



Exploring the Methods of Implementing Expansion Training in College Physical Education Teaching

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Abstract: In college physical education teaching, expansion training, as a new type of physical education teaching mode, has important significance. Expansion training is a novel and unique teaching method that not only allows students to have fun in the learning process, but also cultivates their self-learning ability. Expanding training in physical education teaching in universities can not only improve students' physical and psychological qualities, but also cultivate their sense of teamwork, which is conducive to cultivating their innovative spirit and creative ability. This article analyzes the significance of conducting expansion training in college physical education teaching, and proposes some reasonable and effective measures to improve the effectiveness of expansion training in college physical education teaching based on actual situations.

Keywords: college sports, expansion training, method measures

1. Introduction

With the continuous development of the times, China's education system is also constantly undergoing reforms. In college physical education teaching, in order to better promote quality education and enable students to receive more comprehensive education, expansion training is integrated into the teaching process. Through the reasonable application of expansion training, not only can the content of physical education teaching in universities be enriched, but also students can experience the joy of sports activities in the learning process. Therefore, teachers should first group students reasonably and choose different expansion training projects based on their interests, hobbies, and abilities, so that students can better feel the charm of sports activities during expansion training.

2. The Importance of Expanding Training in College Physical Education Teaching

2.1 Beneficial for stimulating students' interest in learning

In traditional physical education teaching, due to the relatively single teaching mode and boring teaching content of teachers, it is difficult for students to develop interest in sports, which to some extent affects the effectiveness of physical education teaching. In expansion training, teachers stimulate students' interest in learning through rich content and vivid and interesting games. For example, in expansion training, teachers can design some real-life scenarios to enable students to more intuitively feel the significance and value of expansion training, thereby stimulating their learning enthusiasm. In addition, due to the strong fun and challenge of expansion training, it can effectively mobilize students' enthusiasm and initiative in learning. Under the influence of this positive learning atmosphere, students are able to actively engage in physical education learning. Therefore, conducting expansion training in physical education teaching in universities can effectively stimulate students' interest in learning.

2.2 Beneficial for enhancing students' sense of cooperation

Expansion training can help students form correct values and outlook on life during the learning process, and establish correct worldviews and values. Expansion training can promote communication and exchange among students, enhance their teamwork awareness in practice, and help them form a spirit of teamwork. For example, in the "Trust Backfall" project, two classmates need to cooperate with each other to complete a challenge. In this process, students need to trust each other and trust each other. If there is not enough mutual trust between two people, then the project cannot be completed. Therefore, only mutual trust and support can complete this task. After completing this task, students not only gained the joy of success, but also learned the importance of teamwork. Therefore, expansion training is of great significance for enhancing students' teamwork awareness.

2.3 Beneficial for promoting the mental health development of students

Expanding training in physical education teaching in universities can promote the mental health development of students

and help them learn how to face setbacks and failures correctly. During the process of conducting expansion training, students will encounter difficulties and challenges in completing each project. Students need to overcome these difficulties through their own efforts and dedication in order to enhance their abilities. If students cannot overcome difficulties, it will lead to psychological problems and affect their physical and mental health development. In the process of conducting expansion training, students can not only exercise their physical and psychological qualities but also cultivate their sense of cooperation and collective honor by participating in various expansion training projects. Through this approach, students can better understand themselves and others, thereby enabling them to have a healthy psychological state.

3. Strategies for Expanding Training in College Physical Education Teaching

3.1 Optimizing the equipment configuration of sports expansion training venues

When optimizing the facilities of sports expansion training venues, it is necessary to fully consider the selection of various venue equipment to adapt to different training needs. For example, challenging equipment such as climbing walls and high-altitude rope ladders can be equipped, as well as team sports equipment such as basketball courts and football fields. All equipment must meet corresponding safety requirements and undergo regular testing and maintenance. In addition, a clear set of rules and regulations should be established and strictly implemented for the utilization of venue facilities. Choose durable, easy to clean, and easy to maintain construction site facilities to reduce maintenance costs and reduce replacement frequency. During use, it is advisable to use environmentally friendly and recyclable materials as much as possible to reduce environmental pollution. Stadium facilities need to adapt to different training needs and varying numbers of people, requiring flexible combination, movement, and adjustment. Through this approach, it is possible to allocate venue resources reasonably and improve the efficiency of venue utilization. Venue facilities should have a certain degree of interactivity to enhance students' learning enthusiasm and cooperation awareness. For example, setting up competition projects and reward mechanisms to make training more interesting and challenging. The selection of venue facilities should pay attention to innovation and cutting-edge. We can pay attention to the current popular sports training equipment on the market, and also introduce other technologies and concepts into sports expansion training to improve the quality and effectiveness of sports training.

3.2 Reasonably selecting teaching content

The selection of expanded training teaching content is the key to the entire teaching content selection. The selection of its content should not only be adapted to the reform of physical education teaching in universities, but also to the interests, hobbies, and professional strengths of students themselves. In the selection of expanded training teaching content, multiple factors such as students' learning foundation, physical condition, psychological quality, and learning interest, as well as social development and needs, should be comprehensively considered. At the same time, it is necessary to combine expansion training courses with other physical education courses. Using expansion training courses as auxiliary content for other physical education courses not only expands students' thinking and enhances their interest in learning knowledge, but also allows them to experience more fun in expansion training.

In addition, when selecting the content of the expansion training course, it is also necessary to fully consider the difficulty of the selected teaching content. This is not only beneficial for improving the enthusiasm and initiative of students in learning, but also for teachers to improve their own quality. In response to the problems in physical education teaching in universities, it is necessary to choose appropriate expansion training programs for teaching. Firstly, it is important to pay attention to setting reasonable teaching objectives and content. Teachers should choose appropriate teaching content, projects, and methods based on factors such as students' learning foundation, physical and psychological qualities, and choose appropriate teaching methods based on the school's own situation and the actual situation of students. Secondly, it is necessary to arrange the expansion training course time reasonably. Physical education teachers should arrange the expansion training course time according to the characteristics of physical education courses, and reasonably arrange the relationship between the expansion training course time and physical education class hours to avoid conflicts between the two.

3.3 Innovative classroom teaching methods

In physical education teaching in universities, teachers should focus on innovating teaching methods and using diverse teaching methods to enhance students' interest in expansion training. Therefore, teachers can enhance students' enthusiasm for participating in sports expansion training by designing fun activities, thereby achieving the expected results of physical education teaching. At the same time, teachers should have a comprehensive understanding of the learning characteristics and interests of students, so as to carry out targeted expansion training, always following the principle of individualized

teaching, so as to maximize the physical education learning level and ability of college students, and thus maximize the teaching effect of university physical education courses

In the teaching of "collective high jump", teachers can use gamified methods based on the teaching objectives and the actual situation of students. Firstly, students are divided into several groups to determine their number of high jumps, and then they are asked to cooperate in groups to achieve the goals and tasks of physical education teaching, so as to maximize their interest in sports projects and promote their competitive awareness and collaborative spirit when participating in expansion training projects. At the same time, teachers should also understand the status of students participating in expansion training programs, develop a scientific evaluation system, provide appropriate incentives to students, maximize their confidence, and promote their active participation in the teaching of physical education courses in universities, in order to improve the physical education level of college students.

3.4 Improving the comprehensive quality of teachers.

Carrying out expansion training in physical education teaching in universities requires teachers to have high comprehensive qualities, not only strong professional knowledge and skills, but also to master modern educational technology, be familiar with physical education teaching theories and methods, and have strong innovative consciousness and ability. However, the comprehensive quality of college physical education teachers still needs to be improved, which greatly affects the effective implementation of expansion training in college physical education teaching. Therefore, universities should attach importance to the cultivation of teachers and improve their comprehensive quality through various means. Firstly, universities should encourage teachers to participate in professional training and further education. Teachers with high professional level and comprehensive quality should be rewarded and encouraged accordingly. At the same time, it is necessary to strengthen the training of existing teachers, so that they can proficiently master relevant theoretical knowledge and skills. Secondly, universities should provide relevant training for newly hired physical education teachers to enable them to master basic skills and teaching methods. Finally, schools should also encourage existing teachers to continuously explore and innovate in education and teaching, and improve their own level through various means. At the same time, it is also possible to hire experts with high reputation and rich experience in the field of physical education teaching to guide university physical education teachers in conducting expansion training. By strengthening the training and guidance of existing physical education teachers, we can help them continuously improve their teaching level, better carry out expansion training and teaching work, and improve the comprehensive quality of students.

4. Conclusion

In summary, exploring the application of expansion training teaching methods in physical education teaching in universities is not only an extension of traditional school physical education curriculum reform, but also a creative attempt at student quality education. Through the exploration of expanding training teaching measures, we strive to effectively supplement the physical education curriculum in universities, innovate teaching logic in theoretical analysis and practical research, and provide more opportunities for the healthy development of physical education curriculum in China's universities in the future.

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