

Analysis of the Construction of Physical Education Teaching System in Colleges and Universities Based on the Concept of Expanding Training

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Abstract: Outreach training is a new learning method and training method for modern people and modern organizations. The organic combination of physical education and development training is one of the directions and trends of future physical education reform. How to introduce this effective quality training method into a college physical education curriculum system and implement quality education has become a significant and pioneering topic. Therefore, based on the existing research conclusions, combined with the problems existing in the traditional college physical education teaching system, this paper constructs a college physical education teaching system based on the concept of extended training, in order to provide reference for relevant scholars.

1. Research Background

1.1 Literature review

With the development of society, the living standards of the people are constantly improving, and the physical quality is gradually improving. The improvement of physical fitness still needs to be cultivated from an early age. At the stage of adolescents' study, it is necessary to pay attention to the improvement of the physical quality of young people and contribute to the development and construction of the country. The existing physical education teaching model in colleges and universities already has serious problems in improving the overall quality of the people. With the development of society, emerging sports training methods have been born, which is to expand the training method. In recent years, some colleges and universities have applied extended training methods, and as a new form of physical training, the development of training has achieved great results. In the outreach training, in addition to the necessary physical exercise activities, the group sports activities that cultivate the team's tacit understanding have been added, which have a high improvement in the physical education teaching model of colleges and universities. Therefore, colleges and universities must engage in an existing physical education teaching model, adjust the teaching content of physical education according to the development of the times, and rationally set the teaching curriculum. Make the physical education teaching model of colleges and universities constantly improved (Li, 2015). Colleges and universities introduce the concept of expanding training in physical education. When improving students' basic physical quality, they can also improve students' comprehensive ability and comprehensive quality. Expanding the concept of training and teaching breaks the closed teaching status of traditional physical education in colleges and universities. The PE teaching model has far-reaching implications (Yin and Huang, 2011). In the recent physical education in colleges and universities, the development of training has been widely applied, and at the same time, the teaching content of physical education in colleges and universities has been expanded, which is conducive to improving the comprehensive sports quality of students (Zeng, 2017). With the progress of the times, the formality of colleges and universities for the comprehensive quality of students is gradually increasing. The introduction of the concept of training and education has promoted the reform of physical education in colleges and universities. Expanding training can not only increase the physical quality of students but also increase students' practical ability and comprehensive quality. It has great development for promoting students' all-round development. In the daily physical education process of colleges and universities, it is necessary to actively integrate into the development of training concepts and promote The reform of

physical education teaching model in colleges and universities to help students improve their psychological quality and physical quality (Li, 2018).

1.2 Purpose of research

With the progress of the times, the cognition of education has been deepened, and the educational undertakings of colleges and universities have gradually received attention. The same is true of the sports teaching undertakings in universities (Liu, 2017). The traditional physical education teaching model of colleges and universities and the current social situation have already had a serious disconnection. Therefore, colleges and universities must absorb advanced teaching concepts in the process of physical education, change the existing physical education teaching methods, and attract the expansion training physical education teaching concept is one of them. An effective way is to promote the comprehensive development of physical education in colleges and universities by expanding the introduction of training physical education concepts to promote the overall development of physical education in colleges and universities (Luo, 2017). Expanding training is different from other sports training. Expanding training is a kind of recreational and stimulating physical exercise. It can enhance the physical quality of students and can also improve the physical quality of students. For example, in terms of strength. And the sensitivity and other aspects, secondly, can also cultivate students' comprehensive quality and comprehensive ability, improve students' ability to survive and develop, so that students can better play their role after entering the society after graduation, and better serve the society (Wang, 2017). With the development of physical education, colleges and universities in the daily physical education process, the integration of professional theory and comprehensive practice will become the focus of physical education. Through the expansion of training, students can feel more intuitive in the classroom. Sports experience and fun, under this circumstance, it is possible to carry out outreach training better, which has a positive effect on the reform of physical education teaching model in colleges and universities. This paper sorts out the teaching concept of outreach training summarize the problems existing in the current college physical education teaching process and the application of expansion training and put forward some suggestions in order to provide some reference for later scholars.

2. Problems in the Physical Education Teaching System of Traditional Colleges and Universities

2.1 Students rely heavily on the Internet

With the development of high technology, the Internet has penetrated into all walks of life, and the Internet, clothing, housing, and transportation are inseparable from the Internet. The same is true for colleges and universities. The Internet signal covers the university campus, and students can swim in the online world at any time. In recent years, with the full popularity of network signals and the improvement of economic development, mobile phones and various types of mobile smart devices have rapidly spread among college students. The daily life of college students is inseparable from the "mobile Internet +" online to help college students solve all the problems encountered and get answers or solutions. For today's college students, "mobile Internet +" is the whole of life. The rise of the Internet is conducive to students' convenience of life, but college students have a serious dependence on the Internet. Wechat chat, microblogging, and other activities have already had a negative effect on college students. The rise of online games has further aggravated the dependence of college students on the Internet, which has hindered students' sports learning. In the current college sports major teaching mode, how to make college students use Internet technology and equipment reasonably becomes the common research goal of teachers and schools, find a reasonable and efficient method, and contribute to the improvement of college sports professional teaching system.

2.2 Students generally lack self-control ability

For students, the life of the university is easier and freer than the middle school. In university life, the teachers and parents do not supervise and supervise your study as in the middle school stage. This has high requirements for students' self-control ability... Excellent self-control ability is the best embodiment of college students' self-management ability. In the course content of college physical education, a large part of the knowledge is only to improve students' learning ability and comprehensive quality. After graduation, this part of knowledge content will hardly be applied and can not produce direct application value. As a result, college students pay very little attention to the non-professional courses in the teaching content, and they have negative performances in learning these courses, which greatly reduces the enthusiasm and learning purpose of college students. Bad study habits and lax management systems in colleges and universities have contributed to the reduction of self-management ability of college students. In this era of rapid development of science and technology, there are more social temptations and the self-control ability of college students is declining.

3. Construction and Implementation of College Physical Education Teaching System Based on Extended Training Concept

In the physical education curriculum of colleges and universities, the concept of outreach training physical education can be introduced into it. By carrying out the expansion training physical education curriculum, not only can the physical quality of the students be enhanced, but also the psychological quality of the students can be improved, and the students can leave the campus. In society, it can also help students develop a team spirit and improve their social adaptability (Liu, 2016). Introducing the concept of expanding and training physical education can not only enable students to master the rich sports knowledge and strengthen their own bodies but also use this as an opportunity to contribute to the reform of physical education teaching model in colleges and universities. Expanding the introduction of training physical education can also optimize the existing teaching space and time of colleges and universities, solve the problem of insufficient physical education teaching places and facilities in today's colleges and universities and make colleges and universities more rational use of physical education teaching places and teaching equipment. A scientific and efficient way to reform teaching models. It can also optimize the teaching mode and innovative consciousness of physical education.

There are still many problems in the physical education teaching model of colleges and universities. The current physical education teaching model of colleges and universities is mainly based on the traditional teaching model, that is, teachers teach and students learn. This traditional teaching method is mainly to teach professional sports teleportation knowledge and ideas, and also to train students to learn some professional scientific sports skills and fitness exercises, and more is some regular teaching content. This kind of physical education teaching model is certainly better, but it can not adapt to today's fast-developing society, so the traditional physical education teaching mode can not bring enough confidence and sufficient resistance to stress when students enter the society. Students do not have a strong sense of teamwork and are very passive. Therefore, the introduction of the concept of expanding the training of physical education can better train students and enable them to better adapt to the development of society after entering society. Through the introduction of extended training and the existing experience of physical education, colleges and universities can create a more scientific and efficient physical education model. The modern Western countries first proposed the concept of expanding the training of physical education, and pay more attention to the practical ability of students in the teaching process. It is a kind of physical education model based on experience, allowing students to fully study in the actual teaching process. Knowledge of sports, and to develop their own potential, to develop students' sense of teamwork (see Figure 1).

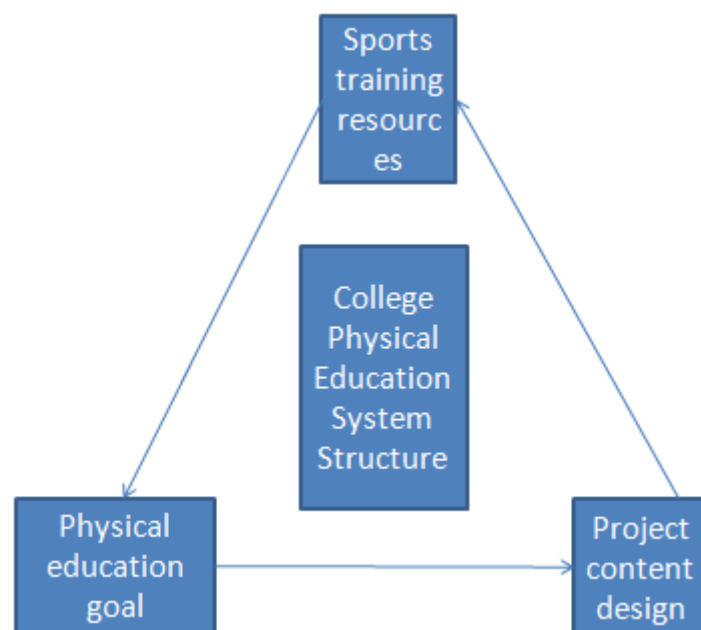


Figure 1 College physical education teaching system

According to the constructed college physical education teaching system, it mainly analyzes the three aspects of curriculum resources, teaching objectives and project content design.

3.1 Deep excavation of physical training curriculum resources

Improving the overall quality of the entire nation is the main goal that the administrative department of education and administration must achieve. In order to provide policy support for the inclusion of quality education in physical education, the administrative department of education shall assess the colleges that meet the relevant requirements and establish a quality development training and training base based on the assessment results. At the same time, make full use of the resources for the expansion of colleges and universities, and develop and expand training facilities with the venue resources of the school. The other resources of the school as well as the resources of the society should be fully explored and utilized, thus promoting the rapid development of college sports expansion training courses.

3.2 Clarify the goal of physical education

The development needs of students and the needs of society are the basis for running college physical education. Therefore, the college physical education teaching model needs to be updated and improved in time with the development of the current society. The education management department needs to design and plan the students' comprehensive development requirements and concepts in the process of reforming college physical education teaching mode. In this process, we will create more room for the development of college physical education and promote the reform of teaching mode. Colleges and universities should realize the importance of physical education in the overall education of colleges and universities, clarify the goals of physical education, and strengthen the physical education reform to create a good reform environment for college physical education. When conducting physical education training courses, college physical education teachers must first strengthen their comprehensive quality and give full play to their own abilities in the development of training. Formulate scientific expansion training content and mode, design reasonable class time, adopt reasonable teaching mode, and then achieve the aim of improving development training.

3.3 Optimize project content design

In the traditional physical education system, there is no special extended training course. No matter from the hardware or software point of view, there is no successful experience to refer to. Therefore, the college physical education curriculum system needs to optimize the project content

design. Specifically, before the course is launched, it is necessary to provide the necessary environment for the development of the extended training course, such as the content design of the course, the teaching conditions, the teaching staff, the management methods, etc., so as to ensure the smooth follow-up work. Moreover, colleges and universities should make full use of resources inside and outside the school to carry out outreach training. If conditions permit, the school can use the surrounding parks and squares for outreach training. Some water projects can use the school's swimming pool for outreach training. In terms of training equipment, in addition to the equipment that must be purchased, you can tap the resources of the school. In addition, based on the concept of expanding training, college physical education teaching projects can be divided into two parts: basic quality training and comprehensive quality training. The main purpose of basic quality training is to enhance students' ability to challenge themselves, to develop students' awareness of the limits, and to enhance team spirit. Basic quality training is mainly carried out in outdoor venues, and field projects and water projects can be added if conditions permit. Comprehensive quality training is mainly to enhance students' team awareness, develop students' communication skills and master interpersonal coordination skills, and cultivate students' management and organizational skills. Comprehensive quality training is mainly based on indoor and outdoor environments, using simulated scenarios or experiences. It is mainly to design some practical problems that can train students' coordination and communication skills, let the student's group in the room for discussion, and then actually implement in the field, so as to cultivate students' management level and organizational level. It should be noted that the physical education teaching project based on extended training should be designed according to the actual situation. Moreover, the project design of specific courses should have commonality and should be suitable for all students and enable students to actively participate in the project. In addition, because students of different majors have different areas of knowledge, they may lead to differences in quality. In the design of the project, it is also necessary to actually analyze the professional environment of the students, so as to expand the training, so that the students can improve their physical fitness and strengthen their love for sports learning.

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