

Approaches to the Collaborative Development of Physical Education Teaching and Sports Training in Higher Vocational Education

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Keywords: Higher vocational schools, Physical education teaching, Sports training, Collaborative development

Abstract: In higher vocational schools, physical education (PE) teaching and sports training have the correlation of mutual promotion and coordinated development. With the deepening of the concept of quality-oriented education, vocational schools pay more and more attention to the cultivation of students' physical quality, and the value of PE and sports training courses is gradually improving. Both training and teaching are carried out around the sports theory, and it is need to combine theory with practice. Through long-term education, PE and sports training are developing in a comprehensive direction. Teaching is mainly aimed at how to popularize PE teaching and sports training, while training is more used to consolidate teaching knowledge. How to deal with the relationship between PE teaching and sports training and realize the coordinated growth of PE teaching and sports training in higher vocational schools is a major problem faced by PE teachers today. This article explores the strategy of coordinated and interactive growth of PE teaching and sports in higher vocational schools, so as to improve students' physical literacy and sports level in higher vocational schools.

1. Introduction

Under the background of the continuous promotion of PE reform, students' physical quality and sports literacy have become new teaching objectives, and PE teaching and sports training have gradually developed in a comprehensive direction[1]. For a long time, keeping fit has been an important sports theory in China's sports career. No matter from strengthening people's physique or developing sports, China's PE focuses on PE[2]. Higher vocational schools are places to train professional skilled talents for the society. They should not only cultivate students' excellent professional skills, but also cultivate students' excellent physical quality and improve their vitality, so that students can better devote themselves to professional learning[3]. Under the traditional PE instructional mode, some teachers ignore the connection and difference between PE teaching and sports training, resulting in poor PE teaching effect and unable to effectively achieve the PE teaching objectives[4]. Today, with the deepening of education reform in China, more and more attention is paid to higher vocational education. Only by vigorously strengthening higher vocational education can we provide strong professional talents support for China's economic development[5]. In this regard, higher vocational schools should vigorously promote the reform of sports training and PE to a higher level, focus on solving the difficulties and problems faced by sports training and PE, and adopt more effective methods and measures to maximize the all-round growth of students and lay the foundation for their future employment and development.

In the stage of carrying out sports training and PE teaching in higher vocational schools, we should pay more attention to cultivating students' comprehensive quality and strive to continuously improve students' sports core quality. Only in this way can we promote the effective growth of sports training and PE in higher vocational schools. Whether it is training or teaching, it is all around the sports theory, and it is also need to realize the combination of theory and practice[6]. Through long-term education, PE and sports training are developing in a comprehensive direction. Carrying out PE courses in higher vocational schools is conducive to ensuring students' physical

quality and physical and mental health, and in the context of China's increasing comprehensive national strength, sports has developed at a high speed[7]. In the stage of teaching, we must adapt to the needs of the growth of the situation, constantly reform and innovate, and strive to improve the effectiveness of teaching[8]. How to deal with the relationship between PE and sports training, so that PE and professional sports training complement each other and develop in a coordinated way, is a major problem faced by sports coaches today. This article explores the strategy of coordinated and interactive growth of PE teaching and sports in higher vocational schools, so as to improve students' physical literacy and sports level in higher vocational schools.

2. Present Situation of PE Teaching in Higher Vocational Schools

PE teaching can not only strengthen students' physique, but also convey a kind of sports spirit to students through PE teaching, which exerts a subtle influence on students' outlook on life and values and plays an important role in promoting students' formation of sound personality. With the idea of educating people by PE more and more deeply rooted in people's hearts, most higher vocational schools pay more attention to sports training and PE, which is not only included in higher vocational education, but also optimized and improved in all aspects. As students in higher vocational schools are in an active stage, they are not interested in the teaching content of PE class. Some students just want to relax themselves through PE class, but don't treat PE class teaching as a teaching course, and they despise PE class teaching ideologically, which poses a great problem for PE workers in higher vocational schools[9].

Judging from the overall operation of sports training and PE, not only has it been paid attention to by all sides, but also many teachers pay more attention to the reform and innovation of teaching forms in the stage of organization and implementation, and strive to improve the effectiveness of teaching. Although there are some differences between sports training and PE teaching, the results of sports training are not only the embodiment of students' own sports strength, but also the symbol of the honor of the country and relevant departments. Therefore, in the stage of carrying out training activities, the participating units will inevitably adopt materials or policies to motivate athletes to a certain extent. In the stage of carrying out sports training and PE, some teachers still lack innovation in their operation system. Failure to pay attention to building a diversified, systematic and comprehensive sports training and PE system will also restrict the effectiveness of sports training and PE. In the stage of sports training, students should exercise step by step according to the corresponding training plan, and gradually realize the teaching objectives. The main purpose of training activities is to improve students' sports performance.

3. Interoperability between PE Teaching and Sports Training

PE is an important part of higher vocational education, which plays a very important basic and supporting role in cultivating students' good physical quality, promoting students' all-round development and improving the mechanism of PE. The premise of carrying out sports training is to improve PE teaching. Only when all the contents in PE teaching are fully implemented can students participate in sports training more professionally and effectively. On the other hand, PE teaching also needs to take sports training as the basis. By carrying out sports training, students can fully combine theory with sports practice, thus deepening their understanding and mastery of various theories, and further promoting the improvement of PE teaching effect[10]. PE teaching and sports training are based on PE. From the perspective of guiding ideology, PE teaching and sports training are both a training method to achieve the goal pursued by sports and to complete the task of PE teaching. Some teachers pay more attention to students' subjective initiative and ideological and political education in the stage of sports training, and further strengthen the integration of sports training and ideological and political education, so that sports training has been strengthened and students' spirit of hard work and hard training has become stronger and stronger. Figure 1 shows the stage of sports training in PE teaching.



Fig.1 Sports Training Process in PE Teaching

From the perspective of technical characteristics, the characteristics of sports training and PE teaching are different, specifically, PE teaching is mainly a teaching method adopted by educators through all-round and multi-angles. Its ultimate goal is to help athletes achieve better results or win in sports competition. A sound and perfect sports training and PE teaching system will guarantee the effective growth of sports training and PE teaching. Judging from the current overall operation of sports training and PE in higher vocational schools, many higher vocational schools have continuously increased their efforts in the construction of sports training and PE teaching system, making sports training and PE teaching more systematic. PE educators should be good at using a variety of teaching methods in their work to improve the quality of teaching in PE class. Secondly, teachers should provide professional PE guidance for students in the stage of PE classroom teaching, so that students can have a deeper understanding of the teaching content of PE courses. In the stage of PE teaching, teachers should make reasonable PE curriculum arrangements for students with students as the teaching target.

4. Coordinated Development Strategy of PE Teaching and Training in Higher Vocational Schools

4.1 Establish the Concept of Coordinated Development

In the stage of PE teaching and training for students, teachers should make effective and thorough PE teaching plans in advance, and through reasonable arrangements, students can be effectively trained in all-round PE teaching by using time and space. PE teachers in higher vocational schools are organizers and implementers of PE teaching, and teachers' ideas have an important impact on students' PE learning, so teachers should be improved to understand the importance of their coordinated development ideas. In terms of content, PE teaching focuses on theoretical explanation and practical method explanation, but sports training mainly carries out training activities based on sports principles. Figure 2 shows the instructional mode of PE course based on OBE concept.

Whether to carry out PE teaching activities or sports training activities, it is need to adopt corresponding methods to guide students' learning enthusiasm to be improved, thus strengthening the improvement of students' knowledge and skills, and at the same time being more conducive to the continuous growth of students' physical and mental quality. The most effective way to check the achievements of PE teaching and training is to hold a PE teaching competition, which can stimulate students' enthusiasm to participate in PE teaching and training. At the same time, the sports teaching competition can also convey an important message that the school attaches importance to sports training and sports courses.

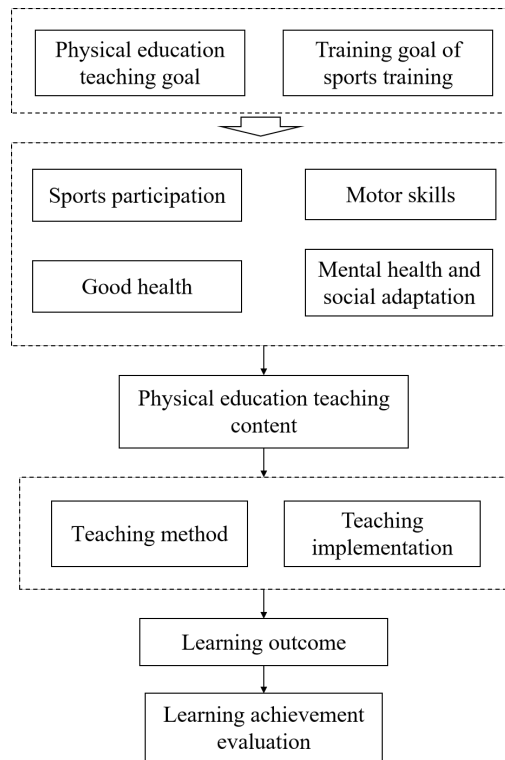


Fig.2 Pe Curriculum Instructional Mode Based on Obe Concept

4.2 Optimize PE Curriculum

Students are the main participants in PE in higher vocational schools, but also the main body and beneficiaries of PE. Therefore, it is more conducive to the improvement of students' physical quality to let students fully understand the importance of coordinated growth of sports training and PE, accurately grasp the relationship between them and combine them organically. In the stage of PE training and teaching, teachers play an important role, which requires that higher vocational schools should investigate teachers' personal abilities and explore teachers' PE teaching and training level in an all-round way in the stage of recruiting PE teachers, so as to introduce excellent PE teaching talents into higher vocational schools.

The purpose of PE teaching and sports training is completely consistent, and because of this, the basic concepts between them are also in a consistent state. Therefore, whether to carry out theoretical teaching or practical exploration, the purpose is to improve students' sports skills and sports ability, and hope that students' professional skills can be continuously improved through instructional mode. The content of PE teaching should be set according to the needs of students. Only by meeting the needs of students' physical development can students be more actively involved in PE learning.

5. Conclusions

In all sports, PE and sports training are two different fields. Understanding the relationship between them is of great benefit to promoting the sustainable growth of PE and sports training. Only by adapting to the needs of the growth of the situation, vigorously improving the effectiveness of teaching and promoting teaching innovation can we make a greater breakthrough in sports training and PE in higher vocational schools. In this regard, both higher vocational schools and PE teachers should deeply realize the important value of strengthening and improving sports training and PE teaching. Schools should fully understand the great significance of the coordinated growth of sports training and PE, explore scientific and effective strategies, promote the coordinated growth of sports training and PE in higher vocational schools, and realize the overall improvement of college students' physical quality. In the specific implementation process, we should focus on strengthening the scientific thinking of sports training and PE teaching, promoting the integration of

sports training and PE instructional mode, improving the systematicness of sports training and PE teaching methods, and promoting the innovation of sports training and PE teaching carriers, so as to make sports training and PE teaching in higher vocational schools step into reform and innovation. PE teaching and sports training, as an organic whole, can promote students' mastery of sports theoretical knowledge and the improvement of sports ability.

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