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Research on the Application and Effect of Innovative Education Model in Youth Physical Fitness Training

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Abstract: Nowadays, students tend to pamper themselves at home and rarely participate in physical exercise. Not only do they have changes in their physical form, but they also have a high failure rate in physical functions such as lung capacity. In terms of physical fitness, they perform poorly in indicators such as sitting forward, running, sit-ups, and pull-ups. In response to the above situation, this article conducts further research on the application and effectiveness of innovative education models in adolescent physical fitness training. Adolescents use a tiered lifelong health fitness structure chart, moving from dependence to independence, providing high-quality services around the nine major systems of the human body, and maximizing the stimulation of happiness index. Through the correlation assessment of fitness items in sports, it can be seen that engaging in a certain sport improves the trainees' speed, strength, flexibility, coordination, balance, flexibility, and other indicators. Through innovative educational models, we aim to promote students' balanced and comprehensive development, cultivate their awareness and ability to engage in lifelong physical education, and enable them to recognize themselves, understand themselves, and enhance confidence and teamwork in sports activities.

Keywords: Innovative Educational Models; Youth; Physical Fitness Training; Application; Effectiveness.

1. Introduction

With the rapid development of social and economic level, people's daily life is getting better and better, people pay more and more attention to their health, and gradually form a lifelong sports consciousness. More teenagers respond to the call of the country to strengthen physical exercise and enhance their physique. Nowadays, students are spoiled at home and seldom take part in labor exercise, which leads to the decline of physical fitness of most students [1]. The current situation of adolescent physical health survey in China shows that the current adolescent physical fitness has a downward trend compared with before, showing overweight or ultra-light, even obesity or thinness. Not only the change of body shape, but also the failure rate of vital capacity and other physical functions is high, and the indexes of sitting forward, running, sit-ups and pull-ups in physical fitness are poor [2-3]. At present, China's youth physical fitness training is still in its infancy, which is different from the original youth amateur sports school training or traditional sports school training methods. How to better carry out youth physical fitness training on the existing material basis [4]. In view of the above situation, this paper further studies the application and effect of adolescent physical fitness training through innovative education mode. Physical education teaching should have a new understanding. In the practice of physical education teaching, teachers should constantly improve and optimize teaching strategies and teaching processes, make physical education teaching interesting, vivid and life-oriented, stimulate students' learning emotions in passionate thinking, improve the efficiency of physical education teaching in teacher-student interaction, enlarge the teaching effectiveness in contact with life, make students willing to accept and be good at exercise, constantly improve the actual effect of physical education teaching, and fully promote teaching and learning [5-6]. Clear physical education teaching tasks, enhance students' physical fitness, and comprehensively improve students' physical fitness and sports skills. In order to make socialized youth training more scientific, it is necessary to use various scientific indicators in physical fitness to monitor during the training process, so as to quantitatively reflect the changes of teenagers' physical health, quantitatively reflect the training effect, prevent sports injuries, and finally realize the scientific and industrialized sports training of socialized youth through continuous feedback adjustment [7].

2. Research on the Application of Innovative Education Model in Youth Physical Fitness Training

2.1. Testing Standards for Overall Fitness in Sports

It is very important in the initial stage of socialized youth sports training. Developing and integrating fitness tests for various sports bodies, and establishing standardized testing models and standards for fitness, is an important factor in the scientific and industrial development of youth sports training. The goal of the youth physical fitness training course is, firstly, to meet the needs of students' physical and mental development, and secondly, to meet the educational tasks. Therefore, based on the survey results of the curriculum standards, foreign experience, and student needs, the goals of this course plan are set as follows: sports participation goals, physical fitness goals, psychological quality, and social adaptation goals. When relevant standards have not yet been formed, the physical fitness testing standards for sports events formulated by the competitive sports department can be referred to[8]. The physical fitness testing that has been implemented for many years in competitive sports can be introduced into amateur sports competitions for young people as an important basis for testing physical fitness. By conducting comprehensive and systematic physical fitness training for students, we aim to understand their mastery of basic techniques and skills in various sports events, in order to fully understand the methods of comprehensively

developing students' strength, speed, endurance, flexibility, and flexibility. We aim to gain a deeper understanding of the effects of these sports events on cultivating students' willpower qualities and psychological adaptation, such as bravery, decisiveness, tenacity, and perseverance[9]. The establishment of a norm for further physical fitness testing is the goal of sports workers, and the correlation between physical fitness and sports skill level deserves further exploration to improve the effectiveness and sustainability of sports training.

2.2. The Project Relevance of Sports Fitness

In the early stages of youth sports training, special attention should be paid to gymnastics and track and field exercises, which are considered the foundation of all sports because they develop basic athletic abilities, such as flexibility, balance, coordination, speed, endurance, and basic running, jumping, and throwing abilities [10]. Healthy physical fitness, skilled physical fitness, and metabolic physical fitness are the "three carriages" of the nine major systems of the human body that work together to perform a specific function and complete a specific continuous physiological function. Many successful athletes have told us that your initial sports choices may not necessarily be the best sports, but they have a significant impact on later success. The correlation of sports skills can also drive training in some non popular sports. Adolescents use a tiered lifelong health fitness structure chart, moving from dependence to independence, providing high-quality services around the nine major systems of the human body, and maximizing the stimulation of happiness index. Through the correlation assessment of fitness items in sports, it can be seen that engaging in a certain sport improves the trainees' speed, strength, flexibility, coordination, balance, flexibility, and other indicators.

3. The Application Effect of Innovative Education Model in Youth Physical Fitness Training

3.1. The Concept has been Transformed

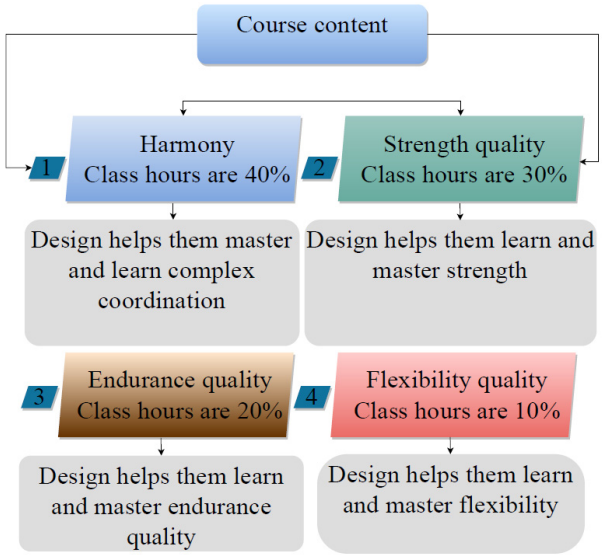


Figure 1. Proportion of Physical Fitness Training Course Hours

Teachers transform their teaching concepts, innovate teaching strategies, and immerse themselves in the context of the new curriculum reform. Based on the development of physical education and professional development, they aim to improve students' physical fitness as the starting point, and improve their comprehensive literacy as the foothold. They highlight students' subjectivity, engage in dialogue, communication, and exchange with students, and understand and master their psychological activities, physical fitness, physical foundation, and cognitive abilities. Only when students truly engage in sports activities can they reap the benefits of physical form, function, and fitness improvement that sports bring. This is the realization of sports, which is influenced by many factors, such as teacher strength, student cognition, school arrangements, and sports conditions. This article designs the course content structure and plan as shown in Figure 1.

Innovate in teaching forms and methods, guide students to help and collaborate with each other in sports activities, form a positive and optimistic attitude, and encourage students to actively participate in sports learning and exercise. A teaching mode that allows students to independently choose sports items and carry out teaching under the guidance of teachers, based on their own sports foundation, mastery of sports skills, and interest in certain sports, and when sports conditions fully allow. Promote students' balanced and comprehensive development, cultivate their awareness and ability of lifelong physical education, and enable them to understand themselves, understand themselves, and enhance confidence and team awareness in sports activities.

3.2. The Method is Improved

Influenced by the traditional concept of physical education and the examination-oriented system, the teaching mode of physical education specialty in colleges and universities has formed with teachers as the classroom center and students as the audience. This teaching mode is not conducive to improving teaching results, developing teachers' teaching literacy and ability, and even affecting the training of physical fitness teachers in physical education major. In teaching, we should pay attention to innovating teaching mode and changing teaching methods, so that physical education teaching can change from emphasizing teaching to development, from emphasizing skill teaching to emphasizing learning methods, from emphasizing results to emphasizing process, from emphasizing unity to emphasizing differences, and let students experience the happiness of sports. Teaching should adapt to the needs of students' physical and mental development. Teachers should integrate existing teaching resources, actively participate in the compilation of school-based curriculum, and compile textbooks that are suitable for the development needs of the local area and the actual interests and hobbies of students' physical and mental development. They should fully utilize them to improve students' physical fitness, humanistic literacy, sports skills, and other aspects The role of comprehensive quality and other aspects. According to the Tolek training method, we organize running, and set the path according to the campus environment of our school. At first, the author led the students to run fast for a while, jog to recover their physical fitness when they reached a certain mark, then run fast and jog again, and run down in this form. Teenagers' physical training should follow the above-mentioned physiological characteristics, and should not "pull out the seedlings to encourage them", which goes against the physical development characteristics of teenagers, so as not to cause harm. For young teenagers, their physical training is mainly dynamic exercises, supplemented by unarmed exercises. At

the same time, teachers should reasonably adjust the teaching content, integrate and adjust the teaching material content in combination with the teaching practice without affecting the teaching arrangement and teaching progress, so that the teaching content can meet the needs of students' physical and mental development and realize the balanced promotion of teaching activities.

3.3. Optimized Audio-visual Teaching

Physical education teaching emphasizes outdoor teaching, but there are still shortcomings in popularizing students' physical education knowledge. Teachers should make full use of indoor teaching opportunities, introduce multimedia teaching equipment into physical education teaching, fully leverage the role of multimedia in physical education teaching, organize and integrate sports knowledge with multimedia, introduce the history of world sports development to students, and explain the development and current situation of sports in China, Introduce some health care knowledge to students. Adolescence is a crucial period for promoting students' outlook on life and values, as well as improving their social adaptability. Everyone is equal in terms of physical fitness, which is the best time to promote students' interpersonal communication and willpower in the field of fair space. Although some teachers attach great importance to the use of training methods and methods in physical fitness training activities, due to the limitations of teaching models, they still cannot effectively improve students' learning status and mobilize their enthusiasm to participate in physical fitness training activities from the perspectives of students' interests, sports needs, physical fitness, etc. Teachers should pay attention to students' sports psychology and the operability of students' self selected projects. This article designs a physical fitness training course plan, as shown in Table 1.

Table 1. Physical Fitness Training Course Plan

Circumference	Main content of the course	Concrete content
1	Guiding and fun courses	Preparation, stretching
2	Action testing	Running, jumping, squatting
3-6	Speed quality connection	Reaction speed exercise
8-9	Review and organize	Students check each other's movements

From the perspective of practical operation, it can be seen that female students, who are also involved in ball games, prefer badminton and volleyball; And boys prefer table tennis, football, and basketball. Physical education teaching is oriented towards the world, society, and the future. Teachers should pay attention to combining major sports activities to carry out physical education teaching. Some major sports activities and events should be used as important materials for physical education teaching, and the sportsmanship of athletes should be used to enhance students' sportsmanship and patriotism, fully amplifying the effectiveness of physical education teaching, and promoting mutual learning and teaching. For some sports movements with high difficulty, if the teaching method of teacher demonstration and student imitation is simply adopted, the effect will not be very obvious, because when the teacher demonstrates, some movements are only an instantaneous process, which is difficult for students to see at the moment.

4. Conclusion

To sum up, the training of physical fitness teachers for physical education majors is still a weak link in physical education. In this regard, this paper studies the application and effect of physical fitness training for teenagers through innovative education models. The application of physical fitness in teenagers' physical training can be monitored by various scientific indicators, which can comprehensively improve their physical fitness, quantitatively reflect the changes of teenagers' physical health and reflect the training effect. By scientifically adding some evaluation targets that can reflect students' sports literacy and ability. It is suggested that the new course of physical fitness training for teenagers should be supplemented with professional evaluations such as body posture evaluation, sports ability evaluation and bone development test. At the same time, we should learn from the mature experience of foreign physical fitness courses, integrate them into our culture, localize them, and design different elements of physical fitness training for teenagers. Increase the input of teachers, promote the construction of physical fitness courses, innovate teaching models, improve the system of using teachers, improve the teacher training model, and promote physical fitness teaching and research. Scientifically guiding the sports training of socialized teenagers has a very important guiding and monitoring role and is an essential content in the sports training of socialized teenagers. Only by strengthening teachers' teaching and improving students' learning evaluation can we effectively promote the reform of physical fitness education for physical education majors, build a more advanced and systematic teacher system, and provide comprehensive support for the development of students' physical and mental quality.

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