

Analysis of Physical Training in Athletic Teaching and Training in Universities

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Abstract: Track and field is a foundational course in university physical education teaching. Under the background of the reform of quality education, in order to achieve the goal of cultivating students' core physical literacy, the teaching and training model of physical fitness training has gradually been applied. This not only helps to improve students' physical fitness and coordination ability but also enables students to develop resilient character and willpower during the process of participating in physical fitness training, laying an important foundation for students' learning and long-term development. However, in the current university track and field teaching and training, constrained by traditional educational concepts and methods, the nurturing function of physical fitness training has not been fully realized, resulting in the impact on the effectiveness of track and field teaching. Based on this, this article explores the key points of physical fitness training in university track and field teaching and training for reference.

Keywords: University Sports; Track and Field Teaching; Physical Fitness Training

Introduction

Under the background of the in-depth promotion of the reform of quality education in university education and teaching, the educational concepts and teaching methods in universities are constantly innovating and reforming, laying an important foundation for the all-round development of university students and gradually realizing the educational task of moral education. At the same time, the importance attached to university sports is also increasing. In the process of track and field teaching and training, the application of physical fitness training has gradually enhanced students'

physical literacy. However, when applying specific physical fitness training methods, due to differences in students' physical and mental development and physical fitness, it is necessary for university track and field teachers to analyze and evaluate the key points of physical fitness training. They need to conduct targeted design and implementation of physical fitness training based on the actual situation, ensuring the rationality of teaching modes, teaching contents, and teaching evaluations. They should guide all students to participate in the training process, ensure the safety of physical fitness training, help students develop good physical exercise habits, and improve the quality of track and field teaching for all students.



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1. Overview of Physical Fitness Training

Physical fitness training refers to the process of using scientific training methods in university track and field sports to improve students' athletic abilities, promoting greater flexibility and coordination, as well as enhancing physical fitness, cognitive qualities, and willpower [1]. Additionally, in university physical education teaching, various non-specialized physical training methods are employed in physical fitness training to improve students' physical appearance and enhance the levels of strength, speed, endurance, agility, and flexibility in various parts of their bodies. Specifically in track and field teaching, physical fitness training is conducted based on the above training methods, combined with the requirements of track and field training. Targeted training methods and measures are adopted to fully develop and improve physical fitness qualities such as strength, speed, endurance, agility, flexibility, coordination, and balance, which are directly related to track and field sports. This gradual enhancement of physical and activity qualities aims to improve the level and quality of track and field teaching.

2. The Role of Track and Field Physical Fitness Training

2.1 Benefits for Improving Students' Physical Fitness

The value of physical fitness training in physical education teaching lies in promoting the improvement of students' physical fitness. Through various types of training exercises such as walking, running, jumping, and balancing, teachers progressively enhance students' adaptability and promote the development of their physical functions and fitness. Moreover, in track and field teaching, physical fitness training is tailored to specific training goals and the actual physical and psychological conditions of students. This approach ensures that students do not face excessive pressure due to differences in their abilities and qualities when engaging directly in track and field sports learning and practice. By challenging and completing physical fitness training exercises, students improve their resilience and willpower, providing favorable conditions for their physical and mental health.

2.2 Benefits for Preventing Sports Accidents

Track and field sports at the university level involve relatively high intensity, and accidents may occur due to factors from the environment or students themselves,

posing risks to students' physical well-being and even their lives. Therefore, it is essential to prevent sports accidents during track and field activities to ensure the normal conduct of training and avoid harm to students' physical and mental health. The application of physical fitness training teaching methods effectively enhances students' athletic abilities, physical fitness, and safety awareness, reducing the likelihood of accidents during track and field sports.

2.3 Benefits for Students to Master Basic Track and Field Skills

During track and field activities, students need to master standard technical movements and skills while possessing sufficient physical strength to maximize their speed safely. Therefore, physical fitness and basic track and field skills training are crucial components of university track and field teaching. Through physical fitness training, teachers start from the basics of track and field theory and fundamental sports skills, allowing students to grasp the knowledge system of track and field training and gradually improve their physical fitness and mastery of skills. Additionally, teachers design activity competitions within physical fitness training to allow students to apply their knowledge and skills fully, helping them exercise and lay the foundation for improving their track and field sports literacy.

3. The Current Status of Physical Fitness Training in University Track and Field Teaching

Physical fitness training is a relatively new teaching and training model that has been applied in physical education teaching in China in recent years. However, due to the traditional educational concepts and teaching methods, there has been a general lack of emphasis on physical education from society, schools, and students. Although under the background of the reform of quality education, physical education in universities has undergone reforms and development, there is still insufficient understanding and application of physical fitness training among teachers and students.

This lack of awareness and application of physical fitness training has led to certain problems in the content and teaching models of physical fitness training in track and field teaching and training. As a result, the effectiveness of track and field sports teaching has

been affected. Some universities have started to apply physical fitness training methods in track and field teaching and training. However, the training methods are relatively simple, mainly focusing on traditional body stretching and training exercises. The depth of training is not sufficient, and students' physical literacy and potential are not fully mobilized and developed.

These situations have hindered the improvement and development of track and field sports in China.

4. Key Points of Physical Fitness Training in University Track and Field Teaching

4.1 Enhancing Awareness of Physical Fitness Training

In order to effectively apply physical fitness training in university track and field teaching, and to enhance students' physical and mental literacy as well as the professional literacy of track and field, it is necessary for schools to attach great importance to the model of physical fitness training in track and field teaching. Schools should create a favorable teaching environment for track and field teaching and provide teaching venues and equipment for physical fitness training. Furthermore, it is essential to select and train track and field sports teachers to ensure that they are aware of the value of physical fitness training and familiar with training methods. Teachers should integrate the characteristics and needs of track and field sports into the content and methods of physical fitness training to improve the effectiveness of track and field teaching. Finally, teachers should help students recognize the importance of physical fitness training. Only with a healthy body, good physical fitness, and strong determination can students achieve excellent results in competitions and develop strong willpower and endurance to cope with difficulties and setbacks in learning, life, and future work. The improvement of awareness of physical fitness training among schools, teachers, and students helps students develop an interest in physical fitness training, master training skills during participation, gradually develop the habit of exercising, and promote the improvement of their physical fitness.

4.2 Innovative Teaching Models

For a long time, although physical education has been a course that students generally enjoy, the reason for students' enthusiasm is that physical education classes are

"relaxed" and sometimes even playful. However, most students are not interested in sports and physical training because the teaching models in physical education are relatively monotonous and dull, leading to low-quality physical education. Therefore, in addition to applying physical fitness training models in track and field teaching, universities should also innovate teaching models based on teaching content, students' interests, and learning needs. Diversified teaching models should be used to implement teaching and training to optimize teaching organization forms and teaching atmosphere, thereby stimulating students' interest in learning. Through analysis of the physical and mental development and personality characteristics of college students, it can be found that college students have strong curiosity and energy, and they have a high interest and acceptance of new things. Therefore, teachers can use some training methods that are interesting, challenging, and novel in the process of physical fitness training to focus students' attention on teaching and actively participate in physical fitness training, thereby improving their basic track and field skills and physical fitness. For example, in agility training, teachers can use games or group cooperative competitions to stimulate students' desire to participate and train, ensuring that students can fully engage in the training process, laying the foundation for cultivating students' good physical literacy and enhancing their team awareness.

4.3 Enriching Teaching Content

In the process of track and field teaching in universities, students are required to have various abilities and qualities. In order to ensure the efficient implementation of track and field teaching and training, it is necessary to further enhance the pertinence of physical fitness training and gradually improve students' explosive power, endurance, speed, strength, and special literacy. To achieve this, track and field sports teachers in universities should enrich teaching content according to specific track and field sports needs and students' physical and mental development. Teachers can design physical fitness training projects for endurance, such as long-distance running and shuttle running. During the training process, teachers should guide students on breathing during running and combine music with physical fitness training to adjust breathing and pace along with the rhythm, thereby enhancing students' endurance while arousing their interest and enthusiasm for learning. For speed training,

teachers can teach students basic arm and leg movements during running and then guide them to perform activities such as high knees or squat jumps to train their reaction speed. Lastly, teachers should design specialized physical fitness training based on students' physical conditions and athletic strengths and weaknesses. This requires teachers to fully understand students' physical fitness, track and field application, and physical fitness training situations and then design specialized training in strength, speed, agility, etc., to improve the pertinence of physical fitness training and promote the improvement of track and field sports abilities among all students, providing continuous driving force for the development of track and field sports in China.

4.4 Improving Teaching Evaluation

In the context of physical fitness training in university track and field teaching, it is crucial for teachers to recognize the importance of teaching evaluation. Through scientific, fair, and effective evaluation, teachers can enhance students' confidence and sense of achievement in participating in physical fitness training and track and field sports, thereby maximizing students' enthusiasm and ensuring the smooth progress of track and field teaching and training. Firstly, teachers should apply the principle of "teaching according to students' aptitude" in the evaluation process. While ensuring the fairness and equality of teaching evaluation, teachers should conduct process evaluation and outcome evaluation based on students' specific situations regarding physical fitness improvement, classroom learning, and training attitudes. This provides guidance for optimizing students' physical fitness training and self-improvement. Furthermore, it is important to diversify the evaluation subjects and encourage students to become the main evaluators of track and field sports teaching. Students should participate in the evaluation process, assessing their own and their peers' physical fitness training, identifying strengths and weaknesses through self-evaluation and peer evaluation, and making improvements accordingly. Additionally, teachers should encourage students to evaluate the content and methods of physical fitness training and provide feedback. Teachers can then innovate and reform physical fitness training based on student feedback and classroom teaching situations. This gradual improvement aims to enhance students' physical fitness and establish habits of physical fitness training, ensuring that physical

fitness training can fully play its role in university track and field teaching and training.

Conclusion

In the process of conducting track and field teaching and training at universities, it is crucial to give full attention to physical fitness training. By integrating teaching content with the physical and mental development of students, innovative and optimized modes and content of physical fitness training can be developed. This approach not only sparks students' interest in learning but also cultivates their track and field sports literacy and physical fitness. Ultimately, it helps unearth students' potential and enhances the level of track and field teaching and training.

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