

Youth Sports Training Method Based on Virtual Reality Technology

Xuelian Dong

*Jiangsu Electronic Information Vocational College, Jiangsu, Huai'an, China
luyan02300@163.com*

Abstract: *The health of teenagers' physical quality is not only related to their personal growth and life, but also related to the health quality of the whole nation. In order to ensure the orderly development of teenagers' sports training, we must carry out sports training at all stages of teenagers' growth, and the youth sports training method based on virtual reality technology. Starting from the current situation of teenagers' sports training, this paper analyzes the problems existing in teenagers' sports training, including the lack of understanding of training intensity by sports teachers and the differences of teenagers' physical quality. This paper puts forward the training method based on virtual reality technology, appropriately increases the training difficulty by using virtual reality technology, and trains sports skills and physical fitness in groups based on virtual reality technology, so as to improve the theoretical support for improving the sports quality of teenagers.*

Keywords: *virtual reality technology; youth sports; training methods*

1. Introduction

Youth sports is an important basis for building a strong sports country. China attaches great importance to youth sports training, and the establishment of a strong sports country must comprehensively develop mass sports. As an important support of the masses, there is no doubt about the importance of youth, which requires a correct understanding of the ways and methods of sports training. Strengthening the physical training of teenagers and promoting their physical and mental development is a major event related to the future of China and the Chinese nation^[1]. Party committees and people's governments at all levels should attach great importance to and give strong support to them. In the proposal on strengthening the physical fitness of children put forward by the general office of the State Council, it clearly emphasizes the physical health of children, which is not only related to their personal growth and life, but also related to the development and health of the whole Chinese nation^[2].

After years of hard development, China's youth sports training has made great achievements, and the majority of sports researchers have also carried out in-depth research on youth sports training. However, the long-term development of a nation cannot only look at the immediate development effect. What is the development direction of youth sports in China? We must really tap the new needs of youth sports based on the way of sports training^[3]. Based on this, this paper studies the youth sports mode of virtual reality technology, so as to provide theoretical support for better serving the youth sports cause and fully reflecting the youth sports quality.

2. Current situation of youth sports training

As a solid reserve in the sports team, teenagers are the main force and effective force for the continuous development of sports. Under the situation of comprehensively cultivating excellent sports talents, this paper studies the current situation of youth training in China. According to the sports training mode and system of teenagers in Colleges and universities in China, this paper analyzes the current situation of teenagers' sports training. In terms of training mode: launching youth sports training in Colleges and universities refers to making use of physical education time and after-school time on campus to focus on training in one aspect or in multiple directions through their own resource advantages and conditions. Therefore, in the sports schools in all provinces and cities, a variety of sports projects have been carried out to provide a more perfect model for youth sports training. It is mainly in the stage of education for all, relying on the stages of primary school, junior middle school

and senior high school, through a series of organized and planned measures, to carry out professional training in various colleges and schools, so as to realize the complete connection between primary school, junior high school and amateur Colleges.

3. Problems in youth sports training

3.1. Physical education teachers have insufficient understanding of training intensity

In improving teenagers' sports skills and physical quality, only through practice can it have training significance. At this stage, the main personnel for sports training on campus are physical education teachers. Affected by personal factors, there are two tendencies in physical training. There are two tendencies in carrying out physical training. One is that physical education teachers will blindly improve the training intensity. In order to overcome the problem that the practice quality of primary and secondary school students does not meet the standard, they will improve the practice intensity in teaching in order to improve their practice quality. Its tendency is mainly affected by the solid-state thinking consciousness. Most PE teachers believe that China's youth training activities are far lower than those in western countries, so they always want to surpass foreign countries in training. On the other hand, there is less training intensity. In primary schools or junior middle schools, some school physical education teachers believe that their students' grade is generally small. When setting up physical activity training in schools, they often use reducing exercise intensity to reduce the stress in order to reduce the burden intensity of students' body and mind, while lower intensity exercise can not meet the needs of physical fitness.

3.2. There are differences in teenagers' physical quality

Young people's sports training needs greater endurance. In different training projects, the situation of training in various schools is also different. From a comprehensive comparison, most of the reasons are that teachers think there are differences in young people's physical quality. Generally, among younger students, there is a situation of weak body, and the physical quality of girls is lower than that of boys. In the process of physical training, synchronous operation cannot be carried out, so the degree of physical training in each school is also different^[4]. Secondly, most teenagers think that learning is more important in the minds of most students because of the fatigue of compulsory education when they enter junior middle school or senior high school. They have poor self-control effect on their own sports and are more willing to spend more time on academic training. However, this will reduce the number of physical training and learning, and the physical quality of students will be improved in the long run, It is getting worse and worse. The overall learning effect of students' physical training is poor, which endangers their own physical quality.

4. Youth sports training method based on Virtual Reality Technology

4.1. Appropriately increase the difficulty of training by using virtual reality technology

Teenagers' sports training can improve their quality to varying degrees and provide a solid foundation for the development of sports in China. On the one hand, in the process of youth sports training in China, the amateur sports school is the most basic link of training, which has become a national key college that can train a large number of high-end sports reserve personnel, and can also ensure that there is an adequate supply of sports personnel in China. On the other hand, youth sports training courses can also educate a large number of personnel, including players, coaches and sports industry managers, which can be directly related to the overall development of China's sports^[5].

At this stage, the development of information technology is more mature, and virtual reality technology is widely used in all walks of life. Its application in teenagers' sports training will appropriately increase the difficulty of teenagers' sports training on the premise of reducing sports time. First, for teenagers, different ball games can be simulated through virtual technology. Under the training mode without using the field, different levels of basketball games, football and table tennis games can be generated by wearing VR glasses. In the training process, we can use the simulated game scene to learn and train ball games through different levels of training. Second, we can directly use virtual technology for aerobic training. In different sports venues, through the training methods of running or swimming, we can increase the amount of exercise of teenagers and stimulate their interest

in sports, so as to increase the physical quality of teenagers of different ages and genders.

4.2. Group training of sports skills and physical fitness based on Virtual Reality Technology

With the further deepening of the process of modern education reform, in the training of excellent sports reserve talents, we must carry out higher-level sports training, and fully tap young sports talents from schools. The application of virtual reality technology in the training process can improve and perfect the training methods of teenagers by grouping training according to the physical quality of teenagers, and in the traditional physical training and skill training.

The use of virtual reality technology can directly complete the ultra-high definition technology positioning in a large space. There is no need to connect additional mobile phones and digital devices in the process of use, so as to reduce the disadvantages of insufficient basic equipment in the process of sports training. In the training process, VR technology is directly used to track the whole process of the project. By truly reflecting the virtual training environment, the training results of teenagers can be recorded, and the next project training can be directly compared with the previous training. Physical training through virtual reality technology can directly compare the training differences of teenagers at different ages, so as to analyze the physical quality status of teenagers under different training times, so as to provide the basis for subsequent training.

5. Conclusions

Starting with the analysis of the training situation of teenagers at the present stage, this paper finds out the shortcomings in the training process of teenagers in China, and puts forward a new method of sports training based on Sports virtual reality technology. However, due to my limited time, I did not choose some colleges and universities to practice in the research process, and there are some deficiencies. In the follow-up research, I will combine theory and practice according to the proposed content, so as to provide theoretical support for the development of teenagers' physical quality.

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