

# Innovative Application of Teaching Methods in Higher Vocational Physical Education

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**Abstract.** With the continuous development of society, the education of Higher Vocational Colleges in China has been greatly reformed. Students in higher vocational colleges have greater learning pressure, which will have a great impact on students' learning. Therefore, in order to improve students' mental health, we also need to improve physical education curriculum in the development of higher vocational colleges to enrich students and to improve the mental health of students. The physical education teaching in Higher Vocational Colleges undertakes the students of preliminary education and sports theoretical knowledge, so the teaching structure has certain complexity. Under the premise of this complexity, there is no reasonable teaching system and method, which will lead to the physical education teaching in Higher Vocational Colleges unable to play a real role, making the existence of physical education courses in vain. In order to effectively improve this situation, it is necessary to We should innovate the teaching methods of physical education in Higher Vocational Colleges in a reasonable way. This article mainly analyzes and studies the innovative application of teaching methods in higher vocational physical education colleges.

**Keywords:** Higher Vocational Colleges; Physical Education Teaching; Method Innovation; Application Analysis.

## 1. The Current Situation of Physical Education in Higher Vocational Colleges in China

### 1.1. Lagging Teaching Ideas

Through the research on the development of the majority of Higher Vocational Colleges in China, we know that most of the colleges carry out various professional physical education courses in the teaching of physical education courses, but in the education of these courses, the education of theoretical knowledge is generally carried out. The main reason for this problem is the lack of physical education content caused by backward educational ideas. Secondly, our country's physical education teaching should improve the students' physical health as the teaching goal, and from the school education will be effective combination of moral, intellectual and physical. In the actual physical education in higher vocational colleges, the degree of students' physical exercise demand is not high, there are some higher vocational colleges lack of corresponding sports teaching equipment, which will also lead to the lack of equipment and guidance as a result, some sports cannot be carried out normally, which makes the physical education teaching superficial.

### 1.2. Formalization of Teaching Contents and Methods

In the development of China's education, influenced by the traditional education concept, most colleges and universities only pay attention to the education of cultural and theoretical knowledge in different courses teaching, and the teaching method is mainly indoctrination mode. The long-term use of this kind of education mode can not only improve students' learning, but also reduce students' learning enthusiasm. In the physical education of most higher vocational colleges in our country, the way of education is mostly indoctrination. In some colleges, the physical education curriculum is in vain, either to let students learn cultural knowledge, or to use the equipment according to the specific mode or to carry out some activities according to the requirements of teachers. These activities are fixed because of the physical education Education curriculum is lack of innovation, and the teaching method is also the teacher's knowledge indoctrination, students' passive acceptance, so the curriculum

lacks of interactivity. This formal teaching method will greatly reduce the enthusiasm of students for physical education courses, and most students are in coping psychology when learning the course [1].

## **2. The Necessity of Physical Education Innovation in Higher Vocational Colleges**

### **2.1. The Demand of Improving the Quality of Physical Education Teaching**

In the current physical education of Higher Vocational Colleges in our country, there are many problems. Because of the unreasonable teaching methods, most students have great enthusiasm and lack of interest in physical education. If this situation goes on for a long time, the physical education curriculum will be marginalized as a result of teachers using traditional teaching methods, so by changing the teaching methods to enrich the physical education curriculum items, we can promote the students' enthusiasm of learning physical education courses under the premise of improving the diversification of physical education courses, so that students can actively participate in sports training.

### **2.2. Promote the Dual Development of Students' Body and Mind**

The character of the students in higher vocational colleges has been formed, but their body is in the stage of rapid development, and the students in this stage are faced with greater learning pressure, which is very easy to make students have psychological pressure. Based on this, in order to effectively improve the physical quality of students and reduce the pressure of learning, it is necessary to strengthen the innovation and reform of physical education teaching to bring about the physical education learning of students A more relaxed atmosphere.

Effective diversified innovation of physical education teaching methods can also improve students' sports skills and enhance their cooperation ability. Thus, in the physical education of higher vocational colleges, reasonable reform and innovation of physical education can strengthen students' understanding of knowledge, and also make students' sports figures get substantial development, thus cultivating more sports talents for the country [2].

## **3. Effective Ways to Innovate the Teaching Methods of Physical Education in Higher Vocational Colleges**

### **3.1. Change Teaching Ideas and Carry out Hierarchical Teaching Activities**

In order to effectively reform and innovate the physical education teaching methods in higher vocational colleges, we should first clarify the teaching objectives. In the actual teaching process, we should analyze the formulation of curriculum content from the perspective of students, so as to change the previous teaching methods to meet the requirements of students for physical education curriculum, which can effectively stimulate students' interest in learning and enable students to consciously add Get involved in teaching activities. Secondly, we can also adopt the method of hierarchical teaching to formulate targeted physical education teaching objectives for students. Different students' interests and their own quality are different. According to the actual situation of students' development, the teaching method can effectively make each student get balanced development, which can not only enhance the team consciousness of students, but also strengthen the students and teachers In order to improve the effect of physical education teaching.

### **3.2. Pay Attention to Practicality and Create Teaching Mode with Professional Characteristics**

Physical education curriculum is different from cultural curriculum. The main purpose of this course is to promote the all-round development of students' morality, intelligence, physique and beauty. Therefore, in order to innovate teaching methods, teachers need to change their traditional ideas, focus on practical activities, and pay attention to the improvement of students' practicality, so as to

create a sports teaching mode with strong professional characteristics for students. The most basic to provide students with suitable physical education curriculum content. In physical education teaching should also give full play to the subjectivity of students, so that students can study independently, this way can not only achieve the effect of physical fitness with the help of sports activities, but also can effectively enhance students' cardiopulmonary function, so that students can better adapt to social life. When it is found that some students are very interested in physical education and volunteer to participate in various sports activities, teachers should give professional guidance to these students, so as to help them form a correct professional outlook. In the physical education of higher vocational colleges, teachers play a very important role, so the innovation of education also needs to do a good job in the training of teachers [3].

#### **4. Conclusion**

Physical education is an important course in education, and it is also a subject to improve students' physical ability and practical ability. Physical education has more obvious application and interaction in higher vocational colleges. In the development of our society, in order to make teaching adapt to the needs of social development and with the continuous promotion of social quality education, although a series of educational reforms have been carried out, there are still some problems in physical education teaching in most colleges. The existence of these problems will hinder the development of physical education curriculum in higher vocational colleges, so in order to better realize the higher vocational colleges the teaching of physical education curriculum must improve the overall teaching level from the change of teaching methods, and to promote the innovation and development of sports discipline, but also to change the teachers' thinking.

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