

## On the Application of Outward Bound Training to Physical Education Teaching in Colleges and Universities

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**Abstract:** The application of outward bound training to physical education teaching in colleges and universities is relatively late. It can play a greater role in the actual application. At present, some colleges and universities have it in physical education (PE) teaching, which has gradually attracted the attention of all sectors of society, and has been selected as training content by many government organs and large and medium-sized enterprises. The training objectives are also more abundant, changing from the original simple physical fitness and survival training to the field of life attitude and teamwork spirit, becoming an outdoor experiential teaching mode with expanding scale. This paper simply discusses the application of outward bound training in PE teaching in colleges and universities, hoping to provide help for the relevant personnel.

### 1. Introduction

Outward bound training originated in England and has broken the traditional way of education. After careful planning by educators, it enables college students to constantly challenge themselves and improve their quality in training. Outward bound training has been introduced and applied to college PE and has become a basic training. The application of it in college PE makes full use of campus related resources, enhances the interest of PE teaching, improves students' interest in learning and classroom participation rate, and improves their comprehensive quality.

### 2. Analysis of the Current Situation of Physical Education Teaching in Colleges and Universities

At the present stage, although colleges and universities have paid more attention to PE teaching, there are still many problems in the actual PE teaching due to the influence and restriction of traditional ideas, which has seriously affected the improvement of the quality of PE teaching in colleges and universities.

#### 2.1 Lack of Attention to Physical Education Teaching

In the actual PE teaching process, many leaders often attach importance to students' learning of main subjects but ignore their sports knowledge learning, affecting their all-round development. In the process of PE teaching in some colleges and universities, although outdoor teaching is also offered, the arrangement of class hours is very few, ignoring the importance of PE for students' future development and affecting the improvement of PE teaching level in colleges and universities.

#### 2.2 Old Teaching Mode

Due to the influence of various factors and the lack of attention paid to PE in colleges and universities, teachers still adopt the traditional teaching mode while this teaching method is too single and dull. Students only passively accept the knowledge taught by teachers while learning, and fail to actively participate in PE learning, which is not conducive to the improvement of

students' PE level.

### **2.3 Lack of Professional Teaching Staff**

At this stage, although colleges and universities have increased the importance of PE, because of colleges and universities' less investment, professional teachers team is still lacking. Many PE teachers' professional level is not high and their attention to PE is also low, leading to the improvement failure of quality and level of PE.

## **3. Significance of Outward Bound Training to Physical Education Teaching in Colleges and Universities**

### **3.1 Make Full Use of the Relevant Resources of Colleges and Universities**

In the past, PE teachers generally used the inherent teaching mode and teaching equipment. By introducing outward bound training into PE teaching, PE classes can be extended to the whole campus, which is conducive to enriching the teaching resources of PE courses, such as stairs, open space, etc. Teachers can use these conditions to organize students to carry out some outward bound training projects in the normal PE teaching process. Campus directional cross-country orienteering projects can also be carried out by using green vegetation and buildings. Campus Orienteering cross-country search is within a small scope, which enables students to quickly find targets while reducing security risks, and make full use of various resources of colleges and universities. This not only makes students experience outward bound training projects without going out of colleges, saves a lot of time and money, but also ensures students' various travel safety problems.

### **3.2 Improve the Past Physical Education Teaching**

In the past, PE was a bilateral activity between teachers and students, which was just a simple teaching interaction. Teachers played a dominant role and students played a dominant role. Outward bound training effectively combines the teaching content of PE with experiential training. Students are able to well complete the content and tasks of PE, feel the natural environment, experience various outward bound training activities, exercise their will, and cultivate their good qualities of not afraid of difficulties, daring to challenge and breaking through themselves. Its application to PE not only improves students' physical quality, ideological quality and life skills, but also improves students' social adaptability. Many of the outward bound training projects are multi-participant, requiring everyone to cooperate to complete. In training, only those with team unity and good communication skills can successfully complete the challenge. In this way, students' social adaptability can be well trained, good communication between students can be developed and interpersonal skills can be improved, which is conducive to improving the shortcomings of previous PE teaching.

### **3.3 Enhance the Interest in Teaching**

In PE teaching, teachers generally apply the inherent teaching mode, which is relatively monotonous and dull and lacking interest. Generally speaking, the beginning part includes jogging, bare-handed exercises, preparatory activities between marches, stretching exercises. The basic part contains teachers' explanation, demonstration teaching, students' repeated exercises, teachers' error correction guidance and so on. The final part is quality exercises, relaxation activities, summary of this lesson. Such a teaching mode is not novel enough, so students are easily bored and losing interest in sports activities. Although some teachers add sports games in PE classes to improve students' participation rate in the classroom. However, after the games, students just feel funny but have not fully experienced the individual exercise and team cooperation of games. The introduction of outward bound training in PE is conducive to improving students' interest in PE learning. Students actively participate in PE classes and make physical education teaching full of fun.

## **4. Application Strategy of Outward Bound Training to Physical Education Teaching in Colleges and Universities**

### **4.1 Excavate the Resources of Outward Bound Training Courses in Colleges and Universities**

The administrative department of education is required to carry out relevant work from the height of improving the overall quality of the whole nation. After examining colleges that meet the requirements, a training base for quality development and physical education teaching should be set up and a license needs to be awarded to provide policy support for the implementation of the training. In addition, it is necessary to fully tap the teaching resources related to the implementation of outward bound training in colleges and universities, to set up facilities and tools related to outward bound training by utilizing the resources such as venues owned by colleges, and to combine with other colleges and social resources, thereby promoting the sustainable development of outward bound training in PE in colleges and universities. Its application in PE teaching also needs to constantly improve the professional quality of teachers. Teachers are supposed to learn and master the relevant outward bound training knowledge, realize the continuous renewal of knowledge, exchange experience with relevant social organizations, and make full use of social related resources, so that their own knowledge system can be improved. The most basic is that PE teachers should master the theoretical knowledge of outward bound training, and then go to outward bound training clubs and other organizations to conduct field visits, exchanges, and receive professional training. Under professional guidance, teachers are able to improve their teaching ability and realize the transformation of teaching mode, so as to improve the actual teaching quality of outward bound training.

### **4.2 Improve the Methodological System of Physical Education Teaching**

Scientific and reasonable teaching methods are the main ways to improve the level and quality of PE. The application of outward bound training in PE can greatly improve the methods of PE and ensure that students develop in a good direction. In the application, teachers are required to comprehensively consider and analyze students' physical quality and acceptance ability, actively discover students' specialties and hobbies in learning, and then carry out outward bound training in a targeted manner, so as to effectively teach students in accordance with their aptitude and improve students' level and ability. For example, in the teaching process of collective high jump, teachers are suggested to divide students into several groups in the form of games, stipulate the number of students' high jump, then actively guide students to cooperate in groups, require them to complete the goals and tasks set by teachers, mobilize their enthusiasm, and cultivate their spirit of cooperation and competition. Moreover, teachers can establish an evaluation mechanism in the process of PE teaching, timely grasp the students' learning situation, and give students certain affirmation and encouragement, enhance their self-confidence, and improve their sports level.

### **4.3 Change Ideas and Correctly Understand the Outward Bound Training in Colleges and Universities**

Compared with traditional PE, outward bound training is a high-risk sport, most of which not only have high risk coefficient, but also have higher requirements for teachers' professional quality. This requires regular training for teachers of outward bound training in colleges and universities to improve their professional quality, master comprehensive outward bound training skills, and have a correct understanding of it. Besides the teaching of outward bound training, teachers are also expected to participate in related cultivation of outward bound training to enrich their professional knowledge and skills. Outward bound training exercises people's will, improve people's personality and shape independent personality, playing a great role in training excellent talents in colleges and universities. Therefore, some teachers who carelessly deal with and exclude outward bound training need to change their concepts and correctly understand it. At present, most of PE teachers in colleges and universities have rich teaching experience and strong organizational ability, which greatly promotes the application and development of outward bound training in PE in colleges and

universities.

#### **4.4 Create a Good Outward Bound Training Environment for Students**

The so-called outward bound training environment mainly refers to the outdoor and indoor environment. In the process of PE, teachers are capable of improving students' PE level through simulation and experience. At the same time, in the process of teaching, teachers are able to implement some practical projects such as imitation, communication, etc. to formulate topics for students, so that students can discuss in door environment according to the topics given by teachers, and then extend the results of discussion to outdoor implementation, so as to improve the quality and effect of teaching.

#### **4.5 Research Teaching Methods of Outward Bound Training**

Outward bound training applied in PE should draw lessons from the advanced training concepts and the training items which are convenient for PE teaching. It should not simply copy the outward bound training mode of outward bound institutions. In the actual college PE teaching, teachers are able to realize the organic combination between PE teaching and outward bound training by setting teaching situation, reform the traditional single and indoctrinating teaching mode, enhance the vividness and flexibility of PE curriculum, promote the diversified development of PE classroom content, improve the enthusiasm of students' participation, and make the whole teaching atmosphere more active. In teaching, it is essential to integrate the requirements of talents training, and consider the growth characteristics of college students' psychology and physiology comprehensively. In the teaching design of outward bound training activities, teachers are required to make full use of the existing teaching resources and make an innovative design of training projects according to teaching characteristics, so as to make the training activities more in line with the law of physical and mental development of college students. In addition, in the implementation of outward bound training, it is also necessary to pay attention to the security protection and to improve the safety management mechanism of outward bound training. In physical education teaching, it is essential to set up warning signs or warning banners for safety matters in the training ground and playground, offer centralized management for those training contents with high safety requirements and arrange special personnel to take care of them, so as to maximize the personal safety of students.

### **5. Conclusion**

At the present stage, with the continuous advancement of quality education, PE teaching mode in colleges and universities has also undergone great changes. The application of outward bound training in PE teaching not only improves the quality and effect of teaching, but also cultivates students' competitive consciousness, improves students' own level, and promotes students' good development and progress. In order to maximize the teaching function of outward bound training, teachers are required to select appropriate outward bound training items according to the teaching content in actual PE teaching to ensure that students can develop in a good direction.

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