

How to Improve Safety in Outdoor Education Courses

-- A Case Study of Physical Education

Xin Miao^{1, a, *}

¹The University of Edinburgh, EH8 8AQ, Scotland

^aE-mail: miaoxin240121@gmail.com

Abstract

With the rapid development of modern society, the industry is flourishing with each passing day. Under the environment of gradual enrichment of material life, teaching content of traditional physical education is gradually unable to meet the needs of educational development in the new era. However, outdoor education courses have not only reformed the traditional teacher-led model, but also proposed a student-led course system that focuses on practice. With its unique interestingness, challenge and richness, it has been widely received by college students and has shown great potential for development. This paper focuses on the analysis and discussion of the problems encountered in the popularization of outdoor physical education courses in colleges and universities and proposes corresponding solutions to achieve a balance in the guarantee of safety and promotion of reform.

Keywords

Outdoor education courses; Safety issues.

1. Introduction

Constrained by indoor venues, traditional physical education has meager contents and no much choice. However, the outdoor education courses not only preserve the original course content, but also add more challenging and novel items, such as rock climbing, mountain climbing, hiking and so on. It integrates sports and physical education, which not only satisfies the sports psychology of college students, but also helps them realize the common development of individuals and groups. However, there are still many immature areas for the existing outdoor education course system, especially safety precaution issues. Then, there is still a long way to go to establish an effective safety precaution system.

2. Introduction and Analysis of Outdoor Education Courses

Outdoor education course, as the name implies, is the physical education course launched in an outdoor environment. With outdoor environment as the carrier, outdoor education course integrates physical education and practical sports. It can not only allow college students to exercise their bodies and get close to nature, but also help them develop a sense of teamwork, realize common development of culture and personality, and promote them to be well-developed both in mind and body. It is a new educational mode with outdoor activities as scenes, and conducive to promoting the educational reform in China. As outdoor education courses are carried out outdoors, they will inevitably bring certain risks along with challenges, and there are various safety hazards, such as accidents. On the one hand, many colleges and universities choose not to carry out outdoor education courses because they are fearful of the occurrence of accidents and various potential safety risks, which leads to many difficulties in the promotion of outdoor education courses. On the other hand, the outdoor education courses of colleges and

universities are not equipped with sufficiently mature safety precautions and first-aid measures after the accidents, resulting in many safety problems that cannot be effectively solved, which has caused difficulties for further promotion. Outdoor education courses not only play a positive role in promoting the personal development of students, but also are conducive to the promotion of education reform in China. Therefore, in view of the above two aspects, colleges and universities should actively seek a reasonable promotion direction, and strive to expand outdoor education courses under the premise of ensuring safety [1].

3. Main Issues Affecting the Development of Outdoor Education Courses

3.1. Colleges and Universities Do Not Have Enough Experienced Teachers

Compared with the traditional physical education, outdoor education courses show a large shortage of teachers who are also very inexperienced. Personal abilities and professional levels of teachers are very important in the outdoor education courses. They not only need to master basic teaching contents, but also should have corresponding outdoor knowledge, first aid knowledge and the capacity to respond to emergencies. These requirements not only come from books, but also should be based on practice. Only experienced and well-prepared professional teachers can manage all kinds of young college students, and carry out corresponding teaching contents on the basis of ensuring safety. In terms of the allocation of teachers in colleges and universities, there is no team of teachers qualified to carry out physical education courses. In the case of insufficient teachers, it is not only difficult to achieve good teaching results, but also easy to cause accidents if outdoor education courses are carried out without careful consideration [2].

3.2. Most Colleges And Universities Choose to Continue the Traditional Physical Education

Although outdoor education courses present a huge competitive advantage in physical education, most colleges and universities still choose to follow the fixed traditional teaching mode and conduct physical education as traditional physical education has been developed for a long time. It not only has a mature teaching system, but also contains abundant teaching experience. Compared with the newly developed outdoor education courses, the teaching process is not only simple, but also safe and stable, and it is not easy to cause accidents. However, outdoor education courses are difficult to implement in carrying out course activities with high risks and potential safety hazards. On this basis, colleges and universities are not highly enthusiastic to promote outdoor education courses [3].

2.3. Objective Environmental Factors Affect the Development of Outdoor Education Courses

Many objective factors are necessary for the successful development of outdoor education courses, such as the influence of weather and environment, the choice of location, the requirement of equipment and so on. These objective factors are directly related to the input of the course, including not only capital, but also manpower and material resources. Many colleges and universities cannot afford the corresponding input, so they either choose not to carry out outdoor education courses or choose to reduce the number of courses, so as to reduce the expenditure and the cost of input. Safety is an indispensable guarantee for outdoor sports. Only under this premise can courses be better carried out. All the above reasons affect the continuing development of outdoor education courses, and cannot guarantee their long-term use and promotion.

4. Safety Factors Affecting the Development of Outdoor Education Courses

4.1. Environmental Factors Affect the Actual Development of Outdoor Education Courses

In outdoor education courses, environmental problems are the basic issues, but are the most important factors. Because outdoor education courses are conducted in an outdoor environment to carry out all kinds of outdoor sports so as to improve the physical quality, then a safe and favorable outdoor environment is fundamental. For example, in outdoor sports such as mountain climbing, hiking and climbing, uncontrollable weather factors will not only affect the quality of teaching, but also may cause accidents, which will bring certain dangers and hidden troubles to the safety of students and teachers. If the lives of students and teachers cannot be guaranteed, it will be difficult to carry out outdoor education courses. In case of inclement weather conditions, such as rain and snow, students will not only be unable to continue the course, but also may run into danger.

4.2. Most College Students Are Not Physically Qualified

Outdoor education courses have certain physical requirements for participants, such as endurance, speed, physical quality and so on. Nowadays, most of the physical education teaching is characterized by the pattern in colleges and universities. College students are passive to cope with physical education with low enthusiasm of participation and not active enough to take exercise after class. In general, the overall physical quality of college students is not high. On this basis, many college students do not have enough accurate knowledge of themselves, and take it for granted that their physical fitness is up to the standard. However, they are not physically strong enough with no much outdoor knowledge or experience. Therefore, not only are they unable to complete the corresponding courses, but also they may fall into a dangerous situation without knowing it, causing serious consequences.

4.3. The Level at Which Teachers Organize Teams

In outdoor education courses, if the management and organization skills of the teacher team are unqualified, it will also cause serious consequences. Many teachers in colleges and universities have not received rigorous training and assessment and do not have qualified professional abilities and teaching experience. In an outdoor teaching environment, if a teacher's actual ability is not up to standard, he will not be capable enough to deal with emergencies and accidents, which will not only be irresponsible for their own and students' life safety, but also may result in unpredictable consequences.

5. Development of Outdoor Education Courses and Safety Protection Measures

5.1. Provide Authoritative Training on Outdoor Education Courses for College Students

The training before outdoor education courses can improve college students' awareness and understanding of outdoor environments and outdoor sports, which is not only beneficial to popularizing the outdoor education courses, but also can improve the safety awareness of college students. Sufficient knowledge reserves can help students cooperate with the development of teaching content, reduce the occurrence of safety accidents, and prevent and guarantee the life safety of students from a personal perspective on the basis of accurate cognition of their own physical conditions.

5.2. Increase the Input of Outdoor Education Course Equipment

Devices and equipment are indispensable in outdoor education courses. An excellent outdoor sports equipment not only can bring a better sports experience, but also is an important guarantee for safety. Inferior equipment, in addition to failing to meet the needs of sports, is more likely to bring certain safety risks. Therefore, colleges and universities should increase capital investment in this area. They must choose high-quality equipment and keep regular maintenance and care to prevent accidents to a certain extent.

5.3. Organize and Strengthen the Teaching Team

A professional team of teachers is not only an organizer, but also the decision maker and executor in outdoor education courses. An excellent team of teachers is not only a strong guarantee for teaching performance, but also a safeguard for various accidents. Therefore, when developing outdoor education courses, colleges and universities not only need to employ experienced teachers, but also are required to continuously strengthen the training of abilities in all aspects to ensure the quality of teaching and the safety of students to the greatest extent.

6. Conclusion

As a new physical education mode, outdoor education course is in line with the needs of current education development and conducive to promoting education reform in China. Outdoor education courses can not only effectively improve the physical fitness of students, but also contribute to the multi-faceted development of synthetic abilities and realize the common progress of individuals and groups. In the course of outdoor education, students are assimilated into the nature, feel the unique charm of natural environment, and realize the beauty of harmonious coexistence between man and nature, which plays a positive role in setting up environmental protection consciousness. Although colleges and universities have encountered many difficulties in the popularization of outdoor education courses, they should continue to explore and actively seek solutions to the problems. On the basis of ensuring the life safety of students, they should endeavor to generalize outdoor education courses.

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