

## **Research on the Value Embodiment and Implementation of Outward Bound Training in Physical Education in Colleges and Universities**

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**Abstract:** With the deepening and development of education reform, colleges and universities pay more and more attention to the development of students' comprehensive quality. Outward Bound Training in physical education in colleges and universities is helpful to students to better adapt to the society and play the value of physical education. In outward bound training, students are able to exercise their physical quality and improve their teamwork ability. This paper mainly expounds the application value of outward bound training, and puts forward the application strategies, hoping to improve students' physical quality and their comprehensive quality at the same time.

### **1. Introduction**

With the continuous progress and development of the society, the requirements for physical education in colleges and universities are constantly improving. It is required to pay attention to the development of students' comprehensive quality while stress their physical quality. Outward bound training mainly refers to the use of surrounding conditions to set up a variety of challenging training, so as to achieve the purpose of improving the physical quality of students. In this process, students can not only exercise, but also improve their team spirit and mind. Outward bound training is the extension of physical education in colleges and universities, as well as the tower of the modernization of physical education, which is helpful to the innovation of physical education. Therefore, it is necessary to analyze the value of outward bound training in physical education, and put forward application measures.

### **2. Application Value of Outward Bound Training to Physical Education**

#### **2.1 Improve Students' Physical Quality**

The main purpose of physical education in colleges and universities is to improve the physical quality of students. The application of outward bound training to physical education in colleges and universities can stimulate students' interest in physical exercise. In the training, the surrounding environment will be made use of to set up all kinds of interesting activity games to exercise the physical quality of students. The outward bound training is more in line with the characteristics of physical education innovation in colleges and universities, solving the problem that students do not actively exercise. For example, through training, such as orienteering, ballooning, tug of war, the subjects of physical education will be integrated into outward bound training in the form of competition, so that students will no longer conflict with the long run and short run in physical education class, and actively participate in activities, sufficiently feeling the fun brought by sports in activities. In this way, the cardiopulmonary function and coordination of students can be improved, achieving the purpose of enhancing students' physical quality. Therefore, the application of outward bound training to physical education in colleges and universities can not only increase the interest of physical education, but also exercise the body of students and stimulate their interest in physical training. Students tend to actively participate in sports training.

## **2.2 Enhance Students' Social Adaptability**

The main purpose of physical education is to protect students' health. The main definition of health in modern society is physical health, mental health, moral health and social adaptability. The importance of quality-oriented teaching is to enhance the mental health of students while ensuring their physical health, and to require students to have better social adaptability and ideological and moral cultivation. The integration of outward bound training solves these problems. Outward bound training is generally carried out in the form of a team, and to some extent, is also the epitome of the society. Students participate in outward bound training, make progress in cooperation, and make self-reflection in activities. The training in physical education is also a kind of directional situational teaching. Before the training, various game rules are set for students. To complete each activity, they need to comply with these rules. During the training, students are introduced into the situation. Through various links, students will experience the joy of success and frustration of failure, and understand the method to cooperate with others better to achieve a goal, and the method to better comply with rules. For example, in the outward bound training, such as tug of war, two people and three feet, students need to play their own value in the team. In activities, they learn about cooperation and competition, and the fun of working with others. After entering the society, they will be able to face the society more actively and improve their social adaptability, which is conducive to promoting the development of students' physical and mental health.

## **2.3 Promote Students' Mental Health**

Students' health also includes mental health. College students face greater pressure since the environment between the college and the society is quite different. Whether learning or entering the society, they shoulder huge psychological pressure. In such an environment, it is very important to maintain mental health. In college teaching, there is often a lack of professional psychological guidance. Students need to relax properly in the process of learning in the face of intense learning pressure. Outward bound training is not only an activity, but also a combination of sociology, psychology and other subjects. Part of it is based on psychology, mainly to enhance the psychological quality of students. For example, in trust back selection, two or several persons are divided into a group. One person falls to the other person with his eyes closed, and the other person needs to catch the fallen person. In this process, the one with his eyes closed must fully trust the person behind him and relax himself in the process of falling down. Such activities enhances the trust of both sides and test the inner quality of the activists. Through outward bound training, students are able to relieve the pressure of learning. Compared with the traditional didactic teaching method, students prefer to exercise and acquire knowledge in the process of games. The success and the completion of a goal make students gain a sense of achievement and enhance their self-confidence. Moreover, physical health has a certain impact on mental health. Active participation in the outward bound training improves the physical health and the mental quality of students to a certain extent.

As a scientific concept, outward bound training in physical education in colleges and universities enhances students' adaptability to society, improve their psychological quality, help them relieve the pressure of life and learning, and promote the development of their comprehensive quality.

## **3. Application Strategies of Outward Bound Training to Physical Education**

### **3.1 Improve the Quality of Outward Bound Training Teachers**

Professional outward bound training is an important means of physical education, physical education teachers are required to have the corresponding quality to design training content. At present, firstly, physical education teachers in colleges and universities are not aware of the importance of outward bound training to physical education. Secondly, they are lack of enough knowledge reserve to design outward bound training contents, or even know nothing about outward bound training. Therefore, to apply outward bound training to physical education, the quality of teachers needs to be improved and regular training should be provided. First of all, improve the

ideological awareness of physical education teachers, so as to make them deeply understand the important position of outward bound training in physical education, and improve their ideological awareness of outward bound training. Secondly, carry out the theoretical training of outward bound training. Outward bound training not only includes the related knowledge of physical training, but also the knowledge of psychology, sociology and other related disciplines. Only by fully understanding the theoretical knowledge, can outward bound training be effectively combined with physical education. Finally, organize physical education teachers to participate in social outward bound training club, understand the activity content and method of training, set up the content of the training according to their own feelings and the existing environment of the college, combine the content of the training in the society with physical education according to the characteristics of students, and integrate the surrounding environment to design reasonable and scientific outward bound training, so as to improve the teaching quality and efficiency of physical education.

### **3.2 Design the Content of Outward Bound Training**

The traditional physical education classroom doesn't set the content of outward bound training. Teachers just require students to achieve the standard performance in physical examination. In addition to the failure of effectively improving students' physical quality, the sudden intense training will affect their physical health, resulting in students' boredom of physical training. So it is of necessity to apply the outward bound training to physical education. Teachers are expected to understand the hardware facilities and software settings of colleges and universities, and design outward bound training contents according to the existing conditions, so as to ensure the reasonableness of content design. In the design, all resources inside and outside colleges and universities should be coordinated. The resources inside include the stadium, playground and other broader locations inside colleges and universities. The resources outside are the suburbs, parks and other locations around colleges and universities. Training contents should be designed and expanded reasonably according to the natural environment.

The application of outward bound training to physical education can be roughly divided into two parts: basic quality training and comprehensive ability quality training. Basic training is mainly to improve students' physical quality, team cooperation ability and self challenge ability. Comprehensive literacy is mainly to cultivate students' ability to solve difficulties, use rules, communicate and coordinate. The basic outward bound training is mainly outdoor training, and most training links are simple. For example, outdoor outward bound training design can be carried out in the form of interesting basketball match, obstacle match and so on. In this process, according to the characteristics of students, obstacles can be designed for students to increase the difficulty of training and improve their response ability. The comprehensive outward bound training is more complex, mainly to cultivate the comprehensive ability of students. Several students are grouped to decrypt, such as simulating the living environment in the field, escaping from the secret room, etc., mainly to train the team cooperation ability, thinking ability and communication and coordination ability of students. Before the comprehensive training, teachers organize students to discuss the plan of this comprehensive training in groups.

The application of outward bound training to physical education also needs to consider students' psychological characteristics and physical quality. Students have not yet entered the society and are different from most people in the society in psychological characteristics. The design of training contents should be with strong pertinence. The main purpose is to ensure that all students dare to participate the training, and gain self-confidence and sense of achievement in the training process. The targeted contents of training also needs to be combined with the existing environment. Before training, the environment should be analyzed to ensure safety. Under the condition of ensuring the safety, students are trained in the comprehensive quality and physical quality.

### **3.3 Build a Perfect Outward Bound Training System**

First of all, the safety of outward bound training. Since most of the outward bound training is conducted outdoors, the training intensity, the safety of training facilities and the rationality of training links should be evaluated. Before the comprehensive training, safety protection should be

provided to the surrounding areas, in order to provide the participating students with safety protection equipment to the greatest extent. It is also vital to consider the age of students and whether they can complete the training. Before training, teachers should personally experience whether the training process is reasonable and ensure the scientificity of training.

Secondly, the evaluation of outward bound training. Outward bound training should not only improve the physical quality of students, but also help students gain knowledge and experience. Therefore, it is necessary to observe and evaluate students' performance during and after the training, and to understand whether the quality of students has been improved correspondingly, so as to evaluate whether this training is successful.

Finally, the funds management of outward bound training. Outward bound training requires less funds. Colleges and universities are expected to stress the management of funds when outward bound training is carried out for students. Most of the venues are within the campus, so more basic training equipment outdoors are needed to facilitate the daily training of students. Comprehensive outward bound training needs corresponding funds, so before the start of the training, physical education teachers should report the budget, then colleges and universities will distribute funds according to the training purpose.

#### **4. Conclusion**

To sum up, the outward bound training is based on the existing environment of colleges and universities, and carries out basic and comprehensive training for students so as to improve their physical quality, team cooperation ability, psychological quality and social adaptability. The application of outward bound training to physical education promotes the enthusiasm of students in physical exercises and make them actively participate in physical exercises. In the application of outward bound training, it is necessary to improve the ideology of physical education teachers, formulate scientific training content and safety evaluation system, so as to improve the efficiency of physical education.

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