

Countermeasure of Strengthening Professional Physical Fitness in Higher Vocational Physical Education Teaching Based on Vocational Literacy Training

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Abstract: At present, there is a certain disconnection between the college students trained by higher vocational colleges and the talents needed by enterprises. The main reason is the lack of vocational literacy of College students. It is urgent to strengthen the vocational literacy training of Higher Vocational College students. Higher vocational colleges must attach importance to the development of students' job-hunting and employment orientation, and improving personal physical fitness plays a very important role in job-hunting and employment of students in higher vocational colleges. From the perspective of development, the higher vocational sports curriculum has undergone many reforms. With the different educational requirements put forward by the education department, the higher vocational sports education model has undergone corresponding changes. This paper will start from the development of physical education in the vocational ability training of vocational students, and provide constructive opinions and countermeasures for the reform of vocational education of higher vocational sports teaching.

1. Introduction

There are differences in teaching contents between higher vocational education and ordinary universities. Higher vocational education focuses on cultivating students' professionalism. It is aimed at teaching students' professional operation and skills learning. There are differences in teaching contents between non-general vocational education and ordinary universities. Higher vocational education focuses on cultivating students' professionalism, and it is a guideline for students' professional operation and skills learning. For sex teaching, non-general education [1]. At present, the requirements of employees' physical fitness are getting higher and higher, especially for improving students' physical fitness. But in today's society, students only have excellent professional ability is far from what the society needs, so for today's higher vocational colleges, training students' professional skills is only one aspect [2]. As an important part of higher vocational education, physical education has long been deeply influenced by traditional colleges and universities. Nothing in education objectives, curriculum, teaching mode and direction fully reflects the characteristics of higher vocational sports education [3]. Occupational physical fitness is the physical fitness related to occupation (labor) and the tolerance and adaptability in poor working environment conditions. It is the physical activity ability required after the analysis of specific work ability [4]. Therefore, in order to occupy an advantage in the fierce competition of talents, schools must pay attention to the training of students' professional physical fitness, and physical education in higher vocational colleges is the most effective way to improve the professional fitness of vocational students.

2. The Connotation and Characteristics of Professional Literacy

2.1 The Connotation of Professional Literacy

"Literacy" refers to "daily accomplishment", which refers to the height that a person achieves through long-term learning and practice (cultivation of practice) in one aspect, including functional and non-functional. Professional accomplishment is a person's behavior accomplishment is the connotation, personal behavior is a person's external appearance [5]. Personal professional

competence is an important part of personal professional accomplishment. Personal dedication and moral quality are the necessary conditions of personal professional accomplishment. Contemporary higher vocational education attaches great importance to the cultivation of students' abilities and qualities. Ability cultivation is the cultivation of students' learning, communication and organizational abilities. In order to better adapt to the development of society, schools should include relevant professional literacy education in knowledge teaching, and combine the characteristics of students' courses to carry out relevant characteristic teaching [6]. Higher vocational education focuses on the cultivation of students' ability and basic literacy. The ability of learning, communication and organization is the main body of ability training. The quality of will, professionalism, responsibility and team awareness are the core of quality training. The "occupational" connotation of higher vocational education.

2.2 Characteristics of Professional Literacy

Professional accomplishment is a trainable style of work and behavior, which is acquired through learning and practice training the day after tomorrow. It is the result of three complementary processes: the establishment of concept consciousness, the establishment of thinking mode and the formation of behavior habits [7]. In the process of teaching physical education in Higher Vocational colleges, we should actively explore and play a variety of teaching methods and rich teaching content, so as to achieve a close combination of physical education teaching in higher vocational schools and students' professional development and professional characteristics. Realize the cultivation of professional literacy into the practice of physical education. Promote the development of school education and lay a good foundation for the employment of future students. Practice has proved that employers value graduates' basic professional literacy, that is, learning ability, organizational coordination ability, enterprising spirit and curiosity. These qualities are crucial to the future career development of practitioners and are important factors in determining the success or failure of the workplace [8]. The professional quality training in higher vocational education is based on the existing teaching resources, and the comprehensive training of students' physiology, psychology, thinking and practice to enhance the actual effect of education.

3. The Significance of Strengthening Professional Physical Fitness in Higher Vocational Physical Education Teaching

3.1 Helping to Improve Students' Physical Quality

With the improvement of material living standards, students' physical health level has been significantly improved, nutrition is enough, and calories are enough, but physical function and physical fitness are showing a significant downward trend. The continuous decline in the physical fitness of Chinese students in the past 21 years has directly affected the growth of the key generation of the younger generation, which directly affects the quality of talent training in China. It has increasingly attracted the attention of the party and state leaders and the strong concern of all sectors of society. Professional accomplishment is the comprehensive quality of the staff in the professional environment and activities. It follows the inherent requirements of the profession in personal world outlook, values and outlook on life, and shows high quality style and behavior habits through professional knowledge and skill level. Higher vocational students have no idea of their own professional needs for physical fitness, not to mention how to choose practical exercise methods to develop and improve the physical fitness required by vocational skills; at the same time, with the breakthrough of students' professional physical fitness, we can improve the physical fitness of all students while developing students' professional physical fitness. In order to strengthen students' professional physical fitness, it is helpful to improve students' physical fitness while developing students' professional physical fitness.

3.2 Improving Students' Professional Skills

With the development of the times and the deepening of the application of science and technology in the modern production process, the demand of the society for talents is getting higher and higher. Many Posts require not only good professional knowledge and skills, but also strong physique, good psychological quality and adaptability, so as to work better. The main purpose of higher vocational colleges is to cultivate more practical high-skilled talents for the country, which requires students to adapt to the monotonous and tense working environment, but also to have a good level of Vocational skills. It is true that training students' professional skills is the ability to carry out vocational work, but the mastery and utilization of many professional skills must be guaranteed by corresponding professional physical ability. The content of professional literacy has a certain comprehensiveness. It not only includes professional knowledge, senior qualifications and skill level, but also professional consciousness, morality and attitude, which have a very important impact on personal career development. Consciously strengthen the commonality of physical education activities and professional work, and carry out various sports skills, professional physical fitness, sports health knowledge and socialized education related to future vocational characteristics, and cultivate students' adaptability to future careers. Therefore, in the physical education teaching, the teacher has the purpose to have the opportunity to carry out the physical training that suits the professional characteristics, actively guide the students to participate in the exercise, and improve the professional performance of the students while further improving the professional skill level.

3.3 Optimizing Practice Links

The society requires all-round talents of physical education specialty. They should have solid theoretical knowledge, practical experience and practical ability. Graduates should be able to fight and win when they come to the employing units. It has the same sports characteristics as other colleges and universities, that is, to improve students' physical health level, as well as the special specialty and orientation of physical education teaching in Vocational colleges. Quality training is the cultivation of students' quality, spirit, consciousness and morality, which can reflect the connotation of vocational quality in Higher Vocational education. Therefore, in the process of training, we must pay attention to practical teaching links, optimize practical teaching, and cultivate compound talents. This requires increasing the intensity of practical teaching links, cultivating hands-on skills in practice, and shortening the distance between theory and practice. In addition to completing the tasks, it is also necessary to carry out relevant sports knowledge education and professional physical ability training around the students' professional fitness. It can be seen that the most direct and effective physical education for improving the physical quality and psychological endurance of vocational college students is particularly important. The development of modern higher vocational physical education activities must be guided by professional ability and promote the improvement of students' comprehensive quality.

4. Countermeasure of Strengthening Professional Physical Fitness in Higher Vocational Physical Education Teaching

4.1 Changing the Concept of Physical Education Teaching in Higher Vocational Colleges

At present, the current curriculum system of physical education in higher vocational colleges is based on the sports optional courses cultivated by students' sports interests. The composition of physical education classes is not established according to the relative consistency of the current professional or future professional work. Teaching in professional physical fitness. Infiltrating the idea of professional physical fitness into the process of higher vocational sports teaching is a revolution in the traditional physical education teaching thought. Physical education educators should timely conform to the development needs of the situation and fundamentally change the old ideas and concepts formed for a long time. Establish a new concept of physical education and cultivate students' awareness of physical education. Physical education teachers should make great efforts to strengthen students' physique, improve their physical health level and cultivate students'

long-term exercise habits. The long-standing traditional education mode of teaching competitive events has been transformed into an organic combination of physical exercise and professional physical fitness. In order to promote college students' career planning to face the increasing employment pressure year by year, the main purpose is to cultivate their innovative ability, encourage them to start their own businesses, cultivate their innovative ability, and then alleviate the employment pressure. Students should be regarded as the main body of teaching, the dominant position of students should be highlighted, and a harmonious, cheerful and democratic teaching atmosphere should be created to enhance students' interest in sports.

4.2 Reforming the Existing Teaching mode and Enhancing the Effectiveness of Physical Fitness Teaching

The current PE optional course teaching mode in higher vocational colleges is the dominant mode. Because the curriculum and teaching mode of PE optional course mainly focus on the study of specialized sports knowledge and technology, the practice density in the course teaching is relatively high, but the intensity of sports is insufficient, and many courses are confined to indoor teaching venues. Most of the physical education courses in higher vocational colleges adopt the dominant mode, that is, they pay too much attention to the study of professional knowledge and skills, but neglect the training of professional physical fitness. Higher vocational physical education teachers should infect students with their own personality charm, make full use of their special professional identity, and cultivate students' professional ethics spirit. There is no direct contradiction between the PE-led curriculum model and the strengthening of professional physical fitness. The key lies in how to scientifically and rationally carry out the teaching organization, the selection of teaching content and the reasonable arrangement and regulation of the amount of exercise in the curriculum design. The teaching venues of many subjects are confined to the interior, so that students often only master the basic idea, but physical fitness has not been substantially exercised, let alone professional fitness. Combining physical education with real life, giving students the autonomy to choose teaching activities that conform to their own psychological characteristics and physiological characteristics, so that students can truly participate in and experience the satisfaction as the main body of physical education, so as to achieve comprehensive training of students' personality and The development of quality.

4.3 Enriching and Developing the Objectives of Physical Education Course and Improving the Service Function of Physical Education Teaching

Physical education in higher vocational colleges should take "educating people" as the highest goal, set up the idea of "lifelong sports" for students, and "enhance operational ability and lifelong benefit" throughout physical education teaching. Colleges and universities should establish professional information early warning mechanism, strengthen the analysis and prediction of the development of higher education, adjust discipline and professional settings according to the needs of economic and social development, and carry out in-depth education and teaching reform oriented by employment, market and social needs. In order to improve the comprehensive quality of students as a whole, the school should design a sports teaching program with professional characteristics according to the actual situation of students. At the same time, we must adopt a scientific and reasonable design in the teaching mode of physical education curriculum. The occupational characteristics such as long-term fixed posture and single repetitive movement in work are likely to cause physical fatigue and deformity development of the students. Teachers can perform corresponding compensation exercises according to the professional characteristics of students in physical education to promote the normal development of students. . For the professional type, professional characteristics and long-term influence of the occupation on the human body, set up sports programs that can develop professional physical fitness and prevent occupational diseases. The concept of improving the quality of teaching is an eternal theme, establishing a system of self-inspection, mutual inspection, and special inspection, implementing total quality management, whole-process management, and full-participation management, actively carrying out quality inspection of personnel training, and meeting certain quality standards. Graduates can be pushed to

society.

5. Conclusion

Modern society has higher requirements for college students' own quality than in the past. The requirements for students' professional quality are getting higher and higher, which makes higher vocational sports teaching need more time and energy in cultivating students' professional quality. In sports teaching, the elements of life should be integrated into it, which is also the only way for the reform of physical education. It not only plays an important role in cultivating students to actively participate in sports activities, but also plays an important role in improving students' future life skills and social responsibilities. Higher vocational colleges must continuously reform the teaching strategies, which can fully reflect the practicality of physical education. Then, we should set up the correct teaching objectives, reform the teaching objectives, strengthen the students' professional quality of physical education, and teach according to the characteristics of students. As physical education educators in Higher Vocational colleges, they should consciously improve their professional accomplishment and reform the physical education curriculum as a whole. In short, vocational colleges should attach importance to the cultivation of professional quality, establish correct teaching ideas, combine with the actual teaching content, while training and improving students' physical fitness, form good professional quality, and cultivate professional talents needed by the society.

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