

New Mode of Employment-oriented Physical Education in Higher Vocational Colleges

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Abstract: Due to the deepening of education reform, higher vocational colleges constructing new mode of employment-oriented physical education can effectively promote the development of education. For higher vocational college students, employment is a key. Therefore, when carrying out the reform of physical education, we should constantly innovate the linear teaching mode. In the specific physical education activities, it is necessary to improve students' physical quality and focus on the value of physical education activities. In view of the specific situation of physical education in higher vocational colleges, this paper analyzes the necessity of employment-oriented physical education teaching mode in higher vocational colleges, and formulates the construction measures of new employment-oriented physical education teaching mode in higher vocational colleges.

1. Introduction

Higher vocational education is mainly responsible for transferring vocational and technical talents to the society. Compared with ordinary higher education, higher vocational education has very significant professional characteristics. Constructing activities of new employment-oriented physical education mode in higher vocational colleges can adapt to the development trend of the times, meet students' learning needs of overall quality development, and effectively promote the progress of higher vocational physical education.

2. Necessity of Employment-oriented Physical Education Teaching Mode in Higher Vocational Colleges

In the talent training activities, higher vocational colleges play a vital role, and their influence is expanding. In addition, compared with other educational activities, the educational activities of higher vocational colleges are special, and the talents cultivated have certain sociality. Recently, due to the rapid development of China's society and economy, the country needs more and more talents. The requirements for talents are stricter, and they focus on the students' comprehensive quality and the ability to adapt to the society. If schools want to develop, they should carry out relevant improvement and optimization activities according to the current education and teaching mode, and physical education activities are no exception. Improving the relevant teaching mode can accelerate the development of higher vocational physical education activities, and ensure that the trained talents can adapt to the development of society. For higher vocational colleges, it can also realize the aim and purpose of running a school and meet the needs of school development. With the expansion of higher education, the number of college graduates is surging, which makes the employment competition intensified. It is more difficult for students to occupy a place in the society. Whether for the school or the students themselves, their ultimate desire is to promote the employability of students. Therefore, in higher vocational physical education activities, taking employment as the guidance and strengthening the optimization activities of teaching mode can help to realize students' self-worth, and promote the individual to achieve better development.

3. Construction Measures of New Employment-oriented Higher Vocational College Physical

Education Mode

3.1. Optimize the Employment-oriented Higher Vocational College Physical Education Ideas

First, in the current physical education mode, employment occupies a basic position. To promote higher vocational physical education activities to better adapt to social development, it is necessary to have a more systematic grasp of the actual situation of all posts, enterprises and communities. Through the social advanced job standards, we should put forward higher requirements, promote students to have relevant quality and ability, strengthen the cultivation of students' striving spirit, enhance students' sense of competition and cooperation, ensure that students can scientifically deal with the problems in current and future study and work, and effectively show the employment-oriented sports spirit. At the same time, it is necessary to develop the above work on the basis of students' professional knowledge and skills, scientifically design the teaching content, transform traditional education ideas, and promote the formation of the characteristics of higher vocational physical education.

Second, among the many components of vocational education, humanistic value is very significant. To fully embody the function of humanistic education, teachers should give more care to students and strengthen the significance of physical education. For example, as for sports competition in higher vocational physical education activities, teachers should help students correctly treat the competition activities, promote their knowledge and skills to be improved. More importantly, teachers should also focus on cultivating students' collective concept, strengthening their cooperation ability and level, make use of daily training activities to cultivate students' persistent excellent quality. Therefore, when carrying out PE classroom activities, teachers need to not only guide students to study sports technology, but also help them perceive sports humanistic spirit, and then play a good role in edifying students' emotions, enhancing students' humanistic quality, and accelerating the healthy development of students' body and mind.

Third, in higher vocational education activities, people's all-round development is one of its basic goals. In the comprehensive development and activities of the individual, the direction can be determined as employment. With the continuous improvement of students' employability, more and more excellent technical talents will be transferred to the society. In the physical education work, we should focus on the aim of talent training, promote students' employment level, and strengthen their comprehensive quality. In the specific work, physical education teachers should have a scientific concept of employment. The teaching work should be carried out around the students' employment, and the employment should be determined as the key teaching content to ensure the harmonious unity of teaching and employment.

3.2. Take Employment as the Guidance, Select Teaching Content

First, to ensure the health of higher vocational students, we need to carry out physical training activities for students. Most of the current higher vocational students are the post-90s. They are in a critical stage of change, and need to reasonably and systematically exercise various functions of the body. Due to the lack of systematic training activities in middle school, students' physical foundation is relatively poor and their attention to physical exercise is relatively low. After entering the higher vocational colleges, these students are prone to give up in sports activities. To promote the students' physical quality to meet the needs of the post in the future, higher vocational sports activities should focus on the students' basic physical quality training activities, and put it in a basic position.

Second, in today's society, students are facing great pressure in study, work and life. If they lack a healthy body, it is difficult to effectively resist these pressures. This requires that in the process of carrying out the daily physical education teaching activities in higher vocational colleges, the physical competence can be included in the characteristic content of physical education curriculum. All students should base on the perspective of sustainable development, strengthen the development of sports training activities, put forward more strict requirements for themselves, and promote their own post competency.

3.3. Take Employment as the Guidance, Innovate Teaching Methods

First, the important role of classroom education should be reflected efficiently in physical education. In the whole teaching activities, teachers are in the leading position. They should help students to think about related problems independently, give full play to students' dominant role, stimulate their interest in sports learning, and increase their initiative in sports learning. Teachers can ensure the smooth completion of teaching activities in the form of games. As for the classroom teaching activities, the most significant thing in the content of physical education is to focus on cultivating students' physical quality, professional physical competence and comprehensive quality. When seriously carrying out physical education classroom teaching activities, teachers should focus on the teaching work of extracurricular sports activities, which can promote students' personalized development and enhance their sports awareness. To accelerate the completion of higher vocational physical education teaching objectives and help students successfully complete employment, in the specific teaching work, teachers should closely link the in-class and extracurricular sports activities and integrate them into a whole.

Second, higher vocational physical education activities need to attach great importance to the integration of mass sports and competitive sports, and fully reflect their own characteristics. Higher vocational colleges need to increase the investment of facilities and equipment, focus on the improvement of sports venues, and fully reflect the initiative of physical education teachers. In addition, we should also focus on the introduction of sports talents, further strengthen the construction of sports teams, promote the level of sports competition, attract more and more students to participate in physical exercise, and promote the overall competitiveness of students' employment.

3.4. Improve the Employment-oriented Evaluation System

First, in the process of constructing a new mode of employment-oriented higher vocational college physical education, we can increase the evaluation subjects in terms of specific physical education teaching. In traditional sports evaluation activities, evaluation activities are mainly based on teachers. In the current evaluation work, in addition to teachers, classmates and students themselves should be included as the evaluation subject.

Second, in higher vocational physical education evaluation activities, teachers need to make a systematic evaluation of students in many aspects, such as action, performance, quality, psychology, etc., and fully show the comprehensive evaluation content. In addition, in the school physical education evaluation activities, teachers should effectively reflect the guidance and development role of process and development evaluation, and use the process and development of education evaluation activities to help students have a more in-depth understanding of themselves, accelerate the development of students, and make individuals become more sound. In physical education evaluation activities, the development of various activities should be based on specific talent training objectives.

4. Conclusion

The new employment-oriented mode of higher vocational college physical education can effectively promote and develop students in the future. When carrying out specific physical education activities, the majority of PE teachers should have a correct understanding of the importance of employment, closely link employment with physical education activities and integrate them into a whole, be based on the practical goal and employment perspective of talents, constantly improve and optimize the current physical education teaching mode, promote the quality and efficiency of physical education, promote the healthy development of students' body and mind, and accelerate the smooth development of higher vocational physical education activities.

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