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Research on the Application of Ultimate Frisbee in College Teaching

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Abstract: In recent years, college students generally have a low level of physical health, which is affected by online games, mobile game and so on to a certain extent, resulting in the gradual decrease of the time students spend in sports. Therefore, in the important period for college students to develop physical exercise habits, more fresh, interesting, and diverse sports are needed to stimulate them to participate. Ultimate Frisbee is a relatively new sports event, with the characteristics of simple skills, high spectator, high safety, co-participation of men and women, and so on. As an important supplement to the college PE curriculum, it meets the needs of college students and college PE, very suitable for application in college teaching.

Keywords: Ultimate Frisbee; College Students; Teaching; Physical Health.

1. Introduction

The after-school life of contemporary college students is filled with a large number of electronic games. No matter the online games in previous years or the mobile games in recent years, all of them have had a certain negative impact on the physical and mental health of college students. In addition, mobile phones and the Internet also have a negative effect on the cultivation of college students' social skills. Therefore, it is an important premise for students to put down their mobile phones and get out of the Internet to improve their physical fitness. College years is an important stage to cultivate students' awareness of physical exercise, and college students' development of the habit of physical exercise is an important way to realize national fitness.

On May 18, 2019, the 1st National College Students Ultimate Frisbee Championship was grandly held in Xiamen Sports Center, which was the first official national college students Ultimate Frisbee event in China. Through regional selection, a total of 16 high-level teams including Fudan University, Tongji University, South China University of Technology, and Hunan University participated. Ultimate Frisbee is an emerging team competitive sport that combines the characteristics of football, rugby and basketball. The rules of co-participation by men and women and self-judgment of players have made it popular among college students. At present, more than 200 colleges and universities have opened the course of Ultimate Frisbee.

There is a close relationship between college students' habit of physical exercises and sports events. The interesting and ornamental characteristics of sports events have different attractions for college students. Only sports that college students really love and are easy to carry out can enable them to actively participate in sports. Many characteristics of Ultimate Frisbee meet the needs of college students, so it is very suitable to carry out in colleges and universities.

2. Characteristics of Ultimate Frisbee

2.1. Simple Technique, Easy to Play

Ultimate Frisbee is played by throwing the frisbee and catching the frisbee. Compared with other sports, it has simple techniques, easy to play, completely different from the characteristics of basketball, football, volleyball and other projects, which are complicated and require a long time of practice to participate in the games. Novices can also perform some fun activities and simple games through simple exercises, so it can better attract a large number of students to participate in it. Moreover, students who have a certain skills in basketball, football and other sports have an advantage in playing Ultimate Frisbee, because the consciousness, technique and running position of Ultimate Frisbee have certain similarities with other sports.

2.2. Interesting and High Spectator Characteristics

Ultimate Frisbee has a certain entertainment. It flies in the air with the support of air through techniques: different techniques make the flying path of the flying disc different; the more the flying disc rotates, the more stable it flies. Its flying process has a great visual impact on people, with high spectator characteristics, meet people's needs for viewing and leisure, thus attracting college students to participate.

2.3. Co-Participation of Male and Female, Large Number of Participation

Ultimate Frisbee is generally participated by 7 players, and both parties decide the number of girls participating in the game, generally "4 males and 3 females" or "5 males and 2 females". In this way, college girls can be attracted to participate in this sports, thus increasing the range of audience. This kind of co-participation model is extremely rare, and is also a major characteristic of Ultimate Frisbee, reflecting the diversity and tolerance of the Ultimate Frisbee and attracting more people to participate.

2.4. Self-Judgement and Sportsmanship

One of the biggest difference between Ultimate Frisbee and other sports is that there are no referees, and advocating sportsmanship. Disputes and fouls in the game are completely determined by the players, usually disputes are resolved by the two parties concerned, which is an excellent practice and improvement of sportsmanship and "rule awareness" of college students. Game players can improve and restrain

themselves in a harmonious, fair, friendly and civilized atmosphere, which is consistent with socialist core values, and can also practice and improve the ability of college students to discover and solve problems.

2.5. Simple Field and Cheap Equipment

The game field of Ultimate Frisbee is very simple. The standard 7-player game field is a rectangular field of 100m*37m and the scoring area is 18m at both ends; the general field is 64m*37m, can be reduced according to the number of players. This means that the Ultimate Frisbee only needs an empty field, and the number of people can be adjusted according to the size of the field, which is easy to be solved by every college. In other words, the field factor has little influence on the Ultimate Frisbee. Moreover, frisbee is much cheaper than basketball, football and other sports equipment, so there is not much financial burden, and it is easier for students to accept.

2.6. Moderate Intensity and High Safety

Although the playing field of Ultimate Frisbee is not large, players need to keep running during the game and adjust according to their physical strength to avoid overwork; the players can be changed after wining 1 point, and the intensity is controlled by themselves. In the "Ultimate Frisbee Game Rules of World Flying Disc Federation", it is clearly stipulated that players are prohibited from having physical contact during the games, which avoids injuries caused by intense confrontational physical contact. Compared with the fierce physical confrontation in basketball, rugby, football and other sports, the stipulations of Ultimate Frisbee are a better protection for the athletes' bodies, making them safer and more humanistic. Therefore, Ultimate Frisbee is a safer sport.

3. Analysis of the Significance of Carrying out Ultimate Frisbee

3.1. Enriching College Students' after-School Life

The application of Ultimate Frisbee in colleges and universities not only enriches the PE curriculum of the school and realizes the sustainable development of college sports, but also increases the participation and choice of students in their after-school life. The fun and leisure of the Ultimate Frisbee and the particularity of co-participation of male and female have a strong attraction to college students. The main reason why college students spend more time on mobile phones and computers is the lack of after-school activities. Ultimate Frisbee does not have high physical requirements for players, and its many characteristics are very attractive to students, which can reduce students' time spent on online games and enrich students' after-school life to a certain extent.

3.2. Cultivating Students' Sense of Teamwork

Ultimate Frisbee is a collective event that requires the cooperation of the team in the whole process. No matter how good a player is, it is impossible for him/her to won the score alone; only when a player catches the frisbee from his teammate in the scoring zone can the team won the score. Throwing and catching the frisbee are the basis of the game, which requires team members to absolutely trust and cooperate with each other. Therefore, Ultimate Frisbee is an excellent exercise for students' teamwork awareness and cohesion.

3.3. Enhancing Students' Physical and Mental Health

Players need to switch between offense and defense very quickly during the game, and constantly run back and forth; both offense and defense consume a lot of physical energy, especially needing the ability to run back and sudden explosive power.

Ultimate Frisbee is a sport advocating "sportsmanship" and "Frisbee spirit", requiring all players to be fair, just, honest and friendly. These positive energies have a positive impact on students and help students form a good outlook on life and values, so as to face everything with a positive attitude.

4. Conclusion

Ultimate Frisbee has many characteristics that meet the psychological and physical needs of college students. It has high safety, high spectator characteristic, a wider audience, a larger number of players, and low requirements on the field, which can be carried out on the basis of the original site of the schools. Ultimate Frisbee is a sport that is very suitable to be carried out in colleges and universities; on the one hand, it is a perfect and supplement to the PE curriculum, and is also an enrichment for students' after-school life; on the other hand, it is beneficial to the physical and mental health of students, and can also have a positive impact on the formation of college students' participation habit in physical exercises.

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