

Research on Sports Training Form in Talent Training Mode of Higher Vocational Colleges

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Abstract: Vocational education has a variety of talent training modes, such as modern apprenticeship system, school enterprise co training and so on. Physical education teaching organization also has its unique characteristics, such as flexible form and strong practicability. It is of great significance to improve the quality of physical education teaching, enhance students' post professional physical fitness and cultivate students' will quality. We should make a bold attempt in the process of practical teaching, Promote the development of Higher Vocational Physical Education in China.

Vocational education aims at cultivating blue collar workers and serving the national social and economic development, and cultivating high-quality and skilled applied talents for front-line posts. With the continuous development of national economy and science and technology, talent training in higher vocational colleges will gradually move towards the direction of diversified development. Therefore, in teaching practice, we need to innovate constantly and cultivate front-line talents to meet the needs of social development.

1. Talent training mode in modern vocational education

With the continuous development of economy, the industrial structure and development mode are constantly adjusted, and new requirements are constantly put forward for the talent training of modern vocational education. We should not only realize the concept of lifelong education, but also coordinate the development with the talent training of other levels, so as to meet the needs of social development for the talent training of vocational education. At present, apprenticeship, school enterprise training and other talent training modes have been widely used in vocational education with distinctive characteristics and achieved very significant educational results.

2. Physical education teaching organization form adapted to the talent training mode of modern vocational education system

The development system of modern vocational education needs to innovate the talent training mode. The teaching space should be gradually extended from inside the school to outside the school, and multi departments and industries should participate together, which will impact the traditional physical education organization form with the school as the main body and the classroom as the center. Therefore, the organizational form of school physical education should also be reformed to adapt to the talent training mode of modern vocational education.

2.1 Joint training form of resident enterprises

Under the apprenticeship and other talent training modes under the needs of modern vocational education, physical education must change from school curriculum to enterprise curriculum. The form of sports organization should also conform to the characteristics of quasi occupation. Schools and enterprises should be jointly responsible for students' sports activities. First, we should provide professional training for enterprises; Secondly, schools and enterprises should work together to ensure that the layout and construction of sports facilities can ensure the order of campus sports

teaching; Third, in combination with practice, the organizational forms should also be diversified. We should not only do a good job in the classroom, but also scientifically design activities outside the classroom, so as to participate in sports clubs instead of traditional physical education. Students mean to do their favorite sports according to their own strengths and hobbies, and participate in training and learning with a relaxed attitude.

2.2 Embedded enterprise training form

Basic stage: Aiming at developing students' physical health, some schools urge students to strengthen exercise, strengthen their physique, master basic and easy-to-use fitness methods, and guide students to pay attention to sports and participate in sports. Interest selection stage: combined with the school's own situation, provide students with as many sports choices as possible, so that students can choose, learn and participate in different sports according to their own hobbies, and gradually develop students' Sports Hobbies through associations or the second classroom. Post ability improvement stage: combined with the needs of enterprises, on the premise that students have quasi professional characteristics, according to the professional characteristics, analyze the needs of posts for physical quality and sports ability, which is jointly implemented by professional backbone teachers and enterprise personnel, carry out physical education for students that matches the needs of enterprises, and cultivate students' Lifelong Physical Education at the same time, Integrate the needs of professional sports into teaching, so as to improve students' comprehensive quality and provide sports guarantee for adapting to professional sports.

Through diversified integration, it condenses the perseverance of students, guides students to wholeheartedly stick to their character and loneliness, stick to their posts, have the courage to forge ahead, organically combine service spirit, sports culture, corporate culture and professional culture, provide enterprises with services with service awareness and development ability, and can use and grow rapidly, It can provide necessary jobs for students to enter the workplace, provide service awareness for sports culture and enterprises, and realize the integration of culture and professional culture.

2.3 Training form of trusteeship enterprise

Sports entrustment enterprises can reduce the sports demand of jobs, take the implementation of sports organization forms as a part of training professionals, and make the organization forms more flexible and diverse. According to the required physical strength, we should constantly adjust the system, objective and purposeful form of education organization, improve the efficiency of education, enhance the occupation strength of students, prevent occupation disease, enrich the cultural life of enterprises, create positive atmosphere, display and extend the sports society, and ensure the times and advanced nature of physical education.

2.4 Enterprise training form

In one or two years of practice, the physical education course is conducted in the form of "student time accumulation". During the three-year internship period, Party B shall carry out reasonable business education. For example, in the law department of a university, the students are taught in the school by the cooperative department in the first semester, and the physical education class is also arranged in the first semester. In the face of problems, considering that the physical education course will be postponed to the future, We can learn physical education before graduation, implement physical education into the overall high-level education, effectively solve the time conflict between students' practical training and physical education teaching, make physical education teaching more effectively realize the flexibility of education, and cultivate students' lifelong physical education consciousness based on students.

2.5 Training forms of linkage Enterprises

Under the guidance of the Five-Year "3 + 2 differentiated" talent training mode, junior colleges should formulate physical education curriculum standards, middle and senior physical education curriculum outline and training plan, establish a reasonable and complete physical education

organization form, establish school physical education curriculum system resources, educational content and training plan, actively promote and adjust the distribution of education within five years, High level schools regularly hold seminars for middle and senior teachers and carry out public lectures on physical education. Invite middle school teachers to discuss, visit and study together. The two sides have regular exchanges in the selection of teaching contents, the adoption of teaching methods and the form of teaching organization. For example, the sports operation and management major of a university in Guangdong Province regularly holds senior teachers and talent conferences to study the coordinated development of sports, curriculum and teacher-student interaction, so as to realize the integrated development of middle school sports. The form of high school sports teaching should avoid duplication of educational content, save educational costs, pay attention to level differences and ensure the continuity of education, Psychology that students don't like is similar or repeated in intermediate and advanced courses. Students don't like sports, which lays a good foundation for improving their skills.

3. Conclusion

Modern vocational education is developing towards diversification, which is a process of continuous exploration and practice. Physical education is in the stage of reform. In the process of exploring sports organization forms, new sports organization forms, such as "permanence", "merger", "trust", "official", "linkage", and modern vocational education with students as the main body, are developing rapidly. They have the characteristics of flexibility, practicability and openness. Their reaction ability and operability test their courage.

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