

Review Article

Key Skills of Physical Training in Track and Field Teaching and Training in Higher Vocational Faculty

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Introduction

In recent years, due to the continuous promotion and implementation of quality education in China, many higher vocational Faculties have paid more and more attention to the training of track and field sports. In the specific training process, track and field coaches pay more attention to the technical, tactical, and psychological training of track and field athletes but ignore the relatively basic physical training in track and field sports training, which makes track and field sports training in higher vocational Faculty more difficult [4]. Just like a house without a foundation, it cannot achieve good development and improvement. Therefore, track and field coaches and students need to correctly understand the important role of physical fitness training in track and field sports training, as well as the disadvantages and problems in the training process, and implement corresponding improvements and perfection in a planned way. The key and difficult issues in the training program and the strengthening measures are analyzed and implemented in detail so that the functions of each organ system of the students can be strengthened in a more targeted manner and the train-

Abstract

Athletics is one of the sports that people are more familiar with and love. It not only has strong confrontation and high appreciation but also embodies the contest between strength and physical fitness, giving people a kind of experience and feeling of power and beauty. The research we are referring to use a qualitative method of data collection called the library method. This method involves gathering information from existing written sources, such as books, academic journals, and other publications, in order to answer research questions. In this case, the researcher likely used this approach to gather information about key skills related to physical training in track and field teaching and training at the higher vocational level. Qualitative research methods often involve collecting rich, descriptive data that can provide valuable insights into complex phenomena. It can be found that physical training is an indispensable and important training component in track and field training, and the effect of physical training has a direct impact on the overall effect of track and field training. Therefore, in the training of track and field sports in higher vocational Faculty, track and field coaches need to attach great importance to physical training and use the explanation of physical training knowledge to strengthen students' cognition so as to greatly improve the effectiveness of physical training. Based on this, this article will analyze the relevant skills of track and field physical training in higher vocational Faculty, aiming to improve the quality of track and field training and the training performance of students.

Keywords: Higher vocational faculty; Track and field teaching and training; Physical training; Key skills

ing effect of the track and field sports can be enhanced.

Purpose of the study

Based on the title "Key Skills of Physical Training in Track and Field Teaching and Training in Higher Vocational Faculty," the general objective of the research would likely be to identify and explore the essential skills required for effective physical training in track and field, with a specific focus on teaching and training in higher vocational faculties. The research may aim to answer questions such as: What are the most critical skills that coaches and trainers need to possess to train track and field athletes? How can these skills be effectively taught to students in higher vocational faculties? What strategies can be employed to improve the overall quality of track and field training programs in higher vocational education? Overall, the research may seek to provide valuable insights into the best practices for physical training in track and field, specifically within the context of higher vocational education.

The Significance of Physical Fitness Training for Track and Field Sports Training

Can effectively reduce injuries in track and field sports? In the training of track and field athletes, physical training is not only an important basis for training content but also plays an important role in preventing injuries. For example, the implementation of strength training can effectively prevent the injury of track and field athletes; the implementation of balance ability training can reduce the probability of athletes' re-injury; and the human body's emergency response ability and self-protection ability can be improved by the implementation of coordination training. Strengthening and training the flexibility of athletes can make the joints and muscles of track and field athletes more flexible and the central nervous system of athletes more coordinated. These trainings can all play a role in preventing and reducing sports injuries among athletes.

Increases the Effectiveness and Efficiency of Track and Field Sports Training

In the training of track and field sports, strengthening the training of physical fitness, technology, tactics, and psychology can help track and field athletes develop all-around, so that they can truly coordinate the comprehensive quality and ability of all aspects and jointly promote the training efficiency of track and field sports. Among them, physical fitness training is the most basic training content. It can not only effectively improve the stature of track and field athletes so that they can better meet the requirements of track and field sports, but also strengthen track and field training with the help of appropriate load movement training [14]. The sports skills of athletes' various organ systems provide a guarantee for athletes' heavy loads and high-intensity track and field training in terms of physical fitness and can help track and field sports improve the effectiveness of training [9].

Can help Track and Field Athletes Maintain a Good Mental State

Track and field sports training and competition with the characteristics of fierce competition and high exercise intensity not only impose strict requirements on the physical fitness of track and field athletes but also require track and field athletes to have a strong ability to resist pressure, which can promote track and field athletes even in the face of competitive competition [15]. Failures and mistakes can also help you maintain a good attitude so that you can actively face high-intensity sports training and competitions. With the help of training the athletes' physical fitness, not only can the track and field athletes reserve sufficient physical energy, but they can also be more confident in themselves with the help of their own high-quality physical fitness, so that they can have a good mentality. Always in an ideal state of training and competition, so that track and field athletes can obtain excellent training results and excellent competition results.

Problems in Physical Training in Track and Field Sports Training in Higher Vocational Faculty

The track and field training in higher vocational Faculty does not pay enough attention to physical training.

In most of the current higher vocational Faculty, whether from the perspective of schools, teachers, or students, they have not paid enough attention to track and field teaching. As far as the school is concerned, its school-running philosophy is

to attach importance to the cultivation of students' professional skills. For students of different majors, they focus on the learning of the relevant content of the major and put too much emphasis on the training of professional abilities. The cultivation of students' physical fitness is neglected. The teachers are under the management of the school and carry out directional training for the students according to the teaching requirements of the school. As a result, the teachers of track and field are also slack in their work. In the track and field class, students are not strictly required to carry out sports-related skill training [6]. As for the students, most of the time is usually taken up by professional courses, which leads to the students' interest in sports in the track and field class and the laissez-faire of the teachers, which leads to the track and field class in many schools becoming the free activity time for the students. These factors all seriously affect the healthy growth of students. In the physical training of track and field sports, track and field athletes lack a detailed understanding of the important value and profound meaning of physical training, which makes track and field athletes lack awareness of physical training and cannot pay attention to physical training [12]. On the one hand, in the physical training of track and field sports, the track and field coaches are more urgent about their training goals and only pay attention to the training of skills and tactics for track and field athletes [10]. On the other hand, track and field coaches' cognition and understanding of physical training are too rigid and narrow. It is known that in actual physical training, if it cannot be effectively implemented, it will have a serious impact on its effectiveness.

Lack of a Scientific Physical Training Plan

In the physical training of track and field events, because track and field athletes of all ages have their own unique physical and mental development laws, when coaches formulate physical training plans, they must also focus on the real physical development laws and regulations of track and field athletes. The sensitive period of its sports literacy is targeted, scientifically designed, and planned. In particular, students in higher vocational faculty are currently in the adolescent stage, and their physical and mental development is in a period of rapid and critical development. When implementing physical training for them, we hope that students can explore their sports potential to the greatest extent. When training, coaches can use super-large exercises, high-intensity training, and fast-paced exercises, lacking a step-by-step training process and differentiate training plans. And this makes it extremely easy for athletes to have sports injuries due to a lack of reasonable control of training volume and load, which will reduce the life span of track and field athletes [11].

The Concept, Form, and Method of Implementing Physical Training are too Backward

The main exercise methods of track and field events are running, jumping, and throwing, and many interesting sports have been derived from them. However, some teachers in higher vocational Faculty, in order to reduce their teaching burden, make track and field classroom content. The boring exercise routine of running and jumping rope is fixed. Track and field sports occupy a very important position in international competitions. Due to the rapid development of the times, the training concepts and forms of track and field sports have changed to a certain extent. However, because our country is relatively behind in sports research, the coaches of track and field sports lack a keen sense of learning about the more advanced training concepts and forms in the world, so the physical training of track

and field sports still uses relatively backward training concepts and methods [7] form. However, in the physical training of track and field sports in higher vocational Faculty, coaches still use relatively backward physical training methods, which have a serious impact on strengthening the physical fitness of track and field athletes. Students should be full of interest in the track and field course, which can be used for outdoor activities, but because of the long-term repetition of this boring training content in the classroom, many students lose interest in the track and field class. Although these boring training programs can also exercise the body and improve the effect of students' physical training, students who read the long-awaited outdoor activity textbooks think that they can exercise the body through interesting training and relieve the pressure of learning. But they lost interest in this boring track and field class in an instant, resulting in unsatisfactory long-term effects of physical training.

Outdated Physical Training Facilities

Since higher vocational Faculty accommodate more students and there is more capital expenditure in teaching, schools are more willing to spend limited education funds on the improvement of some professional course training bases. There are inevitably some omissions in the maintenance of sports training venues and the purchase or update of related equipment [3]. Many students think that the main reason behind their lack of physical training is a lack of sports equipment. In the track and field training class, teachers may sometimes want to adopt some new teaching methods, but due to the lack of equipment, they have to give them up. Therefore, outdated facilities in physical training are also an important factor affecting the physical training of students in higher vocational Faculty. Implementation strategies for track and field sports physical training in higher vocational Faculty.

It is Necessary to Change the Concept of Physical Training in a Timely Manner and Innovate its Awareness

In the physical training of track and field events, physical training plays a very key role, and it is the main exercise to strengthen the physical fitness of track and field athletes. Therefore, track and field coaches need to attach great importance to the theoretical guidance of athletes' physical training and use the combination of theoretical guidance and practical training to make the physical training of track and field events more effective.

First, track and field coaches in higher vocational Faculty need to deepen their systematic understanding of track and field sports training. The awareness of carrying out physical training and emphasizing the implementation of more effective physical training in actual training so that track and field athletes can improve their physical fitness to the greatest extent during the long-term, continuous, and scientific physical training process. Second, the track and field coaches of higher vocational faculty also need to pay attention to the introduction and implementation of more advanced physical training concepts [13]. In recent years, affected by the rapid development of China's sports industry, track and field sports have also cultivated many excellent coaches. Training plays an important guiding role. Therefore, track and field coaches need to change the traditional training concept and training mode in order to improve the training quality of track and field athletes. For example, the school should actively provide coaches with training on physical fitness training, interact and communicate with track and field coaches from other faculty and universities to realize changes

in the concept of physical fitness training, and share the experience of implementing physical fitness training with each other so that track and field coaches can complete their own physical fitness. The innovative training concept provides excellent theoretical guidance for the actual operation of physical training.

Third, track and field coaches in higher vocational Faculty also need to deepen their understanding of special physical training in track and field sports. In the physical training of track and field sports, special training belongs to high-level training. Therefore, track and field coaches need to learn and understand special training with a more professional attitude.

Training that Requires Focused and Effective Implementation of Diverse Key Items

In the track and field training of higher vocational Faculty, the implementation of physical fitness training must abide by the development rules of track and field athletes and gradually practice and strengthen the sports skills of track and field athletes in a certain order.

First, it is necessary to fully grasp the main points of general physical training and implement efficient physical training. On the one hand, in the physical training of track and field events, the training of leg strength and endurance is crucial. Track and field coaches need to master the main points of training and give special guidance to track and field athletes. For example, when exercising the leg strength and endurance of athletes, leapfrog is the most conventional training method, which plays an important role in exercising the strength and endurance of athletes' legs. Therefore, track and field teaching requires track and field athletes to perform quantitative leapfrog exercises every day. It is not only necessary for athletes to master the technique of the half-squat leapfrog, but it also requires a certain degree of training intensity. Strengthen your physical fitness through continuous training [16]. On the other hand, speed training is also an important exercise in the physical training of track and field athletes and can effectively improve their speed. Therefore, track and field coaches need to reasonably control the time of speed training and the specific training methods. Moreover, speed training is a kind of training method that has strict emotional requirements for track and field athletes and requires athletes to have super high excitement. Therefore, track and field coaches need to set speed training ahead of strength training in order to obtain the ideal training effect.

Second, when implementing physical training for track and field athletes, it is also necessary to pay attention to improving training and to strengthen the effect of improving the physical fitness of track and field athletes through improving training. Moreover, track and field coaches need to educate track and field players on the quality of perseverance. Long-term and repeated physical training is relatively rigid, and it is easy for track and field athletes to be in a negative state, resulting in burnout in the process of physical training. This situation requires track and field coaches to educate them ideologically. For example, giving timely appreciation to track and field athletes who perform well, so as to guide and influence the track and field athletes, can help track and field athletes develop perseverance and achieve excellent training results. In addition, track and field coaches also need to increase the intensity and content of physical training according to the actual situation of track and field athletes and combine ordinary physical training with special training so as to strengthen the physical functions of track and field athletes more effectively so that the effect of physical

training can be improved [8]. Promote At the same time, according to the actual situation of track and field athletes, more targeted, high-intensity professional training can be carried out for some athletes with better physical literacy to make the training of their professional skills more efficient; for athletes with average physical literacy, some basic training can be done. And continue to explore its strengths.

It is Necessary to Pay Attention to the Physical Training Methods of Innovative Track and Field Sports

In the physical training of track and field sports in higher vocational Faculty, the training method has a great influence on it, and the choice and implementation of the training mode will have a direct impact on the results of physical training. Therefore, track and field coaches need to improve their professional quality over time and use this as a basis to actively improve the physical training mode with innovative awareness. For example, track and field coaches need to clearly grasp the actual situation of track and field athletes and, based on this, implement differentiated physical training. In the training of track and field sports in higher vocational Faculty, track and field athletes will have individualized differences in track and field training because of their unique body structure and comprehensive ability. Therefore, track and field coaches need to design differentiated physical training plans according to the actual situation of track and field athletes so as to achieve the expected training effect [2].

Attention Should be Paid to Athletes' Dietary Arrangements

In many Faculty and universities, there is no special emphasis or arrangement on the diet of athletes. This is a very important issue for athletes but has not been paid attention to. For athletes, their daily energy consumption is greater than that of ordinary people. The demand for energy intake is also becoming more precise. For example, some fatty, heavy, oily, and spicy foods are not suitable for athletes to eat, and if the nutrients needed by athletes are not guaranteed, it will greatly affect their level. The intensity of play and training on the other hand, the diet structure of the current athletes is not perfect and unreasonable, and some athletes themselves are more casual about their dietary arrangements. This requires the help of coaches and schools to arrange a healthy and adequate diet plan for them that is regular, adjusted, and arranged according to the physical condition of the athlete in a targeted manner.

Planning for Special Sports Training

The major Faculty and universities have relatively single training methods and approaches for track and field events, without much innovation or change. However, students in contemporary higher vocational Faculty have different physical fitness and acceptance levels. If you design and use special physical training, track and field training will only be reduced to a face project without practical help, making it difficult for students with poor physiques to complete. It is miserable, but the students with superior physiques cannot be increased more effectively and must stay where they are. Therefore, when athletes are in different physical conditions and training stages, coaches should make timely tactical adjustments to make up for the weak links and improve their overall sports quality and track and field literacy.

Pay Attention to Recovery Training after Training

For athletes who have to complete a lot of physical train-

ing on a daily basis. Physical injuries are the ones that require the most attention. After the training is completed, necessary recovery training should be carried out so as to minimize the probability of injury, ensure long-term and safe training, and also assist athletes in devoting themselves to other special training in the future. Recovery training has an important impact on physical fitness. It is essential to improve and protect joints, but many higher vocational schools today only pay attention to the setting of physical training, and the frequency of arrangements for recovery training is not enough, and the degree of attention is low. This requires schools and coaches to change their perspectives. Fully consider the physical condition of the athlete.

Improve Sports Facilities

Sports facilities are the most basic conditions for the training of athletes, so if schools want to carry out physical exercises well, they should prepare all kinds of sports facilities, expand the investment in training funds, and establish the facilities required for sports training. Infrastructure and sports equipment. Ensure that the sports facilities are complete so that students can carry out practical operations during various sports trainings, get rid of the plight of a lack of sports teaching materials, and increase the flexibility and professionalism of sports training. Moreover, for the various existing sports teaching materials, regular maintenance should also be carried out to ensure the good performance of the equipment.

Deepen the Understanding of Specific Physical Training

Nowadays, there are considerable investigations and research that show that most of the students in higher vocational schools in China do not pay attention to the importance of special sports training courses, and many schools do not specifically focus on the development and implementation of special training, which leads to many students not being able to pay attention to it. If you can't accurately judge your own physical fitness level, you don't know how to improve yourself. However, teachers' neglect of special training will also lead to the failure of students' sports levels to improve, and a single physical training session cannot be used for a long time. This requires teachers and students to enhance their understanding of special sports training and increase the frequency of special training.

Analysis of the Main Points of Physical Training in Track and Field Teaching and Training in Faculty and Universities

Diversification of Teaching Modes

At present, most of the physical education courses in vocational schools have easy tasks, and the teaching mode is relatively traditional, so it is easy for students to misunderstand the meaning of physical education courses and track and field teaching. Improve students' enthusiasm for physical education and their ability to exercise independently. The traditional class mode can no longer meet the exercise needs of contemporary students. Boring and single-minded running should also be separated from exam-oriented education to develop new values and use innovative teaching modes to enhance students' interest in physical education learning [5]. Teachers can design some sports games that are interesting and have a certain amount of physical exercise, first mobilize students' enthusiasm for class, change their cognitive thinking about physical education mistakes, and then help students master the essentials of track and field sports and the connotation of sportsmanship. Realize the purpose of idealized teaching.

Effective Teaching Evaluation

Nowadays, the ability level and grades of students are also one of the criteria for judging whether teachers are serious and responsible and whether the teaching process is rigorous and innovative. In traditional teaching, the status of teachers is always placed above that of students, resulting in many students' ideas not being taken seriously. Some questions cannot be well answered, so we have to break through the traditional cramming education, put teachers and students on an equal basis, and have teachers absorb and listen to students' opinions and expectations of self-level so as to adjust teaching objectives and training intensity while caring for the students' physical and mental aspects. At the same time, teachers should also formulate a rigorous and follow able curriculum system, implement reward and punishment strategies on the basis of humanization, pay attention to the flexibility of teaching evaluation, encourage students to break through and surpass themselves, and also treat students with improper attitudes and training [1]. Criticize and correct behaviors such as laziness in middle school, help them understand themselves, improve their abilities, gradually build up self-confidence in training, and realize the charm of track and field teaching more deeply.

Enrichment of Teaching Content

Most Chinese college students have strong self-esteem, curiosity, etc., so they can integrate game methods into teaching, build game sports classrooms, and integrate game elements into teaching, which can not only improve the spiritual cohesion of unity and friendship in the class but also help students complete the training tasks in the game and master the key points. Let students complete various physical training exercises in the game, which can not only realize the effectiveness and pertinence of training, improve the quality of classroom teaching, stimulate students' interest and depth of learning, and establish a good teacher-student relationship. For example, in practice, when coach Sun of the sports volleyball team uses the innovative fusion method of leg press confrontation and kneeling alternately, students can be divided into corresponding groups, and games can be used for competition training to improve students' participation and initiative. Improve students' body flexibility and strength.

Key Skills of Physical Training in Track and Field Teaching and Training in Higher Vocational Faculty

By training students in different sports, their physical fitness can be strengthened in all aspects. Physical training in track and field teaching can be roughly divided into three parts: strength training, endurance training, and speed training. The key skills in each part of physical training vary.

Strength Training

The intensity of strength training is quite different among different students. Because of the difference in gender, the teacher should adopt different training methods during the training process. Male students can appropriately strengthen the training intensity according to their physical fitness, while female students' physical the physical condition can reduce the training intensity accordingly. For example, in leapfrog training, you can group according to gender and require different numbers for male and female students so as to achieve the training intensity that is most suitable for their respective physical conditions.

Endurance Training

Most of the students in higher vocational Faculty were born after 2000, and their basic physical fitness and endurance are low. Therefore, more attention should be paid to the cultivation of their endurance in track and field training, which can also better serve their future development outside the campus. Lay the groundwork. Teachers can find the sports items that students are interested in through observation in the classroom and improve students' endurance through training on the items. For example, standardize the movement standards of boys in the process of pulling up and require them to freeze the final movement of the upward process for two to three seconds so as to achieve the training of students' endurance.

Speed Training

In the process of speed training, teachers should not blindly adopt the traditional long-sprint training mode but can properly use some teaching equipment to improve the interest of teaching, enhance students' interest in track and field classes, and promote the exercise of students' physical fitness. At the same time, during the training process, teachers should always pay attention to the safety of students to avoid physical injuries caused by overtraining or the wrong training methods. On the premise of ensuring the safety of students, the physical training of students in track and field teaching should be carried out.

Conclusion

All in all, in the track and field sports training of higher vocational Faculty, physical fitness training has a very important foundation and impetus for track and field athletes. It can effectively strengthen the physical fitness of track and field athletes, prevent sports injuries, and also strengthen athletes. Psychological quality, so that it can face the competition with a positive and healthy attitude and improve the performance of the competition. Therefore, track and field coaches need to fully grasp the significance of physical fitness training for track and field sports in higher vocational Faculty and strengthen the physical function and physical foundation of athletes by changing the concept of physical training, implementing special physical training, and innovating physical training models.

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