Effective Combination of Physical Education and Sports Training

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Abstract

The sports teaching and the movement training all is Our country University sports important constituent, between both in essentially already has one kind to promote and the development relations mutually, simultaneously also is the sports academic circles always disputes the continuous topic. But speaking of some kind of degree, it’s both goal is and improves university student's physical quality for the full scale development, enables the student to grasp the basic sports knowledge and the sports skill. Between the two only together to develop, in order to better promote the healthy development of college sports and therefore, this article on the physical education and sports training interactive development strategy in-depth discussion.

Keywords. Sports Teaching; Sports Training; In Combination

1. INTRODUCTION

Sport is the foundation of fitness, and physical education is the college sports to enhance the quality of college students and physical and mental development and common responsibility and mission. With the success of our 2008 Olympic Games held, China began by the sports power to the development of sports power. At the same time, college students as the future of our country's high-quality construction talent, their physical quality and psychological quality of the work they have in the future has an important impact, therefore, college students physical quality and physical quality of the country's attention.

2. The Concept and Characteristics of Physical Education and Sports Training

2.1 The concept and features of sports teaching

Sports purposes and tasks of basic way is the sports teaching, the basic form of colleges and universities sports teaching is carried out in accordance with the teaching plan and syllabus for students of planned, purposeful, organized education process, to the participants to teach sports knowledge, skills, to develop and strengthen students' body and cultivate the students' moral character as a physical education teaching task. Short, physical education teaching is through the scientific and reasonable teaching method for physical education to the student, the participation of teachers and students, teachers to guide students, make students master basic sports methods at the same time improve the students' physical quality and physical quality, so as to achieve the goal of physical education teaching. The characteristics of physical education teaching are a unity, systemic and educational. Participants in the whole process of physical education is mainly engaged in various physical

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contact, through the physical and thinking activities in close connection to master the sports knowledge, action skills, in order to cultivate their own moral will quality and enhance the effectiveness of physical fitness. From the concept of physical education can be learned that physical education is both a form, but also a control of the education process, so its main activity is teaching. Teaching is a two-way activity between teachers and students and then physical education is no exception. The concept of physical education is the basic form of school sports work is the educational process, from the theoretical significance of pedagogy, physical education is the activity, rather than the form of the existence of the students only on the basis of physical education through systematic training, and the physical quality of students can be fully developed in order to complete the task of physical education, we can see that training is also a way for students to complete the task of physical education.

2.2 The concept and characteristics of sports training

The movement training realizes the sports duty most effective one method, namely athlete in order to enhance own athletics skill and the sports result, strengthens the specialist training under other people coordination a process. Movement training including aspect and so on body and mind quality, intelligence as well as movement skill integrated trainings. Its characteristic is by achieved the best result the athletic training method which formulates for the goal; The request participation movement training athlete can withstand the intense physiological load of exercise, and the physiological load of exercise which withstands to own present stage carries on the breakthrough; Formulate the pointed athletic training content according to athlete own characteristic and own superiority; Physiological load of exercise extreme and load arrangement stopgap; Movement athletics intense and training arrangement scientific nature and planning; Movement result performing and performance way difference and so on.

The basic form is training in sports training, sports training is the principal means of physical exercises that can learn from the above concepts, sports training is a kind of professional education process, its main means is the body exercise. Under the influence of game and the teaching in sports training, content shows as a professional education in sports training process, training is education characteristics, such as training exists in the way of the course, subject, object and dominant in the process of training, at the same time, also have coaches and athletes in sports training, training content and training methods of four similar to the teaching of basic elements. But, after all is not the same as the sports teaching in sports training, because the physical education teaching is to make students by understanding how to achieve the teaching purpose, and sports training is more focused on practical training, and even is mandatory to achieve its education goal. "Teaching" in theory of sports training exists, because this is determined according to the needs of the two aspects, one is the athlete culture education of knowledge, everyone needs to accept the education, the athlete is not exceptional also, knowledge education is any training cannot replace, what's more, our professional sports training system has been established in amateur sports school training system, on the basis of so its cultural knowledge is also the important content in the sports training. Second is the need of sports professional, what do we learn from the concept, the content of the sports training including body, skills and tactics of training and psychological, intellectual and moral, due to the needs of the development of the modern athletic training
philosophy must be kept at a certain level, especially the skills and tactics application and psychological and intellectual development, require not only to practice and training, and training to the test, but to the skills and tactics are fully understood, it is the requirement for the sports training.

3. Similarities and Differences of Sports Training and Sports Teaching

- Sports teaching and sports training, although in many ways there are differences, but the two have more similarities. First of all, both physical education and sports training, whether teaching content or form of a certain degree of close contact. In the teaching content, both are based on physical education as the theoretical basis of teaching and theoretical knowledge learning include social science, sports physiology and sports disciplines of learning. In the form, whether it is physical education or sports training, both in order to achieve the purpose, are based on education as the main way, its sports training are inseparable from the guidance of professionals. Moreover, both are professional training for the purpose of completing sports. Second, the physical education and sports training in their own teaching process that are particularly focused on the teaching object healthy, positive and progressive form of training, and attempts to train the way through the training of teaching object perseverance, courage and teamwork awareness.

- The most remarkable difference of the physical education and sports training is teaching object and teaching purposes. The teaching of physical education teaching objects are mainly students, the sports teaching objectives more is to through sport to improve the students' physique that causes the student to the healthy development of physical and mental are fully, to students source, the comprehensive quality of talent, wisdom, body three aspects to make it better adapt to China's socialist modernization construction of talented person's demand and reserve.

4. Development Trend of Physical Education and Sports Training

The focus of physical education is how to promote and continue to develop students' natural qualities. Natural quality is the basic part of human quality structure, that is, the physical quality of people, colleges and universities through physical education to achieve the promotion and development of students' natural quality goals, and students in the process of exercise must bear the corresponding body load. But because of the students' hobbies, physical form, quality and sports concept have some differences, so the level of student sports is uneven, therefore, physical education teachers should be based on the actual situation of students in the teaching process using scientific and reasonable sports training methods, to develop a reasonable course of teaching content, in order to better promote and achieve the comprehensive development of the general student quality.

5. The Feasibility of Interactive Development of Physical Education and Sports Training

Organic combination of physical education and sports training is a certain feasibility, because they can learn from each other and communication in the following aspects: physical education teaching can be reference for sports training mode of professional training and advanced sports knowledge, master the basic laws of movement, enrich himself on the
students in the process of sports teaching and training method, in order to better meet the needs of cultivating talents. And exercise training can learn teaching regularity and teaching method in the teaching of sports, in order to improve the level of training of athletes, for athletes to improve their sports skills to create better conditions from the following perspectives.

- Physical education as the most basic of the students in the sports learning stage, if not through theoretical knowledge, directly into the sports education, and students late sports training and future development have a negative impact. At the same time, physical education is not only an important way to improve the quality of students' sports, but also to promote the ideological and moral cultivation of students. The athletic training in improving athletic ability at the same time can also be presented to the audience the most exciting events, the athletes to play its best level of exercise have a certain role. Therefore, if both of the organic combination, whether it is the college students' sports quality training to improve the athlete's athletic ability have a certain role in promoting.

- Colleges and universities to cultivate the students again in the future society of socialist construction personnel, so the mental and physical quality and physical quality has very high standards, therefore, the combination of sports training and sports teaching to a great extent can promote the development of college sports.

6. Measures of Interactive Development of Physical Education and Sports Training

6.1 Both to complement each other, each other to achieve harmonious development

The main purpose of physical education is to improve students' physical quality, through physical education to promote students' physical and mental health, so that students in the future work to be able to bear the corresponding workload. The sports teaching to realize the teaching goals, teaching methods and means of sports training is to learn sports training, enhance the amount of exercise can bear based on existing teaching object, so as to exercise the goal of teaching, improve their physical quality but also can better help students. Exercise training also needs to learn from the teaching means and methods of sports teaching scientific, reasonable and effective, although the main teaching purpose is to cultivate the sports training can improve the athlete's athletic ability, because if the law in the training process, only pay attention to physical exercise training, from the neglect of motor skill learning method, then the movement the training will become mechanical, its effect is as can be imagined. But if will be unitary in the training the arid special athletic training to turn the feature fun the study to be possible to become, then the movement training will be able to become lively vivid, the greatest degree will like this already stimulate athlete's training interest, simultaneously to will sharpen athlete's athletics ability also to have certain promoter action.

6.2 Both in the teaching process need to pay attention to the teaching of sports awareness of the object

The purpose of physical education and sports training is not only to improve the teaching skills of teaching objects, more importantly, in the teaching process to promote the teaching
of the whole body to benefit, so as to promote the development of sports in China. In this process, sports coaches and college teachers need to teach in the teaching of innovative teaching methods, the greatest degree of motivation to stimulate the initiative to participate in the object. Especially in college sports, part of the college athletic sports activities are by the special sports team to participate, which greatly weakened the participation of non-sports special students, therefore, colleges and universities in this issue should be resolved in time. In addition, in the training process, in addition to a reasonable increase in the amount of exercise of teaching objects, but also through material incentives to promote the smooth development of sports training to enhance the teaching object of sports awareness.

7. Conclusion

In summary, the sports teaching and the movement training are the supplementary relations, between both only then carries on the organic synthesis that integrates the movement training in the sports teaching the strong point, the movement training integrates the sports teaching the strong point, only then can better enhance university student own physique and athletics ability, only then will be able soon to realize our country will be the sports powerful nation goal.

References