

Research on the Teaching of Public Physical Education in Higher Vocational Colleges Guided by Innovation and Entrepreneurship

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Abstract: Higher vocational education is an important part of school education in China. It shoulders the mission of cultivating talents for economic and social construction and development. Cultivating talents with basic entrepreneurial quality and pioneering personality is the main goal of innovation and entrepreneurship education. Since the 16th National Congress of the CPC Central Committee, the innovation and entrepreneurship education of college students has been regarded as one of the important work of the CPC Central Committee. The Ministry of education has also issued relevant documents to make clear instructions for the innovation and entrepreneurship education of schools. This study takes innovation and entrepreneurship education as the guidance and public physical education in higher vocational education as the main research object, explores the internal relationship between Higher Vocational Public Physical Education and the cultivation of students' innovation and entrepreneurship ability, and analyzes the shortcomings of Higher Vocational Public Physical Education in students' innovation and entrepreneurship ability. Based on the comprehensive analysis of the cognition of physical education and the demand for physical education of students who have gone to the society, this paper seeks the ways for Higher Vocational Public Physical Education to cultivate students' innovation and entrepreneurship ability, provides suggestions for the integration of Higher Vocational Public Physical Education and students' innovation and entrepreneurship ability, and makes students' innovation and entrepreneurship road wider, faster and farther through physical education.

Innovation and entrepreneurship education is a new education and teaching concept and teaching mode in China's educational circles, which is of great significance to China's national strategic development and the development needs of social economy. Since the 16th National Congress of the CPC Central Committee, vigorously promoting college students' innovation and entrepreneurship education has become one of the important work of the CPC Central Committee and the State Council. This work has been incorporated into the national development strategy and has issued documents for many times to provide policy support and development guidance for the reform and development of college innovation and entrepreneurship education.^[1] The cultivation of students' innovation and entrepreneurship ability is a comprehensive product of school education, which needs the joint action of various disciplines and departments. School physical education is an important part of school education. Under the background of mass entrepreneurship and innovation, it is of great significance to promote the cultivation of students' innovation and entrepreneurship ability with physical education.

1. The necessity of promoting physical education and cultivating students' innovation and entrepreneurial ability in Higher Vocational Colleges

Although innovation and entrepreneurship education and higher vocational physical education are two things in different categories, they interact with each other and overlap each other in learning, life and career development. In the document "opinions on vigorously promoting innovation and entrepreneurship education in Colleges and universities and college students' independent entrepreneurship" issued by the Ministry of education in May 2010, it is clearly pointed out that innovation and entrepreneurship education is "a teaching concept and model produced to meet the needs of economy, society and national development strategy". It emphasizes

the concept and mode of education, and encourages us to integrate various discipline education with innovation and entrepreneurship education in talent training, so as to establish discipline teaching concept and teaching mode that can promote the development of students' innovation and entrepreneurship ability. Higher vocational physical education can ensure that students devote themselves to the study of professional knowledge and skills with healthy body and mind.^[2] Innovation and entrepreneurship also need strong will, good communication skills, interpersonal relationship processing ability and self emotion regulation ability, which can be well exercised in participating in sports activities. At present, most higher vocational colleges often ignore the cultivation of students' innovation and entrepreneurship ability by physical education. The setting of physical education curriculum is simple and the form is single. They only pay attention to the teaching of sports theoretical knowledge and sports skills, pay insufficient attention to students' personality development, and ignore the cultivation of various abilities such as psychological quality and practical ability, So that students can not recognize the significance of sports to their innovation and entrepreneurship.

2. Research status of innovation and Entrepreneurship Education

Innovation and entrepreneurship education started earlier in western developed countries. So far, the United States has a development history of more than 60 years. Relevant research in China rose in the 1990s, started relatively late, and the education system is still improving.^[3] At present, the research on the integration of sports and innovation and entrepreneurship education is still relatively rare, mostly focusing on sports professional education. Only more than 20 relevant documents can be retrieved through China HowNet, including less than half of the public sports in Higher Vocational Colleges and the cultivation of students' innovation and entrepreneurship ability. It can be seen that the relevant research on strengthening the cultivation of students' innovation and entrepreneurship ability through the teaching reform of public physical education curriculum in China is very rare, with depth and breadth, and there are very few references. The integration of innovation and entrepreneurship education in public physical education curriculum education is not mature enough to form a complete talent training system. Taking Jiangxi Higher Vocational Colleges as an example, through the exchange and visit, it is found that at present, the teaching of physical education courses in most higher vocational colleges is mainly based on traditional skills. Some higher vocational colleges have implemented the teaching form of optional classes to meet the development of students' interests. In addition, a few higher vocational colleges have adjusted the course teaching content in combination with the needs of professional physical development. Students with different professional needs learn different contents, which has strong career pertinence and is conducive to students' career development. In the investigation and research, there are still few cases that really integrate physical education with innovation and entrepreneurship. In the teaching process, some teachers will also mention the functions of physical education, such as psychological adjustment, teamwork and temper will, but they have not strengthened them. They mainly focus on the fitness and shaping role of physical education, and focus on technical teaching in the teaching process, Lack of awareness of cultivating students' innovative and entrepreneurial ability.

3. The internal relationship between innovation and entrepreneurship ability and sports

Innovation and entrepreneurship education is a practical education to adapt to social development. It requires the development of students' comprehensive quality, emphasizes the application ability and practical ability of knowledge, and trains compound talents with innovation and creativity.^[4] Physical education is an important subject in school education, which runs through the whole education system. From enlightenment education to university education, physical education plays an important role in talent training. To cultivate students' innovation and entrepreneurship quality and improve students' innovation and entrepreneurship ability through physical education, we must fully understand the quality that should be possessed in innovation and

entrepreneurship, and combine it with physical education to achieve the goal.

3.1 Impact of physical education on the health of higher vocational students in innovation and Entrepreneurship

Fitness and shaping function is the fundamental attribute of sports. People can promote the healthy development of the eight systems of the body and obtain a healthy physique by participating in physical exercise. Having a strong physique is the basis to ensure the development of any career. Without a healthy body, there is no ability to continuously invest in work for a long time, and all knowledge and creativity are difficult to give full play to their maximum efficiency. Although higher vocational students are lively and active, because the development of school physical education in China is not perfect, higher vocational students generally come from schools with relatively poor teaching resources, and their physical education is very limited, so there is a common phenomenon of being active but not good at physical education. Therefore, to cultivate students' innovation and entrepreneurship ability, we must first ensure that the innovation and entrepreneurship entrepreneurs have a healthy physique and good posture, and advocate scientific exercise.

3.2 Influence of physical education on mental health of higher vocational students in innovation and Entrepreneurship

A healthy attitude is the basic quality for innovation entrepreneurs to succeed. In the process of career development, participants will inevitably encounter various difficulties and setbacks, temptations and risks. At this time, we need to have a healthy and good psychological quality. Students have strong willpower when encountering setbacks, can encourage themselves not to be defeated by difficulties and failures, and continue to move forward firmly towards their goals. In the face of pressure and temptation, you can always keep calm, resist temptation and think calmly.^[5] In the face of risks, they dare to take risks and challenge in a severe situation, so as to seize the opportunities coexisting with risks and win success. Higher vocational students' cultural achievements are lower than those of ordinary college students. Academic pressure has always had a serious impact on Higher Vocational Students' self-confidence. However, higher vocational students' sports ability is not much different from other students, and they even have more advantages than ordinary college students. Sports can let participants exercise their cognitive ability in the process of participation. It is inevitable to encounter various subjective and objective difficulties in the process of sports. Every experience beyond themselves can exercise the participants' psychological qualities such as personality, temperament and willpower, so as to create a healthy psychology. People who often participate in exercise are sunny, positive and fearless. Therefore, physical education plays an important role in cultivating the mental health of higher vocational students, and has a great impact on the mental health of higher vocational students.

3.3 Influence of physical education on interpersonal communication of higher vocational students in innovation and Entrepreneurship

Interpersonal skills are essential for innovative entrepreneurs. It is impossible to achieve innovation and entrepreneurship alone, and life and society are inseparable from interpersonal communication. Good interpersonal relationship can make people find both ways, expand the circle of friends of innovative entrepreneurs, obtain a large amount of timely information, get opportunities to cooperate with others, etc. 80% of success comes from personal interpersonal skills. In some collective sports activities, such as basketball, football, volleyball and so on, participants must break the self closed state and actively communicate with others in order to win the final victory. By participating in this kind of physical exercise, it can promote the participants' team spirit, interpersonal communication and competitive consciousness. People's good moral style formed in the process of sports is bound to migrate to daily social life, study and work. Therefore, sports will have an important impact on people's interpersonal communication. Long term participation in group sports activities can sharpen the will quality of participants and exercise their interpersonal skills. Moreover, sports activities themselves are also a social form and platform.

3.4 The influence of sports on the leisure style of higher vocational students in innovation and Entrepreneurship

People can't live without leisure. After work and study, we need to adjust our physical and mental fatigue through reasonable leisure, so as to meet the new challenges we will face in a better state. Influenced by the family growth environment and education environment, higher vocational students often do not have a deep understanding of leisure and entertainment. Leisure is an activity that people can enjoy their body and mind voluntarily and freely after study and work. Sports itself is also a kind of leisure and entertainment activities, and its individual and social functions can not be replaced by other leisure and entertainment activities. Through the physical catharsis, the inner emotion can be better released, and the dopamine secreted during exercise also plays an important role in psychological regulation. Therefore, students' understanding of the leisure attribute of sports also has an important impact on students' innovation and entrepreneurship ability. Whether participating in sports activities or appreciating sports competitions can play a good role in relaxing, alleviating depressed emotions, and affecting the success of innovation and entrepreneurship.

4. Countermeasures and suggestions

4.1 Teachers improve their own cognition and innovate the concept of education

Teachers are the leaders of classroom teaching. To integrate innovation and entrepreneurship education into higher vocational physical education, first of all, physical education teachers should comprehensively analyze the innovation and entrepreneurship elements in sports and explore how sports can help students' innovation and entrepreneurship development. After long-term development, physical education plays an important role in talent training, paying attention to the self-improvement and adjustment function of physical education. In teaching, students are taught to master various sports skills, guide students to actively participate in physical exercise, develop scientific exercise habits, strengthen their physique through physical exercise, shape a perfect body, create a good mental outlook, let students hone their will, cultivate morality, regulate their emotions, and exercise their awareness of communication and cooperation in the process of participation. The improvement of these qualities can play an important role in the development of students' innovation and entrepreneurship. In the teaching process, physical education teachers should constantly deepen their understanding of the self-improvement and psychological adjustment function of physical education outside fitness shaping, and guide students to understand and recognize the relevant value of physical education through learning and practice, rather than simply fitness and shaping. In addition, with the development of society, people's demand for sports is becoming more and more vigorous. Besides my promotion, sports are gradually becoming a healthy way of life. It has also become a way to close people's emotions through partner fitness or talking about sports related topics. Therefore, sports can not only improve and adjust themselves, but also become a way of communication, promote mutual understanding between people and help career development. Therefore, to integrate sports with innovation and entrepreneurship education, teachers themselves should constantly tap the innovation and entrepreneurship elements in sports, re-examine physical education from the perspective of innovation and entrepreneurship ability training, reflect on how to guide students to recognize the role of sports in promoting the development of innovation and entrepreneurship in teaching, and realize the integration of sports and innovation and entrepreneurship education, Serve the future career development of students.

4.2 Pay attention to cognitive education and deepen students' Sports Cognition

Through the analysis of the questionnaire, it can be seen that students, whether in school or not, believe that sports can help self-improvement, but there are also problems of incomplete cognition, especially the functions other than fitness and shaping. The incompleteness of cognition makes it more difficult to form sports habits, and it is difficult to mention its importance in career development. To attach importance to something must be based on deep cognition and needs, just as eating can solve hunger, otherwise you will lose your life. Therefore, to guide students to

promote the development of innovation and entrepreneurship through sports, we should first help students understand the relationship between the two. When students really understand the innovation and entrepreneurship elements in sports, they can raise the sports discipline to its due height in the learning process, so as to actively think about what kind of sports abilities they need and how to obtain and practice these abilities, And practice sports in life and apply them to the process of innovation and entrepreneurship.

4.3 Optimize the course structure and highlight the practicability of teaching content

Through the analysis of the questionnaire, it is found that scientific, simple and easy exercise is most favored by the participants, which is very consistent with the fast-paced lifestyle in today's society. Facing the heavy pressure of study, work and life, many students can not guarantee to participate in physical exercise for a long time and regularly after entering the society. The effective use of fragmented time is particularly important in study and life. With the development of education, the content of school physical education is becoming more and more rich. Coupled with the rapid development of information technology, students' interest in physical education can be basically met. However, with the change of living environment, sports demand is also changing. For example, ball games are popular with students, but there is a clear contrast after employment. Therefore, in the content selection of physical education in higher vocational colleges, we should analyze the characteristics of students' future development, integrate some projects with flexible time, easy operation and strong continuity into classroom teaching, make full use of modern teaching means, carry out theoretical transmission and case sharing, penetrate physical education teaching inside and outside the classroom, and guide students to learn, do and understand more, Ensure that the learned sports only meet their own development needs, can have a wider application scenario, and play a long-term role in promoting the future career development.

4.4 Improve the evaluation system and pay attention to the goal orientation of the evaluation system

The curriculum evaluation system will directly affect students' learning orientation. It is necessary to guide students to understand the innovative and entrepreneurial elements in sports, which should be reflected not only in classroom teaching, but also in the curriculum evaluation system, highlighting the operability and long-term effectiveness of sports. At present, the assessment of public physical education courses in higher vocational colleges is mainly based on skill learning and physical fitness. Due to the individual differences in students' physical condition and interest, too much emphasis on the evaluation of skills and physical fitness will have an impact on cultivating students' enthusiasm for participation, The lack of evaluation indicators of innovative and entrepreneurial ability training elements is also not conducive to strengthening students' attention to the cultivation of innovative and entrepreneurial ability of physical education. In practice, we can start with the cultivation goal of innovation and entrepreneurship ability, integrate self-improvement and discipline cognition into the assessment indicators, and formulate an innovation and entrepreneurship oriented physical education curriculum assessment system. For example, in order to fully serve the cultivation of innovation and entrepreneurship ability, sports must first ensure the basic fitness attribute of sports. To achieve this goal, we must develop the habit of participating in exercise and be good at using fragmented time for physical exercise, which can be reflected in the assessment indicators through information means, Urge students to upload leisure exercise videos 2 to 3 times a week through the learning platform as course assessment indicators, and urge students to think about how to use leisure time to arrange and carry out physical exercise in their study and life. In addition, some integration activities of sports and innovation and entrepreneurship training can be organized in the classroom, and the effect of the activities can be evaluated to enhance students' sense of experience and participation. Use information-based means to share the practical cases of sports in innovation and entrepreneurship, let students participate in learning and discussion, assess students' learning status in practical application and cognition, and promote the cultivation of students' innovation and entrepreneurship ability.

5. Conclusion

Vigorously promoting college students' innovation and entrepreneurship education has become one of the important work of the CPC Central Committee and the State Council. The cultivation of students' innovation and entrepreneurship ability needs the reasonable role of various disciplines. As an important part of school education, physical education needs to constantly sublimate the discipline value and give full play to the role of this discipline in the cultivation of students' innovation and entrepreneurship ability. Higher vocational students are different from ordinary higher education. In practice, educators need to constantly explore the multiple values of sports in students' career development, and explore the physical education reform with long-term value of talent training in combination with students' development characteristics, so as to help students get more benefits from sports.

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