

A study on the current situation and countermeasures for the development of outdoor education in schools in Jiangxi Province, China

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Abstract

Outdoor education is an emerging sport in China in recent years. The reason why it is favored by the majority of primary and secondary school is that outdoor education enthusiasts, who are able to participate in various types of outdoor sports activities. On the one hand, outdoor education can significantly improve one's physical education and sports literacy, on the other hand, it can cultivate moral sentiment, cultivate the body and exercise the body, etc. At the same time, China's curriculum reform has put forward higher requirements for outdoor education teaching, highlighting the main position of students in the practice of outdoor sports, in line with the requirements of physical health education teaching. Jiangxi Province has made great efforts in recent years to promote and popularize the importance of the outdoor education movement and to promote the quality and level of outdoor education in Jiangxi Province. This study addresses some of the problems revealed in the development process and proposes corresponding measures to cope with them, ultimately laying the foundation for the sustainable development of outdoor education.

Keyword: development , outdoor education, Jiangxi Province, countermeasures, sustainable development.

Introduction

In April 2020, General Secretary Xi Jinping paid great attention to the physical health of students during his visit to Shaanxi, pointing out that due to the lack of physical exercise, students' physical fitness has declined, hoping to civilize their spirit and savage their physique, "savage their physique" is to strengthen their bodies (People's Daily Online, 2020). Driven by China's policy of strengthening the country

through sports, especially after Beijing has just successfully hosted the Winter Olympic Games, it has further stimulated people's enthusiasm to participate in sports activities. Outdoor education is booming in Jiangxi Province and is especially popular among students. Such as mountaineering, rafting, open water swimming, orienteering, mountain marathons, fishing, paragliding, wilderness camping, dragon boating, and cycling.

In order to comprehensively grasp the development status of outdoor education in Jiangxi Province, predict and avoid possible risks in the development, and promote the sustainable development of outdoor education in Jiangxi Province. This study is a careful study and in-depth analysis of the basic pathway teaching pathway of physical education and health education from the reality of teaching reform and the basic pathway of outdoor education in Jiangxi Province. This study is based on the value and necessity of outdoor education in Jiangxi schools, investigates the reality of the development of outdoor education in Jiangxi schools, and finally proposes optimized strategies for the development of outdoor education in Jiangxi schools to ultimately achieve sustainable development of outdoor education.

1. Definition and necessity of outdoor education in schools in Jiangxi Province

Outdoor education refers to “the use of the outdoors for educational purpose. OE often involves small groups that are actively engaged in adventurous activities for personal growth under the guidance of an instructor or leader” (Neill, 2008, p. 1). Outdoor Education has often been considered to be a strategy to education and studying which can permeate into many curricular topic matters. It is now seen within the career as both strategy and a topic illustrating on three incorporated places of outdoor activities, environmental education, personal, and social development (Shamsulariffin Bin Samsudin 2020). Outdoor education is considered a lifelong learning experience that influences relationships with others, self and the natural world.

Under the ecological environment, outdoor education has a greater function on the cardiovascular index of human body, which promotes the health of the respiratory system of

the athletes (Zhang Z, 2019). Outdoor education, as sports that can meet the needs of individuals to enhance physical fitness, construct social relationships, and return to nature, have been widely sought after in recent years, and outdoor sports events such as marathons have emerged as a result (Li, H., Gou, Q.-H2021). Outdoor education is good fun, which is good for students to enhance their physical fitness and health, so that they can better lay a good foundation for improving their academic performance.

The time for outdoor education in Jiangxi Province is still relatively short, but we can see that outdoor education activities in Jiangxi Province have made certain achievements in terms of the current number of outdoor sports, scale and types of activities. This is because most people are currently exploring a healthy lifestyle, and the public's exposure to outdoor education gradually more, then it will naturally develop a habit of physical exercise, and most of the current outdoor education equipment in a wide variety of stores, from this reality, we can see that outdoor education is very convenient to carry out. Schools are becoming more and more involved in outdoor education under the influence of the general environment, and the outdoor education programs conducted by schools, both on and off campus, are becoming more and more enriching, and students are more and more enthusiastic about participating. This study concludes that Jiangxi Province has good conditions for outdoor education to be carried out, and its breakthroughs in outdoor physical activity are somewhat representative. Therefore, studying the reality of outdoor education activities in schools in Jiangxi Province from a practical point of view has academic research significance and research value.

1.1 Students' awareness of and participation in outdoor sports is generally increasing

Outdoor education is good fun and challenging because of its own characteristics, and it is also

an experiential way of education that attracts a large number of young students to participate. Outdoor education has expanded to include adventure education, adventure therapy, experiential education and environmental education (Shamsulariffin Bin Samsudin 2020). Combined with the current level of student enthusiasm for outdoor education, it is clear that the majority of the current society is very willing to participate in outdoor education sports programs. The students were able to learn more about outdoor education through the Internet, and especially after being exposed to classic outdoor education abroad, they developed a strong interest and actively engaged in it.

1.2 Increased awareness of outdoor education in schools

As the economic level continues to improve, the level of education has increased significantly, and the economic base is definitely the superstructure. The school physical education curriculum is increasingly enriched with outdoor education as part of the curriculum instruction. The school in the city has built in-house specialized outdoor education areas, such as rock climbing, aerial bridges, graduation walls, etc.. Rural schools have carried out mountain mini-marathons, orienteering, outdoor rides, etc., according to local conditions. Outdoor education has a broader space, while more interesting and challenging, physical exercise at the same time, to develop solidarity and cooperation, positive spirit. The school has already supported the students to learn outdoor education sports programs, providing curriculum and other objective conditions.

1.3 Outdoor education associations and training institutions promote development

As the economy continues to grow, more and more time is being invested in leisure and sports, which will become a common trend in the future, especially after Beijing's success in hosting the summer and winter Olympics, the outdoor education environment is getting better and

better. Nowadays, both schools and societies provide a platform for outdoor education for students. The school has sports clubs where students can use their free time to sign up for outdoor education that interests them. Can also participate in outdoor sports education programs through travel groups, outdoor education training institutions, such as cycling camps, ski camps and winter camps. Either way of participation can expand the scale of outdoor sports, thus providing a favorable opportunity for the development of outdoor education.

2. Current situation of the development of outdoor education in Jiangxi schools

With the continuous improvement of people's living standards, the influence of cultural pluralism and the continuous change of consumer attitudes, outdoor education with more individuality and more emphasis on participation, experience and adventure spirit is becoming more and more popular. While outdoor education is in full swing, outdoor education in Jiangxi schools has also revealed some problems.

2.1 Lack of professional training and knowledge

Outdoor education is currently one of the sports widely carried out in schools in Jiangxi Province. Given that the venue for outdoor education is outdoors, then it means that such sports are more dependent on the natural environment, and the lack of professional training for outdoor education organizers as well as participants' personnel leads to the unprofessional development of outdoor education. At the same time outdoor education has certain special characteristics, its projects are many, physical physiology, psychological knowledge dependence, wilderness survival skills and more, if rashly acted, will have adverse consequences. For example: think that the greater the amount of exercise the better the exercise effect, have a cold also to adhere to physical exercise, ignore the warm-up or relaxation activities before and

after sports, in foggy days or thunder and lightning weather still insist on exercise, after exercise a lot of water, ignore the physical fitness exercise environmental health, sports injuries will not prevent, seasonal changes have nothing to do with physical exercise, etc. (Zheng, Jiakun, 2018).

2.2 Safety is the first influencing factor for outdoor education

In the process of development has also given rise to some problems. In May 2021, an outdoor sports competition, the Mountain Marathon, held in Bai yin City, Gansu Province, suddenly encountered extreme weather, resulting in 21 deaths and 8 serious consequences of hospitalization (China news.com 2021). Outdoor education is a sport that relies on the natural environment and is subject to external influences and uncontrollable factors, and injuries and even deaths frequently occur as a result of outdoor education. Therefore, the safety of outdoor education is the first issue to be considered. In the current investigation of the causes of outdoor sports accidents, we can see that the causes of outdoor sports accidents are mainly due to the relative lack of equipment and knowledge of outdoor education and the momentary negligence of the participants. Outdoor education requires a certain degree of improvement in outdoor sports facilities, as well as safety warning education when carrying out outdoor education, so that injuries can be greatly avoided in the course of sports.

2.3 Insufficient development of resources for outdoor education

By June 2020, Jiangxi has 11 district cities, 27 municipal districts, 12 county-level cities and 61 counties, with a total of 100 county-level divisions; the annual gross regional product in 2020 is 2,569.150 billion yuan, and the annual gross regional product in 2021 is 2,961.97 billion yuan; at the end of 2021, the resident population of Jiangxi Province is 45,174,000 (Da jiang Network, 2022). With many

mountains and rivers and continued positive economic development, Jiangxi Province is rich in outdoor education resources. Although many schools have offered courses related to outdoor education, the current status of teaching the outdoor education movement is still not optimistic. The survey found that outdoor education in Jiangxi schools, on the one hand, needs to have the support of school equipment and other related technical aspects, and on the other hand, schools need to provide specialized skills training for physical education teachers of outdoor sports courses. However, the current situation is far less than that of traditional sports such as basketball and soccer. This shows that the degree of resource development of outdoor education is an important factor in determining the degree of development.

2.4 Lack of professional outdoor education teachers

Professional outdoor education teachers are the people students spend the most time with while attending outdoor physical activity camps, and all activities in outdoor education are led by teachers. The teacher should not only teach the students skills and knowledge but also provide positive guidance to the students in terms of habits and qualities. Outdoor education teachers are important as planners who plan the flow of activities, as creators who create the environment for activities to take place, as enforcers who maintain the enforcement of rules, as supervisors who always monitor the safety aspects, and as facilitators who help students to grow. However, there is a lack of professional outdoor education teachers in schools. Some physical education teachers start teaching outdoor education after learning some outdoor education knowledge and training, but most physical education teachers have no experience in outdoor education and teach by virtue of their experience in traditional sports, which leads to the unprofessionalism of outdoor education.

2.5 Underfunding of outdoor education

The economic base determines the superstructure. The investment and source of funding is the key to determining the development of outdoor education. The survey found that the main sources of funding for outdoor education for students in Jiangxi Province are educational administrative grants, sponsorship from alumni and enterprises, and self-funding by schools. However, compared to other teaching subjects, the investment in funding is very small, and many school directors even believe that traditional sports education is sufficient to meet the needs of physical education, thus investing little or no money, which seriously affects the enthusiasm of outdoor education.

3. Optimization strategies for the development of outdoor education in schools in Jiangxi Province

"Concern for health, back to nature" will become the main theme of people's lives in the 21st century. With such an unprecedented historical opportunity, outdoor education, a sunrise education that represents the spirit of the times, is bound to become one of the mainstream of education. This is why it is important to optimize outdoor education in schools.

3.1 Improve the infrastructure and strengthen the development of hardware facilities

Improving infrastructure construction" is the "development countermeasure" that almost every camp manager can think of, but in reality, the lagging infrastructure construction due to insufficient funding will still deeply plague the development of outdoor education in Jiangxi schools for a considerable period of time in the future. After investigation, this study concluded that the sites for outdoor education in Jiangxi schools have certain natural advantages in terms of site selection. When it is difficult to start

infrastructure construction on a large scale with insufficient funds, the school should rely on its own human resources to explore and develop natural resources and actively carry out activities such as hiking and wilderness orienteering. The improvement of infrastructure should be chosen rationally according to the local characteristics and the actual needs of students and the level of their own development.

3.2 Increase efforts in outdoor education talent development

The competition of science and technology is ultimately the competition of talents. High-quality talents are needed in all walks of life, and those who have gone through higher education have broader knowledge and more advanced ideas. The teachers and talents of outdoor education are more important to lead by example in their activities, so highly qualified and educated people should be more sought after everywhere. Therefore, we should increase the introduction of outdoor education talents, and the physical education colleges in Jiangxi province should open a major in outdoor education to train local talents.

3.3 Improve the system of outdoor education and other related programs

The policy advantages of outdoor education development can be reflected by improving the system as well as the mechanism of outdoor education and other related programs. First of all, outdoor education laws and regulations and other related systems need to be improved, and the organizational structure of outdoor education needs to be clarified, and the responsibilities of personnel in each unit and the standardization of the department need to be further clarified. In the current environment, those who are capable of outdoor education should clarify the process and steps of the specific projects held before outdoor education is held, so that the relevant process can be advanced quickly. Secondly, the

student accident insurance system should be improved so as to ensure that outdoor education can be carried out properly and that those who participate in outdoor activities have no worries, thus enabling outdoor educators to have some protection when they encounter specific problems.

3.4 Establish a security system and strengthen safety education

Outdoor education is a sport with certain risks. In order to improve the personal safety of outdoor education participants, it is necessary to provide a relatively safe environment for outdoor education participants, which can reduce the probability of unsafe accidents from the source. The organizers of outdoor activities need to make clear to outdoor education participants the safety and dangers of outdoor sports, and do their duty to inform them. The outdoor education specialist will develop a route and a process for outdoor activities, and all sports will follow the established process, which will ensure that outdoor education is carried out in an organized manner. This will not only improve the quality and level of outdoor education activities for students in Jiangxi Province, but will also significantly improve the sports literacy of outdoor education campaign participants and their ability to solve unexpected problems.

3.5 Diversifying funding sources for outdoor education

School outdoor education in the development process, adequate sources of funding to ensure the normal operation of the camp, and the source of funds in addition to government ministry allocations, schools should also broaden the funding channels. In foreign countries, many non-profit organizations are mostly funded through corporate donations and pro bono grants, and cooperate with companies

to achieve their respective purposes while promoting their respective development. Therefore, school outdoor education should also increase funding for services and training programs to create excellent out-of-school camps that are suitable for student participation, so that more students can participate and fully meet the development needs. Finally, the camps should also increase their publicity efforts to attract more input from corporate entities.

3.6 Drawing on advanced foreign concepts to meet the needs of young people

In foreign countries, outdoor education has a history of more than 200 years, and outdoor education is highly valued in the society. Foreign educational institutions concerned, the best supplement to school education, and the country's outdoor education into the school education system, reflecting the importance attached to outdoor education abroad. The United States is the birthplace of outdoor education, with a very mature management system and very good development experience, most of which is very professional. Therefore, when conditions allow, outdoor education for students in Jiangxi Province should learn from advanced foreign ideas, understand and grasp the development rules of outdoor education for young people, communicate and cooperate with foreign schools and institutions in outdoor education, and create outdoor education that suits the characteristics of Jiangxi schools.

4 .Conclusion

The geographical location of Jiangxi Province is rich in natural resources, and has a good mass base due to its wide geographical meandering compared to other provinces and cities. This study examines the current situation of outdoor education in schools in Jiangxi Province. Founded that students' awareness of and participation in outdoor sports is generally

increasing, increased awareness of outdoor education in schools, outdoor education associations and training institutions promote development. Through the investigation and research, five problems were found, and finally the corresponding optimization countermeasures were proposed for the existing problems, which will play a positive role in promoting the development of outdoor education in Jiangxi Province schools. It also points out the direction for the development of outdoor education in schools and provides theoretical and practical references for the research related to outdoor physical education.

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