

Study on the Effectiveness of Sports Training in Universities

Yong Peng

College of physical education. Taishan university, Taian, 271000, China

Abstract

In the development of modern quality education, the effective development of sports training is an important way to improve students' physical quality and psychological quality, to ensure more efficient sports training, ensure that students can develop more in sports training, improve the overall quality, and comprehensively explore the specific strategy of sports education, hoping to effectively improve the training effect, strengthen the overall quality, and promote the development of modern education.

Keywords

University; Sports training; Effectiveness; Improvement strategy.

1. Foreword

Institutions of learning in organizing students to carry out sports training, effectively improve training effect is of great significance, teachers need to conduct in-depth analysis, to ensure that athletes can master more adequate sports skills, improve students' physical quality, ensure students to participate in sports training, ensure that sports injury in athletes can effectively reduce participation in sports, improve students' physical quality and psychological quality, in order to further clarify how more efficient implementation of sports training, this research activity.

2. First, Update the Teaching Concepts

When realizing the classroom teaching in physical education, teachers need to reasonably update their teaching concepts if they want to improve their classroom teaching effect. First of all, physical education teachers need to highly clarify the necessity of teaching reform in the development of modern education, and reasonably optimize the educational concept, to ensure students' health, but also need to strengthen students' mental health. Secondly, the teacher in the implementation of physical education teaching, also need to effectively highlight the student subject status, ensure to make the traditional mechanized learning effective breakthrough, ensure that students can further clarify their subject status, and ensure that students can more efficiently participate in sports classroom learning, ensure students' mental health and physical and mental health [1]. Finally, teachers also need to make clear sports class is not requiring students to achieve good results in sports, at the same time, also need to ensure that students in the physical quality in classroom learning, to ensure that students can effectively vent bad emotions in the process of sports, effectively protect their mental health.

3. Improve the Facilities and Equipment

Institutions of colleges and learning in the organization of sports training, facilities has certain basic value, has a great impact on student sports damage, therefore, in the organization of sports training, need to scientific construction of related facilities and equipment, according to sports training needs to purchase various sports equipment, if found sports facilities damage, must be timely maintenance, at the same time, also need to timely update the old facilities. At the same time, teachers also need to organize students to jointly repair the site facilities, to

ensure that students can guide the training site based on teachers, and carry out effective maintenance of their various facilities and equipment. Ensure that the training ground hardness is moderate, clean and smooth, can effectively improve student training safety and training effect, so, sports teachers in the organization of students sports training, need to ensure that moderate training ground soft and soft, clean and tidy, avoid students in sports fall or fall injury, for sports training activities to create good conditions, to ensure that students have higher safety in sports.

4. Third, Strengthen the Spirit of Sportsmanship

Under general circumstances, sports athletes need to consume a lot of physical strength when they participate in physical training. Before carrying out physical training, they can guide students to stretch their body, which can wake up their sleeping muscles to ensure that the probability of damage that athletes will appear in sports is effectively reduced. In the process of modern social and economic development, modern quality of life is improving, leading to college students generally have relatively lazy living habits, lack of hard work and hard quality, at the same time, sports training process is extremely difficult, need to trainers for a long time, therefore, in the specific sports training, need to athletes determination effective guarantee [2]. Sports specifically refers to sports characteristics, style and sports level, but also includes sports aesthetic level and ideals and beliefs. When athletes participate in sports training, only by fully mastering the sports spirit can they develop the consciousness of maintaining hard work and not afraid of difficulties. Therefore, when carrying out sports training, colleges and universities need to carry out scientific training of sports spirit for athletes, and in the course of sports teaching, fully implement the spirit of sports, so as to ensure that sports athletes can learn sports theory more efficiently and reasonably optimize students' sports spirit.

5. Improve the Teaching Methods

When colleges and universities want to improve the teaching effect, they need to improve the teaching methods scientifically. At this time, teachers need to make scientific changes to their traditional teaching methods to ensure that students can actively participate in learning. First of all, physical education teachers need to set teaching plans according to the actual situation of students, to conduct a comprehensive collection of students' interests, to ensure that students can actively participate in physical education teaching, to ensure that students have a higher subjectivity in classroom learning, and to create good conditions for the further improvement of teaching quality and teaching effect. Secondly, need to strengthen the emotional communication between teachers and students, physical education teachers in the specific implementation of education work, need to guide students to speak, through strengthening the interaction between teachers and students, not only can make students and teachers have more profound emotion, at the same time, but also can make physical education teachers further clear students' learning needs, reasonable optimize the teaching plan, create good conditions for effective teaching effect [3]. Finally, physical education teachers also need to make scientific improvement to their classroom teaching environment. In the specific implementation of physical education classroom teaching, teachers need to reasonably optimize the teaching environment. For example, the teacher in the explanation of physical movement essentials, scientific application of multimedia technology can make its teaching has higher vividness, to ensure that students can more comprehensive understanding of sports theory knowledge, make the boredom of sports class effective breakthrough, and ensure that students can actively participate in teaching, improve the quality of teaching.

6. Improve the Management System

In implementing the sports training, there are certain problems in the management, and they need to formulate the management system scientifically. First of all, it is necessary to improve the management system for sports athletes. In the selection of sports athletes, universities not only need to carry out physical assessment, but also need to comprehensively evaluate the students' ideological and moral and psychological quality, to ensure that sports athletes can highly meet the relevant assessment standards. Secondly, it is necessary to improve the management system for physical education coaches, and clearly divide the work responsibilities of coaches and physical education teachers. Physical education teachers specifically refer to the physical education professional knowledge training, while physical education coaches need to organize and carry out professional sports training. At the same time, it is also necessary to build a sports coach team scientifically. At the present stage, some colleges and universities lack sports coaches, which will affect the effect of sports training to a large extent. Finally, when organizing sports training, sports coaches need to strictly manage their reasonable training and professional guidance to ensure a more effective sports training for athletes and improve the training effect.

7. Improve the Quality of Teachers

For physical education training, physical education teachers are their indispensable organizers and guides, and the professional quality of teachers will affect the training effect to a large extent. Therefore, colleges and higher learning need to cultivate a team of teachers with high professional skills and comprehensive quality to ensure effectively carrying out sports training. At the same time, the institutions of higher learning also need to recruit the coaches scientifically, and put forward the high requirements for the teaching ability and professional quality of the coaches. Institutions of higher learning need to organize professional training for teachers to carry out in schools regularly to ensure that teachers' professional skills can highly meet the needs of modern teaching. Only by ensuring the high openness of talent measures can the team of physical education teachers be reasonably optimized. When conducting professional training for teachers, colleges and higher learning also need to introduce relevant experts and scholars to teach in the school, to ensure that the professional level can be effectively improved by teachers [4]. In addition, colleges and universities also need to organize regular teaching seminars, to guide all physical education teachers and coaches for their own advanced teaching experience and teaching problems for in-depth communication, to ensure that teachers' teaching experience is reasonably rich, and effectively solve various problems in physical education teachers in teaching activities. Finally, institutions of higher and higher learning also need to carry out scientific introduction of elimination mechanism and competition mechanism to ensure that physical education teachers can have a certain sense of crisis and provide effective incentives to teachers, so that they can constantly improve their teaching ability and comprehensive quality in their daily education work.

8. Seven, End Language

In short, colleges and higher learning by update teaching concept, perfect facilities, strengthen physical spirit, optimize teaching methods, improve management system, improve teacher quality, can ensure that more effective sports training, reasonable optimization course teaching process, ensure that students can more fully master various sports skills, improve students physical quality, and effective physical and mental health development, make its education work highly meet the needs of modern quality education development, and then promote the all-round development of students.

References

- [1] Yang Liu.Scientific Strategy Research on Improving the Effectiveness of College Sports Training [J].Sports fashion, 2020 (6): 1.
- [2] Gong Runfu.Strategies to improve the effectiveness of physical education teaching under the core literacy concept [J].New generation: Theory Edition, 2020 (1): 146-146.
- [3] Dunway.On the Effectiveness of College Sports Training [J].Contemporary Sports Technology, 2019, v.9;No.284(26):63-64.
- [4] Wu Haixia.Strategies to Improve the Effectiveness of Youth Sports Training Activity [J].2021(2017-12):50-50.