

Research on the Application of All-round Mixed Physical Training Model in Physical Education Practice

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Keywords: Higher Vocational, Physical Fitness, Physical Training, Teaching Mode

Abstract: Select reasonable teaching content, adopt the teaching method suitable for the characteristics of higher vocational students, introduce the "all-round mixed physical training" mode into the physical education classroom teaching in higher vocational colleges, and promote the comprehensive physical fitness training to promote the physical fitness of vocational and technical college students. The health implementation program conducts follow-up research to hope to promote the physical health of higher vocational students better and more effectively, develop physical fitness, and further improve students' athletic ability to explore a new teaching mode.

1. Introduction

At present, the athletic ability and physical condition of higher vocational students are not optimistic. Due to the current teaching of physical education in vocational colleges[1] and the cultivation of students' interest, the physical education classroom generally has a small amount of exercise and low exercise load. The exercise ability is weak, the physical quality is not effectively exercised and improved. In the physical test of the school in recent years, the development of the student's body shape has been continuously improved, and the test data indicators of physical function and physical fitness have been decreasing year after year. There are problems such as obesity, reduced lung capacity, and poor strength and endurance.

In May 2016, the General Office of the State Council issued the "Opinions on Strengthening the Physical Education of Schools to Promote the Physical and Mental Health of Students" [2] proposed: comprehensively improve the quality of physical education, classroom teaching effects, and adhere to Classroom and extracurricular activities are connected to improve students' personality quality, develop students' motor skills, improve physical fitness, enhance rule awareness, cooperation spirit and will quality, and give full play to the role of sports in cultivating and practicing socialist core values and promoting quality education. Comprehensive effect[3].

"Physical energy" refers to the ability of the functions of various organs of the human body to manifest themselves in physical activities, including basic physical fitness such as endurance, sensitivity, strength, speed and flexibility, and the basic activity of the human body[4]. During the 1964 Tokyo Olympics, Larsen proposed the top 10 factors that constitute physical fitness: defense, muscle strength, muscle power, balance, skill, flexibility, speed, agility, coordination, and cardio endurance[5].

"All-round mixed physical training" is derived from "Cross Fit", which is based on the current practice of Cross Fit, tabata, HIIT, bodybuilding and freehand fitness. It is more safe and suitable for students in higher vocational colleges. The training action, through a reasonable and effective teaching method to improve students' cardio-respiratory function, endurance, strength, speed, explosiveness, flexibility, agility, coordination and other physical fitness training mode[6].

2. Research Purposes and Significance

2.1 Theoretical Significance

Introducing the modern physical training model into physical education, reforming the traditional physical education teaching mode, teaching methods and means; integrating fitness and

competition, from the technical teaching of traditional competitive sports to the "national fitness" and "lifelong sports", Exploring the relationship between physical fitness training and students' physical fitness and lifelong physical education, and cultivating students' health knowledge (scientific fitness, sports injury prevention, safety prevention knowledge, etc.) and behavior (preparing activities before exercise, stretching and relaxing after exercise, etc.) to improve students' physical fitness To train people with "lifelong physical exercise ability".

2.2 Practical significance

The concept of "all-round mixed physical training" is to make full use of the limited sports resources such as school venues, equipment and equipment, and to enhance the potential of students' instinct in the simplest and most natural way. Higher vocational colleges should establish a new mode of physical education teaching with higher vocational characteristics according to their own characteristics and specific conditions. By adding the "all-round mixed physical training" system, the content structure of physical education classrooms should be gradually improved, students' interest in learning and students should be improved. Sports ability (basic athletic ability: walking, running, jumping, throwing, moving, climbing, climbing, drilling, rolling, turning, etc.; special sports ability: exercise ability, competition ability, etc.) and habits (one hour of exercise per day) and physical exercise The enthusiasm and professionalism, cultivate students' healthy lifestyle, comprehensively improve the physical fitness of students, and promote the life of physical education.

3. All-round Mixed Physical Training Model Applied to the Study of Physical Education Practice

3.1 Current Status of Physical Fitness Training in Higher Vocational Colleges in China

"Physical energy" is a vocabulary that appears frequently in various sports newspapers and literatures in China in the mid-to-late 1980s. It is also a conceptual vocabulary[7] that is frequently used in various sports. Through the retrieval and research of the journal network from 1997 to 2016, physical training is the core of competitive sports training, for example: "Study on the status quo and countermeasures of physical training for women's volleyball team in Shandong Normal University" and "New ideas for athletes' physical training" ----Core Stability Training" "CrossFit training system applied to the physical training of sports basketball specialty students", etc., is also the theme of mass fitness. For example: "Methods of freehand full-body exercise", "Overview of Crossfit", "Preliminary study of physical fitness training in CrossFit training mode". In summary, in the domestic aspect, experts and scholars have more research on athletes' physical training. On the international front, physical training research hotspots focus on two aspects: one is to improve the competitive physical training research; the second is Fitness physical fitness training for the purpose of improving physical health. For the health of high vocational students, there is relatively little research on integrating physical training mode into higher vocational sports classes.

3.2 Research objectives

According to the specific situation of students, the physical fitness training content suitable for higher vocational physical education is selected, the sports load is scientifically designed, the comprehensive mixed fitness training system is constructed, and the curriculum structure of physical education teaching in higher vocational colleges is reformed.

3.3 Research methods

Questionnaire method: issue and recycle questionnaires and write survey reports. Questionnaire content: health knowledge, exercise methods, methods, after-school exercise, problems in current physical education classes and confusion encountered; students' attitudes and requirements for physical training.

Literature Research Method: Review relevant books and academic materials to provide theoretical basis and relevant policy support for the research of this topic.

Interview method: Interviews with experts and physical education teachers in some higher vocational colleges in the province, including the contents of physical education classes, physical training content and the introduction of comprehensive physical fitness training into the classroom.

Experimental method: The test data of the study object was compared before and after the experiment. Test items: lung capacity, 50m running, standing long jump, sitting body flexion, 1 minute sit-up / pull-ups and 800/1000m. (Implementation of National Student Health Standards)

3.4 omnidirectional mixed physical training teaching mode construction

3.4.1 Reform ideas

Analyze the physical data of our school in the past 3 years and the rationality of the teaching content of physical education in vocational colleges, consult relevant research materials, propose a comprehensive mixed fitness training concept, analyze its characteristics, advantages and impact on students; enrich teaching Content, improve the curriculum structure, and construct a modern physical education model that meets the characteristics of vocational colleges [8].

3.4.2 Reform plan design

According to the characteristics of students, select some physical fitness teaching content, scientifically arrange reasonable exercise load, improve the curriculum structure, strengthen students' safety sports and fitness knowledge, develop students' athletic ability, improve teaching effectiveness; reform assessment methods and improve students' participation in physical exercise To cultivate students' lifelong sports awareness and improve their overall physical fitness[9].

3.4.3 Teaching implementation

1) Comprehensive mixed physical training teaching content hierarchy (Figure 1)

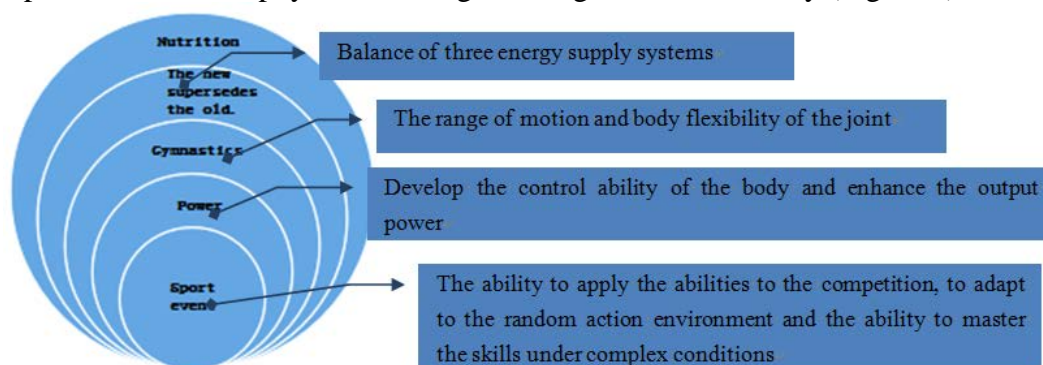


Fig. 1. Comprehensive mixed physical training teaching content hierarchy

Metabolism: including short-range, medium-range and long-distance metabolism, such as: anaerobic exercise training and "interval training" for aerobic exercise; improve heart and lung function.

Gymnastics: including technical activities such as climbing, yoga, aerobics, dance, etc., such as: pull-ups, push-ups, support, inverted, etc.; cultivate flexibility, balance, precision and core strength.

Strength: Contains squats, power flips and other actions to improve strength, speed and flexibility.

Sports: Basketball, platoon, foot and other sports play an important role in fitness is the application of fitness in sports[10].

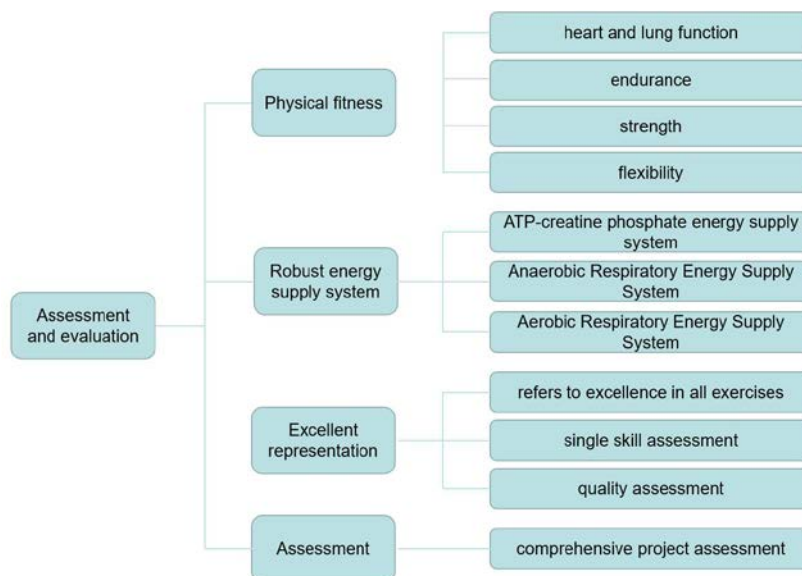


Fig. 2. Assessment and evaluation of all-round mixed physical training

2) Teaching method: Introduce high-intensity, no-interval training method, enrich teaching methods, and cultivate students' interest in sports.

3) Assessment and evaluation of all-round mixed physical training (Figure 2)

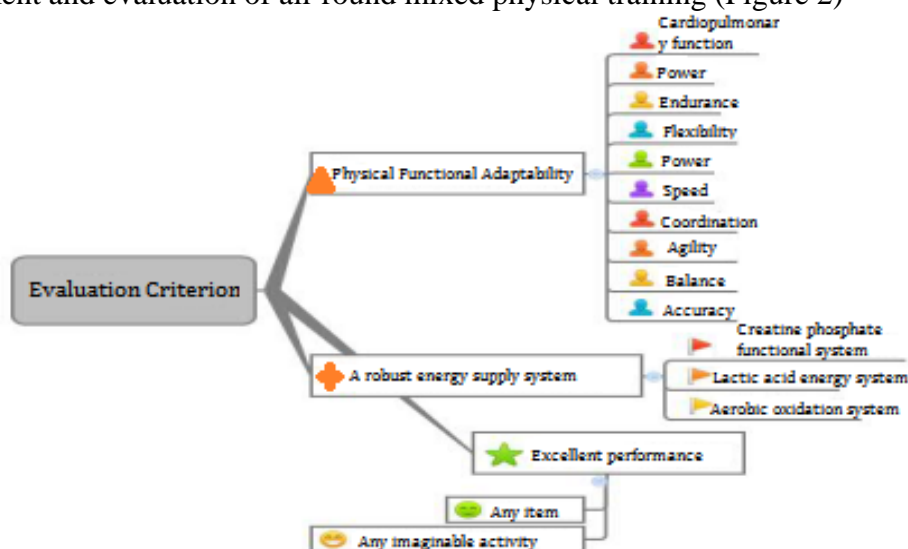


Fig. 3. Teaching process of all-round mixed physical training

Physical fitness: Improves athletic performance by improving organic changes in the body, improving heart and lung function, endurance, strength and flexibility[11].

Robust energy supply system: the ability to fully develop the metabolism of the three systems.

Excellent representation: Refers to excellence in all exercises, even in unfamiliar exercises.

Assessment: single skill assessment + quality assessment + comprehensive project assessment.

(Note: Part of the assessment is based on the National Student Physical Health Standard)

4) teaching process of all-round mixed physical training (Figure 3)

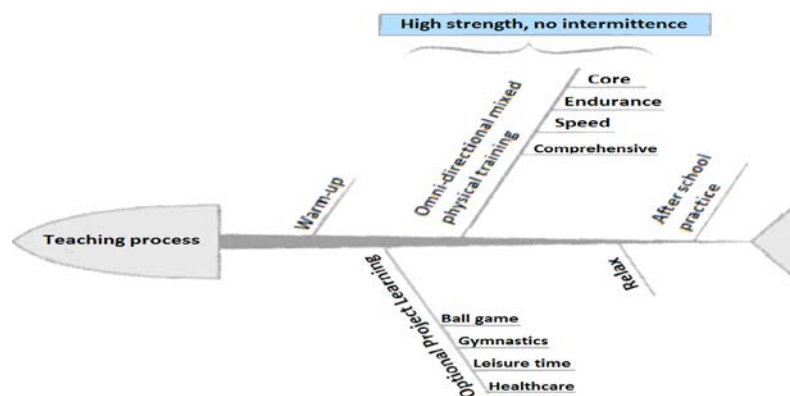


Fig. 4. Teaching process

Warm-up - Optional project learning (balls, gymnastics, leisure, entertainment) - high-intensity, non-intermittent, all-round physical training (core, endurance, speed, comprehensive) - relaxation - after-school exercises

5) After-workout monitoring: Through the modern information platform, such as: WeChat, campus learning platform, etc., build an after-school exercise monitoring system, design sports prescriptions, fitness plans for individuals, guide and urge students to complete the after-school forging, and develop good fitness behavior habits.

4. Conclusion

Through experimental teaching, it is found that all-round mixed physical training has a positive and important role in teaching. Its teaching mode is reasonable, the content is diverse, and the method is novel, which can effectively improve students' physical fitness.

Acknowledgement

In this paper, the research was sponsored by the Shandong Province Education Science "Thirteenth Five-Year Plan" 2016-2017 "Sports and Art Education Special Project" Self-financing topic All-round mixed physical fitness training introduced the research results of higher vocational physical education, subject number: bca2017028.

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