

Design and Implementation Conception of Higher Vocational Physical Education Curriculum Content System Based on Employment Orientation

Yidan Yuan

Shanghai Urban Construction Vocational College, Shanghai 201415, China

Keywords: Employment orientation, Higher vocational physical education, Physical education courses, System design, Physical education teaching

Abstract: At present, the concept of physical education in higher vocational colleges has not been updated, and physical education has made no progress in innovation and reform. How to keep pace with the times, innovate and improve the quality of physical education in the new situation is an urgent problem to be solved in the educational reform of higher vocational colleges. Physical education in higher vocational colleges should not only reflect the physical education task of strengthening students' physique in ordinary colleges and universities, but also highlight the characteristics of professional and practical teaching in higher vocational colleges. This paper puts forward the research on employment-oriented reform of physical education in higher vocational colleges, and expounds the existing problems in physical education in higher vocational colleges, the penetration analysis of employment-oriented in modular teaching of physical education courses, and the design and implementation conception of employment-oriented content system of higher vocational physical education courses, hoping to provide theoretical reference for the reform of physical education in higher vocational colleges.

1. Introduction

With the construction of a powerful country with talents and education, the state attaches great importance to the development of higher vocational education and has issued many policy documents and measures to promote the development of higher vocational education [1]. Today, the development of higher vocational education has become an important part of the higher education system, which has a vital position. Up to now, the development of higher vocational education has been comparable to that of ordinary undergraduate education, and it has a tendency to continue to expand. As an important part of higher vocational education, higher vocational physical education shoulders the mission and responsibility of cultivating suitable high-quality skilled personnel with good physical, psychological and social adaptability for enterprises.

Higher vocational education is to cultivate students' practical ability and meet the needs of enterprises for professional senior talents [2]. Employment-oriented reform of physical education in higher vocational colleges has certain practical significance. The ultimate goal of cultivating students in higher vocational colleges is to let students find a good job after graduation. The reform of physical education in higher vocational colleges is to pay more attention to the cultivation of students' sports ability and sports quality on the basis of imparting sports knowledge system, and make efforts to cultivate students' professional post ability, improve students' comprehensive professional quality and meet students' employment needs.

2. Existing Problems and Analysis of Physical Education in Higher Vocational Colleges

Most of China's higher vocational colleges originated from the restructured secondary colleges, so the education system and curriculum of higher vocational colleges mostly follow or copy the undergraduate college model, which leads to the defects such as the lack of characteristics of public courses in higher vocational colleges and the lack of clear training objectives. In the process of physical education in higher vocational colleges, there are inevitably various problems.

2.1 The Orientation of Educational Goals is Vague and the Concept is Unclear

Due to the late start of higher vocational education in China, and the curriculum of physical education has always continued the educational model of undergraduate colleges, there is still a lack of clear guiding objectives of physical education in higher vocational colleges. Although physical education is one of the important components in higher vocational education, physical education in higher vocational colleges in China is still in the exploratory period, and its goal orientation and educational concept are rather vague.

In recent years, with the promotion of educational reform, most higher vocational colleges in China have adjusted the overall goal of physical education system, from the previous one-sided pursuit of standard assessment to the physical education concept of promoting the harmonious development of students' body and mind and cultivating students' sports awareness and interest [3]. However, today's physical education in higher vocational colleges still lacks an organic combination with the whole higher vocational education concept, especially with the ability-based teaching concept in higher vocational colleges.

2.2 There is No Scientific and Systematic Physical Education Curriculum System

The teaching system of physical education in colleges and universities is not perfect, and all walks of life pay insufficient attention to physical education courses, especially in higher vocational colleges. At present, higher vocational colleges need to build a complete physical education system, which is scientific, rational, systematic and characteristic of higher vocational colleges. It reflects that physical education curriculum promotes the improvement of students' physical education quality, has a certain overall cohesion, and promotes the whole system to a certain extent.

2.3 Old-Fashioned Teaching Methods

In the physical education of most vocational colleges in China, there is a phenomenon of backward teaching concept, which still uses the traditional teaching concept, instills knowledge into students blindly in the teaching process, lacks communication between teachers and students, and fails to respond to the “student-oriented” advocated by the new curriculum standard, thus, it is impossible to improve the efficiency of physical education and improve the physical quality of students [4].

Today's education has long abandoned the duck-feeding education method, but there is still no innovation in the teaching method of higher vocational education. If we follow the old model before, we will be eliminated by the society, and the single after-school performance evaluation may have bored students.

3. Penetration Analysis of Employment-Oriented in Modular Teaching of Physical Education Curriculum

3.1 According to the Professional Characteristics, Arrange Different Teaching Contents

In the modular teaching of physical education, physical education teachers should take a highly responsible professional spirit, arrange different teaching contents and adopt different teaching methods according to students' majors, so that students can have good physical fitness and skills to adapt to their majors through physical education, cultivate good psychological quality to adapt to their majors, and smoothly realize the good connection between university education and job-hunting in the society.

For students majoring in physical education, their professional labor is characterized by sports work, long-term thinking, high accuracy requirements, suitable for participating in badminton, table tennis and other sports, which can improve students' response speed and accuracy. At the same time, according to the students' professional orientation, in the process of school physical education implementation, according to the characteristics of students' direct participation and practice, we can deliberately arrange a difficult environment to cultivate students' hard-working and tenacious will quality, such as middle and long-distance running. Teachers should tell students the

significance of middle and long-distance running to exercise before practice, and give encouragement and mobilization to students, so that students can build confidence in overcoming difficulties and overcoming difficulties, and train employers to get better, keep winners and use them well.

3.2 Set Up Competitive Sports Module to Cultivate Students' Competitive Consciousness

Under the modern market economic system environment, the competition mechanism plays a full role. In the final analysis, the competition in the industry is the competition of talents. The competition is natural selection and the survival of the fittest. Competition is everywhere. The employment of students is full of competition. The limited growth of social demand and the increasing number of students have made it difficult to apply for jobs. If students are afraid of competition, it means failure and loss of job opportunities. Therefore, competitive sports modules should be set up in sports modular teaching, such as basketball competition, football competition and other competitions.

Enable students to establish a correct sense of competition, and keep rational in the cruel competition. Higher vocational colleges strengthen students' sense of competition through sports, and form a good positive competitive atmosphere through strong guidance, so that everyone's sense of competing for the upper reaches goes deep into students' life and study, and strengthens their own competitive advantages, thus laying a good competitive foundation for effectively coping with employment pressure and being invincible in employment competition in the future.

4. Design and Implementation of Physical Education Curriculum Content System in Higher Vocational Colleges

4.1 Make Clear the Goal of Physical Education Teaching Based on Employment Orientation

At present, the teaching objectives of the curriculum are employment-oriented, according to the needs of enterprises, refining typical tasks, cultivating students' practical ability, and cultivating practical talents suitable for enterprises. For most vocational colleges, physical education courses are basic courses, which cultivate students' basic physical education quality.

The reform of physical education curriculum in higher vocational colleges should also be employment-oriented and conform to the actual work. The goal of physical education reform is to offer different physical education courses in combination with different majors, so as to fully serve the professional development of students [6]. Let students combine different majors and adopt different methods of physical exercise. In the process of teaching reform in higher vocational colleges, due to different professional characteristics, more physical education teaching contents should be added, and advanced teaching methods should be used to enhance physical education literacy and improve students' employability.

4.2 Reform the Traditional Physical Education Teaching Mode

Establishing employment-oriented physical education teaching mode in higher vocational colleges can break the original class-based teaching mode in the specific teaching process, and allow students to choose their own learning contents flexibly according to their professional characteristics, physical foundation and hobbies. At the same time, we can also actively introduce the club form, and transform the original single course teaching mode into a sports system in higher vocational colleges integrating leisure, entertainment, exercise and study, so that students can participate in physical exercise at all times and places, and develop good behavior habits of lifelong exercise.

In the process of reform of physical education teaching mode, in view of the lack of explanation of physical education theory in higher vocational colleges, we should also actively set up physical education theory courses, and make students fully realize the relevance between physical exercise and future occupation through information platform and expert lectures, so as to improve students' level of physical education theory, make students realize the important role of physical education in

their own professional development and physical and mental development in essence, and urge students to change their sports concepts and establish their own sports consciousness.

4.3 Establish the System Structure of Physical Education Curriculum Content in Higher Vocational Colleges

The choice of physical education curriculum content in higher vocational colleges should focus on the main goal of physical education curriculum, and the interdisciplinary goal of physical education curriculum is achieved through various deliberately designed physical activities in the process of realizing the main goal of curriculum. According to the classification of educational psychology, the contents of learning include knowledge and skills [7-8]. The learning content of physical education curriculum includes two aspects: the learning of sports related knowledge and special sports skills.

On the basis of investigating the physical activity characteristics of physical education major in higher vocational colleges, this paper analyzes the demand characteristics of sports basic theory, professional ability and sports skills, and takes them as work tasks, and designs the flow chart of modular teaching design of this physical education course in combination with the teaching objectives and requirements of physical education class in higher vocational colleges and the actual teaching conditions of school teachers, as shown in Figure 1:

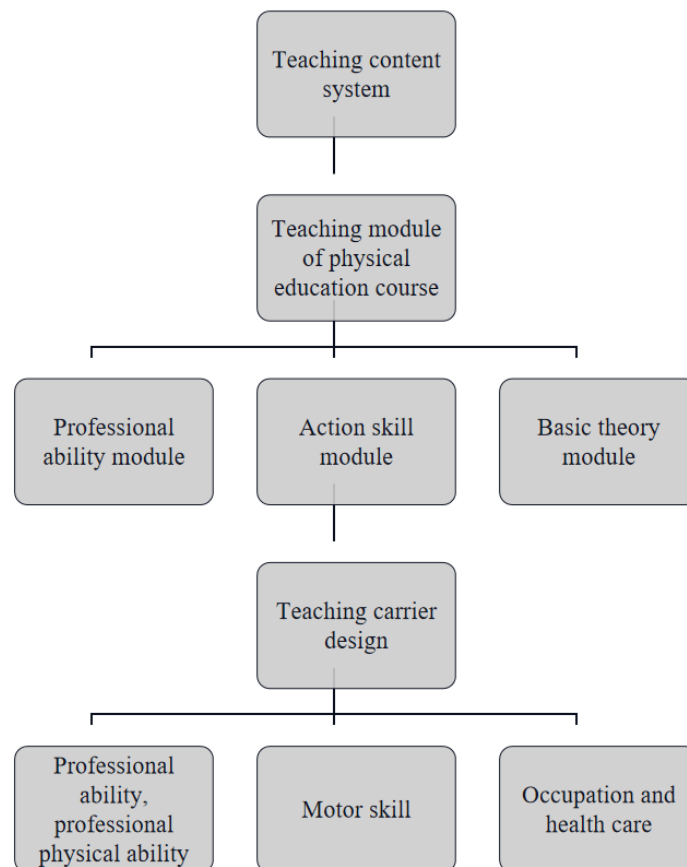


Fig.1 Flow Chart of Curriculum Design Ideas

According to the above-mentioned modular teaching curriculum design process of physical education major in higher vocational colleges, the modular teaching content system of physical education curriculum in higher vocational colleges, and the actual situation of teachers in our school, the main development abilities of each module and the arrangement of teaching content are regulated, and the tabulation is shown in Table 1.

Table 1 Modular Teaching Development Ability and Teaching Content Arrangement Table of Physical Education Curriculum

Module	Ability to develop	Content of courses
--------	--------------------	--------------------

Professional ability module	Professional physical fitness, competitive ability, pioneering and innovative ability, cooperative spirit, etc.	Basketball, volleyball, table tennis, badminton, tennis and so on.
Action skill module	Sports skills, physique, physical health, social adaptability, etc.	
Basic theory module		Health evaluation methods of modern healthy lifestyle, etc.

When expressing the course content, we classify it by cognitive content and activity content. Cognitive content includes physical education knowledge and skill learning content, and activity content includes skill practice content and exercise content. Sports attitude, mental health and moral quality are the results of learning and participating in sports activities, and their corresponding curriculum contents are expressed as activity contents.

When organizing the content, the activities of developing sports attitude, mental health and moral quality should be arranged in the organizational design of sports knowledge and special sports skills learning. Content structure of physical education courses in higher vocational colleges.

4.4 Self-Study Infuses Professional Quality and Improves Self-Thinking

Everyone has a sense of shyness, which is both human nature and instinct. Whether it is ordinary courses or higher vocational physical education, it is very bad, and the teaching effect will be greatly reduced. In higher vocational physical education, teachers can occasionally tell students some sports stories or play some documentaries to cultivate students' professional quality awareness. For example, in basketball teaching, we mainly cultivate students' sense of teamwork and competition. In the teaching process, we give students a certain space for self-thinking, and we can put some videos, so that students can watch some basketball stars' game videos first, stimulate students' sports emotions, and help students learn through action memories.

5. Conclusion

In the teaching activities of physical education courses in higher vocational colleges in China, the design and implementation of the content system of physical education courses in higher vocational colleges will play a positive role in improving the teaching system of physical education courses. Employment-oriented physical education reform is the need of social development. Physical education should serve the professional schooling and better meet the needs of professional technology. Optimizing the contents of physical education in higher vocational colleges with professional orientation can form a physical education curriculum system with distinctive professional characteristics, help higher vocational students establish professional sports awareness, enhance professional sports literacy and self-care ability, and reduce and alleviate the incidence of occupational diseases. On the premise of taking the occupation as the guidance, we should improve the management system of the curriculum and strictly implement the curriculum content. I believe that with the joint efforts of educators, more outstanding technical talents can be cultivated.

References

- [1] Chen gengren. research on employment-oriented vocational physical education teaching mode. sports world: academic edition, no. 009, pp. 65-66, 2019.
- [2] Xie Shu. Research on Employment-oriented Higher Vocational Physical Education Teaching Model. Shanxi Youth, no. 007, pp. 176-177, 2020.
- [3] Zhao Ding. Employment-oriented analysis of higher vocational physical education teaching mode. Intelligence, no. 013, pp. 124-124, 2019.
- [4] Sun Qian. Research on the Innovation of Employment-oriented Physical Education Curriculum Mode in Higher Vocational Colleges. Growth, no. 3, pp. 33-33, 2020.

- [5] Wei Huawu. Employment-oriented higher vocational physical education reform. *New Business Weekly*, no. 11, pp. 256, 2019.
- [6] Nie Xianzhi. Discussion on the Design and Implementation of Curriculum System for Electronic Technology Specialty in Higher Vocational Colleges. *East, West, North and South: Education*, no. 23, pp. 0167-0167, 2019.
- [7] hui feng, Fu Juanjuan, Yan Feng, et al. Discussion on the construction of resident practice teaching system of vocational rehabilitation technology specialty based on employment orientation. *Foreign Medicine (Health and Economics Volume)*, vol. 003, no. 003, pp. 162-164, 2020.
- [8] Jiao Hongting. Analysis of the innovation strategy of higher vocational physical education based on vocational education orientation. *Modern Marketing (Information Edition)*, no. 03, pp. 100-100, 2020.