work two in training should conscientiously implement specialized, increasing excess load, reversible and individual treatment principle, thus to achieve the best effect of training. At the same time to take into account the individual differences, to be targeted. The professional team of students born in the training load arrangement to improve sports skills, training for sports students load content arrangement is athletic skills and athletic function both need to improve. Therefore, it is very important to improve the motor function in the training. The arrangement of the training load should focus on the rapid increase in the performance of the athletes. Coaches should implement the corresponding training methods and methods

according to the characteristics of the general university training, the training of the project, the object and the conditions. The training scope is too narrow will affect the further improvement of the performance in the future.

Improve Training Management. Extracurricular sports training management is the basis and important measure to ensure the normal construction and maintenance of training, competition, learning and life order of the school sports team. Management is also education, so the school sports team management more emphasis on education and management. Physical exercise is a hard work, sports scores, including the joint efforts of the coaches and athletes, so the current should be set up relevant incentive mechanisms to continue to stimulate students' and teachers' enthusiasm for sports. This can really make good use of the spare time of the part, so as to continuously cultivate and strengthen the sports skills. Colleges and universities to carry out the relevant sports training, students are the main body of this activity, so students need to continue to clear the importance of physical exercise for their own development, to strengthen the participation in after-school sports. Colleges and universities to ensure that students can proceed from the reality, to take relevant measures to continuously promote the development of after-school sports training. And the current needs in the field of construction, school management, competition arrangements must have a certain management system. At present, the evaluation system of extracurricular training in Colleges and universities are basically consistent with the evaluation system of classroom physical training, which is naturally difficult to improve students' enthusiasm to participate in extracurricular sports training. Only according to the basic characteristics of after-school sports training, and accordingly set the appropriate assessment system, to be able to effectively supervise and encourage students to actively participate in. For example, the training results from the past to a single score based assessment model, correction for many aspects of the training attitude, training time and the degree of progress to comprehensive evaluation, but also can introduce peer assessment and self-assessment, to stimulate self-initiative training of students. It can promote the enthusiasm of college students' extracurricular physical training.

Conclusion

At present, the development of after class physical training in colleges and universities is an important teaching goal. Some factors have seriously restricted the development of extracurricular sports training in colleges and universities. We should take the necessary measures, such as guarantee the training time, strengthen scientific training guidance and improve the management mechanism to ensure the students improve their health.

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