

Strategies for Improving the Effectiveness of College Sports Training

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ABSTRACT. *with the continuous development of China's education system reform, the government has also paid more and more attention to the college sports training courses. Sports training is an important component of college physical education curriculum. Adopting reasonable and scientific training methods can effectively improve students' sports level and sports performance, and can also promote the overall development of students' moral, intellectual, physical, mental and physical skills. Based on this, China's colleges need to continue to reform the way of education, seeking for the correct and effective way of sports training for students sports training teaching to enhance the effectiveness of sports training, so as to effectively promote the development of college sports curriculum. This paper studies and analyzes the problems existing in college sports training, and puts forward some countermeasures to improve the effects of sports training for reference.*

KEYWORDS: *Colleges, Sports training, Effectiveness, Strategies*

1. Introduction

With the continuous development and progress of the society, the employment pressure of the students is increasing, which also makes the pressure of the students' study increase, leading to many students and even schools ignore the physical quality and physical and mental health of the students. Therefore, in the context of the reform of the education system, all colleges need to make reforms according to this situation, pay attention to the physical education of students, and fully realize the importance of physical education to enhance the physical and mental health of students. Colleges should actively play the role of physical education, innovate teaching methods, use more modern teaching methods, and carry out professional physical training for students, so that students' physical quality and physical and mental health can be fully and healthily developed. In this way, the effect of sports training in colleges can be further improved.

2. The Deficiency of College Sports Training

2.1 Lack of Professional Sports Training Instructors

In the learning of a course, the teaching level of teachers plays a decisive role in the teaching effect. In particular, courses such as sports training, which are related to the condition of human body, require teachers to have higher professional quality and be able to systematically train students in all aspects such as skills, body and tactics[1]. In reality, the overall quality of physical education teachers in colleges is generally low, and the teaching of students cannot be truly scientifically regulated, which poses a great restriction on the physical training of students. On the other hand, many teachers do not attach importance to the course of physical education. They do nothing when teaching physical education to students, but just allow students to engage in free activities. This makes it difficult for students to receive systematic and professional sports training, but also makes students gradually lose interest in physical education, which is not conducive to the effective conduct of sports training.

2.2 Students Lack Motivation to Play Sports

Nowadays, due to the high-pressure learning life and lack of exercise, students have long been accustomed to a lifestyle without exercise. Therefore, in the process of reform, students are not motivated. In addition, there are great differences in the physical conditions, hobbies and the intensity of exercise that different students can bear, which also greatly hinders the development of sports training. For example, in the process of sports training, students who like sports and have good physical quality can actively complete sports training according to the guidance of teachers. But for some students who are poor in physical quality and do not like sports, it is undoubtedly a painful thing. They can not effectively participate in sports training, and they will find a variety of excuses to avoid training. All these problems need to be paid attention to by physical teachers. Teachers should actively seek ways to adjust the existing problems and stimulate students' enthusiasm for sports training[2].

2.3 Lack of Perfect Sports Facilities

In the course of sports training, perfect facilities and equipment are the basis to support sports training in colleges, and also an important factor to stimulate students to participate in sports training. In fact, the sports facilities of many colleges are not perfect and the types are single, so that many trainings can not be effectively practiced. In the long run, it will seriously affect the enthusiasm of students to participate in sports training.

3. Methods for Effectively Improving the Effect of Sports Training

3.1 Cultivate students' Sports Spirit

Cultivating students' sports spirit plays an important role in promoting college sports training courses and improving the effects of sports training. Therefore, physical education teachers should pay attention to training students' sports spirit during teaching[3], and infiltrate sports spirit into students' ideology through practice and theory teaching methods. So that students can face each training of sports with a positive and optimistic attitude, and develop a conscious exercise training habit.

3.2 Improve the Professional Level of Sports Training Instructors

It is necessary to strengthen the professional quality of the physical training instructor and improve the overall quality of the physical training teachers. In this regard, colleges should make adjustments to the recruitment standards of physical education teachers, raise the threshold for the recruitment of physical education teachers, and strictly examine the professional and comprehensive qualities of the recruited personnel to ensure the overall level of physical education teachers. Also, colleges should also establish a corresponding physical teacher evaluation system, standardize teachers' educational work, enhance the competitive consciousness among teachers, make them constantly strive to improve themselves, form a virtuous cycle. In addition, colleges should also pay attention to vocational training for physical education teachers, and the training content should include professional quality and professional ethics. Through this series of methods, college can fully arouse the teaching enthusiasm of physical education teachers and enhance their comprehensive teaching ability, so that colleges sports training courses can be carried out in a relaxed and pleasant environment. And the students can invest in sports training with higher enthusiasm[4].

3.3 Set Up Characteristic Physical Education Teaching Course

College students have great differences in personality characteristics, hobbies and physical quality, physical education teachers should pay attention to combining the needs of different types of students and arranging different training subjects for students in different situations. In this way, colleges can mobilize students' enthusiasm for sports training and ensure the realization of their goals. Besides, teachers can arrange students of different levels together by assigning groups to guide them to help each other, learn from each other, and improve the overall quality of students. Finally, the teacher can also set up a reward mechanism to praise and reward the outstanding students, so as to stimulate the enthusiasm of students to participate in sports training. For students with unsatisfactory performance, teachers should pay more attention to them, guide them patiently, help them build up confidence, and make them participate in every sports training with a positive

attitude[5].

To sum up, colleges should attach great importance to physical training courses, make physical education more scientific, and reasonably arrange the content and intensity of physical training in physical education classes. By cultivating the sports spirit of students, they can establish a good concept of sports; improve the professional quality of sports training instructors and enhance the overall level of sports teachers; carry out distinctive sports teaching and other measures, so that universities form high-quality scientific sports teaching and training methods to improve the effectiveness of sports training.

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