

On the Innovation of Higher Vocational Physical Education Guided by Vocational Education

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Abstract. Higher Vocational College is an important strategic position to cultivate applied talents in the field of education in China, and physical education is an essential course in higher vocational colleges. From the perspective of vocational education background, physical education curriculum education in higher vocational colleges should be improved and innovated with the change of educational objectives and teaching forms, to ensure higher efficiency and quality of personnel training. Therefore, this paper mainly discusses the innovation and development of physical education in Higher Vocational Colleges with vocational education as the leading background, with the purpose of promoting personnel training to a higher level, making students more professional and professional, to promote students' vocational skills and have better core competence in social work in the future.

Keywords: Vocational Education; Higher Vocational Colleges; Physical Education.

1. Introduction

From the perspective of vocational education, it is necessary to improve the physical education ability of students in vocational colleges to promote the output talents of higher vocational colleges to have a high level of employment ability. Therefore, under the background of quality education, vocational education as the guide of physical education innovation in higher vocational colleges is imperative, teachers must be prepared to meet opportunities and challenges, in order to teach every class and every student well.

2. The Deficiency of Physical Education in Higher Vocational Colleges

2.1. Lack of Innovation in Educational Philosophy

With the continuous advancement of quality education process and the in-depth exploration of the new curriculum standard teaching reform, the education and teaching standards of higher vocational colleges are constantly adjusting. However, from the perspective of physical education, the PE curriculum teaching guided by vocational education lacks innovation. On the one hand, it does not fully integrate the vocational education ideas, on the other hand, it is because the current sports teaching concept lacks innovation. At present, most of the physical education in higher vocational colleges is teacher-centered, and students are passively participating in Physical Education under the guidance of teachers.

Moreover, the main goal of physical education in higher vocational colleges is to relieve the pressure of students, which has neither achieved the goal of training students' physical quality nor demonstrated the concept of Vocational Education [1].

2.2. There are Deficiencies in Curriculum Arrangement

From the current teaching situation of higher vocational colleges, physical education teaching in the process of education is more like an activity class for students to relax their emotions. Theoretical guidance and practical teaching are insufficient. At the same time, the physical education curriculum arrangement in higher vocational colleges is very lack of rationality, and even some schools have no systematic sports teaching items every week, which makes students' sports spirit have no room to play,

and it is difficult to show vocational education ideas, and can not exercise students' body well. This lack of practical curriculum arrangement has a great impact on students' comprehensive training Raise.

2.3. No Advanced Curriculum Resources

At present, in most of the sports teaching activities in higher vocational colleges, there is a shortage of educational resources, and physical education is no exception. First of all, physical education in higher vocational colleges is lack of curriculum resources carrier in theoretical guidance, and students almost rely on Teachers' oral instruction as guidance; secondly, sports teaching lacks advanced sports facilities as auxiliary teaching projects, and students' sports skills are limited; finally, physical education under the background of vocational education lacks the support of curriculum resources, and only relies on theory to strengthen It is difficult to improve students' professional practice skills. In summary, this leads to higher vocational college students in physical education to strengthen the teaching goal of professional ability is deeply hindered [2].

3. Innovative Ideas of Physical Education in Higher Vocational Colleges Guided by Vocational Education

3.1. Combining Students' Major to Show the Characteristics of Colleges and Universities

Physical education in Higher Vocational Colleges mostly aims at promoting students' physical fitness, and pays more attention to activity and physical function improvement in teaching form. But vocational education as the guide of higher vocational physical education can no longer adhere to the old teaching concept, need to integrate students' professional curriculum teaching objectives, present a form of physical education with college characteristics, to strengthen students' professional ability and professional level through physical education.

For example, for students majoring in computer and nursing, they often face the computer screen or keep their heads down for a long time. The physical education teaching of this group of students can be transformed into the study of aerobics and fighting aerobics, which can help students improve their fatigue and strengthen their physical coordination ability, and effectively avoid cervical fatigue and excessive eye use [3].

3.2. Integrate Students' Interests and Hobbies to Enrich Classroom Content

There are rich teaching majors in higher vocational colleges, and students of different majors also have different personalized development differences. Under the background of vocational education as the guide, physical education teaching should naturally integrate the interests and hobbies of different student groups to promote. Teachers should master their preferences through communication and communication with students, to ensure that the enthusiasm and initiative of students can be highly aroused when making teaching plans and designing teaching links, to ensure that physical education teaching can achieve the educational objectives faster and better. At the same time, teachers should pay attention to the premise of vocational education as the guide, so that the development of students can promote vocational skills through physical education, to ensure the quality of talent training in higher vocational colleges.

3.3. Integrate Social and Professional Characteristics to Show the Concept of Career Promotion

The goal of talent cultivation in higher vocational colleges is to cultivate high-quality applied talents for the society, and to fully meet the quality education objectives of our country, to promote the improvement of national comprehensive quality. Based on vocational education as the guide of physical education in higher vocational colleges, from the perspective of talent output, more integration of students' vocational learning characteristics can effectively promote the strengthening of students' professional skills, but also can improve students' professional practice ability, so that

students can also promote the enhancement of social application skills in sports classroom learning. For example, for the students majoring in management or civil engineering, we can add some interesting sports activities to show their professional ability in the physical education class, or combine with other majors to carry out campus interesting sports meeting, which can not only enrich the sports teaching content, but also fully display the professional ability of students.

3.4. Integrate Post Practice and Expand the Form of Physical Education

The teaching form of higher vocational colleges is different from that of ordinary schools. Most majors will have internships in the later stage of teaching. The physical education guided by vocational education should be aware of this feature, integrate students' post practice needs from teaching, and help students strengthen their own skills by expanding the teaching form of physical education courses, so as to ensure that students can also fill in the practice process. It is divided into enterprises to create income, so as to ensure that students have sufficient core competitiveness after leaving the campus, so that students have the right to choose their jobs [4]. From the perspective of the development of higher vocational colleges, this measure can promote colleges to enhance the strength of running schools and improve the level and quality of talent output, to keep the social status of the school stable.

4. Conclusion

To sum up, under the background of quality education, higher vocational colleges have been constantly innovating and improving the concept of education and teaching. Fully integrating the concept of vocational education, combined with students' individual development differences and interests, can not only enable students to improve their participation in the physical education class, but also promote the strengthening of students' professional practice skills, to ensure that students can master the working skills before officially entering.

References

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