

Methods of Physical Training in Physical Training

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Abstract: In today's society, human aesthetic requirements are changing with the changing social environment. In this context, physical exercise has become a widely discussed issue, and students are becoming increasingly concerned with sports training to improve their physical fitness. Various social surveys have found that most students are not satisfied with their physical appearance, and weak or excessively obese bodies can affect their physical beauty. Therefore, it is necessary to incorporate physical training into sports training to enhance physical fitness. Based on this, this article explores the methods of physical training in sports training and seeks the best way to exercise the body.

1. Introduction

With the further development of the social economy, traditional teaching environments have been broken through, and people's ideological level and social quality have been improved. Students' fundamental needs for modern physical education teaching not only reflect in meeting the training of traditional sports and professional skills but also reflect in fully realizing the important significance of body shaping. Some special industries have strict standards for the physique of talents, and physical beauty has gradually become a training direction that students aspire to. Physical beauty has also become the main standard for reflecting external qualities. The establishment of physical education courses in sports training can help students better shape their bodies, correct traditional misconceptions of "skinny" and "weight loss," reduce the adverse effects of dieting and unreasonable exercise methods on students' health, and provide the country with vocational talents with good images.

2. A discussion of physical training

2.1 The concept of form training

Form training is an important part of physical training. In traditional concept, form training refers to using special methods or simple equipment to improve the body's physical fitness and shape. Form training in universities follows the theory of human body science and combines different training methods and equipment to shape the body, enhance physical fitness, and promote health. Nowadays, there are various forms of physical exercise that can fully enhance the function of strengthening the body and promoting health, which has great social significance. There are also various methods for body training, such as sports, fitness programs, and professional dance, which are commonly used in sports training. With the development and changes in society, school sports

have also undergone corresponding development. Various forms of form training courses have emerged in school physical education, which have played a catalytic role in students' physical health and body shaping^[1].

2.2 The role of form training

2.2.1 Improve aesthetic ability

From the preceding argument, we understand that physical training involves training the human body's movements and is an elegant and classic form of exercise. During the process of physical training, students can combine the physical movements of dance for comprehensive practice and experience the movement principles that these physical movements bring. In physical training, the appreciation and learning of related physical movements are also essential. Through visual observation, students can directly understand and feel the aesthetics contained in physical training, develop an objective understanding of physical beauty, and enhance their own aesthetic abilities^[2].

2.2.2 Strengthen physical fitness

As part of physical training, the aim and purpose of physical training are generally similar to those of physical education, which are both intended to strengthen students' physical fitness and improve their physique, ultimately achieving the goal of promoting health and wellbeing. For college students, due to the heavy workload of daily coursework and the need to obtain numerous certifications, most students devote their time and energy to their studies, leaving little time for physical exercise. This lack of physical activity can lead to a significant amount of stress. However, engaging in appropriate physical training can help students relax their limbs, improve their mood, relieve stress, and promote their physical and mental health.

2.2.3 Create a good image

As successors to future talents in society, contemporary college students should not only strictly control their own professional knowledge and skills and enhance their knowledge reserves but also be aware that today's society is in a highly competitive stage and understand the increasing demand for versatile talents. They should strive to improve their professional foundation and enhance their professional image. A good grasp of physical training is necessary for one's professional image, as it is the first impression people have when they meet. If students can receive professional physical training during their college years and correct their physical defects early on, it will help them shape a good posture and create a new "image business card" for their future career^[3].

2.2.4 Mobilize the enthusiasm of exercise

Compared with other forms of physical training, physical training is a relatively new thing, but it is often misunderstood by many people who believe it is just a simple physical exercise. Fundamentally, physical training is also a branch of physical training, but it differs from general fitness programs. It does not require training to take place in a basketball court or a tennis court but instead emphasizes the breadth of physical exercise rather than depth. Many physical activities require relaxed and smooth rhythms. By engaging in physical training, students can gain a fundamental understanding of physical training, dispel their boredom and fear, and promote their active participation in physical exercise.

3. Problems existing in college body training

Currently, contemporary universities and colleges are placing increasing emphasis on physical training for students, and many institutions have added a course on body training to their physical education curriculum. According to the school's course classification, it is mainly divided into two types: "elective" and "required". Moreover, different institutions have their own unique approaches to the content, methods, and processes of body teaching. However, according to research, there are some shortcomings in the efficient training methods for body courses^[4].

Teachers' understanding of physical form is not comprehensive enough in their teaching.

Body teaching is an innovative achievement of the times, characterized by a combination of professionalism and entertainment. However, due to the lack of attention given to body education by some schools, they fail to fundamentally understand this characteristic, nor do they know what standards to use for teaching. This has led some schools to extremes, either demanding physical education instruction in a rigid manner or simply engaging in recreational activities that lower standards. It is evident that such extreme teaching methods have overturned the original idea of body teaching and are not conducive to the development of body training courses.

3.1 Teaching methods and ideas are too traditional

The time dedicated to body training courses is not long enough, and currently, in terms of teaching content and methods, the traditional and rudimentary "old ways" are still being used. This approach fails to provide specific analysis based on individual circumstances and does not make actual adjustments and innovations based on differences between students. As a result, a scientific and systematic teaching and training model has not been established.

3.2 Lack of professional site and equipment

With the continuous development of society, major universities and colleges are also expanding enrollment, and the expansion of class sizes has led to situations where the facilities and equipment are inadequate for body training. As a result, traditional and rigid teaching methods are adopted, and the opportunities for students to receive individual guidance during body training are greatly reduced, further affecting the effectiveness of teaching. Due to the aforementioned reasons, the opportunities for students to engage in self-directed training during rest periods have decreased. Even if teachers require students to practice on their own, the limited number of teachers means that they cannot provide real-time supervision, leading to poor training results and even cases where students become apathetic or refuse to train^[5].

3.3 Students do not pay much attention to physical training

Due to the complexity and variety of professional courses, students' cognitive abilities are not sufficient, and therefore, body training has not been given a high level of attention. This leads to a low level of student participation in body training. Moreover, during the body training process, certain requirements are placed on the students themselves. If the students' level of participation is low, the requirements for a beautiful body will not be achieved, and the charm of body shaping cannot be demonstrated. In many university campuses, many students are not majoring in sports, which also leads to differences in their physical fitness, and therefore, it is difficult to achieve ideal fitness results.

4. A countermeasure for body training

4.1 Teaching of physical knowledge

Adding a form training course to physical education curriculum can play a role in enhancing students' physical fitness and shaping a good appearance. As a new physical education course, the popularization and implementation of form training should be based on basic theoretical knowledge, and relevant knowledge of form training should be promoted according to the different physical qualities of students. Based on the current development of physical education, a scientifically and actively designed form education classroom should be created, supplemented by teaching materials related to form training, to lay the foundation for the spread of form education among students. Schools can hire professional form teachers to adjust the current form training, leading students to improve their understanding and awareness of form training, while comprehensively popularizing professional form knowledge and creating certain conditions for the development of form courses in the future^[6].

In the classification of body training courses, different training goals can be identified and divided. Currently, popular body training courses in schools include aerobics, tai chi, and dance. During body training, it is essential to consider each student's physical fitness and propose appropriate exercise plans. In the selection of teaching content, it is necessary to introduce the general process of body exercise in detail and collect real student opinions and ideas. For students with ideal body lines, body shaping exercises can be carried out to maintain body symmetry. For students who are too obese, they can choose weight loss exercises that focus on aerobic exercise. It is also important to pay attention to whether students' movements are standardized and ensure their safety during training, with the main goal being to burn fat and improve body shaping effectiveness.

4.2 Mobilize the enthusiasm of the students for training

Before conducting physical training courses, it is important to guide students appropriately in order to increase their enthusiasm and initiative for participating in the training. Some students may lack interest in physical training due to their own reasons such as low self-esteem. Therefore, before conducting classroom teaching, the teacher should first popularize the importance of physical training to students, thus increasing their interest and providing students with a preliminary understanding of physical training. After this, students should be arranged into classes based on their physical fitness levels, grouping students with similar issues together in order to facilitate communication and discussion among them. For example, students who are excessively overweight can be arranged in the same class, and the difficulty of training should be adjusted appropriately in order to gradually progress from easy to difficult, allowing students to master basic training before gradually increasing the difficulty of their training.

Before preparing for physical training, teachers should fully understand students' interests. For example, in classes with a majority of female students, teachers can use training methods such as aerobics and dance to enhance flexibility and showcase personal beauty. For classes with a majority of male students in science-related programs, teachers can add strength training to improve physical strength. Therefore, in the process of physical training, it is important to focus on the educational principle of teaching according to students' abilities, and provide targeted teaching for students, encouraging them to actively participate in the training process.

4.3 Create a diversified classroom

Currently, dance and aerobics are the main forms of physical training. In actual training, different

contents can be combined, such as combining music and dance in a reasonable way, which can eliminate traditional language-based teaching methods and allow students to feel the beauty brought by music in a musical environment. With the rhythm, students can create a fresher visual and sensory experience through the expression of body language. Before starting physical training, teachers can fully demonstrate the clever exercises between music and dance, allowing students to follow the rhythm of the music. Combining body training with music can improve students' sense of rhythm and limb coordination, encouraging students to actively engage in physical training.

When conducting physical training in sports, it is necessary for the physical education teacher to develop corresponding content with long-term development effects to avoid students only achieving short-term results and being unable to adapt to long-term development in the future. Since most physical training requires students to exercise for a long time to achieve ideal results, in order to prevent students from gradually losing interest in physical training due to boredom, teachers need to create more diverse teaching methods to optimize the physical training mode and form a more colorful and scientifically reasonable training program. For example, since the exercise requirements for boys and girls are quite different, it is possible to correspondingly increase the exercise time for males^[7].

There are significant individual differences in students' personalities, and it is necessary to develop a more diverse training mode based on their different levels of acceptance. Implementing segmented education and adjusting training plans appropriately for different students based on actual results. In today's constantly evolving society, in order to achieve good training results, teachers need to fully utilize comprehensive and diversified training modes, create differentiated training content, and combine different interesting elements to form a more relaxed and active training classroom.

As the training difficulty gradually increases, teachers can use multimedia technology to break down more difficult training movements and gradually enhance students' memory capacity through progressive training, which also helps students to practice repeatedly after class. In today's physical training, there are usually some mediocre teaching methods, which require teachers to actively explore new teaching methods, introduce more diverse physical equipment and specialized educational teaching methods, and change conventional training methods, which can help students achieve better training results.

4.4 Carry out extracurricular activities

Physical training cannot be confined to the classroom. Teachers are responsible for leading students to become familiar with and understand the basic forms of physical training in physical education classes, and they should also encourage students to practice and strengthen their skills outside of class during their study of physical training. It is necessary to develop a planned and purposeful training process and encourage students to use their spare time to complete physical training. Teachers can recommend some physical training courses to students and share them on online platforms, and students can adjust their training according to their own physical conditions and training situations through video teaching. This will help to comprehensively improve their training results.

In order to attract more students to participate in physical training, teachers can use school activities to popularize and promote physical exercise. They can also monitor students' extracurricular exercise activities through a combination of online and offline methods. Physical training is not a rigid process, but a dynamic and continuous one. Therefore, teachers should establish a sense of stage during the process of physical training teaching, supervise and manage students' current training status, regularly test their training results, establish targeted training modes

based on students' assessment results, improve students' adaptability to the physical plan, and adjust the current physical training content based on student feedback, fully tapping into students' initiative.

5. Conclusions

In university life, physical exercise is a major course, and body training plays a significant role and has great significance. Body training requires long-term practice to improve students' body shape problems. Therefore, when facing problems in the course, teachers should actively explore the causes of the problems and seek targeted solutions. At the same time, body training has great significance for improving the physical fitness and cultivating a good physique of university students. Therefore, students should understand the concept, connotation, and significance of body training in school sports, and choose more scientific methods of physical and body training based on their specific situations and needs. This will help students to grow up healthier.

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