

Enlightenment of the Basic Principles of Sports Training on Physical Education Teaching in Colleges and Universities

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Abstract: Sports can play a potentially important role in improving public health through a positive attitude towards sports and the promotion of health-related fitness programs. This article mainly studies the enlightenment of the basic principles of sports training to college physical education. This article mainly studies the enlightenment of the basic principles of sports training to college physical education. Sixty-six people are selected from the track and field majors of normal colleges and universities. Their physical fitness is basically the same, and there is little difference between the 400m and 800m competitions. 66 students were randomly divided into 4 groups: control group 1 group, control group 2 groups, level teaching group 1 and level teaching group 2. The control group 1 and the control group 2 received 6 months of traditional physical education, and the level 1 group and the level 2 group received 6 months of horizontal sports training. The layered sports training proposed in this article is based on the weaknesses of different athletes. Under the guidance of the training syllabus, different training contents are arranged to make the athletes progress.

Keywords: sports training, physical education, teaching inspiration

1. Introduction

In the environment of higher education, concept physical education is widely offered to promote a healthy lifestyle. Physical education in Colleges and universities should combine the promotion of students' harmonious development with the improvement of students' health level, and make use of teachers' dominant position to mobilize students' initiative. Take the sports training principle as the center thought, to educate the student sports. With the progress of society and education, people's understanding of physical education and the experience of sports training are deepened. The principles of physical education are changing, and the importance of health principle is ignored.

Ahmadi a proposes a novel dynamic motion analysis framework, which uses wearable inertial sensors to accurately evaluate all athletes' activities in real training environment [1]. The purpose of suppliah HT is to explore the effects of different intensity of exercise training on sleep patterns of young athletes, and to describe the new sleep data and daytime sleepiness of Asian elite athletes [2]. The purpose of Keogh J W L is to systematically review the injury epidemiology of these weightlifting exercises and, if possible, to find out whether this is affected by age, gender, competitive level, and weight type: an electronic search was conducted using PubMed, SPORTDiscus, CINAHL and EMBASE to study the injury epidemiology of competitive athletes in these weightlifting exercises [3].

Jes ú s Viciana raised some issues related to students' learning, such as the duration of traditional teaching units, the total time and allocation of students' learning. Jes ú s Viciana analyzed the intermittent, alternate, irregular and intensive teaching units. These suggestions focus on the new way of time allocation in physical education and update the concept of unit planning and curriculum design [5]. Petherick La aims to explore the racial and cultural issues in health education in secondary school health and physical education curriculum in Ontario, Canada. Taking Ontario's secondary school curriculum as an analysis point, Petrick La defines the orientation of cultural and racial identity in contemporary health education documents from the perspective of critical racial theory and white people. Curriculum documents and the latest teaching strategies are the focus of this paper. In the course, the new teaching strategies provide an entry point for students to learn more about culture and race. In particular, the identities of first nations, Metis and Inuit are mentioned in the course.

Specifically, the three areas of the curriculum point to ethnic and cultural themes in the field of health: diet; drug use, abuse and addiction; and exercise [6]. Chen L made a comparative study on the curriculum of social sports major between China and Australia. By introducing the main problems existing in the curriculum design of higher vocational education, this paper makes a comparative analysis of the curriculum design between China and Australia, and points out clearly that the higher vocational curriculum must be ability oriented [7]. Liu J aims to explore the effect of CPE on health-related health (HRF) level of freshmen. Liu J was designed for pre-test and post-test studies [8].

The hierarchical sports training proposed in this paper is a teaching method of College Physical Education Based on the basic principles of sports training. This method can carry out graded training according to the weak points of different athletes, and arrange different training contents under the guidance of the training program, so that the athletes can obtain the desired progress. On the basis of the content of the training plan, making full use of its professionalism, we can get a higher level of development and enhance students' love for sports. From the track and field major in our school, we selected 66 people whose physical fitness is basically the same, and the results of 400 meter and 800 meter race are similar. The 66 students were randomly divided into four groups: control group 1, control group 2, hierarchical teaching group 1 and hierarchical teaching 2. The control group 1 and the control group 2 were given traditional physical education for 6 months, and the level teaching group 1 and the level 2 teaching group were given the hierarchical sports training teaching for 6 months. Six months later, the physical fitness test, 400 meter race results and 800 meter race results of the two groups of students were compared and analyzed.

2. Basic principles of sports training and physical education teaching in colleges and universities

2.1 College physical education

In college physical education teaching planning, training specifications, curriculum system design and teaching content arrangement generally refer to the training objectives of a certain type of professional talents. This prescriptive talent training mode and expected effect is called teaching plan. The emergence of teaching plan further standardizes the course structure, teaching content selection, class hours and credit allocation of specialty setting, and provides guidance plan and programmatic document for corresponding professional personnel training institutions. According to the classification of different types and nature of schools, there are different differences in the setting of teaching projects. University teachers are the main executor of teaching plan, and students are the beneficiaries of teaching plan [9].

Curriculum design is the focus of school teaching plan, according to the set curriculum design to teach students [10]. The concept of curriculum can be divided into broad sense and narrow sense. The broad sense of curriculum concept is understood as the influence of students' activities in professional training and educational institutions. In a narrow sense, it refers to the way students learn in a certain professional discipline or a certain course. Curriculum design is the design system of special education institutions for the educated to learn. Educators have specific plans for students' learning content. Within a certain range of restrictions, they systematically arrange the course content by using certain educational methods and means. In this process, the purpose of curriculum design is an important plan for educators to achieve teaching objectives.

2.2 Basic principles of sports training

In order to achieve the goal of sports training, we must follow its basic principles in the process of sports training. The basic principles of sports training are as follows:

(1) The principle of comprehensiveness

The differences of athletes' physical quality and weak points lead to differences among athletes. Therefore, we must pay attention to the weak points of athletes in the process of sports training. The principle of comprehensiveness means that in the process of sports training, according to the characteristics and weak points of the items and athletes, formulate the corresponding training tasks and select the training methods and loads suitable for the athletes. In the process of athletes' training, we should improve the advantages of athletes, train according to the weak points, strive to control the impact of weak points to the minimum extent, use the overall coordination of training, combine

personal characteristics with special training, and maximize the potential of athletes.

(2) Feedback principle

In the process of sports training, coaches need to master the information of athletes timely and accurately. If we can't get the latest feedback information of sports training in time, which will bring adverse effects or direct losses to the whole sports training, then the training information that has an impact on physical exercise will deviate from the development direction or delay the development opportunity. In order to improve the physical fitness of athletes, it is necessary to ensure the timeliness and comprehensiveness of feedback information, which is an effective winning factor in the competitive environment. It includes not only the physical health level of athletes in training, but also the recovery after training. In addition, it is very important for athletes to know their own physical conditions by monitoring and feedback physiological indicators in the process of their growth.

2.3 The enlightenment of the basic principles of sports training on physical education teaching in colleges and universities

As far as college physical education and sports training teaching are concerned, they belong to two different categories with different contents and different training and teaching process. However, there are some similarities between physical education teaching and sports training teaching. Many principles and methods of sports training can provide reference for physical education teaching, especially the basic principles in sports training teaching have a certain compensation and enlightenment effect on physical education teaching.

Sports training is mainly for some competitive sports services. Sports competition is a way of life and entertainment that can bring people spiritual enjoyment, and it is also a high-level competitive sports competition. Holding the competition can stimulate students' competitive consciousness, improve themselves constantly in the competition, and obtain new experience and feeling. This is very conducive to the physical and mental development of students, and can tap the potential of students.

In the process of teaching sports training, some advanced training concepts and methods will be adopted according to the athletes' physical quality, so the teaching sports training is systematic and professional. However, the lack of advanced training ideas and methods is the lack of college physical education. College sports teaching uses the training ideas and methods in sports training to carry out teaching activities, and promote the quality and effect of physical education teaching.

3. Experimental design

The differences in students' physical quality, interests and hobbies lead to great differences in students' physical quality and weak points. The traditional sports training mode obviously can't meet the needs of athletes. It can customize the learning plan according to the physical fitness level of most athletes, and can't carry out sports training for each athlete's weak points. Based on the basic principles of sports training, hierarchical sports training is a teaching method of college physical education. This method can carry out graded training according to the characteristics of different athletes, and arrange different training contents under the guidance of the training program, so that the athletes can obtain the desired progress. On the basis of the content of the training plan, making full use of its professionalism, we can get a higher level of development and enhance students' love for sports. Under the guidance of teachers, through active learning, most students can complete the learning task and improve their skills. Stratified sports training is a college physical education teaching method which takes into account the differences of different athletes and promotes the common progress of all athletes.

This paper mainly studies the enlightenment of the basic principles of sports training on college physical education teaching. In this paper, from the track and field major of our school, we selected 66 people who have the same physical quality and have little difference in the 400 meter and 800 meter race results. The 66 students were randomly divided into four groups: control group 1, control group 2, hierarchical teaching group 1 and hierarchical teaching 2. The control group 1 and the control group 2 were given traditional physical education for 6 months, and the level teaching group 1 and the level 2 teaching group were given the hierarchical sports training teaching for 6 months. Six months later, the physical fitness test, 400 meter race results and 800 meter race results of the two groups of students were compared and analyzed.

The control group 1 was marked as group A1, the control group 2 was marked as group A2, the hierarchical teaching group 1 was marked as group B1, and the hierarchical teaching group 2 was marked as group B2.

4. Analysis of experimental results

Having a good body shape, good physical fitness is also the cornerstone of excellent results. Physical quality includes strength quality, speed quality, endurance quality and agility quality, which plays an important role in 400m and 800m races. The first moment of running needs to have a strong agility and explosive force, along the way to have speed and endurance combination, the final sprint to have explosive force. Therefore, the balance of all aspects of physical fitness is the basis of winning the game.

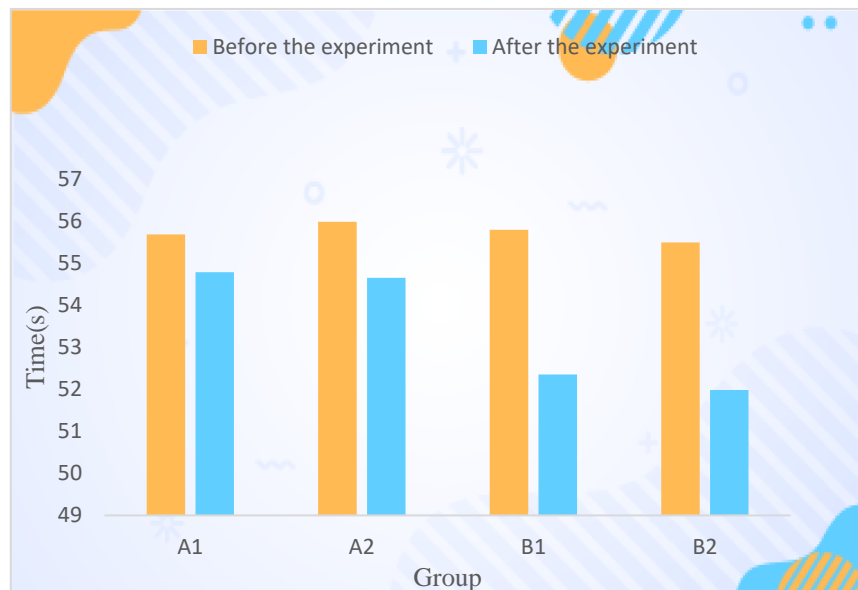


Figure 1. The results of the 400 meter race in the control group and the hierarchical teaching before and after 6 months

5. Conclusion

This paper mainly studies the enlightenment of the basic principles of sports training on college physical education teaching. This paper mainly introduces some foreign sports training research, the second part introduces the basic principles of sports training and the basic principles of sports training for college physical education.

The hierarchical sports training proposed in this paper is a teaching method of college physical education based on the basic principles of sports training. This method can carry out graded training according to the weak points of different athletes, and arrange different training contents under the guidance of the training program, so that the athletes can obtain the desired progress. On the basis of the content of the training plan, making full use of its professionalism, we can get a higher level of development and enhance students' love for sports.

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