

Research on the Training Mode of Innovative Applied Sports Professionals

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Abstract: The demand for social sports talents is huge, but the employment of social sports graduates in colleges and universities is difficult. The root causes of this contradiction are not only factors such as internal training problems and students' own cognitive gaps, but also external objective factors such as imperfect social employment environment. factor. Therefore, based on the survey data of social sports majors and social employers in colleges and universities, from the three aspects of accurately locating training objectives, strengthening college reforms, and perfecting education and teaching, the training mode of college sports professionals will be innovated and applied.

1. Introduction

Nowadays, with the substantial improvement of China's comprehensive national strength, the economy, society and culture are developing at a rapid pace. In this context, sports as a form of cultural activity that can regulate body and mind and relieve stress is being valued by more and more people. The promulgation and implementation of the "Sports and Health Curriculum Standards" put forward a new concept of the training of physical education professionals, and put forward new requirements in the teaching content and classroom organization and teaching evaluation [1]. The traditional talent training model can not fully adapt to the various needs of the current stage, and it is extremely urgent to improve a set of training programs for new applied sports professionals that meet the needs of development.

2. Problems in the development of physical education major in colleges and universities

2.1 The course setting is not reasonable.

Although China's sports are booming, because the purpose of physical education is not clear, the curriculum of physical education is too single, there is no primary or secondary, many courses are even separated from the professional field, although there are The effect of opening up the horizon, however, due to the particularity of the physical education major, it should be more focused on the employment of students, and the curriculum that should not exist should be cut [1]. This is more focused, and students will be more aware of what skills you should strengthen to better prepare for employment.

2.2 The materials for the professional courses were not updated in time.

Although some classics are worth learning for generations, for the physical education major, more excellent teaching materials should be able to inhale fresher blood in time with the development of society and the national economic level, so that students of physical education at the same time, you can get more timely knowledge, and the interest of students will be greatly improved, which will also help for future employment [1].

2.3 The quality of talent training cannot be guaranteed.

The expansion of the physical education major, the number of students has increased dramatically, which has caused a major obstacle to the cultivation of talents, that is, how to ensure the quality

improvement based on the increase in the number of students. Many faculties have carried out profound reflections on this issue. However, due to the rapid changes in the number of students, the level of students is uneven [2]. For professional teaching, the learning effect of students is difficult to guarantee.

2.4 The training method is too singular.

Teachers' teaching is too much satisfied with the traditional teaching methods. Although multimedia, information and network education are quite popular, how many teachers actually use and use them are all questions that physical education educators should think deeply. . In more sports departments, most students use the Internet as a tool for chatting and games [2]. Teachers also use multimedia teaching as a means of regulating the classroom learning atmosphere, and have not provided greater help for talent training.

2.5 The teaching content lags behind the development of sports technology.

Although the textbooks used in the physical education major have been revised several times, the textbook itself has a lag with the latest and cutting-edge knowledge of sports technology, and it fails to solve the lag of the teaching content [3]. Therefore, in the process of student learning, we cannot learn advanced theories and cannot grasp the latest developments in sports technology.

2.6 The teaching team cannot meet the new teaching system and social needs.

In addition to the students' own reasons, the quality and ability of the students, the professional teachers' ability has a great influence on the quality of the students [1]. However, most of the teachers in the physical education departments of ordinary universities in China are "single" teachers, and their knowledge structure and overall quality cannot fully meet the needs of teaching and society.

3. Overview of applied innovation talents training

The application-oriented innovative talent training model refers to the needs and talents of the national market economy, according to the objectives, quality standards and requirements of the application-oriented innovative talents. Under the guidance of certain educational theories, according to the rules and characteristics of higher education personnel training, systematic and holistic institutions and mechanisms for the application of innovative talents training system, training process and training evaluation, which are formed by the goal of cultivating applied innovative talents [3]. It should be noted that it must be clearly understood that the application-based innovative talent training model is still a concept that has just emerged and needs to continue to develop and improve. At present, it is still too early to be recognized as a scientific definition. However, at the operational level, it is only possible to temporarily outline a prototype of the application-oriented innovative talents [3]. The application-based innovative talent training model has the following key elements identified.

Training objectives: high-quality, applied, complex, innovative high-level talents.

Cultivate content: Determine the appropriate teaching content according to the requirements of the training objectives.

Cultivation process: focus on basic teaching, strengthen practice links, and implement individualized training.

Cultivating system: In order to ensure the normal and orderly progress of all links, the relevant systems are formulated to support.

Training evaluation: Focus on the three-dimensional evaluation of "knowledge, ability, quality", and test whether the cultivated talents can achieve the set goals and establish a sound evaluation index system.

Characteristic concept: With innovative spirit and practical ability, it is possible to become an application-oriented innovative talent.

4. New requirements for society for physical education professionals

4.1 The knowledge structure of physical education professionals.

Sports participation, motor skills, physical health, mental health and social adaptation are the five learning objectives proposed by the new curriculum standards. In other words, in the curriculum design, not only the students should be taught the most basic sports skills but also the comprehensive quality of the students. This means that the physical education curriculum is not just a subject, but a more diversified course. For example, in the middle of the course, students should be provided with health and hygiene knowledge, establish a sense of health, develop students' lifelong sports awareness, and cultivate students' sense of teamwork. This also puts higher demands on the teachers [4]. In addition to the necessary sports skills, it is necessary to have more diverse knowledge of physiology, psychology, scientific fitness theory and so on.

4.2 The quality structure of sports education professionals.

Quality is an essential part of a qualified teacher. It is also a comprehensive expression of a teacher's character, knowledge, mental health and professional knowledge. Often in the traditional teaching, too much emphasis on professional technology, and neglected the cultivation of the overall quality of talent. It also led to a lot of data showing that the comprehensive quality of physical education teachers in primary and secondary schools in China is relatively low. As a qualified sports professional, you must have solid professional quality, good psychological quality and good moral quality [5]. This is a new requirement for physical education teachers in the new era.

4.3 The ability structure of sports education professionals.

The new curriculum standard requires that the physical ability of physical education teachers should be more diversified, and poses a higher challenge to the cultivation of sports professionals. Teaching students not only basic sports skills but also students' lifelong sports awareness. The so-called lifelong sports awareness is to develop good sports habits and form good exercise habits. That is to cultivate students' interest in sports, teachers should be more diverse in the design of their own classrooms, and stimulate students' independent learning interests and sports interests. Also their teamwork awareness and team cohesion as students learn and practice. We must also design relevant links to stimulate students' creative thinking [5]. To do this, not only must a strong technical ability for a sports professional, but also a comprehensive comprehensive ability.

5. Measures for the cultivation mode of applied talents in physical education majors

In view of the many problems existing in the training mode of physical education professionals in China's colleges and universities, it is necessary to change the concept of physical education personnel training from the aspects of reforming talent training objectives, flexible curriculum and changing teaching methods, and innovating the training mode of physical education professionals.

5.1 Update teaching concepts and reform talent training goals.

Transforming the traditional college physical education "to cultivate the ability to compete in primary and secondary school physical education" as the main goal of training and teaching ideas, innovating the current training of heavy skills in college physical education, the status quo of light physical fitness teaching, and establishing "health first, Sports education is a happy sport. Create a good humanistic environment for college physical education. In-depth understanding of the market demand for physical education professionals, and then carry out targeted talent training, set up a sound physical education curriculum system, so that physical education majors can be synchronized with social needs, appropriate adjustment of physical education professional teaching courses according to social needs, to ensure the combination of physical education professional talent training and social needs is aimed at improving the overall quality of physical education professionals and adapting to the needs of the society for physical education talents [3].

Strengthening the construction of the teaching staff and improving the humanistic quality of teachers can improve the humanities quality of students. At the same time, the status quo of changing the type of personnel training is relatively simple. With the goal of cultivating the "composite talents" of physical education, we set up sports fitness guidance and other professions to meet the growing demand of the sports fitness market.

5.2 Adjust the curriculum system and enrich the content of physical education.

Reconstruct the college physical education curriculum system and enrich the content of physical education. First, according to the "people-oriented" teaching concept, through the physical education basic courses, professional elective courses, sports public basic courses, public elective courses, etc. to build a sports curriculum platform, to provide a growth space for the integration of physical education activities into the humanistic spirit. At the same time, the selection of physical education teaching content, abandoning the old-fashioned physical education teaching content that can not keep up with the pace of the times, the development of a wide range of elective space, open up students' sports vision, and stimulate students' interest in physical exercise [6]. At the same time, according to the educational strategy deployment advocated by the party and the state to build a "learning society" and build a lifelong education overpass, in the physical education activities of colleges and universities, the concept of "lifelong sports" will be purposefully cultivated according to the students' special hobbies, so that students can enjoy the fun of sports in sports and benefit students throughout their lives.

5.3 Optimize teaching methods and improve teaching methods.

Transforming the teaching, modeling, practice, correction, consolidation and improvement of the traditional sports teaching "Thousands of People", compared with other courses, the physical education curriculum in colleges and universities has a natural advantage in mobilizing students' interest in learning, college sports Teachers should make rational use of the teaching space of physical education, combined with multimedia information technology, make physical education curriculum more vivid and specific; use group teaching competition to stimulate students' enthusiasm for learning; teachers can explore heuristic teaching, group cooperative teaching, stratification teaching methods such as teaching and mutual aid teaching mobilize students' interest in learning [7].

5.4 Carry out digital lectures.

In the internet age, the training mode of physical education professionals should pay attention to the application of digital teaching methods and build a digital teaching mode to improve the teaching of sports skills. In the teaching of physical education, we should pay attention to cultivating students' ability to use computers, and use computers to carry out teaching in teaching classrooms, such as simulating sports processes and performing sports demonstrations [7]. Applying digital technology to the classroom of physical education can change people's traditional views on physical education and use advanced teaching techniques to support teaching concepts.

5.5 The clear goal of the training program.

The establishment of the training program objectives is a must-have for the clear and scientific training of professionals. The ability to teach, train, and organize competitions, but to be able to adapt to the needs of social development, such as the completion of relevant academic papers, social sports guidance, sports industry and other composite talents. Therefore, according to the school situation, the school level, the school's school philosophy and positioning to develop a professional training goal that suits you. The training program template is basically set to: master solid basic skills, basic theory and basic knowledge of school sports [6]. It provides comprehensive applied physical education professionals who can be qualified for physical education and extracurricular sports guidance and can serve local social and economic development.

5.6 The training model is targeted.

According to the local colleges and schools, we should develop a more targeted and more suitable

training model. First, we must adjust the curriculum. On the basis of a solid grasp of basic knowledge and basic skills, the application-oriented timeliness can be highlighted, reflecting the development needs of the school and the country's demand for talent. Some practical courses such as "Nutrition" and "Sports Health" can be added to the training program, as well as some courses related to the times, such as community sports [5]. These are more powerful courses. Cultivate students' creative ability and so on, and provide a training program for the cultivation of physical education professionals in Huanghuai College.

5.7 Improve teaching methods.

Physical education is different from other disciplines, and individual differences of students directly affect the teaching effect. To teach students in accordance with their aptitude, to stimulate each student's learning and sports interests. For example, in the classroom process, heuristic teaching, situational teaching, and encouraging teaching can be adopted. Each student can adopt a personalized approach, breaking the previous teacher-centered, cramming teaching mode and reflecting the students' initiative [7]. You can use modern advanced science and technology, multimedia means to assist teaching, and achieve the teaching effect with half the effort.

6. Summary

The cultivation of applied sports talents is an inevitable trend of social development and the focus of the training of sports professionals. Especially in the context of increasing social competition, cultivating applied sports professionals will directly affect the long-term development of China's sports industry. In this regard, it is necessary to change from the traditional talent training to the innovation and application of talent training, and improve the training level of sports professionals as a whole, thus laying a solid talent foundation for the development of sports.

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