

# **Research on the Impact of Sports on the Innovative and Entrepreneurial Ability of Higher Vocational College Students**

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**Abstract:** To cultivate students' innovation and entrepreneurship ability, we need to make full use of the resources inside and outside the school, give full play to the role of various disciplines and platforms, and jointly promote innovation and entrepreneurship education. This paper studies the public physical education in Higher Vocational Colleges and students' innovation and entrepreneurship ability, analyses its connotation, grasps the relationship between the two, provides suggestions for the reform and innovation of higher vocational physical education, and promotes the development of sports discipline on talent cultivation.

## **1. Introduction**

Innovation and entrepreneurship education is a new concept and mode of education and teaching in China's educational circles, which is of great significance to China's national strategic development and social and economic development needs. Since the 16th National Congress of the CPC, vigorously promoting innovation and entrepreneurship education for college students has become one of the important tasks of the CPC Central Committee and the State Council. This work has been incorporated into the national development strategy, and many papers have been published to provide policy support and development orientation for the reform and development of innovation and Entrepreneurship Education in Colleges and universities. The cultivation of students' innovation and entrepreneurship ability is a comprehensive product of school education, which needs the joint action of various disciplines and departments to achieve. School physical education is an important part of school education. Under the background of mass entrepreneurship and innovation, it is of great significance to promote the cultivation of students' innovation and entrepreneurship ability through physical education.

## **2. The Necessity of Promoting Physical Education in Higher Vocational Colleges to Cultivate Students' Innovative and Entrepreneurial Ability**

Although innovation and entrepreneurship education and higher vocational physical education are two things in different categories, they interact and influence each other and overlap each other in their learning, life and career development. In May 2010, the Ministry of Education's "Opinions on Vigorously Promoting Innovation and Entrepreneurship Education in Colleges and Universities and College Students' Independent Entrepreneurship Work" document clearly pointed out that innovation and entrepreneurship education is "a kind of teaching concept and mode that meets the needs of economic society and national development strategy". It emphasizes the concept and mode of education and encourages us to integrate the education of various disciplines with the education of innovation and entrepreneurship in the training of talents, so as to establish the teaching concept and mode of disciplines which can promote the development of students' innovation and entrepreneurship ability. Higher vocational physical education can guarantee students to devote themselves to the study of professional knowledge and skills with healthy body and mind. Innovation and entrepreneurship also need strong will, good communication skills and interpersonal relationship processing ability and self-emotional adjustment ability, which can be well exercised in participating in sports activities. At present, most vocational colleges often neglect the cultivation of students' innovation and entrepreneurship ability by physical education. The physical education

curriculum is simple and single in form. It only pays attention to the professors of sports theory knowledge and sports skills. It pays little attention to students' personality development and neglects the cultivation of students' 'psychological quality and practical ability. So that students can not recognize the importance of sports for their innovation and entrepreneurship.

### **3. The Internal Relation between Innovation and Entrepreneurship Ability and Physical Education**

The ability of innovation and entrepreneurship depends on the quality of innovation and entrepreneurship, which directly affects the success or failure of innovation and entrepreneurship. Innovation and entrepreneurship education is a practical education adapted to social development, which requires the development of students' comprehensive quality, emphasizing the ability of knowledge application and practice, and cultivating innovative and innovative compound talents. Physical education is an important subject in school education. It runs through the whole education system. From enlightenment education to university education, physical education plays an important role in personnel training. In order to cultivate students' quality of innovation and entrepreneurship through physical education and improve students' ability of innovation and entrepreneurship, we must fully understand the quality of innovation and entrepreneurship, and combine it with sports disciplines in order to achieve the goal.

#### **3.1 The Effect of Sports on the Health of Higher Vocational Students in Innovation and Entrepreneurship**

Fitness function is the basic attribute of sports. People can promote the healthy development of the eight major systems of the body by participating in physical exercise, so as to obtain a healthy body. A strong physique is the basis to ensure the development of any career. Without a healthy body, there will be no ability to work continuously for a long time. All knowledge and creativity can hardly be brought into full play with maximum efficiency. Although vocational college students are active and active, because the development of school physical education in our country is not perfect enough, higher vocational students generally come from schools with relatively poor teaching resources and receive very limited physical education. Therefore, there is a general phenomenon of being active but not good at sports. Therefore, in order to cultivate students' 'innovation and entrepreneurship ability, we should first ensure that innovative entrepreneurs have a healthy physique, good posture and advocate scientific exercise.

#### **3.2 Effects of Physical Education on Psychological Health of Vocational College Students in Innovation and Entrepreneurship**

Healthy mentality is the basic quality for innovative entrepreneurs to succeed. In the process of innovation and innovation, participants will inevitably encounter various difficulties and setbacks, temptations and risks. At this time, we need to have a healthy and good psychological quality. Students have strong willpower when they encounter setbacks. They can inspire themselves not to be overwhelmed by difficulties and failures and to move forward firmly towards their goals. In the face of pressure and temptation, can always be calm, resist temptation, calm thinking. When facing risks, they dare to take risks and challenge under severe circumstances, so as to seize the opportunities coexisting with risks and win success. Higher vocational students' cultural achievements are lower than those of ordinary colleges and universities. Academic pressure has always had a serious impact on the self-confidence of Higher Vocational students. The sports ability of higher vocational students is not much different from that of other students, even more advantageous than that of ordinary college students. Sports can enable participants to exercise their cognitive ability in the process of participating. In the process of sports, they will inevitably encounter various subjective and objective difficulties. Every time they transcend their own experience, they can exercise their personality, temperament, willpower and other psychological qualities, thus creating healthy psychology. People who often take part in exercises are sunny, active and fearless. Therefore, physical education plays an important role in cultivating the mental

health of Higher Vocational students, and has a great impact on the mental health of Higher Vocational students.

### **3.3 The Impact of Sports on Interpersonal Communication of Higher Vocational Students in Innovation and Entrepreneurship**

Interpersonal communication ability is an indispensable ability for innovative entrepreneurs. It is impossible to achieve innovation and entrepreneurship alone. A good interpersonal relationship can make people come from both sides, expand the circle of friends of innovative entrepreneurs, get a lot of timely information, and get opportunities to cooperate with others. 80% of success comes from personal interpersonal skills. In some collective sports activities, such as basketball, football, volleyball and other sports, participants must break the self-closure, and actively communicate with others in order to achieve the ultimate victory. By participating in such physical exercises, the participants' team spirit, interpersonal communication and competitive consciousness can be well promoted. People's good moral style formed in the process of sports will inevitably migrate to daily social life, study and work. Therefore, sports will have an important impact on people's interpersonal communication. Long-term participation in group sports activities can sharpen participants' will quality and interpersonal skills, and sports itself is a social form and platform.

### **3.4 The Impact of Sports on the Leisure Style of Vocational College Students in Innovation and Entrepreneurship**

People can not do without leisure. After work and study, we need to adjust our physical and mental fatigue through a reasonable way of leisure, so as to meet the new challenges that we are faced with in a better way. Higher vocational students are influenced by family growth environment and education environment, and their understanding of leisure and entertainment is often not deep enough. Leisure is a kind of activity that people can take part in voluntarily and freely after studying and working. Sports itself is also a kind of leisure and recreational activities, and its individual and social functions can not be replaced by other leisure and recreational activities. Through the release of limbs, inner emotions can be better released, and the release of dopamine during exercise also plays an important role in psychological regulation. Therefore, students' understanding of sports leisure attributes has an important impact on students' innovation and entrepreneurship ability. Whether participating in sports activities or enjoying sports competitions, they can play a very good relaxation role, alleviate depression, and have an impact on the success of innovation and entrepreneurship.

## **4. Suggestions on Sports Promoting the Cultivation of Students' Innovative and Entrepreneurial Ability**

### **4.1 Strengthen Students' Cognition of Physical Education in Higher Vocational Colleges**

Although physical education goes deep into all stages of school education, there are still some problems in the process of education implementation. The long-term examination-oriented education system has led to the phenomenon of attaching more importance to literature than to military force in the school education before the university. Students do not know enough about the subject of physical education and do not fully understand the function of physical education. In the process of developing students' innovative and creative abilities, physical education teachers should first change their educational concepts, while imparting sports skills, pay attention to strengthening students' awareness of sports disciplines in Higher Vocational colleges, and understand the impact of sports on the cultivation of innovative and entrepreneurial abilities. Only when students have a thorough understanding of the significance of sports, can they better understand the impact of sports on their own development and actively participate in the learning of sports knowledge and physical exercise. Therefore, in sports teaching, we should not only attach importance to skill teaching, but also to the popularization of subject knowledge, and strengthen students' understanding of sports discipline.

## **4.2 Developing the Ability of Higher Vocational Students to Participate in Physical Exercise**

Traditional sports teaching pays attention to imparting sports skills. With the development of the times, it is far more difficult to meet the goal of training talents simply by mastering sports skills. It is better to teach fish than to fish. Higher vocational physical education can not simply teach sports skills. It should give full play to the educational function of sports and give students sports ability. These include the ability to learn sports skills independently, the ability to exercise scientifically, the ability to appreciate sports, the ability to participate in sports activities and the ability to organize sports activities. Only by seeing, learning, practicing, participating and organizing can students truly possess the ability of physical education, realize lifelong physical education, influence their work and life through physical education, and promote the development of students' innovation and entrepreneurship ability.

## **5. Conclusion**

China's innovation and entrepreneurship education has achieved rich theoretical and practical results after years of development, but the integration of various disciplines still needs continuous research. Physical education runs through all stages of school education and plays an important role in human development. In higher vocational education, it is of great significance to further study the internal relationship between sports and the cultivation of students' innovative and entrepreneurial ability, and to grasp the mutual influence between them. Changing teachers' ideas, strengthening students' knowledge of physical education and focusing on the cultivation of students' physical education ability can effectively play the role of physical education in innovation and entrepreneurship education and promote the cultivation of students' innovative and entrepreneurship ability.

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