Research on Physical Education Training in Colleges and Universities Combined with Local Resources and Environmental Characteristics

Xiangwei Guan
School of Hulunbeier University, Hulun Buir 021008, China

Abstract. Physical education teaching environment is a synthesis of various objective conditions necessary for physical education teaching activities in schools except for physical education teachers and students. Physical education teaching environment is an important factor in physical education teaching activities. Similarly, physical education teaching is also an important topic in the theoretical research of modern physical education. At present, although most schools and PE teachers in our country are more or less using environmental resources for PE teaching activities in schools, there is still a lack of systematic and standardized teaching materials for PE teaching activities in schools using environmental resources for related projects. How to correctly understand the physical education teaching environment, make the physical education teaching environment better adapt to the physical education teaching and serve the physical education teaching, has become a subject that must be studied in the physical education teaching activities. This paper puts forward the teaching method of physical education in Colleges and universities combining with the characteristics of local resources and environment, and analyzes and studies its implementation ideas.

1. Introduction
School physical education teaching activities are greatly influenced by the teaching environment, which is a synthesis of various objective conditions required by school physical education teaching activities. Physical education teaching environment is a synthesis of various objective conditions necessary for school physical education teaching activities besides physical education teachers and students [1]. Physical education teaching environment is an important factor in physical education teaching activities. Similarly, physical education teaching is also an important topic in the theoretical research of modern physical education. In developing China, sports has become a national strategy at the same time, becoming an important strategy to promote the realization of the Chinese dream and complete the great rejuvenation of the Chinese nation [2]. Promoting the development of sports for all is the result of the progress of China's times and the inevitable choice for the development of world history. Most college PE teachers know that PE classroom teaching must respect and recognize the individual differences among students, and then teach students according to their aptitude [3]. However, in actual physical education classroom teaching, many physical education teachers cannot accurately grasp the profound connotation of individualized teaching of physical education in colleges and universities. As far as the overall development of sports is concerned, school sports are the
cornerstone of sports development in the entire country. In order to develop education in an all-round way, it is necessary to prioritize the development of education as the core way to promote the all-round development of human beings and enhance human resources.

Sports can promote the harmonious development of people's physical and mental health. The development of sports is closely related to physical education resources. The development of national sports requires modern sports talents, and the training of college sports professionals requires a step-by-step education and teaching modernization system [4]. The teaching system is the key to cultivating students' talents and the main way to promote students to become pillars. Any physical education teaching activity is carried out in a specific teaching environment. The teaching environment has an impact on teachers 'teaching and students' learning, and directs teaching activities to different situations from external characteristics [5]. Only by comprehensively understanding and studying the impact of the physical education environment on physical education, in order to create and optimize the teaching environment and make the physical education environment better adapted to physical education, can the quality of physical education be improved [6]. In order to successfully build a teaching mode in ordinary colleges and universities that can respect the individual differences of students, combine the characteristics of students, and conscientiously implement the principle of teaching students according to their aptitude. It is required that physical education teachers in colleges and universities must completely change the traditional and obsolete teaching mode [7]. Take effective measures to vigorously cultivate students 'comprehensive ability to use sports and students' individual autonomous learning ability. This article puts forward the physical education teaching methods of colleges and universities that combine training with local resources and environmental characteristics, and analyzes and researches their implementation ideas.

2. The concept and characteristics of physical training combined with the characteristics of environmental resources

Physical education teaching environment is a synthesis of various objective conditions necessary for schools to realize physical education teaching activities. It is an environment organized according to the special needs of physical and mental development of people in physical education teaching activities. All kinds of environmental resources are the existing venues to carry out physical education teaching activities. Teachers can use them directly or through simple design planning. There is a big defect in the current college education that is the lack of humanization. Many educational methods and concepts ignore the unique personality of students and the differences between students. College physical education is not only to cultivate personal fitness and good social behavior, but also the foundation of college education. Each item that uses environmental resources to carry out physical education teaching activities can make full use of environmental resources, simplify rules and carry out teaching tests according to local conditions [8]. In specific physical education teaching practice, physical education teachers must completely change the traditional teaching mode in the past if they want to implement personalized teaching strategies. Physical education teachers should adopt effective teaching methods and means to stimulate students' sports hobbies and interests, so as to make students willing to learn and practice, and to better receive twice the result with half the effort. From the point of view of sports teaching activities, sports teaching activities mainly refer to the places of sports teaching activities, various teaching facilities, school atmosphere, interpersonal relationship between teachers and students, relevant books and materials, etc. These factors are all important elements that constitute the physical education teaching environment.

If teachers want to make good use of environmental resources to carry out corresponding sports teaching activities, they must master and understand the contents, principles, requirements and rules of the project comprehensively, skillfully and accurately. And select various environmental resources suitable for this teaching activity, fully apply these environmental resources to teaching, and better serve the teaching. Making full use of environmental resources to carry out sports teaching activities is exactly the effective way and method for us to apply effective teaching methods and means to stimulate students' sports hobbies and interests. If we use campus roads to practice long-distance
running, it is easy to stimulate students' interests. Compared with the teaching of other subjects in the school, the influence of physical education teaching environment on teaching is more direct, timely and explicit. This is because the physical education teaching environment is the stage for teachers and students to teach and learn. Without such a stage, teachers and students' teaching and learning will lose their support. If physical education teachers in colleges and universities can personalize their physical education classes based on their own specialty and students' reality and rely on their own practical teaching experience, they will certainly form their own personalized classroom teaching style that students like [9]. On the surface, the physical education teaching environment is located at the periphery of the teaching activities and is relatively static, but in fact it continuously interferes with the process of the physical education teaching activities with its unique influence and systematically affects the effect of the physical education teaching activities.

3. Ways to use environmental resources for physical education activities

The factors that constitute the physical education teaching environment are quite complex, both material and psychological, both tangible and intangible. Only when these environmental factors are coordinated can the positive role of physical education teaching environment be brought into play. Attention should be paid to the hardware construction and beautification of the physical education teaching environment to conform to the characteristics of students' physical and mental development and the basic laws of teaching, and to follow the basic principles of pedagogy, psychology, physiology, hygiene and aesthetics. Through scientific regulation, the physical education teaching environment can truly become the unity of shaping healthy body and personality. The composition factors of physical education teaching environment are relatively complex. Both material, tangible, psychological and intangible [10]. Only when these environmental factors are suitable for human beings can the positive role of teaching environment be brought into normal play and help to improve the efficiency of physical education teaching activities. Giving full play to the role of strong factors in the construction of physical education teaching environment is an important aspect of regulation, but it should be applied flexibly according to specific situations and cannot be applied mechanically. In this way, the regulation of physical education teaching environment can achieve ideal results.

Teachers should make full use of environmental resources to carry out physical education teaching activities. The diversity of environmental resources contains rich visual teaching methods [11]. Like teachers, students are masters of the physical education teaching environment. Almost all the work of creating a good physical education teaching environment cannot be separated from the participation, support and cooperation of students.

Two hundred track and field athletes were selected as test samples. The basic information of the athletes is shown in Table 1.

|                | Number of cases | Average height (cm) | Average weight (kg) | Average age  |
|----------------|-----------------|---------------------|---------------------|--------------|
| Male           | 100             | 182±3.13            | 76.2±4.33           | 22±3.08      |
| Female         | 100             | 166±2.67            | 53.1±3.87           | 22±2.67      |

Sports test item management refers to the management of information related to sports test items. Its functional modules mainly include the addition of sports test items, modification and deletion of sports test items, weight setting, etc. The database tables involved in the implementation mainly include test item information tables. Here, only a detailed implementation description will be given for the addition of test items. The implementation process is shown in Fig. 1.
The students in the experimental group intervened from the beginning of training. Hemoglobin in the experimental group increased significantly. The maximum exercise capacity and anaerobic power of the experimental group increased significantly. During the intensive training period, the athletes in the experimental group are full of energy. The data index of anaerobic work before and after experimental recovery is shown in Fig. 2.

Proper nutrition is the necessary guarantee for the recovery stage of excessive exercise. Especially after a large number of intense exercises, the natural recovery process of human body is slow and sometimes accompanied by some pain. The purpose of nutrition supplement is to shorten the recovery process and avoid pain. The students in the control group received simple exercise training without any additional conditions in the training of various intensities, and only according to the training plan. Anaerobic work and vital capacity did not increase significantly, because they belong to the category of anaerobic metabolism, and their tests are instantaneous strength. All indexes of excess recovery period were recovered above the normal level. The comparison of anaerobic work data before and after excess recovery is shown in Fig. 3.
Schools have their own characteristics and advantages in the environment. It is possible to promote the overall improvement of the physical education teaching environment by fully exploiting and utilizing their existing environmental advantages and minimizing, avoiding and making up for the deficiencies of the existing environment. In the teaching of physical education activities using environmental resources, we should grasp the central problem of the teaching content and make full use of the different resource characteristics of environmental resources to carry out relevant and comprehensive physical fitness exercises. Physical education teachers should actively cooperate with physical education to continuously improve students' health awareness, aesthetic awareness and physical exercise awareness. And through the establishment of various sports activity groups or associations, guide students to establish a good interpersonal relationship, so that students between individuals, classes, groups, teachers and students between the relationship of coordination, harmony. The construction and beautification of physical education teaching hard environment must conform to the characteristics of students' physical and mental development and the basic laws of teaching. From the perspectives of pedagogy, aesthetics and psychology, we should make it a unity of shaping healthy physique and perfecting personality. Teachers should attach importance to the initiative of students to participate in the construction of physical education teaching environment, and cultivate their sense of responsibility for physical education teaching environment. Only in this way, the formed good sports teaching environment can be maintained for a long time, and the created good sports teaching environment will become more harmonious and beautiful in the students' conscious and unremitting efforts.

4. Summary
With the development of school physical education reform in depth and quality education becoming a consensus, the physical education teaching environment should be paid attention to by the physical education sector and school administrative departments. The use of environmental resources to carry out physical education teaching activities and physical training conforms to the trend and direction of physical education reform. From the perspective of teaching content, it is a pioneering innovation, reflecting the epochal nature of the curriculum. Making full use of environmental resources to carry out physical education activities is an effective way and method for us to use effective teaching methods and means to stimulate students' Sports Hobbies and interests. The influence of sports teaching environment on sports teaching is various, which requires us to continuously improve and perfect the sports teaching environment. When teaching, we must choose, create and make reasonable use of the teaching environment to obtain better teaching results. Attaching importance to the construction of physical education teaching environment and the sustainable development of physical education teaching environment will be an important starting point for school physical education reform in the new century. According to the specific situation of the school, it is necessary to make...
full use of the existing environmental resources of the school safely and effectively, and to carry out
teaching activities according to local conditions and people's needs.

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