Research on the Teaching and Development of Outward Bound of General Universities in Beijing

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ABSTRACT

This paper takes the teaching development of outward bound of general universities in Beijing as research objects, literature, questionnaire and other research methods are used in the research process, the development status, prospect and strategy of outward bound of general universities in Beijing ordinary university are analyzed and studied, the results shows that the field and apparatus, teachers of general universities in Beijing are weak, the outward bound can arouse the enthusiasm of the students well, and there is good prospect in colleges and universities.

KEYWORDS

General universities in Beijing; outward bound; teaching and development.

INTRODUCTION

With the deepening of China's educational reform, the concept of physical education curriculum reform changes from "enhance physique" to "physical and mental all-round development". However, there are still many shortcomings in the implementation process of physical education curriculum, which greatly affects the improvement of students' overall quality. Outward bound is a new training mode and learning methods, which conforms to the current direction of school education reform and guiding ideology of quality education, more and more colleges and universities in Beijing introduce outward bound. This research mainly investigates and studies the teaching of outward bound of general universities in Beijing, which reveals the present situation and development prospect of the outward bound teaching, and provides the theoretical reference for the healthy and sustainable development of the outward-bound curriculum in colleges and universities.

RESEARCH OBJECTS AND METHODS

Research Objects

This paper takes the teaching status of outward bound of eight universities in Beijing as the research objects.
Research Methods

Literature Method

Through the China National Knowledge Infrastructure (CNKI), collecting and retrieving dozens of literatures on domestic and foreign outward bound, course teaching and so on are collected and retrieved, and analysis are done, and lay a theoretical foundation for this paper.

Expert Interview Method

Expert interview method is mainly to interview or telephone exchange with part outward bound teachers in universities which have developed outward bound curriculum and senior trainers of outward bound companies in Beijing, and the teaching status on the outward bound is discussed.

Questionnaire Survey Method

According to the research purpose of this paper, 8 representative universities in Beijing are selected (Peking University, Renmin University of China, China University of Geosciences, University of Science & Technology Beijing, North China Electric Power University, Beijing University of Chemical Technology, Beijing Wuzi University, Beijing Institute of Fashion Technology), the students and outward bound teachers in some universities are done questionnaire survey, 21 teacher questionnaires were issued, 21 valid questionnaires were retrieved, and effective rate is 100%, 240 student questionnaire was distributed, 221 valid questionnaires were retrieved, and effective rate was 92.1%.

Mathematical Statistics Method

The students and teachers' questionnaire were used for routine statistics, induction and analysis.

RESEARCH RESULTS

The Significance of the Introduction of Outward Bound into the General Universities

Reform the Traditional Teaching Model; Enrich the Teaching Content of Physical Education

In the past, the traditional physical education has some limitations, the factors of highlighting competitive technology teaching are more, and pay attention to the physical and mental overall development of students not enough. Outward bound can better achieve the goal of physical education teaching, especially more prominent in the mental health and social adaptation effect, and these two aspects is lack in physical education teaching in the past. Therefore, the outward bound enriches and perfects the college physical education curriculum resources, which makes up for the
shortcomings of physical education teaching in the past, and broaden the function and value of physical education teaching.

Benefit the Training of College Students' Overall Quality

Contemporary college students with active thinking and outstanding personality, but there are some shortcomings in teamwork, communication and social adaptation and other aspects, especially in the mental health, many college students have some problems. And the outward bound has a very good effect for training of these abilities, the team projects enable students to learn communication, enhance the sense of responsibility and team spirit when jointly cope with difficulties and challenges; some projects are specifically designed for students' psychological characteristics, students challenge their own psychological limits, students' self-confidence and willpower will be boosted in different degrees after the successful challenge, meanwhile the psychological quality has been improved. Thus, it can be seen that the outward bound is of great significance for the training of college students' overall quality.

Teaching Mode of Outward Bound

No matter how many projects of outward bound, the teaching mode in the training process is the same, namely, experience, share, rethinking, summary and application five parts, the whole training is based on experience, review and share as the core and summary and application are aim. Teachers guide students to express feeling after the experience, all communicate with each other, and then teachers analyze and form a theory, students will apply the theory that they have learned to the next project or later life, and further guide the future study and life.

Teaching Status of General Universities in Beijing

Since outward bound entered the university in 2002, which has been recognized and welcomed by students, in recent years, more and more colleges and universities have introduced outward bound. So far, Peking University, Tsinghua University, Beijing University of Science and Technology, China University of Geosciences, Beijing University of Chemical Technology, Beijing Institute of Fashion Technology about 30 universities develop this project, and many universities are planning to open outward-bound course.

Field and Apparatus

The field and facilities of outward bound are essential factor when carrying out teaching of outward bound courses, whether the field and facilities are complete or not, and it determines the selection and arrangement of course content. The survey found that only 9.5% of the teachers think the school apparatus can fully meet the teaching needs, as many as 33.4% of teachers think that the school apparatus cannot or complete cannot meet the teaching needs, which affects development of many projects. The author made a field investigation for this situation, and found that the constructed outward bound field and facilities in some schools only have very simple outward bound apparatus such as trust fall platform, survival wall; there are no high-
altitude facilities. Some schools introduce outward bound in physical education, just carry out some simple ground outward bound programs in the form of physical education without specialized field and facilities. It can be seen that the field and apparatus has restricted the development of outward bound in colleges and universities.

Teacher Situation

The teachers level determines the effect of outward bound course, it can be seen from Table 1 that most teachers are young teachers with a master's degree between 31 to 40 years old, and the working years are generally short, and most teachers are not qualified. Thus it can be seen that time when outward bound enter college is relatively short, teachers level of outward bound in Beijing universities is still relatively weak and need to further strengthen learning and training.

Teaching Situation

It can be found from survey that the majority of universities which have opened outward bound courses use elective courses, some universities start class with elective courses and special courses two forms, most universities start class for 16 weeks, 2 hours per week, 32 hours altogether. Most universities divide every class into two to three study groups, each group is 12-18 people, and each class arranges a large outward-bound project to combine with some small game form. The teaching content of outward bound in most universities take ground projects as the principal thing; the high-altitude projects are supplemented. There are more flexible and diverse in the evaluation way, the teacher assessment as the principal thing and combined with students' mutual assessment.

Students' Situation

It can be seen from Table 2 that the outward bound can arouse students' enthusiasm; and most of the students are satisfied with outward bound this experiential learning; 84.6% students think that participation in outward bound has great effect for them. It can be seen that the reason why outward bound is so popular, it is not for no reason, it is because it is of great significance to human growth, so that attract more and more participants to join the outward-bound team; nearly 90% students think that opening up outward bound in universities is very necessary. Thus, it can be seen that outward bound is very popular in colleges and universities, and it's very important for students to grow up.

Existing Problems

The time when outward bound enter college time is not very long, there will inevitably be some problems in the development process, in order to carry out the course teaching, these problems need to be solved. According to the survey, teachers think that the top three problems are: teacher level, field and apparatus, lack of funds; and students think: field and apparatus, teaching time, teacher level. Therefore, the teacher level, field and apparatus are the most important factors that currently restrict
the development of outward bound in universities. It is necessary to strengthen the intensity of teacher training and construction of field and apparatus, pay attention to safety management and training of safety awareness to promote the sustainable development of outward bound in colleges and universities.

Development Prospect and Strategies

Development Prospect

The colleges generally have a relatively complete sports field, facilities and a certain amount of financial support, which can provide a convenient material conditions for the opening of outward bound; at the same time, college physical education teachers generally have a relatively good educational background and healthy physical and mental quality, a little training is basically enough for teaching needs, in addition, the practice proves that the development of outward bound is popular with students, stimulate students' enthusiasm and initiative in participation in sports, and greatly improve the students' team spirit, psychological quality and social adaptation ability and so on, these successful experiences will inspire and guide more colleges and universities to introduce outward bound program into PE teaching and training duly and moderately, enrich the content of traditional sports training, improve the overall quality of students. The survey also showed that 90.5% teachers and 92.8% students were positive about the prospect of opening outward bound in colleges and universities. This also shows their recognition and affirmation for outward bound this way. Thus, the outward bound has a good development prospects in colleges and universities.

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Development Strategies

Strengthen the Teachers' Training of Outward Bound in Colleges and Universities

The outward-bound puts forward higher demands for the ability of physical education teachers; teachers not only set the scene experience according to circumstances, but also guide students to transform this experience into their own knowledge in order to guide the future study, life and work. Therefore, physical education teachers should continue to learn about management and organizational behavior and other theoretical knowledge in the teaching process, and strengthen their own knowledge reserves. Schools should also regularly send teachers to the outward-bound institutions to learn, observe, and receive professional training, so that better integrate physical education curriculum and outward bound.

Establish Perfect Outward-Bound Curriculum System

In order to train college students' overall quality comprehensively, we should establish a more perfect outward-bound curriculum system. For example, it can be combined with the military training when starting freshman, so that new students quickly integrate into the new environment; some outward bound can be introduced into physical education classes in freshman year, outward bound stimulate students' learning interest; sophomore can carry out special course of outward bound; senior can do some integration course of business beginner, make them understand in advance and adapt to the society; and combine with class management, psychological counseling and student games in normal times, make college students do all-around teaching and training.

Accelerate the Construction of Outward Bound Base in Universities

At present, facilities of outward bound base are not complete in universities, which affect the development of the outward-bound system. Universities should take the construction of outward bound base into the school's facilities construction planning; also can publicize the great significance of construction of outward bound base and the construction determination of universities, so that seek social groups, economic entities to actively participate in and fund sponsorship to speed up pace of base construction.

CONCLUSION AND SUGGESTIONS

Outward bound is of great significance to reform the traditional teaching mode, enrich the content of physical education and improve the overall quality of college students.

The field and apparatus, teachers' level general universities in Beijing are relatively weak; the vast majority of universities start elective classes 16 weeks, 2 hours per week, each class is divided into two to three learning groups, each group is 12-18 people, each class arranges 1 large outward bound program to combine some small games, the teaching content of most universities take ground projects as the principal thing and supplemented by high-altitude projects; there are more flexible and diverse in the evaluation ways, teachers' assessment as the principal thing, and combine with students' mutual assessment.

Outward bound can arouse the enthusiasm of students well; the vast majority of students are satisfied with teaching effect of outward bound and think that
participation in outward bound has a great effect for them; nearly 90% of the students think that it is very necessary to open outward bound in colleges and universities.

Outward bound has a good development prospect in colleges and universities, the construction of outward bound base in colleges and universities should be accelerated, strengthen the training of outward bound teachers in colleges and universities, and establish perfect curriculum system of outward bound.

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REFERENCES