

体能拓展 Sports Development

文 / 10 新闻 陈泳诗 09 生物 张楠

且行且变 Developing and Changing ——书院体能拓展特训营发展历程

3月26日,书院举行第四期“体能拓展特训营”,来自书院的50位同学参加了本次活动。本次野战拓展训练项目特邀粤东野战精英拓展训练基地提供项目策划及执行支持,让学员们体验真人CS游戏等野外团队协作活动。CS野战演练后,此前赴港参加“ATP高级培训项目”的部分学员将在香港所学的野外求生、急救及应急技能知识传授给学员们,并注重践行环保理念。

本期训练营作为书院第一次全程在户外举行的活动,打破了常规的训练营模式,取得了良好的效果,学员们纷纷表示希望能有机会再次参加此类活动。至此,体能拓展训练营已举办了四期,每一期,都在改变;每一期,都在突破。



The fourth Physical Training Camp was held by Veritas College on March 26th, and 50 students took part in it. The training base for elites of field battle in the east of Guangdong was invited specially to join the camp to provide support in planning and carrying out project. This camp made students experience real CS games and outdoor cooperation activities. After CS exercise, the students who had attended “ATP Advanced Training Project” in Hong Kong shared their knowledge. They paid attention to practice environmental protection.

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溯源·寻根

Get to the Root of the Matter

体能拓展属于书院五大拓展课程之一,是一门丰富宿舍体育活动的特色拓展课程。书院一向鼓励同学开展各种体育活动,以提升体能,从而促进身心健康的发展。

2009年4月18-19日,书院举办首期体能拓展训练营。书院刘敬泉老师回忆,首期体能拓展是20公里步行拉力。在活动当天,恰逢下雨,但参加拉力锻炼的42名学员坚持走完全程,最快的小组仅用了3小时10分就到达目的地。在丰富体能活动的同时,培养不畏艰难的精神,体能拓展的价值也在此体现。

The first physical training camp was held by Veritas College on April 18th and 19th, 2009. According to the memory of Liu Minquan, a teacher in Veritas College, the first sports development activity was 20-kilometre-perdestrain. Although it was rainy on that day, students continued finishing the entire journey. The fastest group reached the destination in only 3 hours and 10 minutes. By taking part in plenty of sports activities, students were trained to be strong-willed, a quality that shows value of the sports development.

书院开展体能拓展活动,从策划到实施,注重以人为本,贴近宿舍,取得良好成效。刘老师表示,根据学员的反馈数据表明,100%的同学认为活动达到期望值,并表示愿意推荐其他同学参加。



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承办·自主 Running and Independence

书院秉承“引导、支持、帮助”和“自主、平等、开放”的理念,注重引导支持学生独立开展各类特色活动。首期由孙立铿等宿生策划;第二期特邀外籍培训师 Jai 开展;第三期由新生队伍 ATPF 李文杰等同学承办;第四期则由今年2月赴港参加 ATP 高级培训项目的同学来策划协办。

Veritas College preserves the concepts of leadership, support, assistance, independence and equality, as well as openness. They also pay attention to lead and support students to carry out various activities independently. The first sports development was planned by Sun Likeng; the second invited foreign trainer in Jai; the third was held by ATPF freshmen, such as Li Wenjie; the fourth one was carried out by students who went to Hong Kong to take part in ATP advanced project in February.

在第三期体能拓展中,160位师生参加了训练营,创下学员人数的最高记录。训练营以小队、中队为活动单位,以竞赛的形式步行拉力24公里,走进牛田洋。如此大型的活动,要举办得好,极其需要学生的策划和领导能力。而书院把这次训练活动交给了由大一新生组成的“ATPF团队”承办。针对这个问题,刘敬泉老师说:“锻炼学生独立创办活动,发扬朋辈互助的学习模式,让参与者和组织者都从中获益。交由他们来承办可谓一举多得,何乐而不为呢?”

3 飞跃·蜕变

Leap and Transformation

第四期“体能拓展特训营”的野战拓展训练项目继承前三期的经验,由此前赴港参加“ATP 高级培训项目”的部分学员负责策划;同时又特邀粤东野战精英拓展训练基地提供项目策划及执行支持,让同学们体验真人CS游戏等野外团队协作。

The fourth Sports Development Camp which inherited the third one was held by students who had ever been to Hong Kong to take part in the advanced ATP camp. At the same time, they invited The training base for elites of field battle in the east of Guangdong to carry out and support development training events. They allowed students to experience real CS games and outdoor team work.



当天,学员们经过一小时的远足热身,到达拓展训练基地参加真人CS野战训练。从“个人生存战”环顾四周到“团体夺旗战”冲锋陷阵,学员们学习了如何制定团队战略、如何进行掩护与自我保护等野战知识,同时也强化了团队意识,顺利完成游戏任务。CS野战演练后,赴港参加“ATP 高级培训项目”的部分学员将在香港所学的野外求生、应急技能知识传授给学员们,让其学习到野外生火煮食、搭建帐篷以及急救、户外绳索使用等技能。学习之余,书院还注重传输环保理念,如离开时不留垃圾,生火煮食后恢复自然原貌。

作为首次全程在户外举行的活动,第四期体能拓展完成了一次飞跃的蜕变,在打破常规的训练营模式基础上,又注重增强环保意识。由此,书院的“体能拓展”项目正从单纯的体能训练走向“体能与心智共同进步”的新台阶。



4 未来·新里程

Future and New Milestone

从筹备到探索,体能拓展训练营已成功举办了四期,很多方面的工作已成型。体能拓展的未来该如何发展?是固定模式?还是继续蜕变?对此,刘老师给出了回答:“书院在2008年筹建、探索工作的基础上,经历了近三年的运作,虽然很多工作已成型,但我们依然在探索之中。其实每一期的内容、形式都有所不同,因为我们一直在探索,一直在前进,一直在努力打造体能特训营独特之处。”

From planning to exploring, the Sports Development Camp was held four times successfully, and it was improved each time. How should the Camp develop? Shaped mode or transformation? As for this, Mr. Liu answered, "Although Veritas College was founded after 2008 and has worked for 3 years, we should still go on its possibilities and the ways in which it has been shaped already. Actually, the content and form in every phase are different because we have been exploring and going forward to make the sports training unique."

感想·摘录 Excerpts from Feelings

雨露与我们同行,刚开始只是想这样走着,聊着,欣赏着路边的事物,好的,坏的。后来,激情让我们爆发,不怕黑泥土弄脏裤脚,也不怕大雨的猛烈,风雨中我们组开始狂奔,是组员们给我力量,看着他们跑,我也特别想超越。一步步前进,最前了,最前了就不想再落后了。——08 数学 李欣

路上是寂寞的,是单调的,是艰辛的,所以这不仅仅是肉体上的远足,更是精神上的远足。为了到达终点,你必须给自己鼓励,给你的队员鼓励,一个人拼命,整个团队都要拼命,用精神上的快乐,弥补身体上的痛楚,所以,欣赏也是必要的,交流也是必要的,因为你们是一个团队。——07 通信 陈远生

我是海军团队的,一路胜利过来,最重要就是团队的合作。还有就是要有耐心,等待的时刻总是很漫长,但如果熬过来了,胜利就是你的了。而在野外求生项目中,我学到了环保,这让我反思我平常的行为。——09 数学 陈桂珍

这次的体能拓展很好玩,跟师姐说的只是步行不一样。我们团队五战五败,但是我交到很多好朋友,也学到一些求生的本领。这次体能拓展,让我收获了知识和友谊。——10 法学 区倩彦

