

On the Reform of Physical Education in Higher Vocational Colleges Oriented by the Training of Professional Ability

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Abstract: Higher vocational colleges are significant teaching bases to train and transport professional and technical talents for the country. Higher vocational physical education is one of the key education contents and has been widely concerned by the society. This puts forward higher requirements for the teaching ability level of various higher vocational sports colleges in China. In order to meet the development needs and talent needs of the current social sports teaching, this paper makes an in-depth analysis of the relevant contents involved in the vocational ability-oriented sports teaching reform in higher vocational colleges, and discusses some common problems and strengthening measures in higher vocational sports teaching, aiming at further improving the vocational ability level of higher vocational students.

1. Introduction

The basic responsibility of higher vocational colleges is to provide more professional and applied talents for the progress of national form. The improvement of higher vocational physical education teaching ability provides the greatest power support to promote students' professional ability. At present, physical education in higher vocational colleges does not have its own unique teaching characteristics, so it focuses more on students' vocational education, so as to promote students' all-round development and comprehensive quality. This paper studies and analyzes how to strengthen the teaching reform of higher vocational colleges, to maximize the progress of the teaching effect and quality of higher vocational colleges from many aspects.

2. Significance and Necessity of Vocational Ability-Oriented Physical Education in Higher Vocational Colleges

According to the health test data of students in each college carried out by relevant education departments in recent years, it can be seen that at present, most students generally have the problem that health does not reach the standard, especially in higher vocational colleges. Because the students in higher vocational colleges focus on the study of professional skills and knowledge, they ignore the training of their own physical fitness and progress of their sports ability. The relevant leaders in higher vocational colleges also ignore the significance of students' health, do not provide students with a good physical education atmosphere, reduce the effect of physical education and teaching participation rate, not conducive to the long-term progress of physical education in higher vocational colleges. In addition, students' self-restraint is not strong. In the Internet age, in addition to learning the necessary professional skills courses, some students either play games or sleep in their spare time, indulge themselves and completely ignore their health problems, thus reducing their physical quality level. At the same time, a variety of obesity problems or physical health problems caused by lack of exercise will follow, causing serious negative emotional and psychological problems to students, hindering the progress needs of professional talents in higher vocational colleges, and restricting the pace of social and economic progress ^[1].

Moreover, with the progress of the national form, the demand standard for talents is also changing. A social talent with professional and technical ability should not only have good

professional quality, but also have good physical quality, both of which are indispensable. Only in this way can the talent better adapt to the work needs in the future and maximize value. For example, in recent years, some domestic enterprises have added the assessment of students' body data parameters in the expansion of talent enrollment to ensure the students' health index before entering the job. Meanwhile, in the recruitment of talents in the surveying and mapping industry, the required talents should not only have professional and technical ability, but also have good physical quality, and be able to independently complete the survey and mapping work of the actual site of the project, so as to help enterprises reduce the cost of surveying and mapping and improve efficiency. If the students themselves do not have good physical quality, it may cause a series of unnecessary work problems in the later work, not conducive to the normal development of the work. Therefore, higher vocational colleges, as significant professional training bases, should highlight the work of physical education in the education of professional subjects, take professional ability training as the guidance, effectively implement the physical education teaching work in colleges, and promote students' physical education teaching ability and the comprehensive progress of their own ability.

3. Common Problems in Current Physical Education in Higher Vocational Colleges

Recently, physical education in higher vocational colleges has achieved great results in teaching quality, but there are still some problems that have not been solved, affecting the teaching effect. The prominent problems are as follows.

3.1 No Accurate Teaching Objective

There are great differences in teaching objectives between higher vocational colleges and general colleges. The teaching objectives of general colleges are mainly based on the comprehensive scores of subjects, while higher vocational colleges are committed to the promotion of professional objectives to cultivate and transport more professional talents for the country. In addition, based on the formulation of clear teaching objectives, teachers should strictly abide by the standards of teaching objectives, combine with the students' own situation and characteristics, choose personalized progress programs in line with the students' teaching development. However, in terms of the current teaching situation of major higher vocational colleges, some schools have not set clear teaching objectives, and the teaching mode is roughly the same as that of general higher education institutions, ignoring the characteristics of higher vocational colleges, so that the talents trained by higher vocational colleges can't meet the needs of social and economic progress in the future.

3.2 Lack of Attention to Physical Education

The entrance examination or enterprise recruitment do not involve the evaluation of physical fitness. Therefore, the higher vocational colleges do not emphasize the education of students' physical fitness, resulting in the decrease of students' physical fitness level. Firstly, teachers take on many duties. Some PE teachers in higher vocational colleges don't have professional skills. Most of them are substitute teachers of other subjects. They don't focus on the professionalism of PE teaching, and only teach students theoretical knowledge without practical teaching content. Most of the PE teaching courses are mainly free activities, failing to reflect the significance of physical education teaching. Secondly, there are few teaching hours. Most college teachers focus more on the improvement of students' academic performance. For the sake of students' cultural achievement, they wantonly occupy the teaching time of physical education, especially in the stage of entering a higher school. Compared with other disciplines, the proportion of physical education teaching is seriously insufficient, seriously affecting students' health. It is not conducive to the progress of students' comprehensive quality^[2].

3.3 Lack of Innovative Consciousness in Teaching Mode

On the one hand, the traditional physical education teaching mode is too compulsory and single. For example, in the daily physical education teaching, due to the lack of professional skills of

physical education teachers, students are required to carry out a large number of single mandatory running training. Teachers take running as the main teaching content and ignore the students' own feelings and physical fitness. On the other hand, on the contrary, it belongs to excessive "doting" education. In the teaching of physical education, teachers mostly take students' free activities as the main teaching content, and do not interact with each other, nor do they teach sports skills. There are corresponding problems in the above two kinds of physical education teaching methods. If the teaching plan is not updated and reformed effectively in time, it will seriously affect the students' enthusiasm for the course, reduce the participation rate, and even cause students to feel bored in physical education teaching ^[3].

4. Reform Measures of Higher Vocational Physical Education Oriented by Professional Ability Training

Through the analysis of the above problems, the author thinks that the specific measures to strengthen the reform of physical education in higher vocational colleges are as follows.

4.1 Set Up the Correct Teaching Objective of Physical Education

In vocational ability-oriented physical education, the content of physical education in higher vocational colleges should be in line with the needs of national talent development, and the teaching objectives and curriculum structure should be set according to the different nature of professional teaching. We can strengthen the training of students' professional skills and improve their physical ability, meet the social talent development strategy, and promote students' adaptability to future jobs. For example, in the information age, people often use the computer in their work. Sitting in front of the computer for a long time will cause various physical discomfort, thus affecting their health. To avoid these problems, in the daily physical education teaching, teachers can combine the students' future professional types of subjects and the characteristics of jobs that may be involved in the future, and give them targeted physical training, such as encouraging them to participate in volleyball, basketball and other activities, so as to enhance their overall quality and train every joint and part of their body. The combination of physical education teaching and students' occupation features can improve the timeliness of physical education teaching, and play an effective role in the prevention of occupational diseases that may appear after the students take up their jobs in the future. These contents are of great significance to the development level of students' own occupation ability ^[4].

4.2 Focus on Physical Education Teaching

We can change the traditional physical education teaching thought, make clear the objective of physical education teaching, and correctly realize the significance of physical education teaching for students' future employment. Only on the basis of good physical fitness, can we make plans in other aspects, have the opportunity to do what we want to do and meet the needs of future jobs and social talents. Therefore, higher vocational colleges should focus more on the teaching of physical education and strengthen the cognition of the role of physical education. Only students with good physical quality and healthy physique can better serve the society.

4.3 Optimize Teaching Content

To promote the diversified progress of students' physical education teaching content, physical education teachers should learn to fully use modern and information technology, combine with students' professional characteristics and teaching objectives, create a new teaching environment for students, promote the interest of physical education teaching, and stimulate students' learning enthusiasm. It plays a good role in promoting students' professional skills. At the same time, according to the teaching types of future students' professional subjects, we should choose targeted teaching programs for students and strengthen the development of sports teaching activities.

5. Conclusion

It can be seen from the above that under the guidance of professional ability training, strengthening the reform of physical education teaching in higher vocational colleges is conducive to the further improvement of students' professional ability. Combining the content of talent demand progress with the work characteristics of students' occupation type in the future, we can carry out targeted physical education, effectively promote the students' comprehensive quality level, strengthen their physique, make students more adapt to the future work content, and promote students to develop good habits of physical exercise for lifelong benefit, promote the collaborative progress of higher vocational physical education teaching content and social talent development needs. It has laid a solid educational foundation for the progress goal of high-quality skilled talents in China.

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