

Research on the Cultivation of Risk Consciousness of Physical Education in Higher Vocational Colleges

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Abstract: For the school, the fundamental purpose of sports is not only to cultivate students' interest in sports, to improve the physical quality of students, but also to promote the overall healthy development of students' mind and body. With the increasing number of people participating in sports and the growing development of online media, the incidents of casualties of higher vocational students in the process of sports frequently appear in the public's field of vision, causing high concern of the masses of the masses and causing many negative effects. Therefore, on this basis, schools must attach great importance to the life safety issues of students in the process of sports and effectively establish the guiding ideology of health first.

1. Introduction

The system awareness and scientific analysis based on risk theory are applied to the risk awareness of higher vocational students, and the basic theories such as risk management and safety production risk management are used to integrate the opinions of experts and teachers, and the impact of risks in the process of sports is summarized. Factors, combined with the actual situation to identify the reasons for the lack of sports risk awareness, according to the risk response strategy, propose a training strategy that meets the risk awareness of higher vocational students, reduce the occurrence of sports risk from the fundamental ideology, and further improve and implement Existing sports risk awareness system. On the basis of the existing research, we will further discover the risk problems in sports and find out the ways to solve the problems effectively, and lay the foundation for scientifically and effectively propose the sports risk awareness training strategies suitable for higher vocational students.

2. Definition of Sports Risk

The current research on sports risk is based on risk theory, which integrates risk management content with physical education knowledge, and uses risk theory to analyze risks in sports. In the existing research on sports risk, due to the different cognitive perspectives and understanding levels of scholars, the emphasis on sports risks is also different. For the process of sports risk occurrence, scholars believe that sports risk has a non-negligible relationship with sports load, sports environment and athletes themselves. On this basis, the risk is presented as a network of physical and psychological losses that are uncertain in the course of sports. For the impact of sports, it exists not only in people but also in society. He believes that sports risks are both physical and physical and mental damage. Combined with the characteristics of school sports, the risk of sports in the campus is described from the macro and micro perspectives. At the micro level, scholars believe that the risk of sports in schools stems from all aspects of school sports, and there are dangerous consequences in sports activities, sports competitions and sports facilities. At the macro level, scholars believe that the main reason for the sports risk in schools is the limitation of the ability of the management subject, and the change of the school environment on the other hand.

All along, the school's physical education curriculum focuses on the teaching and mastery of technology, and rarely involves the relevant content of sports risk. In the survey on the risk awareness of higher vocational students, it was found that 66. 6% of the higher vocational students did not offer special courses in sports risk; 89. 23% of the higher vocational students were interested in learning the courses in this area.

3. The Definition of Sports Risk Consciousness of Higher Vocational Students

Sports risk awareness is determined by the reality of risk development in sports. Conversely, risk awareness affects people's ability to recognize risks and defend against risks in sports. The awareness of sports risk is reflected in the theory that people's attitudes to actively recognize risks are also reflected in the positive response to sports risks in practice. In sports, the risk perception theory emphasizes the influence of information obtained by direct observation or subjective judgment on individual perception during participation in sports. If the individual is involved in sports, the ontology can make timely judgments on the risk and adopt an effective method, which can greatly reduce the risk.

This paper combines the theory of risk society with the physical and mental characteristics of higher vocational students, and believes that the risk awareness characteristics of higher vocational students are shown in the following aspects:

1) Cognitive. It refers to the knowledge that high vocational students have risks in sports environment and sports programs, and the result of this cognition is derived from the mastery of vocational students participating in sports to master the accumulated experience and psychological experience.

2) Voluntary. Refers to the attitude of higher vocational students from the inner self to choose to participate in sports. The existing research shows that most of the higher vocational students are voluntarily participating in sports. Some participants still choose to participate in physical exercise on the premise of knowing the risks, because sports can bring positive emotional experiences such as happiness and self-confidence.

3) Reference. It means that when participating in sports, high vocational students can learn from others' experiences while communicating with others and can accept suggestions from others.

4) Controllability. It means that high vocational students can take corresponding measures when participating in sports, and try to avoid accidents such as sports injuries. The control of higher vocational students has been basically mature, and they should correctly judge their own abilities and rational movements during exercise.

5) Motivation. It refers to the high vocational students who combine the objective theory with the actual situation when participating in sports, and actively respond selectively to external stimuli and internal influences.

4. Vocational Students' Sports Awareness

The risk perception theory mainly studies the objective understanding of risks from the perspective of individuals. When faced with the same risks, different people have different perceptions of their risks because of their different ontological effects. In sports, the risk perception theory emphasizes the influence of information obtained by direct observation or subjective judgment on individual perception during participation in sports. If the individual is involved in sports, the ontology can make timely judgments on the risk and adopt an effective method, which can greatly reduce the risk. they will also help others to avoid the risks in the exercise and cooperate with each other based on their own risk knowledge. And communicate in order to achieve their respective participation in sports and effectively avoid sports risks.

According to the risk perception theory, this paper puts forward that the awareness of risk awareness of higher vocational students is mainly represented by individual cognition and social cognition.

1) Individual cognition is a self-assessment of the individual's exposure to risk. Higher vocational students can participate in sports in accordance with their own plans. At the same time, they should always pay attention to the risks inherent in the sports themselves and the environment. In daily sports, they can communicate with others and actively acquire knowledge related to risks, effectively avoiding them. The occurrence of sports injuries.

2) Social cognition is an assessment of the extent to which an individual is exposed to society. When participating in physical education, higher vocational students will have the chance to ignore the risk because of the low probability of risk. However, they will also help others to avoid the risks in the exercise and cooperate with each other based on their own risk knowledge. And communicate in order to achieve their respective participation in sports and effectively avoid sports risks.

5. The Disadvantages of Schools' Risk Awareness Education in Physical Education

80% of the time for higher vocational students is spent in school, so the school is the most suitable and effective place to cultivate the risk awareness of higher vocational students. However, through the survey, it is found that the training of sports risk awareness in schools is not optimistic.

First of all, in the physical education curriculum of colleges and universities, the education of sports risk awareness is not used as the basic content to set the curriculum, and there is no explicit stipulation that it is included in the classroom content, and the physical education class is not fully utilized to educate higher vocational students about sports insurance. All along, the school's physical education curriculum focuses on the teaching and mastery of technology, and rarely involves the relevant content of sports risk. In the survey on the risk awareness of higher vocational students, it was found that 66.6% of the higher vocational students did not offer special courses in sports risk; 89.23% of the higher vocational students were interested in learning the courses in this area.

Secondly, there are fewer lectures and activities on the risk content of sports in schools, which can't meet the requirements of cultivating the risk awareness of sports for higher vocational students. The risk awareness of higher vocational students' needs to be used more in practice. Although more or less will design a little sports risk content in various sports, the depth and breadth cannot meet the needs of higher vocational students. The survey found that 52.03% of the higher vocational students reported that the school did not conduct lectures or activities related to sports risks; however, 91.06% of the higher vocational students believed that relevant lectures or activities should be carried out.

6. Summary

1) The self-factors of the main body of higher vocational students have an impact on sports risk awareness and have differences. To a certain extent, these factors determine the risk awareness of sports for higher vocational students.

2) The social awareness of sports risk awareness of higher vocational students is higher than its own individual cognition. Social cognition is mainly reflected in the four important characteristics of risk awareness, such as altruism, collaboration, dependence and consciousness. Individual cognition is mainly reflected in the initiative, dissemination, purpose, and extensiveness of risk awareness. Four important characteristics.

3) The influence factors such as man-made, venue equipment, environment and management have different effects on the risk awareness of higher vocational students. Therefore, in addition to always paying attention to the internal health of the higher vocational students, they should pay attention to the safety of the environment and equipment used in sports.

3) One of the reasons for the lack of risk awareness of physical education in vocational colleges is the student's own neglect of sports risk awareness; the second is the family atmosphere's restriction on sports risk awareness; the third is the school's shortcomings in sports risk awareness education; It is the impact of the social environment on sports risk awareness.

4) The training countermeasures for the sports risk awareness of higher vocational students mainly include the education reform to strengthen the risk awareness of higher vocational students, the

training environment for optimizing the risk awareness of higher vocational students, and the practical activities to deepen the risk awareness of higher vocational students.

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