

Analysis of the Practice Path of Sports Research Travel under the Background of Core Literacy

Xiufeng Zhao¹, Tao Sun²

¹College of physical education, Taishan University, Taian, 271000, China

²Dean's Office, Taishan University, Taian, 271000, China

Abstract

Sports research travel is a new mode of physical education teaching activities in a new era, which is of great social significance. It is an important topic to explore physical education study travel in university physical education teaching in a new era. In recent years, countries have a deeper understanding of sports research travel and enhanced support for relevant work, which is a good opportunity for the development of sports research travel. This paper plans to explore its development ideas in the new era based on the sports research travel value under the core literacy, and hopes to play a certain reference role in relevant work.

Keywords

Sports research travel; Education mode; Curriculum design; Core literacy.

1. Introduction

Sports research travel is the development direction of modern physical education and an inevitable requirement under the quality education mode, which can effectively promote the all-round development of college students in the new era. Under the cultivation of paying attention to the core quality education background, sports education to students' sports ability, sports character and other core literacy requirements are more strict, under the guidance of the training concept, sports study travel with its advanced training mechanism and comprehensive quality training way to become the target direction of university sports education activities, actively explore sports study travel practice strategy is a major topic to strengthen the university sports education.

2. Analysis on the Concept of Sports Research Travel under the Core Literacy

Sports research travel is a kind of research travel mode, which has a certain inheritance relationship with ancient study Tours, and is the practice of the research concept of reading thousands of books. Research travel is to closely combine learning activities with life practice, and truly improve the comprehensive quality and professional ability of talents in education and training. And sports study travel is the concept of the physical education teaching, to arouse the importance to physical education teaching, comprehensively improve national overall physical quality, realize the goal of sports power, through the physical education and study travel, vigorously reform and innovation of physical education, resolutely break the shackles of traditional mode, guide college students to improve their identity. Core literacy is also an educational concept full of guidance. It makes a clear explanation of the training objectives of educational activities and points out the direction for educational practice. The core literacy concept is deeply rooted in the hearts of the people and also helps sports research travel to obtain better development opportunities. In today's era, sports tourism is developing rapidly. The tourism developed with sports resources as the elements begins to show different vitality,

and is occupying a more important position in the tourism market and gaining more recognition and participation from many people. Sports study travel can effectively introduce more rich sports elements, but also to college sports classroom teaching, sports research travel is very suitable for school physical Education, which can provide students with more outdoor practice opportunities, stimulate students' sports learning enthusiasm and initiative, can also effectively mobilize the innovation of students, and students can realize the cultivation of their core literacy through in-depth sports practice.

3. Second, Analysis of the Necessity of Sports Study Travel under the Core Literacy

(1) It can effectively help the transformation of the school physical education mode and improve the teaching effect

Sports research travel is a comprehensive practical education activity carried out outside the school. It is not completely independent of the school physical education teaching activities. It is an extension and release of the campus physical education teaching activities. It still needs to follow the relevant norms of the curriculum and pay attention to the realization of the comprehensive practical objectives. Under the core literacy, the school integrates students core literacy cultivation into various disciplines, sports research travel can get rid of the shackles of traditional sports teaching mode, highlight students' main position, encourage their independent development through the form of practical education activities; and dig the social value of sports activities through cultivating the core quality of college students' healthy life, so as to help realize the reform and innovation of sports education mode [1].

(2) It can effectively promote the reform of physical education and enhance the subject status of physical education

Under the core literacy, physical education teaching activities are more focused on the application of basic physical education knowledge and related skills, pay attention to the cultivation of personal values, and can point out the direction for the teaching objectives of teaching activities. Under the core quality, physical education can be continuously optimized, and its tentacles can extend students' learning activities, and gain a place in teaching. Sports discipline quality has a strong comprehensive nature and needs the leap and integration of various disciplines. Sports research travel can break the boundary of the traditional teaching mode, build physical education into a more characteristic teaching mode, and can absorb all kinds of sports elements more effectively. Of course, the off-campus attributes of sports research travel reduce teachers' control ability to control the schoolwork, and put forward more uncertainties and higher requirements for the management of teachers, teachers need to do a good job in scientific planning and design of research courses, and pay attention to the reasonable guidance of research activities. All this change will promote the further improvement of the quality of physical education teaching activities, and truly make physical education teaching an important part of education.

(3) It can effectively improve the comprehensive quality of students and effectively achieve comprehensive development

The progress of science and technology will liberate human beings from heavy physical labor, freed the human hands and feet and also tied them up. In getting rid of physical labor, human beings have given up physical activities, leading to today's "civilization diseases" such as obesity, hypertension and diabetes. At the same time, human beings are human beings in the nature and need to achieve all-round development in nature. Sports studies travel is different from the campus physical education curriculum, different forms of sports research learning activities lead students into the nature, and also is the embodiment of the naturalization of human, stimulate students' learning interest , still can enable students to improve themselves in the

process of practice participation, implement the social responsibility of responsibility identification elements in core literacy, so as to improve the comprehensive quality of students, realize their all-round development.[2]

4. The Practice Path of Sports Research Travel under the Core Literacy

(1) Make every effort to create a social atmosphere that loves sports

Government departments need to guide the direction, vigorously build a number of sports culture theme research base, let the whole society see the government departments to sports research travel, thus arouse social interest in sports research travel, vigorously develop the natural resources in rural areas, according to regional advantages to develop different characteristics of study travel base, strengthen infrastructure construction, optimize the layout, comprehensively develop sports practice, create a good atmosphere advocating sports in the whole society, so as to effectively promote the extensive development of sports research travel.

(2) Strengthen the curriculum design and promote the in-depth development of physical education research and study travel

School should give full play to their own advantages, through the scientific expansion of physical education teaching discipline projects, constantly optimize the curriculum design of sports research and study travel, and make reasonable planning and arrangement for the project development, to build a complete curriculum system for sports research travel, to achieve the orderly development of research projects. School must clarify the goal of sports research travel in educational activities, and point out the direction for laying the keynote of the overall activities. At the same time, it is necessary to clear the theme content of sports research travel before the start of activities, so as to achieve the goal and autonomy of sports study travel. Relying on physical education research and study travel, to achieve the deep integration of internal and external physical education teaching, and strengthen learning and practice.

5. Conclusion

Sports research travel is one of the important forms of physical education teaching practice, is the inevitable demand of the development of modern society, under the core literacy, sports core literacy training work must rely on deeper education practice to achieve, therefore, the government departments to lead the overall social atmosphere, to enhance the whole society to sports culture, vigorously improve the overall quality of the whole people.

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