

Multi-dimensional Optimization of Outward Bound Training Courses in Chinese Colleges with Further Discussions

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Abstract: This paper studies the multi-dimensional optimization of outward bound training courses in Chinese colleges with further discussions. Training plays an important role in physical education teaching, and teachers should follow the requirements of quality education and take the new curriculum reform as an activity to develop comprehensive quality development curriculum construction and optimization when carrying out teaching activities. Expansion training with its "first to know" experiential learning approach, breaking the traditional sports teaching model, by allowing participants to experience activities to achieve the purpose of stimulating potential, refining the will, strengthening the body, as well as further melting the team. We designed the novel ideas and consider the novel applications to improve the performance of the traditional teaching modes.

Keywords: Multi-dimensional Optimization; Outward Bound Training; Training Courses; Chinese Colleges; Further Discussions

1. INTRODUCTION

Outward bound training is an innovation and improvement of traditional teaching in college physical education teaching, so it is necessary to gradually enrich the content of training, so that training can gradually become a skill for college students, so as to achieve the effect of applying what they have learned. At the same time, sports equipment courses are indispensable in all fields of physical education, and are the only physical education courses that can effectively promote the healthy growth of students' body and mind. College sports equipment has an important function of strengthening the body and helps to continuously improve the physical health of students.

Based on the literature analysis, we can understand that the current educational model is focused on the teaching from the teachers' side, which means, the students can just understand the information from the tutors' mind and the efficient will not be satisfactory. Practice has proved that this traditional teaching mode can no longer meet the requirements of the current society and also students themselves, and emerging outward bound training courses can solve this problem well.

Expansion training with its "first to know" experiential learning approach, breaking the traditional sports teaching model, by allowing participants to experience activities to achieve the purpose of stimulating potential, refining the will, strengthening the body, as well as further melting the team. In order to achieve the common improvement of the students' physical and psychological quality, we must pay attention to the students' learning quality and quality of life.

Expanding training is a good way to improve the students' learning enthusiasm and better guide students to participate in physical education activities with a more positive attitude. Under the background of the reform of physical education teaching in colleges and universities, the traditional teaching mode can no longer meet the actual development needs of college students in all the aspects. To change this situation, teachers must pay attention to the integration of the extended

training in teaching. As the notation, in the figure 1, we show the basic example of the Outward Bound Training Courses.



Figure. 1 The Outward Bound Training Courses Sample (URL: <https://www.outlife.in/outbound-training.html>)

2. THE PROPOSED PERSPECTIVES

2.1 The Challenges of the Traditional Education Modes

At present, physical education teachers pay more attention to the teaching of sports skills in teaching content, emphasizing the improvement of the physical fitness, and also one-sidedly adopt the "cramming duck" teaching method. Most schools have relatively large limitations in the application of teaching models, and the teaching methods used are relatively simple, and teachers are directly responsible for the development of the teaching activities as the leaders of teaching activities.

According to the literature analysis, we can see that "Teacher-centered theory" obviously cannot meet with the development needs of students. Therefore, students should give full play to their subjectivity and support students to carry out the active exploration and creative learning.

It is like a humanistic education concept. In fact, the "teacher-centered theory" hides and it is still necessary to focus on the inheritance of cultural spirit and educational concepts. In addition, under the influence of the obsolete teaching mode, students with poor motor ability are very easy to be ignored by the teachers and thus cannot make their bodies work in

physical education classes and students are easily ignored by teachers and thus cannot make physical physical fitness in the core physical education classroom. Many physical education teachers in modern colleges and universities are influenced by traditional educational concepts, which leads to their single teaching content and also methods, which seriously restricts students' learning interest and initiative. From the analysis of the limitations of the outward bound training, as a relatively advanced teaching concept, it is not without flaws, because there are a large number of students in each class.

2.2 The Suggestions and Further Discussions

The selection of college physical education textbooks is also promoted by the outward bound training to be rich and also flexible. Coupled with the innovation of textbooks, students will gradually accept sports culture, so as to achieve the effect of teaching through entertainment. We should lay a solid foundation for outward bound training through reasonable design of teaching content. When formulating a teaching plan, it is necessary to carefully consider whether the teaching content is safe and feasible. Each influencing factor should be considered, and the reasonable design of the teaching content should be realized as much as possible, so that all college students can effectively improve the efficiency of the college physical training and learning and make the physical training teaching mode in colleges and universities more in line with the physical training quality characteristics of college students.

Expanding sports training activities will inevitably have high safety risk, so it is necessary to then strengthen the physical education teachers at all levels of colleges and universities to expand sports training safety production management. Hence, we have the following suggestions.

(1) Our teachers should uphold the following core point of view: students improve their ability to adapt to society and comprehend the principles of life in the general collective, in cooperation, in conflict, and in the process of solving the problems. Stimulate the potential of imagination and perfect a healthy personality.

(2) The new requirements for the physical education teachers during the shared discussion phase are mainly reflected in their ability to lead. In this phase, the teacher should learn to listen to each student's speech and at the same time should actively participate in it, catching any subtle psychological changes in the students and also using correct and positive attribution theory to further guide them to arrive at scientific empirical knowledge.

(3) In the process of physical education teaching, the level of teachers will have an important impact on the quality of teaching and the learning effect of students. In order to fully reflect the role and value of the outward bound training in physical education teaching, schools should organize teachers to carry out certain training, thus ensuring the quality and also the safety of sports development training.

3. CONCLUSION

This paper studies the multi-dimensional optimization of the outward bound training courses in Chinese colleges with the further discussions. In our sports development courses, we not only let students learn sports knowledge in a happy way, but also have an impact on students' personality.

Therefore, physical education teachers should pay attention to the inheritance of the sports culture. In order to deepen the

impression of students, they can typicalize sports activities and also artistic. Hence, this paper gives the novel suggestions for solving the meeting challenges. In the future, we will consider the further integrations of the model to improve the classroom performance with the integration of multimedia, computer system and VR technologies.

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