

Problems and Reformation in Track and Field Teaching in Medical Colleges

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Abstract: Medical college students are the workers of the future medical industry, because strong professional knowledge and strong physique is also very important to them, as the track and field class is the foundation of all other sports, and the basic grasp of track and field events is also a firm foundation for students' future physical exercise. Track and field courses can not only exercise students' physical fitness, but also improve their willpower, which is beneficial to their physical and mental development. However, there are many problems in track and field courses in medical schools but how to solve these problems has become the key to track and field courses in medical schools.

Track and field sports involve activities such as running, jumping, and walking in people's normal lives. It is a basic activity to improve physical fitness and an important means to promote people's physical fitness. As the cradle of the medical industry, medical colleges and universities urge students to study carefully and rigorously with a rigorous style of study, and firmly grasp solid medical expertise. However, such a sense of urgency will greatly affect the physical health of student, on how heavy the work will make students and medical schools ignore the importance of track and field courses, which will also cause track and field courses to face many problems, while the Students of medical colleges and universities may gradually become less interested in track and field classes, based on having a single teaching method for track and field class teachers with low teaching resources in track and field classes, also having low utilization of track and field. Aiming at these problems of track and field courses in medical schools, this article conducts in-depth research and puts forward corresponding reform ideas, which provides an important basis for the development of track and field courses in medical schools.

1. The Importance of Track and Field Courses for Medical Schools

1.1 It improve physical fitness

Nowadays, the physical fitness of college students is gradually declining, because the endurance, explosive power, and vital capacity are not as good as before. Especially for medical students, because they have been engaged in professional studies for a long time, and they have little time for exercise, but tack and field class involves people's basic running and jumping and arm strength, which can enhance the movement of students' body muscles and improve their cardiopulmonary function. Regular track and field lessons can improve the physical fitness of students., because when the physical fitness of medical students is improved, they can have sufficient energy to study and promote students' understanding of professional knowledge. The combination of work and rest can better improve the mental and physical control of medical students which can also help the students eliminate brain fatigue.

1.2 Improve on willpower

As we all know, the medical industry is facing a lot of pressure. When dealing with medical cases, it is also facing the pressure brought by patients, this puts very high demands on medical workers and the willpower of medical workers test. As a future medical worker, medical students need to gradually improve their willpower on the way to long-term study, because only with a

strong willpower can they calmly face future work. Track and field courses involve running and jumping, which have certain requirements on the speed and explosiveness of students., but through the study of track and field courses, you can use long-distance running and throwing balls to improve students' endurance. Many students have resistance to middle and long distance running in track and field courses, but through regular course training, students can gradually overcome difficulties and slowly learn to improve their willpower in long distance running.

2. Problems in Track and Field Teaching in Medical Colleges

2.1 Poor student motivation

Medical students are more focused on the study of medical knowledge. The heavy academic pressure makes students unwilling to spend time in track and field courses, which is the biggest problem that track and field courses now face. Interest is the biggest motivation for students to learn, but the track and field courses still use the traditional exam-oriented education examinations, which creates a great psychological burden on students and makes them unable to get interested in track and field courses. Because track and field courses are basically held outdoors, the sun exposure in summer and the cold in winter both annoy students, which in turn causes students to be less enthusiastic about learning track and field courses and unwilling to actively participate in track and field courses.

2.2 Single teacher teaching method

The diameter of the teaching method affects the teaching effect and teaching quality. The single teaching method will make students feel boring, which is also one of the important problems facing the track and field class, although the track and field lessons in most medical schools are simply running and jumping but they do not pay attention to the interests of the students and do not consider the needs of the students but the college students still have great energy and curiosity, meanwhile single teaching method cannot satisfy students' thirst for knowledge, because the teaching method has been reformed in tune with the change of time. Nowadays, the traditional teaching methods are still used in the track and field courses of medical schools to teach traditional items, such as sit-ups, sprints, long-distance runs, and shot puts, and they have no characteristics with medical students Combined with the demand, based on fact the track and field courses of medical schools can not achieve the true value of track and field courses.

2.3 Track and field less teaching resources

As society attaches importance to the medical profession, more people begin to apply for the medical profession, which has led to an increase in the number of medical students in major medical schools. However, due to the initial number of track and field teaching venues and equipment in medical schools, this has resulted in too little teaching resources in track and field courses and in shortage of supply. Because many medical schools do not pay enough attention to track and field courses, meaning that they have not invested a large amount of money in the construction of track and field courses and the lack of teaching resources may seriously affect the teacher's teaching and also seriously affect the students' learning attitude. The Traditional track and field courses include technical items such as discus and javelin, but these items are now unable to meet the needs and development of students and are gradually being deleted. At the same time that medical colleges and universities deleted these track and field events, they did not add other teaching projects, which has resulted in even fewer teaching resources in the current track and field course.

3. Teaching Reform of Track and Field Course in Medical Colleges

3.1 Improve on student motivation

Track and field class is very important and necessary for improving the physical fitness of

medical school students. First of all, medical schools should improve students' awareness of exercise and Schools should show track and field awareness to students through posters and banners, so that students can truly realize the importance of track and field lessons for medical students. Secondly, in order to greatly increase the students' enthusiasm for track and field lessons, track and field teachers should increase the interest of track and field lessons, by holding more competitions and fun activities, the classroom atmosphere can be activated. Track and field teachers can also establish a reward and punishment system in track and field classes, through which students can participate in the learning of track and field classes spontaneously, so that students can develop the charm of track and field classes, from passive learning to active participation

3.2 Rich teaching content

As the basis of other sports, track and field events are relatively boring and not very interesting but the single teaching mode and teaching content make the originally boring track and field become more boring. Under the single teaching mode, students can't really feel the charm and importance of track and field. Therefore, track and field teachers should increase the teaching methods and content of track and field lessons. When teaching theoretical knowledge, teachers can use the Internet and multimedia technology to vividly show track and field theoretical knowledge to students. In daily training, track and field teachers can combine games and competitions with training, so that students can truly appreciate the charm of track and field. In addition, when training, track and field teachers should be different from other persons and should not exceed the students' ability to bear and feel that the teaching methods of the teacher are diversified and humanized.

3.3 Improve teaching resources

Track and field equipment and venues are the key to the successful development of track and field courses. As the teaching resources of track and field courses in many medical schools are not yet complete, schools should invest certain funds to improve track and field equipment and facilities. Schools should pay attention, change their traditional thinking, learn more about the physical fitness of current students, and realize the importance of track and field courses for students, the schools should also expand on the track and field venues, provide students and teachers with a good teaching atmosphere, and allow students to have sufficient space for sports. By introducing a variety of track and field equipment, students' desire to explore can be stimulated, thereby increasing the enthusiasm of students in class, and thus weakening the students' resistance.

4. Conclusion

With the continuous reform of education, the track and field curriculum should also be reformed with the times. As the basis of other sports, track and field is of some importance as any training base for future medical professionals, hospitals and colleges should be aware of the key to track and field development of students. At present, many track and field courses in medical colleges and universities are facing some problems. The heavy workload makes medical students less enthusiastic about track and field courses. The singularity of teachers' teaching methods and content has increased the boredom of the classroom. Attention has also led to the lack of teaching resources in track and field courses, and there is no way to provide a good learning environment for teachers and students. Medical colleges and universities should vigorously promote the importance of track and field courses so that students can realize the importance of track and field for their overall development and teachers should also increase teaching content and teaching methods so that students can feel the fun of track and field courses. The college should also increase teaching resources for track and field classes so that students' physical exercise can be valued. Track and field class should not only improve on the students' physical fitness, but also improve on their willpower, so that students can use their value in future medical work.

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