

The Application of the Rationalized Training System in Physical Education

Ming Zhang¹, Ding Peng^{2,3}

¹ Jiangxi Vocation College of Ahead Software, China

² East China Jiaotong University, China

³ Jiangxi Vocation College of Ahead Software, China

Keywords: Physical Education, Rationalized training, Application

Abstract: With the constantly improving and developing of today's society, people's physical health level rather, is decreasing, and continuously emerges various diseases, especially young people. In the face of this serious problem, China integrates physical education into the usual teaching. At the same time, it is important to strengthen physical exercise and training, and fundamentally improve the level of physical quality for young people. However, in the process of physical exercise, there are some drawbacks, while the rationalization training system is a good solution to some of the problems.

1. The harm caused by the unreasonable sports teaching

With the rising of social life level, people's attention to sports has been deepened. Especially, students are in an important period of physical and mental development, reasonable physical exercise is very important for promoting students' physical and mental health. However, there will be a lot of unreasonable places in the physical education course and students' daily exercise behavior, which will cause great harm to the body. Lack of exercise will inevitably affect the healthy development of the body and mind. In general, the physical quality of the students who are lack of exercise is lower than the students who are interested in sports, and the body resistance is relatively weak, especially prone to illness in the process of season. In addition, a serious lack of exercise will cause students' obesity, leading to other diseases. In addition to the sports course, independent exercise time is relatively less, the current nutritional supply of students is better, lack of exercise can cause the accumulation of fat, obesity and diabetes and other diseases, people are increasingly concerned about the lack of exercise. Students who lack of exercise are easy to appear the phenomenon of lassitude, once students' physical inertia formed will cause the chain type for learning and life. The lack of exercise makes the students' negative feelings cannot be vented and grows in the heart, which leads to psychological problems such as depression and other psychological problems, which is not conducive to the healthy development of the body and mind. In addition, the harm of excessive exercise is more direct and obvious. Everyone's body is like a spring with a limit. Excessive movement means that the force exerted on the spring is beyond the limit that it can bear, resulting in damage to the spring. The same is true for students. Overdose will seriously harm the health of the students, and cause diseases such as synovitis, ligament injury and so on. For girls, excessive exercise may even affect the physiological cycle, and appear the phenomenon, such as anemia, vertigo and other symptoms, and impact the normal learning. At the same time, excessive exercise is likely to make students depend on it, if stop the exercise, will feel the body is very uncomfortable, and appear the emotional phenomenon, the most direct impact is muscle injury, because excessive exercise that allows people to keep in muscle tension and fatigue state for a long time, and cause serious damage to the body, if things go on like this, student's response ability and judgment ability will be declined, and is easy to fall during normal walking and exercise, cause harm to the normal life. Therefore, in the course of physical education, we must pay attention to the training arrangement that cannot exceed the students' ability to exercise.

2. The application of rationalized training in the teaching of physical education

Scientific and reasonable training can not only meet the needs of students, strengthen students' physique, promote their physical and mental health development, avoid the disease hazards caused by insufficient exercise, but also guide students' training in a planned way, prevent excessive exercise. In the classroom of rationalized training system, the negative emotions accumulated by students are released, help students maintain good mental state and reduce the possibility of mental illness.

2.1 The rationalization of sports load in the teaching of physical education

To better apply the rationalized training system to physical education teaching, we first need to ensure that students' sports load is reasonable, sports load too little or beyond the scope of students' acceptance, which will lead to the collapse of rationalized training system. Therefore, the rationalized training system group should guide the physical education teachers and students to correctly understand the injury to the body caused by the lack of exercise and excessive exercise. Thinking is the forerunner of action. After having the correct understanding, both sides can inspire in the classroom to seek the theory and way that has positive effect on physical and mental health. In the teaching process of physical education, teachers should combine the physical quality characteristics of class students, boys and girls are divided into carrying out exercise activities, and design a set of teaching plans suitable for student development. For example, a sports teacher makes teaching plan as follows: physical education course is totally carried out 14 weeks of teaching activities, first and second weeks is to carry out formation and queue collection activities, the teachers fully understand the sports ability and physical characteristics of students in this process. The third and fourth weeks is to separate boys and girls, boys carry out the practice of passing and catching basketball, while girls carry out the practice of badminton and lofty ball, at the same time explain the correct posture of sports for boys and girls. The fifth and sixth weeks all carry out the technical exercises for basketball and badminton, and with the explanation in the course of practice, combine the students' physical quality to control practice time. The seventh weeks arrange actual competition for students, and explain the advantages and disadvantages of students in the process of the competition. On the eighth weeks, the teachers and students practice the game together. From ninth to twelfth weeks, boys and girls together learn table tennis. Finally, carry out the final competition at fourteenth weeks, and the teachers and the students evaluated each other. In this process, teachers should pay attention to the students' main position, in order to ensure their enthusiasm for learning. In addition, the right exercise is to persist in teaching, adjust the teaching schedule and training time of teaching in real time, the training volume of each class is different for students, do not use the same standard to measure.

2.2 The rationalization of training projects in the course of physical education

Training programs have a great impact on the teaching results of physical education course. Therefore, based on the rationalization of sports load, we need to ensure the rationality of the project, and help to build a sound and reasonable training system. If physical education teachers do not pay attention to the scientific design of training project, repeat the same project or action in the process of the course for learning, students will feel monotonous and boring, easy to cause mental fatigue, once students psychological changed, performance on physiology is the decrease of exercise ability, or appear the state of excessive fatigue. In addition, if the training program is too intense, there will be such a problem. Self-relaxation in students' sports activities, is an easy distraction process, an inattentive will lead to the phenomenon that exercise beyond the tolerance range. Therefore, physical education teachers must balance and unify in the process of arranging teaching projects. First, based on the basic process of exercise walking, running and jumping and other movements to meet the normal needs of students, improve students' enthusiasm. Second, a certain innovation and development based on basic action, such as the action of running. If you simply let the students repeat the "running", it is prone to fatigue, should be combined with other

projects, such as ball games will appear a lot of running and jumping, before the teaching of ball games is arranged, teachers should fully analyze the difficulty, strength and load of the students in the course of sports, pay attention to the collocation of the movement for the upper limb and the lower limbs, the matching of the size for the movement and so on. Reasonable arrangement, improve the enthusiasm of the students, and at the same time, enjoy the health brought by sports, and can achieve the diversification of the project by increasing sports equipment, such as rope skipping, sandbags and hula hoop, to enhance the interest of sports.

2.3 The rationalization of the students' state in the teaching of physical education

The exercise state of the students has a direct influence on the quality of the physical education course. If the student's condition is good, teacher is more relaxed in a class, the students' exercise effect is also better, but student's exercise condition is restricted by many subjective and objective factors, is not the physical education instruction can control completely. For example, when a student is ill or a serious illness, a girl's physiological period, etc. In addition, the students' poor mood and lack of sleep will affect the teaching effect of physical education course. For these students, teachers should pay close attention to them, adjust the exercise load and exercise project timely, so as to avoid the phenomenon of excessive load, improve the students' classroom training effectiveness, to achieve physical and mental development of students. At the same time, teachers should also pay close attention to the border of the surrounding environment, such as the safety of the training site is very important, to ensure that there are no things that affect the physical and mental safety of the students, such as in the conditions of foggy and cold weather, outdoor sports is not good for students' health, teachers need to choose the indoor stadium for teaching, appropriate to reduce the exercise load of students.

3. The effect of rationalized training system

First of all, the rationalized training system applied in the teaching of physical education course, can effectively prevent the blindness of the student exercise, avoid the phenomenon of insufficient or excessive exercise, promote the students' exercise mode standardized and scientific, carry out regular physical exercise to promote students' blood circulation and cerebral oxygen supply sufficient, coordinate the exercise of body, play an important role of the physical and mental health for students .

Second, reduce the risk factors in the process of exercise. The excessive exercise produces the threat based on the previous article, rationalized training system helps students to develop a scientific training plan, to avoid the diseases due to improper exercise of muscle damage, tendinitis and so on, and at the same time, teachers will teach students how to deal with sports injuries, students can grasp the correct damage coping skills, to avoid the two damage caused by improper disposal, cultivate the concept of students' scientific exercise and safe exercise, enhance the exercise quality of physical education course.

Third, help to cultivate quality oriented talents. Physical and mental health is the basis of learning; it is necessary to do a good job in sports teaching to train qualified talents in the new era. The application of the rationalized training system helps students to form a healthy body, develop good sports habits, and form a positive attitude. In the course of exercise, students feel the fun of sports, gradually form the consciousness of lifelong exercise, and lay a solid foundation for the cultivation of quality talents.

Fourth, it can strengthen the communication and understanding between teachers and students. Sports teaching is not professional sports training, its purpose is to promote the physical and mental health of students, instead of the training of professional quality, in this process, the teacher should pay attention to the interest and openness of the classroom, the teaching content is not boring, the constant communication and interaction between teachers and students can cultivate the tacit understanding between teachers and students, and form a harmonious relationship between teachers and students.

4. Conclusions

In terms of today's society, the demand for the talents is increasing, only the all-round development of talents can meet the social and business needs. At present, physical education is a very weak link in our country's education, and the phenomenon that students' lack of sports is very serious. Therefore, it is very necessary to introduce the rationalized training system into physical education teaching, so as to improve students' physical and mental health level, and help the country to cultivate the comprehensive quality talents.

References

- [1] Xuecai Chen, Guoheng Liu. Analysis on the rationalized organization mode based on technology teaching for the basketball in middle school [J]. Modern sports science and technology. 2014.
- [2] Xianyou Yan. The role of rationalized training system in physical education [J]. Journal of Hunan University of Science and Engineering. 2014.
- [3] Jinxiang Bai. The inheritance and development of Chinese traditional sports culture under the perspective of globalization [J]. Journal of Nanjing Sport Institute (social science edition). 2011.
- [4] Huazhuo Wang. Discussion on the development and historical experience of the physical education course in primary and middle schools in modern China[D]. Beijing Sport University. 2003.
- [5] Qixue Zhang. National traditional culture and cultural security [J]. Guangdong social science. 2009.