

# Research on the Practical Application of Sports Games in Track and Field Teaching in Universities

**Sun Rongjiang**

*College of Humanities and Science of Northeast Normal University, Changchun, Jilin 130011, China*

**ABSTRACT.** *under the background of modern education, the traditional sports teaching mode has been unable to meet the needs of track and field teaching, in order to promote college track and field teaching smoothly, teachers need to effective application of sports games in the track and field teaching, to cultivate the students' interest in learning, enhance students' constitution, for the students lay a good foundation for subsequent work. This paper analyzes the practical application strategies of sports games in track and field teaching in colleges and universities in detail for reference only.*

**KEYWORDS:** *Sports game; Track and field teaching in colleges and universities; Practical application; A concrete analysis*

## 1. Introduction

In college education, track and field teaching is an important subject, which plays an important role in strengthening students' physique and promoting their physical and mental health. In actual college track and field teaching, students lose interest in track and field teaching, which hinders the improvement of track and field teaching quality and teaching efficiency to some extent. Therefore, physical education teachers in colleges and universities should actively introduce sports games in track and field teaching to promote the smooth progress of track and field teaching activities.

## 2. Practical Application Strategy of Sports Games in Track and Field Teaching in Colleges and Universities

### 2.1 Combine Sports Games with Track and Field Teaching Contents Effectively

In the reform of track and field teaching in colleges and universities, teachers should take track and field teaching materials as the basis, appropriately add some sports games, so as to constantly enrich the content of track and field classroom exercises, and enhance the entertaining, rich, interesting and competitive content of track and field teaching. If the track and field textbooks can not effectively attract the attention of students, then it will hinder the improvement of track and field teaching quality, not conducive to the smooth implementation of the social sports strategy and the long-term development of competitive sports.

In the process of construction of track and field teaching content system, to ensure the rationality of the content system of college PE teachers, systematic, and meet the requirements of new curriculum standard, the different movement phase of students sports ability development goals, give students a good sport skills, experience, and improve the students' sports skills, develop the students' interest in learning [1]. Physical education teachers in colleges and universities not only require students to master a variety of sports forms, but also require students to effectively apply a variety of sports forms in the actual exercise and physical exercise process. The diversified forms of sports are used to optimize and enrich the teaching methods, so as to improve the teaching quality and enrich the teaching content of track and field in colleges and universities.

For example, when physical education teachers in colleges and universities teach students the technical movements of running, they can set up various obstacles in the process of running, encouraging students to use skills such as jumping, climbing and crossing, etc. Physical education teachers in colleges and universities can also use the form of game competition to strengthen the training of running for students. In the learning of jumping movements, college physical education teachers should encourage students to run up and jump steps [2]. In the training of throwing events, bowling, throwing back, throwing forward and other means can be effectively used. Such not only can stimulate various sports skills of students' learning enthusiasm, promote the sound

development of body and mind by the movements of the jumping, throwing, etc, but also to improve the students' cardiopulmonary function and enhance the students' physical quality, to make the students under the guidance of physical education teachers in colleges and universities right from the actual practice fully mastered the basic skills of track and field sports.

### ***2.2 Combine Sports Games and Track and Field Teaching Methods Effectively***

In the traditional college track and field teaching mode, teachers can not fully understand the true meaning of sports technology, and in the actual teaching of track and field teaching competitive, make track and field teaching become boring, boring, seriously discouraged the initiative and enthusiasm of students to learn, so that students for the study of track and field boring psychology. With the deepening of the reform of the new curriculum system, technical teaching has been gradually diluted, and more attention has been paid to the cultivation of students' interest in learning and the process of students' track and field learning [3]. However, it does not mean to abandon the running, jumping and throwing links in track and field teaching. Students should not only learn basic sports skills, but also challenge new sports in future sports learning and exercise. Under the background of the new curriculum reform, the learning of competitive sports is no longer the only teaching content of track and field. If the physical education teachers in colleges and universities only use the curriculum resources of competitive sports items in actual track and field teaching and only reform competitive sports, then the requirements of the new curriculum reform cannot be met and the trend of The Times cannot be followed. Therefore, under the background of new curriculum reform, the track and field teaching in colleges and universities from the original is given priority to with competitive teaching system to carry out physical activity to promote the development of students' physical and mental health is given priority to, from school to society, to nature, enrich the college track and field teaching resources, innovation teaching methods, with the goals of college track and field teaching.

For example, when learning variable speed running, college physical education teachers can use different teaching methods to complete the teaching, such as changing the form of the queue to complete the teaching, instead of simply running variable speed on the straight or curve. Cooperative learning can be used effectively when learning, for example, throwing. In a word, in college physical education and track and field teaching, teachers should constantly optimize and adjust teaching methods, improve the art of physical education, cultivate students' interest in learning, improve students' sports performance, so that students in a relaxed and happy atmosphere to successfully complete the movement, master more sports skills.

### ***2.3 Combine Sports Games with Students' Physical Training Effectively***

In students' physical training, college physical education teachers need to repeat a practice method for many times to enhance the practice effect. But this kind of practice way is more drab, boring, the work load is bigger, very easy to make the student produce fatigue feeling and resist psychology, very difficult to achieve the practice effect of preview, not conducive to fully arouse the initiative and enthusiasm of the student study. And the effective application of sports games in students' physical training can effectively solve the above problems. For example, when practicing students' leg strength, college physical education teachers can organize students to carry out games such as "climbing lever", "pushing trolley" and "carrying person relay" [4]. Games such as "fighting the tail of a dragon" and "crossing obstacles" can be actively played in the training to improve students' alertness. In addition, according to different teaching requirements, high school physical education teachers can create and choose some interesting sports games to stimulate students' enthusiasm in learning sports, so as to keep students in a good state of sports learning. It should be noted that physical education teachers in colleges and universities should control students' exercise in a reasonable range to prevent safety accidents in sports.

## **3. The Necessity of the Application of Sports Games in Track and Field Teaching in Colleges and Universities**

### ***3.1 Cultivate Students' Interest in Learning***

College students are full of vigor and vitality. They like new things. They are more involved in the sports they like. In order to improve the quality and efficiency of track and field teaching in colleges and universities, physical education teachers in colleges and universities should appropriately include some sports games in track and field teaching, so as to meet the needs of sports learning of college students and promote their physical and mental health development [5]. Practice has proved that when a person with good experience, it will actively

explore and engage in certain activities, so in order to complete the track and field teaching targets, teachers need to make the students to keep a good state of physical and mental, and sports games can do this, it is competitive, dynamic, mass, creativity, can cultivate the students' interest in learning.

### ***3.2 Athletics Teaching is Inseparable from Sports Games***

The technical requirements of track and field teaching in colleges and universities are high. To help college students better grasp the basic sports skills, the greatest degree to reduce the probability of safety accidents, most of the use of traditional athletics teaching mode of college PE teachers, control the whole process of track and field teaching, while significantly reduce the probability of safety accidents, but has seriously hindered the track and field teaching quality and teaching efficiency of ascension, make the university athletics classroom teaching atmosphere becomes more depressing, its main reason is that college sports teachers worry about students not sports skill, then detailed decomposition technique, repeated movements, the interpretation of frequent demonstrations, such not only increase the teachers' teaching pressure, Moreover, it seriously hinders the cultivation of students' interest in learning [6]. Sports are effective, entertaining and group-oriented, which can stimulate students' enthusiasm for learning, enable them to learn basic sports knowledge through entertainment, promote students to maintain a good learning state, and devote more time and energy to sports learning. It can be seen that sports games play a very important role in track and field teaching in colleges and universities.

Conclusion: in the development of students, athletics teaching plays a very important role, which is conducive to improving students' physical quality and promoting their physical and mental health development. In order to improve the quality and efficiency of track and field teaching in colleges and universities, teachers should effectively use sports games in actual teaching, strengthen sports skill training through sports games, meet students' learning needs, and promote students' all-round development.

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