

# Analysis on the Innovation of Track and Field Teaching Practice in Universities

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**ABSTRACT.** *Athletics teaching is an indispensable part of the modern education system. It can play an important role in cultivating students' comprehensive quality, improving students' practical innovation ability, and promoting students' all-round development. In carrying out physical education activities in colleges and universities, we should increase the effective attention to track and field teaching, improve the physical and mental quality of students, so that students can maintain a positive state and participate in daily life and study. This article first expounds the significance of college track and field teaching, then analyzes the main problems existing in college track and field teaching at this stage, and finally puts forward innovative countermeasures for college track and field teaching practice, hoping to provide some help for the smooth development of college track and field teaching.*

**KEYWORDS:** *Colleges and universities, Track and field teaching, Practical innovation*

## 1. Introduction

In China's college physical education, track and field teaching occupies a core position. In a sense, the effectiveness of track and field teaching directly affects the quality of physical education. In view of the current problems in college track and field teaching, it is very important to promote the innovation of track and field and teaching practice. It is also a major foundation for the overall development of track and field teaching in colleges and universities in our country. Under the modern track and field education system, track and field teaching pays more and more attention to the cultivation of students' physical practice ability, and at the same time puts forward more stringent requirements on the configuration of college facilities, faculty, and teaching mode.<sup>[1]</sup> Track and field teaching in colleges and universities needs continuous exploration and innovation, and only innovation and development can inject more vitality into track and field teaching and provide more powerful support for college physical education in China.

## 2. The Significance of College Track and Field Teaching

Although track and field sports is a relatively simple form of exercise, it does not affect its ability to achieve satisfactory teaching goals, that is, it can not only effectively improve the physical and mental quality of students, but also encourage students to fully realize the importance of sports and develop the consciousness of lifelong physical exercise. There are many types of track and field sports, including race walking, running, jumping, throwing and other types. By guiding students to conduct scientific and reasonable sports training, it can not only strengthen students' body and mind, but also cultivate students' sports spirit in all aspects, so that students can persist in the unremitting, pioneering spirit and will to deal with the difficulties and problems in daily life and study. Among the physical education courses offered by colleges and universities, the track and field teaching courses are generally the main ones. The teaching goal is mainly to exercise the physical fitness of students and guide students to better participate in actual physical exercises.<sup>[2]</sup> In college physical education, the effective use of track and field sports can help to ensure the scientific and orderly development of physical education activities and promote the satisfactory realization of teaching goals.

### **3. The Main Problems Existing in College Track and Field Teaching At This Stage**

#### ***3.1 Colleges and Universities Lack Sufficient Attention to Track and Field Teaching***

Track and field teaching is not only the key teaching content of physical education colleges, but also a major focus of physical education teaching in other professional colleges. However, in some colleges and universities at this stage, both college leaders and physical education teachers lack sufficient attention to track and field teaching, and one-sidedly equate track and field teaching with physical education or ordinary sports. This incorrect understanding makes the teaching goals and teaching tasks scientific and reasonable, which in turn makes the setting of teaching content boring, which weakens students' enthusiasm for learning track and field sports to a certain extent. Meanwhile, because colleges and universities lack sufficient attention to track and field teaching, the equipment for track and field teaching is particularly insufficient, which makes it difficult for teachers to organize track and field teaching in an orderly manner, and it is difficult for students to receive formal and systematic track and field training.

#### ***3.2 Students Lack Interest in Learning Track and Field Sports***

Track and field teaching helps to enhance students' physical and mental quality, improve students' sports skills, and cultivate students' sportsmanship. However, these roles that can be played by track and field teaching are usually ignored by students. For most students, track and field sports are simply running and jumping, not only lacking technicality, but also boring. Therefore, in recent years, the number of students taking track and field subjects in colleges and universities has been

declining. In addition, even if some students choose track and field subjects, it is not because of their love for the course, but because there are no other courses to choose from or to obtain credits.

### ***3.3 A Single Set of Track and Field Teaching Content***

For a long time, the track and field teaching content in colleges and universities has mostly focused on sprinting, middle and long distance running, high jump, long jump, etc. A large part of it is a copy of the teaching content of junior and senior high schools. The teaching content is single and there is no effective optimization and innovation. Due to the lack of interest in teaching content, it is difficult to stimulate students' interest in learning, weaken students' enthusiasm to participate in track and field training, and ultimately make track and field teaching effects unsatisfactory. In addition, for most colleges and universities, track and field teaching still uses the traditional teaching model. That is to say, teachers dominate the teaching; students usually can only passively receive, and the teaching process does not integrate the individual differences of students well, so track and field teaching lacks effectiveness.

## **4. Countermeasures for College Track and Field Teaching Practice Innovation**

### ***4.1 To Change the Concept of Track and Field Teaching***

In order to effectively promote the innovation of track and field teaching practice in colleges and universities, and improve the effectiveness of track and field teaching, colleges and universities should innovate the concept of track and field teaching, improve effective understanding of the importance of track and field teaching, and guide teachers to establish scientific and reasonable teaching concepts in the process of developing track and field teaching. Improving students' athletic ability and awareness of physical exercise is an important teaching goal. We carry out scientific and targeted design for different teaching links and teaching contents, fully integrate students' actual conditions, provide students with advanced and cutting-edge knowledge and information, and encourage students to devote themselves to track and field. In teaching practice, students should pay more attention to sports and mobilize their subjective initiative to learn track and field. In addition, colleges and universities should also strengthen the effective equipment of track and field facilities. For instance, schools can build professional training venues, equipped with starting blocks, hurdles and other equipment, and concurrently carry out the management and maintenance of training venues, facilities and equipment to provide a strong carrier guarantee for track and field teaching .

### ***4.2 To Enrich Track and Field Teaching Content***

For the selection of track and field teaching content, teachers should increase their effective attention to the development of track and field teaching theory, collect the latest track and field teaching theory research results in time, and learn and absorb them, combining their own accumulated experience in track and field teaching, and integrate them effectively. It aims to continuously improve the richness of track and field teaching content relying on a variety of content combinations, stimulate students' interest in learning, and promote the harvest of more ideal teaching results.<sup>[3]</sup> For example, teachers can rationally set up basic track and field teaching content based on students' professional characteristics and physical development needs. They can arrange teaching content of different intensities for male and female students, and they can also arrange different teaching content for students of different physical abilities, to teach students in accordance with their aptitude.

#### ***4.3 To Be Innovative Traditional Teaching Mode***

A scientifically applicable teaching model is a prerequisite for ensuring the orderly development of track and field teaching and achieving ideal teaching results. Teachers should combine the actual situation of track and field teaching at this stage, learn from successful teaching and management experience, and promote the continuous optimization of traditional teaching models. In this process, teachers can take advantage of campus media, use campus radio stations, campus WeChat official accounts and other media to transmit and push information about track and field sports to students in a timely manner, and help students establish a more comprehensive and systematic understanding of track and field sports. This will promote students to actively participate in various track and field sports.<sup>[4]</sup> For example, some colleges and universities use the WeChat official account to timely push the personal deeds of some well-known track and field athletes to students, and promote their indomitable and tenacious fighting spirit, so as to allow students to form a good sense of sports competition in a subtle way, and let students appreciate the infinite charm of track and field sports.

#### **5. Conclusion**

All in all, track and field teaching is an indispensable part of college physical education. How to promote the innovation of track and field teaching practice and improve the effectiveness of track and field teaching is an important issue that colleges and physical education teachers need to think about and solve at this stage. Therefore, relevant personnel in colleges and universities must continuously improve their ideological understanding, clarify the meaning of track and field teaching, deeply analyze the main problems existing in track and field teaching at this stage, change the concept of track and field teaching, enrich the content of track and field teaching, and innovate traditional teaching models. Universities should start to continuously promote the practical innovation of college track and field teaching from many aspects.

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