

On the Cultivation of Students' Social Ability in Higher Vocational Physical Education

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Abstract: Based on the cultivation of students' social ability by physical education in higher vocational colleges as the research object, this paper analyzes and expounds the importance of higher vocational physical education in improving students' social ability and the specific countermeasures for cultivating students' social ability in higher vocational colleges, hoping to provide valuable reference for improving students' social adaptability.

1. Introduction

To improve the social adaptability of higher vocational students is an important goal of higher vocational education talent training. However, due to the focus on special ability training in higher vocational physical education teaching in China, the cultivation of social ability is often ignored. Carrying out physical education teaching can set up physical education curriculum from the perspective of students' physical and mental development, and can conduct various counseling for students in the process of physical education curriculum, which is of great significance to improve students' cooperation ability and cultivate students' positive and healthy psychology.

2. Importance of Higher Vocational Physical Education in Improving Students' Social Ability

2.1 In Line with the Teaching Objectives of Higher Vocational Education, and is an Important Part of Higher Vocational Education

Higher vocational colleges are different from ordinary universities because they focus on students' skills training. Firstly, after graduation, employers require students to adapt to the job as soon as possible, and smoothly put into work, so the adaptability training of higher vocational students is very important. Secondly, from the perspective of the long-term development of higher vocational colleges, only by obtaining high recognition from employers can colleges win a better reputation and provide favorable conditions for the enrollment and long-term development of the college. Moreover, from the perspective of vocational school students themselves, the learning environment of students in school is mostly closed or semi-closed teaching environment. Students have less opportunities to contact the society and have poor communication ability with the outside world. If students do not have the ability of communication in society, they can't better express their own demands, which is extremely unfavorable for their own development. In addition, social adaptability is an important part of higher vocational education. The talent training goal of higher vocational education is to cultivate practical talents with skills, which requires not only the cultivation of students' professional skills, but also the cultivation of students' social adaptability. Only in this way can it better assist professional teaching and help students give full play to their professional skills.

2.2 Adapt to the Development of the Times and Provide Favorable Conditions for Students to Enter the Society Better

Higher vocational college students need to face the society and survive in the society after

graduation. Only with good social adaptability, can they better play their own skills and contribute to the society. The emergence of higher vocational colleges is also derived from this. In order to avoid the disadvantages of lacking competitiveness in the society, higher vocational education came into being in the 20th century, which not only caters to the current market demand, but also caters to the social demand. Therefore, the main goal of training higher vocational students is to adapt to the development of enterprises, and their special skills should adapt to the social development and meet the needs of posts, so that both enterprises and individuals can achieve the goal of win-win. However, in the development process of higher vocational education, although some students can be competent for their jobs, they can't accept the tense and high pressure of the working environment due to poor social adaptability, especially psychological aspects, so many students are not competent for the posts. In addition, in higher vocational education, the focus of education is on the cultivation of certain special skills for students, hoping to improve students' social adaptability through excellent professional skills and bring honor to the school. However, in fact, if there is no cultivation of students' social adaptability, especially the cultivation of pressure resistance and interpersonal communication ability, it is difficult for students to adapt to social roles quickly and put themselves in the job.

2.3 Important to Cultivate Social Ability and Team Cohesion

The development of society is complex and changeable. Simply relying on individual ability can't survive better. Only relying on the strength of team can we develop better. For higher vocational students, the cultivation of students is often the cultivation of certain special skills, which are often a specific link in the work. However, the completion of a process requires multiple links, which needs talents with different professional skills to complete. Therefore, only with the social skills of communication and the help of team strength, can the work be better completed. But in the teaching of higher vocational education, due to the focus on the cultivation of certain professional skills without basing on the whole process of teaching, students do not realize the importance of cooperation. In this case, it is particularly important to strengthen the cultivation of students' social ability and social adaptability. In addition, when students enter the society, a good working atmosphere can promote students' special skills to better play. If students work in a state of tension and depression every day, it is not conducive to the better completion of the work, and even produce negative emotions to affect others. The cultivation of social adaptability can help students integrate into the team and the collective faster, provides favorable conditions to adapt to the work smoothly.

3. Analysis on the Specific Countermeasures of Higher Vocational Physical Education Teaching to the Cultivation of Students' Social Ability

3.1 Set Up Physical Education Curriculum According to the Characteristics of Students' Major and Physical and Mental Development

The main purpose of higher vocational education is to make students meet the needs of their jobs and improve their social adaptability. Therefore, it is necessary to carry out the education of social adaptability. In order to better match the professional adaptability, curriculum should be set up in combination with the needs of professional courses in physical education, such as students majoring in computer, secretary and finance, their work content is complex and they will face great pressure after work for a long time. In this case, the physical education curriculum should be static, soft, such as national dance, aerobics, etc., so that students can adjust their own state through these soft dances and develop good working habits. In addition, some high-intensity sports training courses should be set up to enhance students' physique and make them feel oppressive to help them find suitable methods to solve the problem, so as to lay a foundation for the future high-intensity work. Moreover, the curriculum should be set up according to the physical and mental development characteristics of higher vocational students, and some mutual cooperation and exchange sports activities, such as basketball, tennis and so on, should be carried out to enhance students'

communication ability and keep students in a good and positive mental state.

3.2 Create Real Social Situation in Physical Education Teaching and Enhance Students' Social Concept

Students will eventually go to the society and face different working scenes in the society. However, it is difficult to create a good social situation for students in higher vocational education. There are great differences between the situation that many students feel and the real situation of society. Sports can create a good working situation for students, especially some sports events can not only make students feel the importance of cooperation, but also make students feel the pressure of competition, playing an important role in dealing with the competitive relationship and promoting the common progress between individuals and teams. In view of this, we can set up sports competitions that need group cooperation, such as basketball game and football game. In the game, students can feel the importance of cooperation. After the game, the two groups of players can shake hands and talk, so as to teach students how to correctly handle the competition relationship. In addition, in the setting of physical education curriculum, all students should be involved, and targeted guidance should be given to students of different characters. For example, students with calm personality should be encouraged to actively participate in sports and actively communicate with other students, so as to improve students' team cooperation ability and promote the comprehensive improvement of students' social adaptability.

3.3 Make Use of Physical Education Teaching to Cultivate Willpower to Better Adapt to the Society

After leaving the protection of school and family, students need to face the complex social environment. To better survive in the social environment, in addition to professional skills, students also require to have tenacious willpower and indomitable spirit in the face of difficulties. The learning and participation of sports requires students to pay physical strength and carry out regular sports training. In the process of training, students can better cultivate their spirit of not fearing hardship and tiredness, and their willpower can also be improved. In this regard, colleges should set up track and field, relay run, long jump and other sports, and let students form a systematic study, feel the whole process of sports, let them experience the unremitting sports spirit in the sweaty sports, and provide favorable guarantee for better adapting to the society. In addition, after students enter the society, failure and depression are the main problems that students need to face. In this regard, sports competitions can be set up to let students feel success and failure, so that they can learn to correctly deal with failure, decompose negative emotions through willpower, so as to improve their social adaptability.

3.4 Carry out Sunshine Physical Education to Cultivate Students' Healthy Psychology

Keeping a positive and healthy attitude is very important for students to improve their social adaptability. After entering the society, students will face various problems. Only a correct attitude can help solve the problems. Starting from the characteristics of students' physical and mental development, sunshine physical education can regulate students' negative psychology, and ensure students to work with a better mentality. In this regard, colleges can arrange high-load physical training, increase the training time and intensity to carry out the psychological exercise of students. In the process of training, many students will have a bad state of physical and mental pressure. In this case, teachers should carry out health psychological education for students, encourage students to complete physical exercise, and cultivate their sports spirit of not fearing of pains and fatigue.

4. Conclusion

The main purpose of talent training in higher vocational colleges is to make students enter the

work smoothly. Therefore, the teaching content is not only the teaching of professional skills, but also the teaching of social adaptability. The integration of sports can create real social situations, promote the cultivation of students' willpower, and help students cultivate healthy psychology, which is of great significance to improve the higher vocational students' social adaptability.

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