

students' maladaptive cases and students with strong adaptive ability increase greatly. Therefore, campus orienteering improves students' social adaptability and team collaboration capability, which lays a solid foundation for their smooth entry to society in the future.

G. Tempering Will and Cultivating Outstanding Quality

Orienteering teaching competition is to develop students' emotions and brave and indomitable will and also to emphasize mutual help in the teaching of orienteering. A saying is commonly heard in campus orienteering: "It is not that you can not, but you dare not; it is not the question of your ability, but your mentality." In the training, students will meet various difficulties and challenges. In this environment, whether they can timely adjust their mentality, control their emotions and take the first step decisively and courageously is the key to success. As can be seen from Table 1, campus orienteering enhances students' self-confidence and help overcome their own inertia, so that students become positive and their psychological health is also improved. Therefore, campus orienteering can cultivate good qualities like calmness, decisiveness, self-confidence, perseverance and so on, release all the energy of life and change the backward learning methods, so as to come into the the highest state of self-education and self-improvement and create a ideal self. Furthermore, campus orienteering can hone the perseverance to overcome difficulties, develop a healthy psychology and positive attitude towards life, improve and strengthen students' spirit of self-challenge, cultivate noble personality, so as to make participants a stronger person.

Conclusion

The promotion of orienteering in campus can improve the physical quality of students, promote the health of students, improve survival ability of students, train students's ability of independent thinking and difficulty solving, and help develop students' ability of rapid reaction and decisive judgment in the case of pressure. What's more, it helps expand content and space of school sports, and enhance students' ability of recognizing and using map and the quality defense of national quality. Through the practice of campus orienteering courses, it is found out that campus orienteering enables students to recognize their own potential and plays a positive role in enhancing self-confidence, improving mental capacity, improving students' interpersonal relation, cultivating teamwork spirit and maintaining physical and mental health.

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