

Research on the Innovation and Practice of the Special Course of Orienteering

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Abstract: Orienteering is a Kind of Activity That Uses Natural Environment to Integrate People into Society and Return to Nature. by Using the Methods of Literature, Questionnaire, Expert Interview, Mathematical Statistics and Comprehensive Analysis, This Paper Reviews and Analyzes the Current Situation of Orienteering in Colleges and Universities in China, and Finds That Orienteering is a New Type of Sport Suitable for Colleges and Universities. Project. This Article Has Carried on the Thorough Reform and the Innovation to the Directional Movement Characteristic, Has Carried on the Beneficial Attempt to the Full Use School Peripheral Natural Resources to Carry on the Directional Movement Teaching, Has Obtained the Good Practice Effect.

1. Introduction

Introduction of Intelligence is a Course Carried out in General Universities, Which is Mainly to Meet the Needs of the Physical and Mental Health Development of Modern College Students. It is a New Type of Sports Activity Integrating Fitness, Happiness and Competition. It Can Not Only Train the Students' Body, But Also Enable Them to Master the Terrain Knowledge, Cultivate Their Logical Thinking Ability, the Ability to Solve Practical Difficulties Independently and the Ability to Make Decisions. in the Practice of Oriental Course, Students Can Use Their Sports Ability and Adjust Their Load and Intensity According to Their Own Needs, Which is Free of Charge. At the Same Time, Students Will Not Lose Their Enthusiasm and Initiative in Learning Because of Boring and Simple Technical Education. the Development and Popularization of Oriental Sports in China, Especially in Universities and Colleges, Has Been Welcomed by Teachers and Students. Sports Meet the Actual Needs and Physical and Mental Development Characteristics of Students [1]. Therefore, the Introduction of Intellectual Sports is an Important Part of the Physical Education Curriculum of Chinese Universities and Zhejiang Province. That Has Particular Importance and Practical Value.

2. Research Object and Method

2.1 Research Object

We visited 100 colleges and universities that carried out Orienteering in China, investigated 100 Orienteering Coaches, and interviewed 8 Orienteering experts and professors.

2.2 Research Method

Literature data method. Research objectives, research objectives and contents according to the conditions, sports magazines and online reviews, more than 60 relevant materials collected, domestic and foreign sports related books reading, the direction of the Ministry of culture and province reading sports development related materials [2]. Please do more preparatory work.

Expert interview. Please visit teachers engaged in orienteering guidance, training and research, orienteering experts who lead and manage Orienteering organizations, and their opinions and suggestions.

Logical induction. In the research process, the methods of comparison, analysis and synthesis are used to systematically analyze and summarize the collected data.

3. Results and Analysis

3.1 An Analysis of Orienteering in China

The East is a natural journey full of adventure and excitement. The Nordic countries, which started in Sweden in the 20th century, are now very popular all over the world. China established the China International Committee in 1991 and the International Association in 1992. In more than 20 years, directional movement has developed slowly for various reasons. Since PWT was founded in 1995, people have developed a new concept of directional movement [3]. It is not only held in virgin forests with low population density, but also in urban parks and university campuses. PWT came to China in 1998 and is committed to promoting the East in China. Through the efforts of PWT organization and the strong support of government functional departments, the Orienteering movement, especially in Zhejiang, Hunan, Guangdong, Jiangsu, Beijing, Yunnan and other administrative regions and cities, has developed vigorously in China. In the process of promoting the development of Orienteering in administrative regions and cities, a series of effective measures are formulated. In May 2002, Sports General Administration recorded Oriental Sports in the official competition of the second national sports conference [4]. The national Oriental championship and the national Oriental championship are held every year. In 2004, the Oriental movement began at the official conference of National University Games. The Central Committee of the Communist Youth League, science and technology as a sports project, in order to promote the official publication of nationwide documents, the national defense education bureau is the direction, national defense sports as a use, and actively carry out sports direction determines the direction of measurement and mapping [5]. National television station is also regarded as an important part of popular science. Due to the attention of the Ministry of culture and the Central Committee and the promotion of various universities, the Orientation Movement in China has been popularized and developed rapidly.

Table 1 Questionnaire of Directional Innovation Courses

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	10	6.7	6
Total	150	100	

3.2 The Current Situation of Orienteering in Colleges and Universities in Zhejiang Province

With the deepening of China's education reform and the improvement of the national fitness program, people have a new understanding of the understanding and discovery of the new curriculum. As a new sport, the introduction sport has been well received in Chinese universities. Universities in Zhejiang Province have actively and extensively promoted the work of introducing talents. In June 1999, after the state made the decision of "comprehensively promoting quality education", it began to accelerate the development of the whole country. In the No.223 decree of the Ministry of culture and culture in September 2002, the Ministry of culture and Culture issued the policy of comprehensive sports and physical education in China. Some suggestions are put forward for the development of the natural environment resources in the physical education courses of national and comprehensive universities [6]. In order to educate and train in the field of survival and life of the fittest, please use various course resources. In order to promote the all-round development of students' physical quality and meet the needs of high-quality education, the Ministry of local education of Zhejiang province put forward the document "Zhejiang Education [1999] No.128". In 1999, the "notice on Physical Education in Universities" issued all necessary levels of education departments and schools. It is the channel of plural posture and plural number to carry out physical education. For the sake of "physical education and health" textbooks The content includes sports direction, so it was released in 2002 under the document of "Zhejiang Education

[2002] No.1”. According to the requirements of the notice on Further Strengthening the command and dispatching work, the new semester of 2002 begins [7]. State universities and high schools must use sports and health classes, extra-curricular sports or military training time to conduct intelligence induction sports, and teach materials and equipment. Specific rules and regulations have been formulated. In Zhejiang, there is a long history and culture, a wide range of fields and many universities and institutions. There are many universities in the mountains and rivers. These factors provide convenient conditions for the development of Oriental halo.

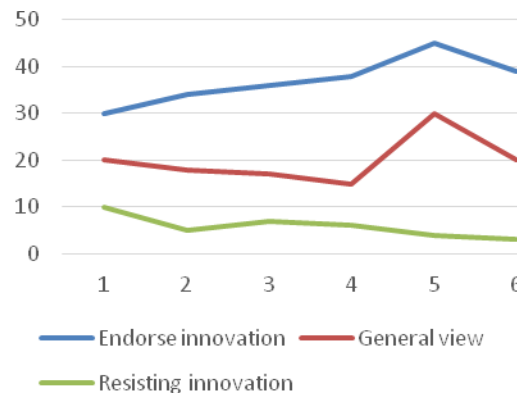


Fig.1 Survey on Satisfaction Degree of Directional Innovation Curriculum

3.3 Characteristic Course Teaching of Orienteering in Zhejiang Ocean University

Zhejiang Ocean University is located in Qingdao, on the coast of the East China Sea. Island, beach, community, mountain, campus, park and wild forest are all suitable for orienteering. Natural resources are very rich, so it is necessary to study in the natural environment. The closer the venue is to nature, the more it reflects the nature of the East. In 1999, the Ministry of education of Zhejiang Province decided to carry out Orienteering in universities and key middle schools in order to meet the needs of quality education and promote the all-round development of students' body and mind. The leadership of Ocean University and teachers attached great importance to the promotion of the movement and gave strong support [8]. In 2000, 2001 and 2002, the school carried out the Oriental Education Experiment among the students. After three academic years of Oriental classroom education, students generally feel the infinite fun of this new sport. The ideal experiment is achieved. Effect. From the level of 2003, as one of the characteristic textbooks of “main item” physical education curriculum system, the school includes Oriental physical education. So far, more than 120 classes have been set up.

4. Implementation Process of Orienteering Course

According to the development of physical education and the needs of students, the school offers the popular course of Orienteering among the freshmen. Open public elective courses among sophomores and above who are interested in sports. The teaching site of Orienteering mainly includes beach activity field, Haishan Park, Dinghai Park, Xiangyuan Park, Zizhu Park, tanshu Park and Changgang mountain forest park. During the summer vacation, we carried out interesting Orienteering activities in Dongji island and 100 meter Orienteering activities in Zhujiajian Nansha beach.

4.1 Specific Reform Contents

Making full use of natural environment resources is an important measure and the only way to improve the adaptability and quality of sports venues. The premise of improving the adaptability and teaching of Oriental curriculum is that the curriculum should fully reflect the regional and school characteristics, and actively develop and utilize Oriental curriculum resources. This is an important part of the smooth implementation of college physical education curriculum. Curriculum resources reflect the flexibility of curriculum and the characteristics of schools. Physical education

curriculum resources can bring better educational benefits to schools.

Oriental teacher training. Our school will pay close attention to the construction of teachers' morality and business training, and strive to build a team of directional PE teachers with sufficient quantity, reasonable structure, lofty morality and refined works. Since 2000, three Oriental teacher training courses have been held and more than 20 oriental sports teachers have been trained. This is a valuable resource for teachers [9]. Our school has a special training team oriented to the east to provide sports development oriented to the school. At the same time, on the basis of current teachers or on-the-job training, we should cultivate existing PE teachers, correctly understand the Oriental world, and have the professional quality required by the Oriental world. The professional knowledge of orienteering, teachers and students with opportunities and conditions, is created to show their strengths. For example, teachers of orienteering and orienteering teams and Oriental Club consultants organize various forms of Oriental activities and competitions.

Development of Orienteering stadiums. Directional ring venues provide material guarantee for strengthening quality education, improve the quality of directional sports guidance, and enhance the health of students. Schools should make periodic adjustments with planned and phased efforts, and gradually improve on the original basis. The existing Orienteering facilities need to play a role while they fully exploit their potential functions.

Choose a Orienteering venue. Orienteering is based on students' ability of map recognition and use. This requires that the Orienteering site is helpful to improve students' ability of map reading, using and orienteering skills. The terrain should be relatively complex, making it difficult to pass and find points marked with certain difficulties. Students must know the map and follow the map. Orienteering is different from track and field sports, mountaineering and cross-country long-distance running. It is a sport that combines these sports with students' knowledge of topography and application ability. Therefore, it is the premise and foundation of organizing teaching, training and competition to choose a good number of venues and make orientation map, which can also reflect the ability of organizers to carry out Orienteering activities. The chosen site should have enough shelter. If there is a certain amount of forest cover, the perspective effect is limited, so that many participants can be separated in the field, so as to avoid mutual contact, research and running. The surrounding islands, beaches, communities, campuses, parks and wild forests are all suitable for orienteering. Orienteering is required to be carried out in the natural environment, without a special activity site, and the closer to nature, the better the essence of orienteering. At present, most of the university campuses have beautiful environment, both landscape and large area of vegetation coverage. They have rich geomorphic characteristics and obvious features, which provide an ideal place for directional movement.

4.2 Innovation of Teaching Methods

Demonstration of sports video and audio materials. Orienteering uses a detailed and accurate map, using a compass to choose a travel route, and sequentially accesses the markers at each checkpoint on the map, so that the markers can reach all the winning sports in the shortest time. Therefore, in order to read the map quickly and travel quickly, it is directional to use all kinds of information on the map. There are many common symbols on the indicated map. They are abstract and hard to remember. Teachers used to explain that they used to do more demonstrations, but the learning effect is not ideal. Today, the blueprint of our sports direction and the multi-media education direction of the field match trend, the open electronic three-dimensional map, the table terrain model of sand, and the production of various media technologies such as colorful text, graphics, images, sounds, video clips, etc. Symbols, colors and actual scenes are comparative. They are visual, realistic, image and concrete. Students can clearly understand and visualize them. At the same time, through playing video to stimulate students' hearing and vision, stimulate students' thinking, stimulate students' motivation and interest, deepen the understanding of map and perception of direction movement, and improve the teaching quality. So that students can quickly and correctly grasp the directional movement ability.

4.3 The Achievements of Oriental Education Reform

After nearly 10 years of Orienteering education practice, our school has successfully established the Orienteering talent training model and training system. Under the condition of physical education college students and high-level sports teams, Zhejiang Ocean University has trained four batches of Oriental elites among ordinary students since 2000, and participated in eight student competitions in Zhejiang Province for seven consecutive years. First, it ranks the top 6 of the country and has participated in the national Orienteering Championships for 6 consecutive years. These results fully show that the concept of our physical education is correct, and the methods of education and training are systematic, effective and unique. In June 2004, he participated in the 14th World undergraduate education Championship held in the Czech Republic on behalf of Chinese university students. Chinese and English students won the highest ranking for Chinese college students in this competition. To win honor is a milestone of Orienteering in our school. He produced achievements in the study of learning, was compiled, and published the books "orientation of campus" and "Oriental Education". "The research and practice of campus Oriental Education" won the second prize of the fifth Zhejiang higher education outstanding education achievement in 2005.

5. Countermeasures and Suggestions on the Teaching Innovation of the Characteristic Course of Orienteering

The East, especially in the southeast coastal areas, has entered many universities in China. The development of the East enriches the content system of university sports. We should make full use of the natural environment resources around the school, move the traditional physical education classroom naturally, and expand the time and space of physical education. The unique interest in the Oriental world enables students to maintain a long-term and lasting movement. Students shuttle through the natural environment of the air to compete in physics and spirit. In continuous terrain judgment and route selection, they are willing to accept maps. The knowledge about the body's unconsciousness movement posture improves the willpower, embodies the multiple functions and values of the Oriental curriculum, and has a profound impact on the deepening of Chinese physical education curriculum.

Make full use of natural enclosure resources such as islands, beaches, communities, campuses, parks and wild forests around campuses. Low utilization and low cost. The organization of education and training is safe and convenient. The number of students participating in the program is more meaningful.

Pull up is the actual sports. Therefore, Oriental teachers must have a sense of responsibility for work and the ability of theoretical connection. Especially in terms of production, they must have a certain capacity for reform and innovation. It requires not only standardized and accurate directional drawings, but also measurement by map makers, understanding of drawing specifications, familiarity with layout and directional routing design principles, and proficiency in OCAD advertising drawings. In addition, in order to accumulate directional sports practice activities, graphic workers are also necessary. Physical education, training and competitive experience are all very important.

6. Conclusion

In practice, schools will naturally encounter various difficulties and problems. Therefore, we must strengthen propaganda and make efforts with the support of excellent authorities and leaders. The goal is to promote the promotion and popularization of sports, carefully organize, ensure the safety of sports education, speed up the development and development of equipment, and improve the efforts of sports. The fund raising investment will focus on the research of the theory and method of guiding teaching, improve the professional level of teachers, cultivate the interest of students, and make efforts for the faster and better development of our school.

The base of oriented physical education and training has established the development route of oriented sports network, the quality of directional sports site preparation, the expansion of social service function, and the further expansion of profit recommendation.

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