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Trial Analysis of the Key Skills of Physical Training in the Teaching and Training of Track and Field

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Abstract: Physical training is a fundamental part of track and field teaching. Scientific physical training helps to improve the level of students' track and field training, and also protects students' bodies so that they can get better results in track and field training. In actual teaching, there are still departments of physical education teachers will be seen as a kind of physical exercise, physical and mental relaxation activities, will not be strict requirements of students, making the classroom discipline is more chaotic, can not be high-quality physical training, reducing the effect of track and field teaching. Based on this, this paper is an in-depth study of the key skills related to physical training in track and field teaching and training.

Keywords: Track and Field Teaching Training; Physical Training; Skills.

1. Introduction

With the deepening of the new curriculum reform, clear student subject position to improve students' comprehensive quality, this core education concept has become an important ideological view of the educational reform of various disciplines, students' comprehensive quality ability, physical fitness is an important embodiment of this is an important component of the education reform. Especially in higher vocational colleges and universities track and field sports teaching, students physical fitness and strong will training is the main line of education, based on the existing teaching, resources and teaching system to strengthen the construction of physical training, to facilitate the students and teachers to accurately understand the training skills, which has become an important direction of the development of track and field teaching physical training.

2. Athletics Training in Physical Training Significance

Athletics teaching training, training performance and effect and physical training is closely related, which is an important pillar of the track and field training and teaching. Physical training teaching, reasonable and scientific physical training is conducive to improving the physical quality of training personnel, but also to ensure that training personnel to maintain a good physical condition. If the training staff is not high physical fitness, it will affect the overall effect of track and field training, not conducive to improving their technical level. Athletics training teaching, in order to give full play to its role in physical training, fundamentally improve the physical fitness of the training staff, we must combine the actual situation to formulate a reasonable physical training program, to ensure that the training staff of physical fitness and psychological quality to obtain synchronized development.

3. The Problem of Physical Training

School physical education, track and field sports is the basic content, in which physical training is very important, physical training in sports teaching planning and setting is the key. At this stage, looking at the effect of physical education teaching in many institutions, physical training still has many problems, specifically manifested as:

3.1. Do not Pay Attention to Physical Training

Physical education teachers and other subject teachers do not fully understand the importance of physical exercise, that physical education class is an opportunity for students to relax, so physical education class is usually a simple explanation of knowledge and training, and the rest of the time students free activities. The students are gathered in twos and threes to chat, sitting on the side of the playground does not exercise, and did not carry out the so-called physical training, so the effect of physical training is certainly not ideal. Classroom teaching part of the physical education teacher's own lack of management and organizational awareness of physical training in the theory and action after the explanation, let the students unified self-practice, but the ability of the students and acceptance of different, not according to the individual, so that the students for physical training action can not be well absorbed, resulting in a decline in the effect of physical training.

3.2. Students' Lack of Enthusiasm for Physical Training

Athletics program teaching, many students themselves on the physical training activities of the participation is not high, do not want to participate in physical training, think physical training and bitter and tired. Even if the physical education teacher has explained in detail the requirements and skills of physical training, many students still simply move, which makes the teaching effect of physical training unsatisfactory. For example, during the high leg training, students have to raise their thighs high and keep them parallel to the ground to ensure the effect of high leg raising. However, few students can do it in actual training. The fundamental reason is that students do not have a correct understanding of physical training, and physical training teacher used methods are not in place, is not conducive to fully mobilize students' learning enthusiasm, such a situation students do not like physical training. How to stimulate students' enthusiasm for physical

training, the change of students' concepts is the core of track and field sports teaching.

4. Key Skills of Physical Training

In recent years, the state has pushed forward the reform of physical education, and the physical training of students is also highly valued by physical education teachers, which gradually improves the enthusiasm of students to participate in physical education courses and physical training. In the actual training, some teachers still do not understand the key skills of physical training, track and field teaching cannot be targeted training. Combined with the previous teaching experience, the following key skills should be noted in the physical training of track and field teaching.

4.1. Explosive Force Training Skills

Athletics teaching training, long jump and sprinting and other programs for students have high instantaneous explosive force requirements of the lower limbs. When physical training, frog jump and high leg training method can be used. For example, frog jump, the beginning of physical education class, the teacher combined with the investigation and understanding of the students, according to the students' physical fitness and gender and other factors will be divided into different groups, and for each group to arrange for the appropriate amount of physical training, so as to ensure that different groups of students to obtain better training results. For example, if some girls are weak, each group should keep 10 frog jumps and complete two groups each time; for boys with good physical condition, each group should jump 15 frog jumps and complete three groups each time. In addition, the teacher should provide students with appropriate guidance when frog jumping. For example, in the actual teaching, many students do not control the frog jumping movement well, usually deep squat jumping, which is very easy to make students fatigue and even lower limb pain. Using demonstration teaching, the teacher guides the students to understand the half-squat frog jump skills, on the basis of which to improve the physical training effect, reduce the training intensity, so as to obtain a better training effect.

4.2. Endurance Training Skills

Cross-country and marathon and other track and field long-distance running programs, students' endurance requirements. Contemporary young students marketing living conditions are superior, so the lack of hard work and endurance spirit, some endurance track and field program will not stick to the end. The use of special physical training can reduce the fatigue of students in long-distance running program and improve the effect of track and field teaching. Generally, endurance training contains both basic and specialized training. Among them, the former is designed to help students understand the method of sports regulation breathing and speed control skills. With the help of these training content can prompt students to gradually improve their own endurance, so as to better adapt to long-time track and field sports. Specialized training, such as students to break their own limits, exercise to reduce the loss of capacity. Specialized training helps students to get better performance in track and field, which is the fundamental goal of endurance training. In addition, some male students can also participate in stretching training, which is conducive to enhancing the flexibility of students' limbs and reducing muscle soreness in long-distance running endurance sports programs.

4.3. Sensitivity Training Skills

Athletics teaching and training, through physical training to strengthen students' sensitivity quality ability is very necessary, must pay attention to students' step length and step frequency training. The actual training should pay attention to, step length and step frequency is not absolute, to combine with the students' personal physical fitness quality to judge. In track and field training, the length of the stride is closely related to the students' running back pedal strength and direction, arm passive strength and hip flexibility. Therefore, in the physical training of track and field teaching, special quality training is carried out according to the students' personal situation. Sensitive quality step length training methods mainly include step jump, weighted step jump and leg change jump. The sensitive quality step frequency training methods include belly jump, high leg fast running and wheel running. During the movement process, increase the body swing to improve the movement speed. In addition, the improvement of students' sensitivity quality method, there are hip joint muscle toughness related special training.

5. Conclusion

In summary, in the training of track and field teaching, scientific physical training is conducive to improving students' physical fitness, ensuring that students maintain good condition to participate in the program training, thus playing an important role in the improvement of teaching effect and students' physical and mental health development. Athletics teaching training, physical education teachers should understand that physical training can not be realized overnight, and need to be unremitting efforts to train, can not be rushed. Teachers should scientifically develop training programs according to the different situations of students, so as to improve the effect of physical training in track and field, to facilitate the students to love sports more, and to develop a lifelong spirit of sports training.

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