

Research on the Strategy of Sports Load Control in Football Teaching in Colleges and Universities

Quan Xu, Jianhua Zhang

Nanchang Institute of Science & Technology, Nanchang, 330108, China

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Abstract: In recent years, with the development of society and the continuous promotion of new curriculum reform, all sectors of society have put forward higher requirements for the teaching quality of colleges and universities. In the contemporary education system, it is not only essential to pay attention to the cultivation of students' cultural knowledge, but also to the healthy development of students' physical and mental quality. Football has become a mainstream campus activity. However, the current situation of football teaching in colleges and universities is not optimistic enough. Many teachers fail to have a comprehensive understanding of sports load control, and do not pay enough attention to it. Based on this, this paper studies the strategy of sports load control in football teaching in colleges and universities.

1. Introduction

From the perspective of the current campus education system, it has become an inevitable trend to cultivate students with all-round development of morality, intelligence, body and beauty. It is the responsibility and obligation of teachers to ensure the development of students' physical and mental health. However, through practical investigation, it is found that the physical quality of students in China is seriously declining, which is very unfavorable to the state and quality of students' learning. The main reason for this phenomenon is that college students are generally lack of physical exercise. Therefore, more football teams are organized and effective football training is carried out on campus in order to strengthen students' physical quality, enhance their physical exercise, promote students to go outside and improve their sub-health. In a word, football teaching in colleges and universities can not only enhance the quality of students, but also promote the development of football in China. However, it is essential to pay attention to the reasonable control of sports load, so as to ensure the maximum value and effectiveness of football teaching.

2. Current Situation of Football Teaching in Colleges and Universities

First of all, teachers and all walks of life should clearly recognize that colleges and universities are the place to cultivate students' comprehensive quality. Teachers should not only pay attention to the cultivation of students' professional skills, but also to the common improvement of students' psychological and physical quality. However, at present, the physical condition of students is worrying. They are generally willing to stay in the house and are not willing to take physical exercises. In the long run, it is easy to turn students' body into sub-health state. Although in recent years, all sectors of society pay more and more attention to the physical condition of students, such as football teaching, teachers do not have a correct understanding of sports load control. Sports load refers to the physiological burden and stimulation that students bear in the process of sports. It mainly includes two aspects: sports intensity and sports volume. Teachers must control the intensity and strength of football teaching. However, there are some problems in the current football teaching in colleges and universities: the control of sports intensity and sports volume in football teaching. Football teaching in colleges and universities aims to achieve the effect of physical fitness, not to train students into professional football players. Therefore, the tasks and exercise methods designed by teachers in football teaching must fully consider the physical endurance of students, and not to exceed the physical load of students. However, at present, football teaching either pays too much

attention to the cultivation of students' football skills, or ignores the physical training of students. On the other hand, teachers do not fully respect students' dominant position in football teaching. They blindly "force" students to accept football training and football teaching which is lack of innovation. Because of the neglect of sports load control, the phenomenon of muscle injury in football teaching often occurs, which goes against the original intention of football teaching in colleges and universities.

3. Principles of Sports Load Control in Football Teaching in Colleges and Universities

3.1 Sports Load Control should be Gradual

For the control of sports load in football teaching in colleges and universities, teachers are required to follow the principle of step-by-step. Different from the past, college students suffer great psychological pressure and need to face a lot of substantive social problems. Therefore, in football teaching, teachers must take students' receptive ability and physical state into full consideration when making training plans. Gragual intensity increasing makes students' body function easy to accept and adapt to football training. If teachers fail to control the sports load of football training reasonably, it tends to cause students' physical injury, which violates the original intention of the development of football teaching. Before football teaching and football training, teachers must lead students to warm up together, fully exercise the body, exercise every part of the body, ensure the balance between the amount of exercise and the intensity of exercise, properly reduce the intensity of exercise and reasonably control the sports load if they want to increase the amount of exercise.

3.2 Sports Load Control should be Treated Differently

In order to effectively control sports load in football teaching in colleges and universities, it is of great necessity to follow the principle of differential treatment, and make targeted teaching plans and training plans according to the physical quality and football foundation of college students, especially for the football teaching of men and women. Since the physical structure of male and female students are different and so is the control degree of sports load, teachers must respect the differences of students and implement the teaching plan of different treatment. In football teaching, sports load control should respect the differences of students under the premise of considering the overall situation, try to make all students feel the fun of football learning, and experience football training, so as to enhance the physical quality of students. On the other hand, teachers are expected to fully respect the actual situation in the control of sports load, such as higher temperature in summer and faster energy loss of students. Therefore, teachers need to pay attention to the timely supplement of nutrients and relatively reduce the sports load.

3.3 Sports Load Control should Deal with the Relationship well

The first is to deal with the relationship between sports load and sports skills in football teaching. In teaching, sports load and sports skills complement each other. Only when students reach a certain load of sports can they master a sports skill. Teachers are advised to pay attention to the control of sports load and effectively improve students' football sports skills. The second is to deal with the relationship between sports intensity and sports load. Load is accumulated step by step for a long time, not overnight. Therefore, teachers are required to stress the accumulation process of the load and not rush to success, which is easy to cause physical damage, and students' interest lose in participating in football training. The third point is to lay emphasis on the stimulation of students' emotions and guide students to participate in football training. Under the guidance of interest, students are able to actively learn football, stimulate the potential of learning in the process of personal participation and enhance the emotional experience.

4. Effective Strategies of Sports Load Control in Football Teaching in Colleges and Universities

4.1 Clear Teaching Objectives

In order to achieve scientific and reasonable control of sports load in football teaching in colleges and universities, it is necessary for teachers to make clear the teaching objectives, plan the class hours and tasks, make sports plans closely around the teaching core, master the scientific sports intensity and load, and promote the balance between the two, so as to guide students to master football skills and achieve the desired effect in football learning. The contemporary football teaching in colleges and universities mainly encourages students to participate actively through teaching activities, so the teaching goal is simply to let students feel the joy of football through effective learning, improve their physical quality, enrich their spiritual life, and lay a foundation for future development. Therefore, teachers should not limit the teaching mode to theoretical knowledge, but combine theory with practice in the control of sports load in football teaching. On the other hand, teachers can also control the sports load through the arrangement of class hours, such as the reasonable distribution of warm-up, training and rest time in a class, and effectively control the time of football sports for students, so as to control the sports load.

4.2 Optimize Football Teaching

For college football teaching, to control the sports load scientifically, it is required to firstly define the teaching objectives and class tasks and secondly to optimize the method of football teaching. Under the development trend of today's education mode, since teachers need to control the sports load scientifically, it is necessary to pay great attention to the teaching ideas and teaching mode. First, teachers should lay stress on the interest of teaching contents and teaching links. On the premise of ensuring students' safety, teachers are suggested to add some football teaching materials that students are interested in, so that students can fully stimulate their enthusiasm and potential for football under the guidance of interest, and strengthen the effectiveness of sports load control in football teaching.

Second, teachers need to add some new teaching contents in football teaching, use these teaching methods to restrict students' sports intensity, and control effectively sports load, such as football appreciation, football health care, football culture and other courses. While ensuring the entertainment of football teaching, teachers are also advised to increase the practicability of football teaching, so as to ensure that students can achieve self-protection in a reasonable way in the process of sports load control, to protect their football from injury, and to deal with it in a timely and effective manner.

4.3 Arrange Sports Time Reasonably

As we all know, no matter in any stage of learning, we should follow the principle of "combining work with rest". In football teaching, training time and rest time should also be allocated reasonably, so as to ensure the effectiveness of football teaching, and ensure the reasonable control of students' sports load through scientific time arrangement. First of all, it is feasible to combine the heart rate of students to control the sports load and ensure the reasonable exercise intensity. Teachers are suggested to prepare some instruments to measure the heart rate of students in football teaching class, thus keeping the heart rate of students at a medium frequency. The practice shows that 130 times / minute heart rate can help students achieve the best physical state, and effective control and regulation of sports load. Secondly, teachers should arrange the sports time and rest time reasonably. Generally, the warm-up time should be controlled at 10-15 minutes. Students can be arranged to jog to increase the vital capacity. Then, in the process of football training, training and rest should be interleaved effectively, such as 20 minutes' training and 10 minutes' resting, so as to ensure that the students have sufficient energy to face the next football training, to ensure the effective value of football training, and enhance the scientific control of students' sports load.

4.4 Add Football Recovery Training Link

In the football teaching of colleges and universities, it is necessary for teachers to control the sports load scientifically and attach importance to the warm-up link, so the recovery link corresponding to the warm-up link is equally important. After football training, if students immediately rest or do other things, it is easy to cause physical discomfort, and pain in body in the future. Therefore, to control sports load, scientific method should be applied to relax the body after football training. Therefore, teachers should set aside a certain time for the recovery training at the end of football teaching, and guide students to carry out the recovery training together, so as to promote the effective relaxation of students' bodies. It can not only improve the effective control of students' sports load in football training, but also enhance the feelings of students. The relatively simple and effective recovery training includes traction exercise, alternate cold and hot water bath, etc. Meanwhile, students also need to eat some high protein food to promote the supplement and balance of human nutrition, such as eggs, fish, etc. The theoretical knowledge of sports load control and physical recovery must be popularized to students, so that they will have a healthy body state to face football teaching.

5. Conclusion

To sum up, the high-quality development of football teaching in colleges and universities plays a very important role in guiding the physical and mental development of college students. To improve the quality of football teaching is an important task for physical education teachers. They must face up to the current situation of football teaching, find out problems, analyze problems, take corresponding countermeasures to solve problems, promote the better and faster development of football teaching, improve the level of football teaching, and provide a guarantee for the physical and mental health development of college students, which is also one of the important teaching tasks of the education system in colleges and universities. Teachers are required to realize the necessity of sports load control in football teaching, so as to enhance students' interest in football learning and training, find effective strategies to strengthen the effectiveness of sports load control, and promote the healthy growth of college students.

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