

Research on Higher Vocational Sports Teaching under the Combined Action of Sports Accomplishment and Professional Ability

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Abstract: With the improvement of China's education system, higher vocational education has become an important part of China's education system. Based on the brief analysis of the positive effects of cultivating students' physical literacy and vocational ability, this paper puts forward some targeted cultivation strategies from the perspective of promoting the innovation of physical education in higher vocational colleges, aiming to provide references for promoting the scientific track of physical education in higher vocational colleges.

1. The positive effect of sports accomplishment and vocational ability on higher vocational students

On the one hand, in the process of carrying out physical education teaching in higher vocational colleges, cultivating students' physical literacy and professional ability is the need to implement the goal of "cultivating people with moral integrity", and it is also a major issue that must be attached great importance to meet the higher standards and requirements of "Made in China 2025" for higher vocational students. The crucial is, by combining sports accomplishment and professional ability, can greatly promote the teaching reform of physical education, to adapt to the situation development needs, especially in the process of sports teaching, blend in more professional education, to guide students to establish correct in the osmosis of professional consciousness, professional concept and career oriented, and in the process of future employment have strong comprehensive quality[1]. For example, by cultivating students' awareness of "lifelong sports", students can continuously strengthen physical exercise[2]. For example, by integrating the spirit of struggle and team spirit into physical education, students' professional morality can be cultivated, which plays a very important fundamental role in their future employment and entrepreneurship.

On the other hand, in the process of carrying out physical education in higher vocational colleges, cultivating students' physical literacy and professional ability is conducive to cultivating students' healthy psychological quality and promoting their all-round development. Psychological quality is an important aspect of vocational ability. Good psychological quality can enable students to have strong development ability. Therefore, psychological quality is an important foundation for students' future development[3]. Through reform and innovation of higher vocational physical education teaching mode, strengthen the cultivation of student's psychological quality and exercise, can make the students in the course of future development is a long-term and strategic, such as through the training, can make the students' psychological quality is enhanced, so that the students can build up sound bites, enterprising spirit and so on, it will be beneficial to cultivate the students' psychological quality.

2. Existing problems of physical education in higher vocational colleges

2.1 Inhibit the formation and development of students' physical literacy

Only one lesson a week in this university, for the other courses more, is just two PE class time is too little, students in the process of physical education learning itself does not have the relative professional knowledge, so the student studies the sports time is less, the teachers in the process of imparting knowledge is also affected by the restrictions on time and, teachers' ideas, just in order to complete the teaching mission, in the classroom, blind to teaching and guide students to learn sports knowledge, can't correct their own attitude and idea, students' learning is to relax and play, Teachers can not be professional class for students to carry out teaching guide and penetration, at the same time, teachers focus on teaching for students of sports low literacy skills, students awareness of the exercise of sports is not obvious, thus can't really into sports in their spare time to learn and exercise, less time of sports teaching, make students in the learning process is hampered by a certain and influence, teachers can make students improve value degree, reduce the student sports literacy cultivation[4].

2.2 Ignoring the cultivation of students' comprehensive vocational ability

In the process of physical education teaching, teachers guide teaching for the comprehensive development of students. However, in the practical teaching work of higher vocational colleges, what teachers need to do is to cultivate applied talents needed by the society, so that students can have a healthy body in the process of study and work. In the actual teaching process, the physical education teaching in higher vocational colleges mostly imitates the physical education teaching mode of ordinary colleges, which makes its own teaching characteristics seriously neglected. As a result, physical education cannot be interpenetrated and integrated with the cultivation of vocational ability. In the teaching process, teachers simply pay attention to teaching tasks and ignore the cultivation of students' comprehensive quality and vocational skills, making it impossible for students to correctly understand physical education in the learning process[5]. There is also a lack of specific requirements for the combination of physical education and vocational ability and the blind use of physical education to expand and improve, which makes the physical education in higher vocational colleges lose its relative purpose and pertinence. In the process of learning, students only master sports learning skills and knowledge, but do not expand and train their professional skills, and cannot achieve the corresponding learning goals.

3. Training the PE accomplishment and professional ability strategy of higher vocational PE students

3.1 Innovating the teaching concept of physical education in higher vocational colleges

Idea is the forerunner of action. For the training of students' physical education accomplishment and professional ability, the first step is to make a breakthrough in the innovation of physical education teaching concept. Only in this way can the reform and innovation of physical education in higher vocational colleges be promoted. Therefore, it is necessary for higher vocational colleges to make clear the teaching objectives in the process of physical education teaching: to cultivate students' life-long physical education consciousness, to strengthen students' comprehensive quality and to cultivate students' future career development ability. Around this goal, the majority of higher vocational physical education teachers should give play to their enthusiasm, initiative and creativity, and use the modern teaching concept to carry out systematic design, so that the students' physical education accomplishment and professional ability can be synchronized to improve. It firmly establishes the "people-oriented" teaching concept, closely combines the physical education teaching with the improvement of students' quality, the promotion of career development

and the strengthening of students' demands, guides the students to establish a good sense of physical education, and strengthens the cultivation of students' vocational ability in the specific implementation process[6]. Such as in terms of teaching content design and arrangement, can according to different students of different professional scientific design, such as training project "unity is strength", to cultivate the students' team spirit, such as training project "quick passing" again, also can make students fully realize the importance of teamwork, at the same time can also make students learn to cooperate in the competition.

3.2 Broaden the field of physical education in higher vocational colleges

In order to cultivate the students' physical literacy and professional ability, it is necessary to firmly establish the idea of "integrated teaching" and to improve the students' comprehensive quality to the greatest extent. To the ideological and political education into the physical education teaching, through the design of the "integration" teaching mode, strengthening students' ideological and political quality, and to adhere to the basic teaching and develop teaching, classroom teaching and extracurricular teaching, the combination of theory teaching and practice teaching, to cultivate students' sports accomplishment and professional ability plays an important role. For example, in the specific implementation process, we can effectively increase the "classified teaching" of higher vocational college students, adopt different teaching strategies according to the different situations of different students[7], and focus on cultivating students' moral quality, humanistic quality, psychological quality and physical quality. In carrying out the process of teaching of "classification", also should be from the perspective of the students adapt to the future employment direction, adopt different teaching mode based on the characteristics of professional, set up office type, vertical type, athletic sports teaching pattern, such as geological, geophysical and sports majors should arrange the ball games such as teaching contents, mainly mining, health care, such as the vertical arrangement should focus on professional swimming teaching content, such as accounting, computer and other office of professional should focus on arrangements for aerobics teaching content. Not only that, teachers should abandon the traditional teaching concept and adopt the form of club to guide teaching with students as the leading role. In addition, students can take advantage of their spare time to do physical exercises, enhance their learning enthusiasm and improve their sense of goal. Enable students to attach importance to physical training, has a vital role in the future work and study, so as to increase the intensity of students' investment, improve students' comprehensive quality and vocational ability.

3.3 Improve the teaching mechanism of physical education in higher vocational colleges

Higher vocational colleges are the position of training professional talents. For higher vocational students, should not only have strong professional quality, but also to have the strong sports quality, only in this way, can we make more potential for the future development of higher vocational students, but also can development lay a solid foundation for the students, so be sure to build a more scientific and perfect the mechanism of sports accomplishment and professional ability training, in particular to combine the two closely, the diversified functions of the physical education teaching. In order to strengthen the organization and leadership of physical education reform, a corresponding joint mechanism can be established to jointly study the innovative measures of physical education teaching mode to cultivate students' physical literacy and professional ability, so as to make the teaching content, teaching methods, teaching system and evaluation mechanism more oriented[8]. To vigorously promote the sports teaching method reform and innovation, and explore more effectively cultivate students' sports accomplishment and professional ability of teaching method, must strengthen the physical training and to strengthen the skills training, to

strengthen physical training and to strengthen the psychological training, to strengthen the endurance training and to strengthen the competition training, should not only strengthen the better training and to strengthen training, to make the students get training and exercise, in all aspects to create good conditions for future employment. We will improve the mechanism of the teaching of physical education, but also attaches great importance to students' main body role play, guides the student to set up the ideas of "lifetime sports", choose accord with the actual physical exercise project itself, and therefore should be the teaching of physical education and the "national fitness movement", and through a variety of forms such as external competitions contact society, strengthen exchanges and promote cooperation and common development.

Conclusion

To sum up, we can see that in the process of physical education teaching in higher vocational colleges in the new era, higher vocational colleges should clarify their own teaching objectives, that is, to train a large number of skilled talents for the society. Set up the student-centered teaching concept, optimize the teaching concept, expand the teaching method, sports teaching and professional ability mutual integration promotion, to maximize the cultivation of students' sports quality and professional ability.

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