

Interpretation of Physical Training Theory and Methods in Higher Vocational Colleges

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Abstract: With the further development of education reform, more requirements are put forward for students, which not only requires the effective enhancement of students' knowledge level, but also the improvement of students' physical quality. The main way to improve their physical quality is to carry out systematic physical training, which is an important part of physical education curriculum in higher vocational colleges. However, at present, the theory of physical training is insufficient, and the training methods are problematic. This requires the physical education teachers to explore constantly in practice, to train with the existing methods of classroom training and actual competition, and to improve the physical quality of students in higher vocational colleges. This paper mainly analyses the importance of physical training in higher vocational colleges, and expounds the training methods to improve the training efficiency, so as to promote the development of students' morality, intelligence, physical fitness, beauty and labor.

1. Introduction

With the continuous progress and development of China's economy, material life has been greatly enhanced and students' learning literacy has been improved. However, students' physical quality has shown a downward trend. Therefore, the educational reform has put forward higher requirements for the comprehensive quality of students, not only to improve their academic performance, but also to pay attention to the quality of their lives and days. Higher vocational colleges are the main places for the society to provide excellent talents. Therefore, it is essential to deeply discuss the methods and theories of physical training and combine the actual situation within higher vocational colleges. Physical training is optimized and reformed, and more efficient physical training methods are put forward, so as to improve the physical quality of students.

2. Importance of Physical Training in Higher Vocational Colleges

Physical training in higher vocational colleges enhances the physical quality of students. Generally speaking, higher vocational colleges carry out physical training in students' spare time, or set up a student team. This kind of physical training method can improve students' special sports performance. Physical training not only includes body training, but also health education and psychological education for students. In the outline of educational reform, new regulations have been made on the physical training objectives of physical education class. While improving students' physical quality, it is necessary to pay attention to their mental health problems and cultivate more useful talents for society. In the process of training, through team competitive sports, students are able to gain the fun of sports and exercise in team cooperation. In competitive sports, students can also learn through their own knowledge, reasonably arrange the ranks of competitive teams, and formulate a reasonable competition program, so as to improve students' team cooperation ability and organizational ability, which is conducive to building a healthy campus.

3. Physical Training Theory and Methods in Higher Vocational Colleges

3.1 Selection of Athletes

In higher vocational colleges, sports team will be set up to train students with special sports skills.

There are two main ways to select athletes. First of all, higher vocational colleges recruit excellent students in April every year. Those with excellent sports performance are allowed to register online or on-the-spot. Higher vocational colleges will inspect the sports items and cultural courses of these students with special sports expertise. Colleges will carry out special physical training for students with qualified results according to their special sports expertise. Secondly, through the sports meeting and physical fitness test, the selection of sports team members will be carried out. Every year, the spring sports meeting will be held in the spring. After the competition, according to students' performance in the competition and whether students are willing to participate in the team competition, the selection will be done.

3.2 Training Methods of Physical Training

In higher vocational colleges, the physical training methods are mainly divided into two groups. The physical training of ordinary students mainly include physical education class, exercise between classes, as well as sports activities in the eighth class on Tuesday and Thursday. Different colleges have different teaching methods. Most of the physical education courses include suiTable physical education subjects according to the actual situation, such as Table tennis, badminton, football and other sports.

In view of the sports specialty students or team members, higher vocational colleges will take advantage of winter and summer vacation or students' self-study time for training. Teachers are required to formulate targeted teaching programs according to the actual situation of each student, so as to improve students' special performance and physical quality. As trainers, teachers should not only focus on the improvement of students' performance, but also pay attention to the problem of unity, deal with the contradictions within the team, and ensure students' mental health. If students achieve good results, colleges are suggested to give rewards according to the actual situation of students, so as to improve the enthusiasm of students for learning and training.

3.3 Physical Training Contents in Higher Vocational Colleges

There are various contents of physical training in higher vocational colleges. The contents for ordinary students are different from those for sports specialists. Moreover, the training program formulated for students by sports teachers as conductors also differs from that formulated for students by sports teachers as coaches.

First of all, the physical training methods for ordinary students. The main task of ordinary students is to learn cultural knowledge and life skills, without a lot of time spent on physical training. Therefore, physical education classes and exercises between classes have become the main way of students' physical training. For athletes' training, coaches should not only pay attention to the development of students' sports, but also strengthen the education of athletes' cultural courses and their ideological and moral qualities, so as to help students live a better life.

Then, as a coach, it is necessary to make a scientific and reasonable physical training plan. Firstly, define the objectives of training and formulate the objectives of various sports activities according to students' interests. Secondly, formulate training program. Physical training in higher vocational college takes the improvement of physical quality of students as the purpose, organize various competitive events, and encourage students to participate actively in the competition. Teachers need to formulate the organizational planning of sports events according to the actual situation. Thirdly, deal with all kinds of contradictions in students' training. Physical education teachers are supposed to correctly deal with the contradictions between sports training and students. Some students do not feel like sports and are absent in physical education classes and exercises. Teachers are expected to guide students' tiredness of sports and give full play to their subjective initiative. In dealing with contradictions among athletes, teachers need to deal with the relationship between physical training and cultural courses, the relationship between players, and the relationship between teachers and students. Fourthly, in choosing exercises between classes, teachers are required to choose the types of exercises that students like, and choose exercises that are suiTable for students and not boring to students according to scientific methods. Fifthly, teachers should do a good feedback job of physical training according to students' performance in a period

of time. Students' attendance rate and qualified rate of physical testing are important indicators to measure whether students' physical exercise meets the standard. According to the feedback data, students' exercise objectives in the next stage are planned.

4. Measures to Improve Physical Training in Higher Vocational Colleges

4.1 Improve the Sociality of Physical Training

Physical training in higher vocational colleges is not only to improve students' physical quality, but also to consider how to make students better adapt to society and become useful talents to society. For ordinary students, physical training can improve their physical fitness and maintain abundant energy. Team cooperation training closes the distance among student, improves students' cooperation ability and cultivate their endurance. For example, training activities such as two-person-three-legged and ten-person-two-legged improve students' team cooperation ability. In the physical training of teamwork, teachers should understand the different personalities of different students according to their performance in training, adjust the contradictions among students because of disagreement, so that students are able to get a sense of achievement. In training, teachers are expected to establish a good communication channel with students, as well as a good communication platform between teachers and students, so that, teachers are capable of selectively explaining to students how team cooperation training can be better applied in society, which is conducive to improving students' awareness of society, and quickly integrating into society when students enter society.

In view of the athletes and sports specialists of college team, teachers should first make them clear their future development direction and help them to set up a lofty ideal when the training is carried out. According to students' plan for the future, a targeted training program is formulated. If students want to continue their work in sports in the future, teachers are required to offer guidance for students, for example, help them to register for various municipal and provincial sports events, provide professional guidance to them after registration, and formulate scientific training plans to enable them to contact more about sports, so as to cultivate students' ability to adapt to society.

4.2 Improve the Professional Quality of Physical Education Teachers

To improve the theory and method of physical training in higher vocational colleges, teachers are required to first establish innovative consciousness and change the traditional training consciousness when setting the goal of training for students. For example, it is suggested to combine physical training with games, and training methods that can not only exercise but also attract students will be worked out. Interesting items are often more attractive to make students participate in sports meetings. Tug-of-war, balloon, and other games also play a physical exercise purpose in the process of game training, and students are more willing to participate in these sports games on their own initiative. The way of training should be constantly integrated and innovated. With the help of minority sports events, such as those in sports meeting in March 3, physical training tends to be more entertaining, achieving the purpose of physical exercise. Training is integrated with other cultural courses for innovating the way of training.

Teachers are required to constantly enrich their own sports theory knowledge, for example, through the relevant literature in the Internet and the physical education syllabus of higher vocational colleges, consult how to make more scientific physical training plan. The ordinary students need to take a physical fitness test every year. The traditional training method is to increase the training amount of students one month or a week before the test. Usually, the training is neglected in daily life and training method is unscientific. Physical education teachers need to develop students' sports habits, requiring rich knowledge, unique knowledge and innovative ability. According to the existing theory, teachers are able to develop more scientific training programs for students and improve their physical quality. Moreover, physical education teachers, in the process of physical training, with more contact with students, should not only have a good professional quality but also understand the psychological activities of students. Physical training is not an

independent individual, but the cooperation of related disciplines. Teacher needs to enrich relevant theoretical knowledge in order to help students solve all kinds of difficulties encountered in life, learning, training in a timely manner and promote the improvement of students' comprehensive quality during the course of improving students' physical quality.

5. Conclusion

To sum up, the further development of education reform has put forward higher requirements for students in higher vocational colleges. As students, they need not only higher ideological and moral cultivation and cultural cultivation, but also the improvement of their physical quality. There are two kinds of physical training methods. One is for ordinary students, the other is for sports specialists and college sports team students. There is a clear difference between the two training methods. Teachers are required to constantly innovate the way of training, use more scientific means to mobilize students' enthusiasm, increase the sociality of training in the process of training, and ensure that students can better integrate into society in the future development.

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