

Feasibility Analysis of "All-round Mixed Physical Training" Mode Introduced into Higher Vocational Sports Teaching

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Abstract: At this stage, the school physical training model is being continuously innovated and developed. The purpose is to enrich the content of physical education, to better and more effectively promote the physical health of vocational students, develop physical fitness, and further improve students' athletic ability. Based on the basic concepts and research status of physical training, the author analyzes the role and benefits of physical training in higher vocational physical education, and demonstrates the feasibility of introducing modern physical training into higher vocational physical education.

1. Introduction

"Connecting school sports to healthy China and integrating school sports into the goal of 'Healthy China 2030'", "Health China 2030" Outline of the Plan has put forward five major tasks for school sports that have gone through 40 years of reform and opening up. (1) The student's physical fitness rate is 25%; (2) The student is at least proficient in one motor skill; (3) One hour of school exercise per day; (4) Three times of moderate-load physical exercise per week; (5) The school's venue equipment compliance rate is 100%. At present, the athletic ability and physical condition of higher vocational students are not optimistic. Due to the current teaching of physical education in the higher vocational colleges and the cultivation of students' interest in sports, the physical education classroom generally has a small amount of exercise and low exercise load. Weak, physical fitness is not effectively exercised and improved. In the physical test of the school in recent years, the development of students' physical form has been continuously improved, while the test data indicators of physical function and physical fitness have been decreasing year by year, and there is obesity, low lung capacity, poor strength and endurance.

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 "national fitness" and "lifelong sports" Change direction; let students understand the connotation of sports, form a characteristic campus sports culture; explore the relationship between physical training and students' physical fitness, lifelong physical education, and cultivate students' health knowledge (scientific fitness, sports injury prevention, safety prevention knowledge, etc.) and behavior (sports Before doing adequate preparation activities, stretching and relaxing after exercise, etc., improve the physique of students and cultivate people with "lifelong physical exercise ability." Let sports return to education, strengthen the function of school physical education, take "health first" as the guiding ideology, and implement and implement the fundamental task of "Lide Tree People".

2. An Introduction to Physical Training

"Physical energy" refers to the organism obtained through acquired training on the basis of innate inheritance:[1]Potential ability in terms of morphology, structure, function and regulation, storage and transfer of material energy;[2]The comprehensive athletic ability demonstrated by the combination with the external environment, including basic physical qualities such as strength, speed, endurance, sensitivity and flexibility; [3]The basic activities of the human body, such as:

running, climbing, climbing, squatting, etc.; [4] People have the basic living ability necessary for daily life.

As we all know, the human body itself is an organism composed of multiple complex systems. The performance of physical activity as a carrier is affected by many factors. In addition to the physical energy obtained through genetics, acquired physical energy is obtained through effective training. Improve [5].

Physical training is to use a variety of effective training methods and means to improve the function level of various organs and systems, improve body shape; comprehensively develop sports quality; promote the mastery of sports technology and skills, and lay the foundation for the development, improvement and improvement of special sports technology [6]. Physical training is the basic guarantee for healthy exercise and avoiding injuries.

The contents of physical training include: body shape, physical function, sports quality and many other factors [7].

Body shape and bodily functions are the basis for good physical fitness. Form refers to the internal and external shape of the human body; function refers to the function of various organ systems of the body [8]. In the process of training, different sports have different requirements on body shape and body function. On the basis of heredity, various effective training methods and methods should be used to transform the body shape of the organism and improve the body function [9]. The improvement of body shape will affect the development of sports quality to a certain extent.

Sports quality refers to the basic athletic ability of an organism during exercise, including: strength, speed, endurance, flexibility, balance, sensitivity, coordination and other elements. The same sports quality will be different in the development and improvement of people at different stages of development [10]. Therefore, effective measures should be taken according to the development rules of various sports qualities, and reasonable training should be carried out to obtain greater improvement.

3. Feasibility Analysis of Introducing the "All-Round Mixed Physical Fitness Training" Mode into the Teaching of Higher Vocational Sports

3.1 The concept, mode, method and characteristics of "all-round mixed physical training"

The concept of "all-round mixed physical training": make full use of limited sports resources such as school venues, equipment and equipment, and enhance the potential of students' instinct in the simplest and most natural way; draw safer and more suitable for higher vocational colleges [11]. Students' physical training exercises improve students' heart and lung function, strength, endurance, speed, flexibility, coordination and other aspects of physical fitness through reasonable and effective teaching methods [12].

The model of "all-round mixed physical training": based on the popular elements such as Crossfit and HIIT, according to the professional characteristics of students in higher vocational colleges, physical health and other factors, the action components in weightlifting, track and field, gymnastics and other projects are selected [13]. The mixed fitness training "action system, according to the main content of the project teaching, in each exercise, draw different 4-6 action combinations for one exercise unit to practice.

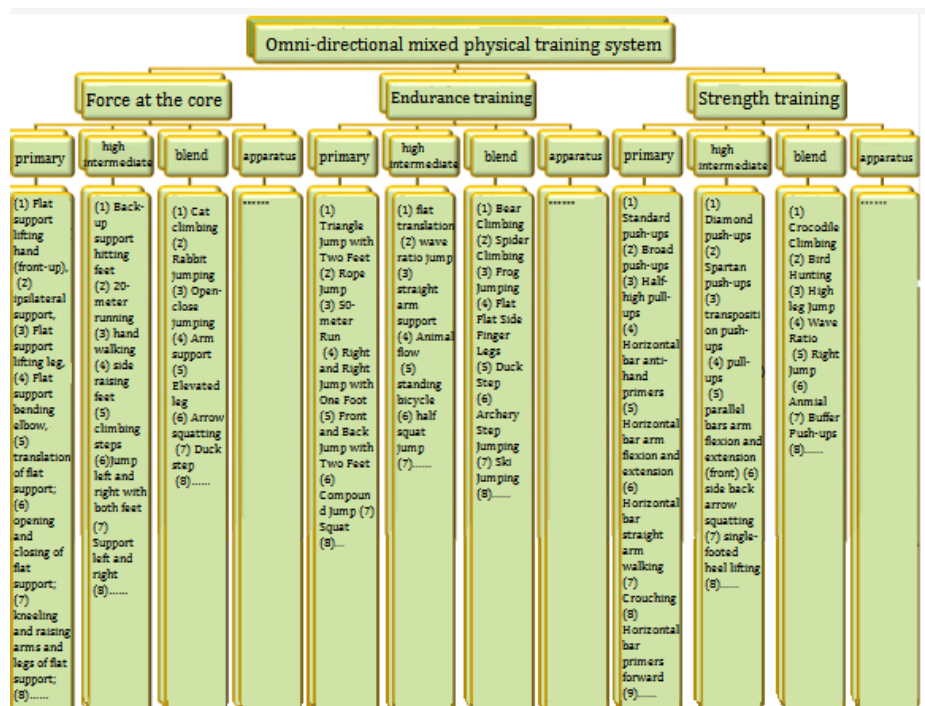


Fig.1. Omni-directional mixed physical training system

The method of "all-round mixed physical training": 1) Train in a high-intensity, short-intermittent, aerobic, anaerobic interpenetrating manner within a specified time (15 minutes - 20 minutes). 2) Strengthen the correct action mode.

Features of "all-round mixed physical training":

(1) High efficiency. Enhance the load in a relatively short period of time, mobilize the body's physical energy, reduce fat and muscle, shape good body shape, and improve physical skills.

(2) Autonomy. Record the completion of each exercise, students can practice independently according to their own situation, encourage students to break through themselves, and strive to complete difficult movements and challenge themselves [14].

(3) Diversity. The "All-round Mixed Physical Fitness Training" system has selected more than 80 movements, and the unit combination is various. After school, students can freely combine movements and practice according to their physical characteristics and on the basis of mastering the basic physical exercise rules. [15]

(4) Improve the quality of sports. "All-round mixed physical training" has both general practice and targeted exercises, which can comprehensively improve students' sports quality, such as: strength, cardio-pulmonary function, flexibility, speed, sensitivity, coordination, balance and so on.

(5) Functionality. "All-round mixed physical training" emphasizes the integrity and linkage of the exercise, which can promote students' mastery of motor skills and avoid sports injuries [16].

(6) Epidemic. "All-round mixed physical training" incorporates popular elements such as Crossfit and HIIT, and combines with bodybuilding and fitness to promote the life of physical education.

3.2 The benefits of "all-round mixed physical training" mode introduced into higher vocational physical education

(1) Introduce popular elements such as freehand exercises, simple equipment exercises, and core strength exercises in physical training, such as hiit, skipping, functional training, etc., enrich teaching content, stimulate students' interest in sports, and solve problems such as boring physical exercise; Introduce fitness elements into the classroom, expand students' horizons, guide students to understand their physical health, cultivate students' awareness of "lifelong sports", and lay the foundation for "lifelong sports" [17].

(2) Introducing the modernization model of physical training, which can change the structure of physical education curriculum, strengthen individual participation, and improve athletic ability

(basic athletic ability: walking, running, jumping, casting, moving, climbing, climbing, drilling, rolling, turning, etc.; Sports ability: exercise ability, competition ability, etc.), highlighting practicality, solving the problem of insufficient exercise load and insufficient exercise in physical education classes [18].

(3) Introducing the physical training model, which can gradually improve the traditional teaching mode and establish a new mode of physical education teaching with higher vocational characteristics;

(4) Solve the problem of discontinuity in sports, cultivate students' good exercise habits (one hour of exercise per day), and encourage students to master two or more sports skills.

(5) Introducing the physical training model, which can guide students to master the correct physical exercise methods, scientific fitness, cultivate students' core sports literacy, improve the enthusiasm and professionalism of students' physical exercise, avoid sports injuries, and cultivate students' "lifelong physical exercise ability".

(6) From the technical teaching of a single competitive sports program to the direction of "national fitness" and "lifelong sports", the combination of sports skills, fitness and lifestyle will promote the professionalization and life of physical education.

4. Conclusion

In summary, the concept, mode and method of "all-round mixed physical fitness training" and the core objectives of college students' physical health, physical education teaching objectives and methods are mutually integrated and mutually promoted, adding "all-round mixed physical fitness" in physical education. The system advantage of training is obvious. It can not only enrich the teaching content, stimulate students' interest in learning, improve students' athletic ability, prevent sports injuries, but also cultivate students' enthusiasm and professionalism; and cultivate students' healthy lifestyle; We will comprehensively improve and improve the physique of our students; we will conscientiously implement and implement the spirit of the instructions of President Xi Jinping in helping the students enjoy fun, enhance their physical fitness, improve their personality, and temper their will in the National Education Conference. It can be seen that it is feasible and beneficial to introduce the "all-round mixed physical training" mode in higher vocational sports teaching.

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