

A Brief Analysis on Improving Endurance Quality in College Physical Training

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Abstract: With the development of economy, people's requirements for living standards are gradually improved, and sports activities are gradually welcomed by people, especially as an important means to improve the physical quality of college students. As an indispensable basic ability in human sports, life and work, endurance mainly includes speed, strength, sensitivity and other aspects, which is the most direct, prominent and characteristic factor affecting athletes' performance. In the actual teaching process of college physical education, teachers should strengthen the training of college students' endurance quality to improve it better. In this paper, the importance of improving the endurance quality of college students in the physical training of colleges and universities in China was analyzed at first, the effective strategies of strengthening the endurance quality of college students were mainly discussed, and finally the ultimate goal of physical training-strengthening body and improving health was put forward.

1. Introduction

The continuous development of China's economy has not only improved people's living standard to a great extent, but also put forward higher demands on sports. Physical training is the most direct and effective way to improve students' physical quality and mental health. As one of the important goals to be achieved in physical training, endurance is an important foundation for athletes' survival and development, as well as the most basic, effective and ubiquitous quality of various physical functions in diet training. Thus, teachers should focus on the training of students' endurance quality in the process of physical education to help them develop a healthy body. However, in physical training, students often have various physiological or psychological problems due to their own reasons. Therefore, more attention should be paid to the endurance quality in the physical training of college students, so as to promote their healthy development, to transport excellent talents for the country and to realize the sustainable development of the society and the motherland.

2. The Importance of Strengthening Endurance Quality in College Physical Education Teaching

Physical training is an activity for the purpose of developing physical fitness and improving quality, which is also an effective means to improve students' physical quality. As the social, economic, cultural and educational level in China continues to improve, people put forward higher requirements

for sports ability. In this context, sports or physical training has become a very common activity. Endurance quality, the most basic, fundamental and effective means to promote students' health in physical education, is a very important basic sport in physical training. It can not only promote human metabolism, strengthen physical fitness, but also cultivate students' will quality and enhance their psychological endurance. The investigation on the physical fitness of college students shows that college students are often not strong enough in physical fitness. At present, physical training in colleges in China is usually based on students' interest in the selection of the corresponding courses, so not all courses can contain the training of endurance quality, which leads to the students' psychological fear of difficulties and their low endurance quality when they choose entertainment courses. But the endurance quality plays a vital role in the physical development of college students. Therefore, the focus should be put on the endurance quality in physical training [1]. Because endurance quality training is a boring and long-lasting activity, it often brings more difficulties to college students in the process of training, so that it can temper their will quality and change their ideology in this state.

3. Effective Strategies for Strengthening Endurance Quality in College Physical Education Teaching

3.1. Strengthening the Ideological Quality and Enhancing the Will of Physical Exercise

Endurance quality is not only the basic ability of human body in the process of metabolism, respiration and digestion, which is of great significance in sports, but also the basis of human life activities, and the most important, basic and crucial physical exercise in physical training. Therefore, effective measures should be taken to strengthen the training of endurance quality in college physical education [2]. Teachers can enhance college students' attention to endurance quality by strengthening ideological education and cultivating their will to exercise. Only when college students better understand the importance of endurance quality from self-consciousness, can they better arouse the interest of endurance quality training. In the process of education and teaching, teachers should design the teaching methods of middle and long distance training for students, and combine recreational training with endurance training, so that students can devote themselves to endurance quality training with strong interest and physical strength. In the process of endurance training, attention should be paid to the sense of organizational discipline, because there is no way to fundamentally improve the endurance quality of college students without organizational discipline. Finally, targeted ideological education should be adopted for college students to help them overcome their fear of difficulties by way of guidance and encouragement and to devote themselves wholeheartedly to endurance quality training.

3.2. Adopting Flexible Teaching Methods to Enhance Classroom Teaching Effectiveness

China's economic development and the improvement of people's living standards not only increase people's demand for sports, but also make physical training gradually become an important means for students to improve their physical fitness. Physical training is a sport based on physical exercise, which plays a vital role in the physical education of college students in China. In physical training, endurance quality is an important index to measure physical activity [3]. Therefore, effective teaching methods should be adopted in college teaching to enhance the effectiveness of classroom teaching in order to better improve the endurance quality of college students. Teachers should adopt innovative, flexible and rich teaching methods in the process of education and teaching, and constantly build efficient classroom of endurance quality training. Middle-long distance running training is an important part of developing endurance quality training. In the process of training, physical education

teachers should adopt new methods to mobilize students' enthusiasm and initiative. For example, teachers can improve students' enthusiasm for sports through group cooperation, and take chase running, round-trip running, relay running, hurdle running and other ways in middle and long distance running training to create interesting and efficient classrooms.

3.3. Cultivating Strong Interest to Improve Students' Endurance Quality

In physical training, endurance quality is the most important item in all sports, which directly affects the students' living condition and learning condition, and also affects their physical quality and function in the future. Therefore, teachers should improve students' endurance quality by cultivating their strong interest in college physical training. However, if teachers blindly adopt mechanical and repetitive teaching methods and teaching methods in physical education, students will gradually lose interest in the training of endurance quality and even become bored. To this end, teachers should adopt ways and contents that can stimulate and cultivate students' interest in learning, so as to better improve their endurance quality. In the process of basketball training [4], for example, teachers should break the prescribed actions in the past, break the fetters of students' external basketball games, and allow students to shoot as they like, only looking at the number of pitches. In this way, students' interest can be stimulated and their endurance quality can be trained.

3.4. Focusing on Running Training, and Increasing Students Endurance Training

With the development of society, people pay more and more attention to the quality of life, and physical training has gradually attracted everyone's attention, because it is the most direct and effective way to improve students' physical quality, mental health and will quality. Nevertheless, the physical quality of college students in the society today is getting worse and worse, mainly because there is a big gap in students' physical quality. So, more attention should be paid to the endurance quality in college physical training, and various ways adopted to better improve the endurance quality of college students. Teachers should strengthen students' running training in the process of teaching [5], among which middle and long distance running training is the most effective means to improve students' endurance quality [6]. In the process of running training, teachers should focus on correcting students' running movements, reminding students to pay attention to swinging arms, pedaling the ground and lifting the legs, to prevent the students' health from being damaged due to the wrong running posture, and to better strengthen the training on the endurance quality of college students by carrying out variable speed running, follow-up running and timing running.

4. Conclusions

In a word, as an important part of human body's athletic ability, endurance quality is the basic nature of the body's quick response to external stimuli, resistance to external pressure, overcoming its own resistance and keeping healthy. It can not only improve human organs and functions, but also promote brain development. Therefore, it is necessary to strengthen the training of endurance quality and better improve the physical quality of college students in physical training. Endurance quality is essential in physical education teaching. Sports training is an effective means to improve students' physical quality. Exercise of college students' endurance quality can help us better understand and know their physical condition, thus laying a solid foundation for the cultivation of outstanding talents. In the process of college physical education training, teachers should take effective strategies and means, such as strengthening ideological quality, changing teaching methods, paying attention to interest cultivation, and strengthening the way of running to better improve the endurance quality of college students, so as to provide a steady stream of physical function support for the cultivation of

national outstanding talents.

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