

Exploration and Practice of College Air Volleyball Teaching Based on Orienteering

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Abstract: in Order to Deepen the Progress of Education Curriculum Reform, the Physical Quality and Guidance Quality of Chinese College Students, Strengthen the Basic Education Concept of “Health First, Stress At Ease”, Maintain the Life-Long Physical Education and Establish the Necessity of Talent Training. the Formation of Curriculum Concept and Values, the Realization of Reform and Deepening the Reflection and Reconstruction. in Recent Years, a Link of College Physical Education, Volleyball Guidance, Sports Subjective Initiative Also Played a Positive Role.

1. Introduction

For China, Students Are the Future of China's Development and Prosperity. the Physical and Mental Health of Students is Related to the Rise and Fall of the Country[1]. Strengthening Student Movement and Education Reform is an Important Part of the National Education Reform Process, and Also a Breakthrough in Education Reform and Innovation. as a Practical Sports Event Integrating Competition, Entertainment and Appreciation, the Important Method is an Independent Research Project, Which is Not Only Suitable for All Ages in China, But Also a Unique Sports Event. Since the Volleyball Course Was Added in University, It Not Only Enriches the Diversity of University Sports, But Also Provides New Choices for Students' Sports. At the Same Time, It Provides a New Choice and Abundant Teaching Resources.

In the Traditional Physical Education of Our Country, There Are Many Research Documents about the Guidance of the Ball, But Relatively Speaking, the Guidance Method of Volleyball Does Not Eliminate the Shadow of the Original Guidance Concept and Teaching Method[2]. Fundamentally Speaking, the Guidance of Volleyball is Lack of Specific Investigation and Systematic Grasp, Which Leads to the Loss of the Educational Concept of “People-Oriented” and “Health First” in Educational Reform. in the Background of National Physical Education Reform, Volleyball Teaching Still Needs to Find Appropriate Innovative Teaching Methods. and Integrate It into the Teaching Content to Promote the Development of Volleyball Teaching.

2. The Innovative Teaching Method of Air Volleyball in China

2.1 Multiple Teaching Methods

The multiple teaching method is a kind of physical education method combining with the current development direction of physical education[3]. It mainly combines a variety of teaching methods, such as inquiry teaching method, understanding teaching method and group guidance, as well as a kind of teaching based on its advantages. Method. Its main purpose is to set up the actual combat environment according to the students' intention, simplify the link of the game to a certain extent, and train the students' complete tactical awareness and ability in the use of technology in the full gas volleyball match[4]. Through the skills of adapting to the competition, students can explore and understand each other. Finally, competition is used to apply technology to theory and practice. The practice and theoretical research of the comprehensive teaching method can effectively promote the group communication of students, which is suitable for volleyball professors. Effectively improve the air volleyball education of general learning and communication.

Table 1 Ranking of Main Public Physical Education Courses in Some Colleges and Universities of Nanchang City

Project	Number	Percentage	Ranking
Football	25	16.7	3
Basketball	37	24.7	1
Volleyball Class	21	14	5
A martial art	24	16	4
Aerobics	33	22	2
Athletics	6.7	6	
10			
Total	150	100	

The guidance process of multi-point teaching method is mainly carried out through group games, and group competitions are properly arranged. In this way, students have a specific learning goal, in the process of learning will have the desire to learn. In order to make students have a strong sense of belonging and identity to the team, and can jointly promote learning progress, multiple guidance methods can cultivate team cooperation spirit and improve team unity.

2.2 Objective Teaching Method

The so-called main activities and implementation direction of the instructor's guidance, the starting point and the ending object of the volleyball activity of the guidance university, the combination of the guidance goal and the guidance method of the curriculum reform, and the realization of the ideal education effect[5]. The main reasons that affect the field teaching of college volleyball class are that the configuration of volleyball venues is not perfect, college students lack good sports ability, and the educational effect is not enough. Traditional education mode Height and so on.

The main characteristics of goal oriented instruction are: clear goal, clear definition, the sense of hierarchy in the education method and method, the development of scientific and reasonable guidance goal under the curriculum reform, and the combination of current students' actual learning level. According to the specific understanding and characteristics of volleyball training, the final completion of classroom teaching tasks.

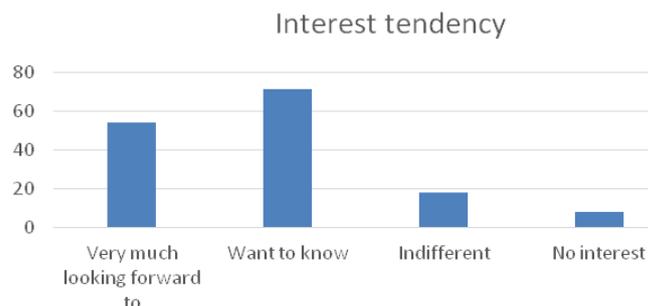


Fig.1 Nanchang University Students' Love for the Course of Air Volleyball

2.3 Developing Curriculum Concept

According to the “sports guidance essentials” issued by the Ministry of culture, the development and innovation of curriculum is the first demand of students' healthy growth. In this case, the curriculum concept of education and teaching, from the direction of rules and concepts, curriculum design and implementation affect the development of students[6]. Different curriculum concepts often contain different curriculum value orientation. Moreover, we should guide students to develop in different directions and different courses. It directly or indirectly affects the questions, design and evaluation of the course as well as the direction and answers of people's various ideas.

From the perspective of concept background, curriculum concept is based on the background of curriculum transformation[7]. The concept of developing curriculum is mainly based on Marx's theory. According to the theory of human emancipation, the core of its purpose is to educate individuals, improve society and promote the development of students' body, spirit and personality

in university life.

3. The Problems in the Teaching of Air Volleyball in Colleges and Universities and the Necessity of Reform and Innovation

3.1 Current Situation of Air Volleyball Teaching

Under the background of reform, Chinese volleyball teaching mode is still improving, and the education system is becoming more and more perfect. However, due to the limited form of Gas Volleyball and the lack of attention in students' schools, the teaching of modern high-efficiency gas volleyball is still reliable. The details of the problem in many effective sports, schools participate in too many educational activities.

3.2 Improve Sports Facilities

Many schools don't practice enough in extracurricular activities. In order to improve the ratio of students to students, students prefer to use running clubs instead of setting aside time for activities in culture classes. Therefore, the education department in the sunshine is the slogan of the implementation of education, increase investment in education, suitable for all types of students' extracurricular activities facilities in the campus, the inspection of sports facilities in the campus must be filled in. Carry out regular maintenance[8]. At the same time, we should strengthen the focus of extracurricular sports activities, shorten the cycle of maintenance activities, and improve the activities and activities on the premise of paying attention to the safety of students. At the same time, we should make a good plan for the school's regular activities, and reasonably arrange the scope of students' activities and the opening time of sports venues. After the plan is completed, parents can visit the school regularly or invite students to participate in extracurricular activities.

3.3 Add Items of Physical Fitness Test in Academic Test

At present, in the entrance examination, the requirements of sports test items have been improved, and some schools focus on sports activities. Some schools are also putting pressure on cultural and physical education classes to test in other schools. Hold cultural classes and sports activities. In extra-curricular activities, teachers should guide students to carry out specific project training, such as sit ups, push ups, pull ups and so on[9]. The project is single, and the other scope is the expansion of exam oriented education. Therefore, teachers must be minimized by military management in the concentration of examination items and the development of other items. Students can find appropriate items in extracurricular sports activities. Please give students more time.

3.4 Improve the Professional Level of Guidance Teachers

In extracurricular sports activities, we should train PE teachers, guide students' activities, and supervise and correct unhealthy practices[10]. Determine the venue before the activity, determine the theme of the activity according to the website, and plan the activity scientifically in advance. Please don't choose the ready mode at any time when there is no plan. In the activity, teachers must introduce methods and techniques (especially safety issues) to students. When carrying out activities, students are the main body. They can master time, cultivate good habits of activities and strengthen interpersonal communication ability.

3.5 Theoretical Induction

After all, the practical teaching cannot be separated from the theoretical guidance. Without scientific theoretical summary and guidance, it is difficult to achieve continuous progress in teaching and training, to ensure the scientific and effective teaching. Without theoretical induction and arrangement, the teaching reform of air volleyball is doomed to be a headless fly, and eventually it will go to a dead end in a stumble. Students are the direct audiences of teaching reform, and they have the most say. Theoretical summary must first carry out investigation and research among students, which is our most basic, direct and authentic first-hand information. At the same

time, we should combine professional professors, experts and scholars outside the school, excellent athletes and other experts to form an expert committee to provide timely guidance for teaching. And combined with the feedback of the students, the teaching experience of the teachers and the actual teaching effect, the comprehensive analysis and evaluation are carried out, and finally summarized into written materials. Under the supervision of the authoritative department, the teaching materials and syllabus are updated, and the teaching and training manual is compiled, so as to clarify the teaching norms and promote the effective teaching and training of science. This is the decisive stage of the teaching reform of volleyball, which must be paid enough attention to. Solve it seriously.

4. Conclusion

The extracurricular sports activities match with the teaching content of the physical education course, and bear the task that the physical education course cannot complete. In the future extracurricular sports activities, there is a tendency to develop autonomously and creatively. In the development of team cooperation and human computer communication, there are also culture courses that can not be achieved. Good physical strength is an important guarantee for the culture class. Therefore, schools must pay attention to extracurricular sports activities and guide students to improve their own quality.

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