

# Study on the Teaching of Outdoor Cycling Course

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**Abstract:** *With the rapid economic development, people's living standards and quality of life have greatly improved, and bicycles have gradually shifted from the original means of transportation to the fields of fitness and entertainment. The continuous deepening of the concept of "low carbon, environmental protection and green travel" has made the role of bicycles increasingly prominent. Physical education in colleges and universities bears the important responsibility of extending school physical education to social sports. It is an important part of the system for students to receive physical education before entering the society. In the face of the gradual heating of the "cycling fever" in the society, in college physical education, bicycles can be increased. Relevant teaching content can not only expand the development space of physical education, but also provide technical reserves and ability enhancement for students' leisure, entertainment and fitness after integrating into the society in the future.*

**Keywords:** *Outdoor cycling, Physical course, Improvement process*

## 1. Introduction

With the rapid development of society and the continuous improvement of economic level, the ways of people travel are increasing. In urban traffic, bus, subway, and self-driving cars have gradually become the first choice, but the bicycles that people are familiar with in the past have faded out of people's lives. In recent years, with the gradual deterioration of the air environment, the emergence of problems such as traffic congestion in big cities, and the continuous deepening of people's fitness concepts, bicycles have become people's people again with their "simple, convenient, economical, fast, flexible, and diverse" characteristics. New highlights of attention. Affected by social factors, the attention of bicycles in colleges and universities is rapidly heating up, and the number of bicycles and the number of participants in sports is increasing. It is no exaggeration to say that bicycles have become the "new favorite" of college students participating in leisure sports activities.

## 2. Significance of Implementing Outdoor Cycling Courses

Traditional school physical education courses are mostly set for the purpose of meeting physical education standards, ignoring other functions of physical education courses. The setting of outdoor cycling training courses not only lays a solid theoretical foundation for students, but also offers a variety of practical activities. The knowledge structure, physical quality and psychological quality of the students have played a role in promoting quality education, and it is of great significance for the current multi-faceted ability training of talents. 1. Expand the knowledge structure. In the theoretical learning process of outdoor cycling training, students can not only master the related concepts and basic skills of this course, but also learn various physical geography knowledge. Including the study of self-protection and self-help methods, greatly expanding the knowledge structure of students. Finally, through the combination of various knowledge to achieve the application of learning. 2. Enhance physical fitness. Through the correct method and proper exercise, the level of physical fitness can be improved in all aspects. In the practice process of participating in outdoor cycling training, college students actively participate in physical exercises, and in the exercise process of "hard work, mental and physical" exercise, they can improve their speed, strength, endurance, agility, and flexibility. All aspects have been significantly improved, and the physical fitness of students has been enhanced, so that they can devote themselves to learning more efficiently. 3. Improve psychological quality. Outdoor cycling training will subtly improve the psychological quality of students in the process of practice. The hard conditions of outdoor bicycle development training will exercise the ability of college students to face setbacks and difficulties independently, cultivate their self-confidence to achieve goals and establish a healthy and optimistic attitude, and affirm themselves through successful outdoor

practice experience, believe in themselves, and in many ways Improve the psychological quality of college students. 4. Cultivate teamwork ability. A person's power is insignificant, but it is indispensable. The development of outdoor cycling, including collecting information, analyzing practical feasibility, designing plans, etc., requires the collective to give full play to individual and collective wisdom, and to play a team spirit of complementary and mutual assistance, so as to maximize the efficiency of the team. Outdoors, teams need to help each other, support each other, share ups and downs, and truly feel the strength and warmth of the team, so as to enhance the students' teamwork ability. 5. Cultivate the ability to realize self-worth. Because outdoor cycling is a platform with students as the protagonist, it fully respects the initiative spirit and personality of students. While all abilities of students are being exercised in an all-round way, they also realize self-efficacy because of the team, cooperation and motivation. , Everyone is full of passion and works hard to make their value fully reflected in the team.

### **3. Reasons Why Bicycles Are Popular in Colleges and Universities**

With the development of economy and the progress of science and technology, bicycle has changed from a familiar means of transportation to a fashionable sport for people's leisure, entertainment and fitness development. The expansion process of bicycle from transportation to leisure and entertainment is not only driven by technology and enterprises, but also the demand for people's fitness concept and living space expansion. In recent years, the scale and enrollment of colleges and universities have continued to increase, the scope of the school has gradually expanded, and the development of school sports projects, equipment, and venues is relatively lagging, which is far from satisfying the pace of active life and exploration and development of Guang University. The functional expansion of bicycles can not only meet the daily transportation needs of students, but also meet the fitness needs of students. It also allows students to leave the crowded campus and enter the nature, relieve the pressure of life and study, and better meet the needs of young people. The comprehensive needs of entertainment, fitness, making friends, and expansion. In addition, the development of technology and enterprises has also played a role in fueling the flames. The current bicycles have long got rid of the original "thick, big, and stupid" styles and the same monotonous color. "Mountain bikes, road bikes, track bikes, "Princess bikes" and other multi-series, multi-color, and multi-functional sports fitness products that adapt to different venues. With the rapid development of technology, bicycle manufacturers have spared no effort to apply various new technologies to bicycles, from lights to water bottles, From all kinds of cycling equipment to bicycle-specific apps, it can be said that it is doing everything possible and ubiquitous. These "fashionable, avant-garde, caring" services and free and casual leisure sports make bicycles the first choice for college students. The scenes of beautiful men and women riding in groups that flashed on campus from time to time have made people forget its transportation purpose and turned into a unique and fashionable scenery on campus.

With the expansion of colleges and universities, the campus area continues to increase. Every day, students are in the "long-distance travel" of classrooms, libraries, dining halls, sports fields, and dormitory living quarters. There is no doubt that bicycles have become a "convenient and fast" advantage. Everyone's first choice, coupled with the popularization and improvement of the whole society's environmental awareness, bicycles have become an important form of "low-carbon travel, green and environmental protection". Cycling can not only solve traffic problems, but also realize the noble act of protecting the environment and giving back to the society. Every college youth who is full of social responsibility, how can he not volunteer to become a member of the riding army "with high spirits and interest". In addition, with the expansion of university enrollment, the number of campuses has increased sharply. The increase in sports venues and projects on campus is indeed not obvious, and it cannot meet the increasing fitness needs of college students. Bicycles can extend the scope of activities for students, parks and scenic spots around the school. Greenway and highways can be their world of fitness activities. According to recent studies, cycling, like running and swimming, is the most endurance exercise that can improve people's cardiorespiratory function. Cycling is a sports method that does not require high personal technical requirements, has a low physical fitness threshold, and is flexible in time, easy in form, extensive in venues, and has multiple functions such as exercise, leisure, and making friends. It has gradually become college students to improve their physical health. , It is an important content to relieve the pressure of life and study, and to spend college life easily.

### **4. Construction of Specific Teaching System**

The construction of this teaching system focuses on summarizing existing literature and further

summarizing and analyzing Hengshui's undergraduate teaching system, college teachers and students' questionnaires, and soliciting opinions. The focus includes the following three stages: 1. Preliminary preparation for outdoor cycling teaching. Adjust the order of teaching to make it more scientific and more in line with the characteristics of outdoor sports courses; improve the syllabus of outdoor sports courses, and make specific arrangements for the teaching progress, content, tasks, and organization methods of the courses. 2. Specific teaching methods and related content. In terms of the setting of school hours, 12 hours of theoretical lessons, 22 hours of practical lessons, and 2 hours of teaching assessment are adopted, focusing on the dual cultivation of students' theoretical and practical abilities. First of all, the theory course part adopts multimedia teaching methods, focusing on teaching basic knowledge of outdoor cycling, cycling safety, cycling skills, outdoor medicine, diet hygiene, risk factors, self-help, etc.; forming a scientific framework for the overall theoretical teaching, Step by step, lay a solid theoretical foundation for the next step of practice. Secondly, the practical course focuses on the cultivation of students' outdoor riding skills, skills, and survival skills and skills, and through existing conditions, the progressive development from individual to universal. Take Hengshui as an example. As the host city of the 2012 International Marathon, it has a unique rich culture and hardware facilities-"Hengshui Lake". It has held many cycling races around Hengshui Lake and has become a rare training center.

In the course of its development, the quality development course did not achieve better implementation results due to the short duration of the course. Based on this, all colleges and universities should rationally expand the teaching time of physical education courses, set up special physical education quality expansion courses, and teachers should guide students to actively participate in it, and promote the improvement of the quality of quality expansion teaching courses. The development of the curriculum should focus on the combination of safety characteristics and quality expansion courses have been widely used in sports activities. In carrying out physical education activities, special consideration should be given to safety issues. Especially for challenging projects, such as: confident flying bars, back falls and other activities, teachers should take safety protection measures in advance, prepare as many sports mats as possible, improve safety protection awareness, and avoid safety hazards. occur. 4.3 Based on the classroom, innovating the teaching methods of quality expansion In college physical education, the establishment of quality expansion courses requires teachers to combine classroom teaching with outdoor teaching. When imparting theoretical knowledge, physical education teachers should be student-centered. In the process of designing teaching, they should provide students with necessary guidance to correct wrong ideas and methods in learning. In the past traditional physical education teaching, most of the students are in a state of "stocking", and it is difficult for teachers to correctly understand the students' thinking. A vicious circle has been formed in the long-term development process. Therefore, when teachers explain theoretical knowledge, they must change the previous fixed mode of explanation and demonstration, and they must personally guide students to change the status of the "head bower" as soon as possible, so that every student can actively participate in it.

## 5. Conclusion

Various sports colleges across the country have set up various outdoor sports courses with different characteristics. Sociality, scientificity, feasibility and transcendence are the consistent pursuit of curriculum settings. The trend of curriculum development is mainly reflected in the combination of their own regions. Advantages and cultural environment advantages, and actively explore unique outdoor sports courses that meet social needs and talent training goals. Through the research and development of "cycling sports", a traditional sports item, this article will incorporate it into the practical aspects of college talent training more reasonably and skillfully. Based on this, it not only has strong feasibility and operability, but also has high innovative significance for constructing a reasonable education and teaching mode in current universities, improving a scientific talent teaching and training system, and promoting the development of Hengshui's characteristic industries. Value. The development of outdoor bicycle teaching courses will have broad development prospects.

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