

Analysis on Characteristics and Innovation of Physical Education Teaching Reform in Higher Vocational Colleges

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Abstract: *With the promotion and development of quality education, the new curriculum reform has carried out new interpretation and Reform on the content and concept of education. Higher vocational schools are different from other ordinary schools. The teaching goal of higher vocational schools is to train practical talents. In the process of teaching, we should be student-oriented and focus on students' actual employment and skills practice as the main objective, so as to lay a foundation for students to better adapt to society in the future and cultivate more professional and technical talents for the society. Under such a background, higher vocational schools pay more and more attention to physical education teaching, which is not only conducive to the development of physical education teaching quality in China, but also provides more sports skilled talents for the society. Therefore, in the teaching process of higher vocational schools, consciously reforming and innovating physical education teaching is not only the actual requirement for improving students' physical quality, but also the necessary condition and important foundation for students to complete their studies and participate in work in the future.*

Keywords: *higher vocational school, Physical education, Reform and innovation, Characteristic approach*

1. Introduction

With the continuous development of modern education reform, higher vocational schools have become an important platform for students to develop their own skills and meet the needs of social skilled talents. In the physical education teaching of higher vocational schools, teachers not only take physical quality as the first development factor, pay attention to the development of students' physical quality, help them complete their studies with good physical quality, but also lay a physical quality foundation for better entering the work position in the future. We should also put people first, pay attention to the development of students' skills and abilities, create a relaxed learning environment for students in the process of teaching, and through effective teaching reform and innovation, let students master certain sports and health knowledge, have certain sports skills, master certain sports abilities, and improve students' Comprehensive sports literacy. To help students establish a good sense of lifelong sports and lay a good foundation for their future social sports practice. This paper analyzes the characteristics and innovation of physical education teaching reform in higher vocational colleges, and provides a theoretical basis for the reform and innovation of physical education teaching in Higher Vocational Colleges [1].

2. Practical problems in the reform of physical education teaching in Higher Vocational Colleges

2.1 The reform of physical education is a mere formality, and the teaching resources are seriously insufficient

Under the deep influence of the traditional examination oriented education concept, not only in higher vocational colleges, but also in all stages and links of school education, the importance of physical education is far from enough. With the development of quality-oriented teaching and the continuous optimization and improvement of the education and training objectives of higher vocational colleges, the attitude of teachers and schools towards physical education has changed in the teaching of

higher vocational colleges, but it has not really been implemented. As a result, the reform of physical education teaching in most higher vocational colleges has become a mere formality. In the actual physical education teaching, there is still no clear teaching goal and training purpose. The development of physical education teaching is also lack of scientific and systematic. In the actual physical education class, it simply arranges physical activities for students, and even allows students to carry out free activities in the physical education class. Teachers do not implement the education and training objectives of physical education. Formal teaching is not only not conducive to the development of students' physical literacy, but also hinders the development and progress of the quality of physical education in high schools. At the same time, because physical education teaching is a mere formality, schools and teachers' teaching concepts are not updated in time, and the reform of physical education teaching is not implemented. As a result, in the current high school institutions, there are still serious deficiencies in sports teaching resources. In some sports events, sports resources can not be organically distributed with the participating students. In teaching, teachers can only adjust temporarily. Moreover, due to the limitation of campus venues, some sports events can not be carried out at school. Teaching reform is a mere formality and teaching resources are insufficient, which hinders the development of physical education teaching level and quality in higher vocational colleges.

2.2 The single teaching method of physical education cannot guarantee the development of every student

In the actual physical education teaching of higher vocational colleges, most of the physical education teachers still use the traditional physical education teaching mode and methods to teach students. In the physical skills training, they only rely on practice to achieve the teaching purpose. This teaching method often makes students feel boring and uninteresting, which not only affects students' enthusiasm for sports participation, reduces students' interest in sports learning, but also is not conducive to the improvement of the efficiency and quality of sports teaching in higher vocational colleges. In the process of teaching reform, some teachers did not fully consider the students' own characteristics and their physical learning needs. In the process of teaching, they only teach according to the syllabus, and do not pay attention to the students' self-development characteristics and the main position of students in physical education teaching. Unable to give full play to the practical education and training role of physical education, not only reduces the enthusiasm of students in the classroom, but also fails to achieve the teaching effect of physical education. In the development stage of quality education, the physical education teaching of higher vocational schools should face all students and give full play to the students' learning subject status. This requires teachers to fully understand the individual differences of students and the environmental factors of students' learning in the process of teaching, and carry out teaching for students in different levels and types to ensure that all students develop in teaching. In the current physical education teaching in higher vocational colleges, few teachers put the layered teaching into the actual teaching, which leads to certain restrictions on the students' physical education development and the quality of physical education teaching in higher vocational colleges.

2.3 Teachers' basic quality is not enough, and students' self-awareness of physical education is weak

With the development of information technology and the progress of social science and technology, students have more and more channels to obtain information and knowledge, and their understanding of sports culture is more and more abundant. Under the influence of modern leisure, entertainment, fitness and other modern sports projects, students' interest in traditional sports projects is getting lower and lower. In particular, students at the higher vocational level have strong curiosity and acceptance of new things, and their interest in sports and hobbies have changed to a certain extent. They put their interests in the study and practice of fashion sports, fitness and sports dance. As far as the current physical education teachers in higher vocational colleges are concerned, the main teaching advantages of teachers still remain in the teaching of traditional sports. The teaching ability of sports dance, sports fitness and sports entertainment is very limited. The physical education teaching quality of teachers is limited, which can not really meet the actual learning needs of students and realize effective physical education reform and innovation. Because the students in the higher vocational stage need to learn certain skills in addition to cultural courses. Therefore, in the study of higher vocational education, students are faced with great academic pressure and have no time to engage in physical training and physical skills training. The students themselves have relatively weak awareness of physical training and learning, no good self-learning and exercise habits, no correct concept of lifelong sports, and muddle through in daily sports. It is also one of the main reasons for the poor effect of physical

education teaching in higher vocational colleges.

2.4 Inadequate curriculum arrangement and single teaching evaluation method

In the teaching of higher vocational colleges, teachers' teaching methods and curriculum arrangements have been reformed and different from those before. In the arrangement of physical education courses, students' learning subject status will be respected. The distribution and implementation of physical education courses will be publicly announced on the campus website. Students can freely choose sports according to their interests. However, it is difficult for students to choose sports events and physical education courses suitable for their own development without a full understanding of sports events. Although higher vocational colleges have completed the reform of students' independent choice of physical education courses, the arrangement of courses is not sufficient and the preliminary work is not perfect, which also affects the cultivation and development of students' physical education quality. At the same time, in the sports teaching of higher vocational colleges, in addition to the basic sports knowledge teaching, sports skills teaching, sports literacy development and other teaching and training contents. In the process of teaching, attention should also be paid to the examination and evaluation of students' physical education courses and teachers' physical education teaching. In the current evaluation of physical education teaching in higher vocational colleges, the evaluation method of physical education teaching is basically the same as that of cultural courses. This obviously does not conform to the teaching and training characteristics of the sports discipline, and cannot guarantee the fairness and scientificity of the evaluation of the sports discipline.

3. Characteristics and innovative measures of physical education teaching reform in Higher Vocational Colleges

3.1 Fully combine the development trend of quality education and innovate the teaching concept of Physical Education

Quality education is different from traditional examination oriented education in teaching objectives and teaching directions. Examination oriented education focuses on students' achievement development and knowledge accumulation. In the process of teaching, quality-oriented teaching pays more attention to the comprehensive development of students and the cultivation of students' ability and quality. It requires students to develop in an all-round way in morality, intelligence, physique, beauty and labor. Therefore, under the background of continuous promotion of quality education, in the process of physical education teaching in higher vocational colleges, teachers and students should make joint efforts to change the concept of teaching and learning, deeply realize the important role of physical education in the overall development of students' quality under the background of quality education, fully attach importance to the reform and innovation of physical education, and truly implement the reform and innovation of physical education characteristics in higher vocational colleges. In the process of teaching, first of all, teachers should fully respect the students' learning subject status and adhere to the student-oriented teaching idea. Deeply realize that a strong physique and a good sense of lifelong fitness are the foundation and guarantee for students to develop their studies and carry out social activities. In the process of designing teaching activities, teachers should fully consider the physical development of students and their understanding of various sports events. Scientifically and reasonably formulate teaching contents and teaching programs for students. Adhere to the people-oriented principle and take the physical development of students as the basic objective, and carry out physical education teaching activities to effectively improve students' physical quality and physical quality. Secondly, in the teaching process, teachers should first take students' health and safety development as the main teaching basis. In the process of designing and planning sports activities, teachers should first consider the overall physical quality of students and formulate sports items suitable for students' development and activities. Avoid excessive exercise and inappropriate exercise causing harm to students' health [2]. Finally, we should pay full attention to the education of students' sports concepts, strengthen students' understanding and understanding of sports knowledge, make students realize the importance of sports for their own development from the bottom of their hearts, actively encourage students to actively participate in various sports, and help students develop the awareness of lifelong physical training and the good habit of regulating regular physical training.

For example, in the process of designing physical education teaching content, teachers should fully consider the physical quality of students, and formulate multiple sports teaching contents with multiple projects and intensities. Special teaching changes should be made for students who are not suitable for

vigorous sports. While ensuring the improvement of students' physical quality, it also ensures students' physical safety. At the same time, through lively and interesting sports promotion videos and pictures, students can be effectively promoted and guided.

3.2 Scientifically improve teaching contents and enrich teaching means

In the physical education teaching of higher vocational colleges, the purpose of teaching is not only to improve students' physical quality and develop students' physical skills, but also to cultivate students' interest in sports and awareness of lifelong physical training. Therefore, in the process of teaching, teachers should not only set certain teaching contents of physical activities according to the content of teaching materials, but also cultivate students' interest and enthusiasm for physical learning and physical exercise through effective curriculum. In the physical education teaching of higher vocational colleges, we should not only meet the students' professional physical development goals, but also meet the students' sports skills development goals. In the actual curriculum, we should scientifically and reasonably arrange some vocational skills and physical development courses, such as football, basketball, track and field courses. In the specific sports skills course, develop students' vocational skills and physical fitness. At the same time, in the process of teaching, in addition to the perfect teaching content, there should also be abundant teaching means, which is an important guarantee to achieve the teaching objectives. Traditional teaching methods are often single and boring, which can not stimulate students' interest in learning. And can not achieve good teaching effect. Therefore, in the physical education teaching of higher vocational colleges, teachers should fully combine the modern sports projects that higher vocational students prefer to teach, organically combine traditional sports training with modern sports projects through effective teaching methods, and develop students' Sports literacy and ability while improving students' learning enthusiasm.

For example, in the physical education teaching of aerobics, teachers can organically combine Aerobics with sports dance. It not only does not make students feel excluded from aerobics, but also promotes students' enthusiasm for learning. It also stimulates students' interest in learning through sports dance, which students prefer, and enables students to actively participate in sports learning and training. It not only improves the quality of physical education classroom teaching, but also promotes students' interest in physical education.

3.3 Establish and improve the physical education teaching curriculum and evaluation management system

Whether it is the development management of school education or other industries, the indispensable factor for the smooth and high-speed development is to improve the effective management system and system. In the characteristics and innovation of physical education teaching reform in higher vocational colleges, a sound management system and management system is the key to the success of reform and innovation. The management system mentioned here includes the curriculum arrangement of teachers and the form of course selection of students; It also includes students' physical fitness test, attendance in class, and evaluation methods for students. The purpose of systematic and information-based management of all teaching and learning information is to improve the management level of physical education teaching in Higher Vocational Colleges and improve the overall efficiency of physical education teaching in higher vocational colleges. In the course of setting up courses, teachers should according to the different quality levels of students and teaching objectives. Reasonably formulate teaching plans and contents. In the course of course selection, students should fully respect their autonomy, fully publicize the course and let students choose their own learning items. Through open-ended course selection, students have the opportunity to contact more sports and instructors. At the same time, the physical test and class attendance should be more scientific and reasonable. In addition to the daily teaching of physical knowledge and skills, students' Extracurricular Sports and physical exercises should also be included in the assessment content, and attention should be paid to the evaluation of students' learning process to make the teaching evaluation more scientific and comprehensive. Through a systematic and standardized teaching management system, help teachers better understand students and help students develop and progress more comprehensively [3].

For example, the school can input the students' physical fitness test into the system at the beginning of enrollment. At the same time, it can conduct training on the selection of sports events for students through the results of the students' physical fitness test to help students choose sports events more suitable for their own development. At the same time, physical education should be diversified, with multiple courses and multiple teachers for students to choose freely. Secondly, the assessment should

be comprehensive and humanized, and students should be evaluated in many aspects according to their different development conditions. Attendance as a part, physical skills as a part, and extracurricular physical training as a part. Ensure the rationality and scientificity of the evaluation[4-5].

3.4 Actively improve campus sports competitions and cultivate students' lifelong interest in sports

In the physical education teaching of higher vocational colleges, the traditional physical education teaching often focuses on the classroom. In fact, physical exercise is a lifelong behavior. In order to achieve a certain effect of physical exercise, students need to be fundamentally aware of the importance of physical exercise and its positive impact on themselves, which requires teachers to effectively guide students' interests and knowledge. In the process of physical education teaching, in addition to improving the physical education classroom, improving the teaching level and improving the evaluation system. It is also necessary to consciously stimulate students' enthusiasm for sports through extracurricular activities, so that students can feel the charm of sports, participate in sports independently, and enhance students' enthusiasm for sports participation. Campus sports competition is a more effective form of extracurricular sports. First of all, the form of competition can stimulate students' training consciousness and collective consciousness, and let students participate in the training of sports through collective strength. Secondly, the charm of sports can be fully displayed in the competition, so that students can truly see the positive role of sports, and thus stimulate students' attention and interest in sports. It should be noted that in the process of the main theme competition, attention should be paid to the form of the competition, and there should not be too large a gap in the level of the team, so as to reduce the brilliance of the competition and hit the enthusiasm of the students[6].

For example, the school can regularly organize class basketball competitions for classes participating in basketball classes, and conduct competitions in the unit of class. The form of the game is not confined to the traditional basketball game. It can be a three person system, a mixed system of men and women, etc. Through basketball competition, students' enthusiasm for basketball can be promoted, and then students' interest in sports can be promoted[7].

4. Conclusion

In short, in the physical education teaching of higher vocational colleges, we should effectively promote the characteristic reform and innovation of physical education teaching. First of all, we should recognize the current situation and existing problems of teaching in higher vocational colleges, and find out the possible problems and risks in the reform process. Aiming at the existing problems and combining the teaching objectives and directions of quality education, we should start from solving problems. Actively reform and innovate teaching methods and methods, improve the campus sports system, respect students' autonomy and individual differences, ensure the development of all students' sports quality, cultivate students' lifelong sports awareness, and promote the improvement of the quality and effect of sports teaching in higher vocational colleges.

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