On Improving the Efficiency of Physical Fitness Training for Students

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Abstract

In Physical Training, scientific group training is an important aspect of physical training research. This paper analyzes the problems existing in the physical training of students and the methods to improve the efficiency of physical training, so as to provide reference opinions and suggestions for the physical training of students so as to improve the level and efficiency of the physical training of students.

Keywords

Physical Training; Efficiency; Scientific Discipline.

1. Introduction

In the Organization of students' physical training, such as the pursuit of training time and neglect of training quality, the training of "one-pot" ignoring individual differences, and the group training personnel paying attention to the subjective will and ignoring the objective needs of the trainees. In general, at present, there are still some problems as follows. One is the old concept of training. Some group training personnel lack the systematic study of scientific physical training theory. In physical ability, they only emphasize more training, and lack the consciousness of relying on information technology means to carry out training, which reduces the training effect, also brings a lot of sports injuries and other adverse consequences. Second, the training program is not scientific. In the training, there is no a reasonable training plan for guidance, failed to develop students' physical quality gradually and comprehensively. Third, it did not follow the systematic principle. The group trainers lack such scientific training concepts as "strength is the foundation, speed is the core, and endurance is the guarantee", and lack the cognition of general physical training, special basic training, special training concepts, functions and contents, etc., can Not systematically formulate and implement a scientific and reasonable training plan. Fourth, the understanding of load, fatigue and recovery. Without a correct understanding of the meaning of "no load, no fatigue, no training, no recovery, no improvement", the lack of purpose and pertinence in the formulation and implementation of training plans, easy to lead to sports injuries. According to the statistical investigation of students training injury, the incidence of sports injury is more than 5%, which has become one of the main obstacles of students physical training.

Aiming at the above problems, this paper puts forward the following methods to improve the efficiency of physical fitness training.

2. It should be a step‑by‑step process to make plans for the improvement of physical performance in combination with historical data.

Through the analysis of students' historical data, we can find out the factors that can improve students' scores and the problems that affect students' scores. On the other hand, ignoring the historical achievements and only focusing on the immediate results will easily lead to low training efficiency and fall into the vicious circle of standing still. Using this system, we can record the students' physical ability data every day, at the same time, some analysis function of the software can assist the teachers to make decision and make training plan scientifically. By mining and analyzing the data of the information management system, the students' military quality and training level are reflected, in

order to avoid the disconnection between the training and the reality and the failure of the training goal, we should set up the training topic, determine the training index, put forward the training requirements, invest the training funds and guarantee the training equipment.

3. Develop a personalized training program

Because of the difference of students' physical constitution, the degree of training effort and training effect, the individual students' physical ability is also very different, in order to enhance the training effect and improve the students' achievement, we need to distinguish the different achievement intervals according to the students' overall achievement in the student information management system, and then divide the training groups and make the different training plan, in order to replace the traditional "Big Pot meal"-style training, improve training pertinence.

4. Training is difficult and easy to combine, and there are many ways to do it

Traditional physical training is usually 5 km, 400 obstacles, horizontal bars and other common training subjects. Over a long period of time, it is easy to cause students to lose interest and have a feeling of resistance, which reduces the quality of the training. In a training if the same part of the training multiple times, it is easy to lead to local too tired to complete the training. Therefore, scientific and effective training methods should be difficult to combine and diverse. Using the student Physical Training Management Information System, we can find training plans, historical training data and training results, and analyze the difficulty level and training location of the daily training subjects, when making a plan every day, students can choose a variety of difficult and easy combination of items, choose one or two parts of each day to focus on stimulation, and do not repeat for several days in a row, so that students can maintain a sense of physical excitement.

5. Co-ordination of physical training subjects

There are a lot of physical training courses, and arranging a lot of training courses in a limited time needs to be well coordinated. For example, if a training course involves high-intensity training of a certain part of the body, then in the following physical training, do not continue to stimulate that area. If in the morning training, there are high-intensity exercises such as lifting and carrying, which stimulate the waist a lot, then in the afternoon physical training, do not carry out high-intensity training for the waist, you can carry out 5 kilometers and other endurance training, give your waist time to recover. Repeated, high-intensity stimulation of a particular part of the body can result in chronic damage to that part. We can reasonably arrange the training subjects and training contents according to the students' historical training plan and training achievements of the physical fitness training information system. A subject not only requires that its contents be reasonably arranged, at the same time, it should be coordinated with other subjects training, should not train the same subject in a relatively short time (two days), improve training efficiency, reduce training injuries.

6. The contents of physical fitness training should complement each other.

Physical fitness training should not only serve the successful completion of physical fitness courses, but also lay a good foundation of physical fitness for other military training courses, especially to the physical movement ability request quite high subject. Such as 100-meter Sprint on the 400-meter obstacle has an auxiliary role, Single Pole, parallel bars and other upper limb strength training on the crawl training has an auxiliary role. Therefore, in the physical training content arrangement, we can understand the recent training content arrangement according to the Physical Training Information System, and intersperse other supplementary training content reasonably in the training course, which can effectively improve the training effect.

7. The method of physical fitness training should be consistent with the objective of physical fitness training

Training methods refer to the methods and approaches used to improve the physical fitness of the trainees. Training methods include training intensity, training volume, the number of times and the

rest between groups, etc.. Among these factors, the training goal determines the change of other factors. In long distance running training, the most commonly used method is the continuous training method. In short, the continuous training method is to complete a session of training volume, there is no rest between. For example, to complete a 5000m training session today, there is no interval between the beginning and the end of the session. This method is mainly to improve cardiovascular capacity, thermoregulation capacity, fat utilization, skeletal muscle oxidation capacity, etc.. Its main goal is to lay a good foundation for aerobic endurance training. When the trainees have a certain basis of aerobic training, if continue to use continuous training method will not be able to achieve further improvement of performance goals. At this point, interval training and repetitive training methods are also used. The interval training is to increase VO2 MAX and anaerobic capacity, and the repetitive method is to increase speed, increase the economy of running, and increase anaerobic metabolic endurance. The same goes for strength training. The Strength Training Goal has the biggest strength training, the explosive strength training, the muscle hypertrophy training and the muscle endurance training. Different training goals require different training volume, number of training groups, times and recovery time. If a student can do 30 push ups, three sets, and a short break, the goal is to improve muscle endurance. If the student wants to increase the arm circumference, this strength training method is not good, then must adopt the muscle hypertrophy training method, requests the heavier load and the long rest time. This may explain why some officers and soldiers can do a lot of push-ups, but do not look strong.

8. The means of physical fitness training should be consistent with the physical fitness level of the trainees

In physical fitness training, it is very important to choose proper training methods according to the level of trainees, which can effectively improve the training effect and prevent sports injuries. In the physical fitness training, if the physical fitness training means chosen and the trainees physical fitness level does not match, it is easy to cause training injuries. For example, obstacle course training, physical strength requirements are relatively high, if at the beginning of training, regardless of the level of trainees, directly training obstacle course, it is easy to cause physical injury. You can start with a longer distance with a lower intensity, depending on your situation. When making the physical fitness training plan in the physical fitness training information system, the increase of the training distance in this stage should not exceed 10% of the training distance last week. This stage is about 2 to 3 weeks. In the intermediate stage of training, you can properly maintain or reduce the load, increase the intensity of training, that is, increase the average speed of running. This stage lasts about three to five weeks. After completing the first two stages of training, you can basically meet the standards set by the physical training. The advanced training stage is mainly applicable to pre-competition intensive training, this stage of training methods and means used in the previous two stages are different.

9. Combine training frequency with physical recovery

Training frequency refers to the number of training sessions per week. The setting of the training frequency mainly depends on the level of the trainees' physical movement ability, the size of the training load, the training goal and so on. The body movement ability is strong, the training load is small, the body recovery is quick, a week's training frequency may increase (4 ~ 5 times). Conversely, if the body recovers slowly, the training frequency should be reduced (2 ~ 3 times). As the army's physical training subjects, strength, if the arrangement is not reasonable, easy to produce fatigue. If fatigue reaches a certain level without recovery measures, it will lead to excessive fatigue. Excessive fatigue is difficult to eliminate. Overwork is not the goal of our army's training. One of the most important aspects of training frequency is to allow the trainee to fully recover from the same part of the body the second time. There is a saying in competitive sports training that "no recovery, no training. ". The goal of physical training is to constantly improve the body's ability and sports ability, and no recovery training is difficult to achieve the goal. Therefore, in the process of physical training,

we should arrange the training frequency scientifically according to the Physical Training Information System, so that the physical fitness of the participants can be fully recovered, thus improving the training effect.

10. There are individual differences among the students who make individual training plan

It is in accordance with the principle of pertinence to make individual training plan for each student. In the process of making and implementing the training plan, the group trainers should take into account the individual characteristics of the students, make the training plan and determine the training goal. Specifically, the training load, means and methods should be rationally arranged and adjusted in time according to the students' physical qualities, historical achievements and recent performances; students in similar circumstances can make similar training plans, in order to achieve targeted focus training and training according to the level of the effect of grouping.

11. According to the individual history achievement, adjust the training plan in time

The students' evaluation of their own training state and training level is usually aimed at single training, and has certain deviation. By combining historical data and linking the contents and achievements of each training through a time line, students can correctly and effectively evaluate their own physical state, find problems in time and make corresponding adjustments, it can effectively avoid training injuries and other unexpected conditions in training and ensure the safety of training.

In addition to the quantitative training, we should also combine some qualitative management measures, such as the use of incentive management, correct students' attitude: through the scientific and effective use of incentive means, correct students' training attitude, can greatly improve the training enthusiasm of students, so that in training with more, training efficiency is higher, more dynamic.

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