

Analysis on Training Strategies of Students' Self-exercise Consciousness in Physical Education Teaching in Higher Vocational Colleges

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Abstract: Physical education, as an important part of higher vocational education system, is an important way for higher vocational students to achieve all-round development of morality, intelligence and physique. In physical education teaching in higher vocational colleges, it is necessary to take the cultivation of students' awareness of independent exercise as an important teaching goal, guide students' enthusiasm to participate in physical exercise, and let students form a good habit of lifelong exercise in participating in physical education learning, which is also of great significance to the improvement of students' physical fitness and overall quality. Therefore, in higher vocational physical education teaching, it is vital to innovate and optimize the physical education teaching mode, and take the cultivation of students' autonomous exercise consciousness as an important content, so that students can fully understand the importance of autonomous exercise and consciously participate in various physical exercise projects. This thesis discusses the cultivation strategies of students' autonomous exercise consciousness in higher vocational physical education teaching.

Keywords: physical education in higher vocational colleges; Self-exercise consciousness; Training strategy

1. Introduction

With the continuous development of China's vocational education industry, higher requirements are put forward for physical education teaching in higher vocational colleges. However, due to the influence of traditional teaching concepts, many higher vocational colleges mostly teach sports skills and methods in the process of physical education, and pay insufficient attention to the cultivation of students' independent exercise ability, so students cannot form good physical exercise habits. Therefore, in physical education teaching in higher vocational colleges, it is necessary to actively change the teaching concept, guide students to participate in various exercise tasks independently, improve students' physical fitness and promote their health and all-round development.

2. The importance of cultivating awareness of independent exercise in higher vocational physical education

2.1 Help students enhance their physical fitness

For students in higher vocational colleges, students need to spend a lot of energy to participate in the study of professional courses, and they are also faced with certain employment pressure. Some students don't have a good understanding of the teaching of physical education courses. They think that they can find a good job after graduation only by learning professional knowledge well at school, and they are unwilling to take the initiative to participate in sports and exercise in their daily study. In addition, some students are addicted to the Internet and games, and their health is greatly affected. The comprehensive physical condition of students is difficult to meet the talent training effect of higher vocational colleges. Strengthening students' awareness of independent exercise in physical education teaching can also help students form a good awareness of physical exercise in their daily study and work, and achieve the purpose of strengthening their bodies in the process of participating in exercise, so that students can have a stronger body, so as to better participate in study and follow-up work. Therefore, integrating the cultivation of independent exercise consciousness into higher vocational physical education teaching will also help students to strengthen their physique and realize the all-round and healthy growth of higher vocational students.

2.2 Help students form a good character

Modern society puts forward higher requirements for the comprehensive ability of higher vocational talents. Students should not only have excellent professional skills and knowledge, but also have healthy physical quality and excellent spiritual character. After vocational college students enter the workplace, their own team consciousness and cooperation ability are also important manifestations of their own abilities. During the teaching of physical education courses in higher vocational colleges, students can hone their consciousness in the process of participating in physical exercise and establish a good character of being brave in challenges and not afraid of difficulties [1]. In addition, in terms of sports, it can help higher vocational students learn to compete and cooperate, strengthen their cooperative ability, and effectively exercise their autonomy. Therefore, the cultivation of self-exercise consciousness can help higher vocational students to form better character, so that students can find their own position and give full play to their value in their subsequent career.

3. Analysis of the current situation of physical education in higher vocational colleges

3.1 PE teaching content is single and boring

Based on the analysis of the current situation of physical education teaching in higher vocational colleges in China, most physical education teachers are also influenced by traditional physical education teaching concepts. In the selection of physical education teaching content, most of them are sports skills and sports skills. The teaching content is too boring, students can't play their subjectivity in physical education classroom learning, and the lack of pertinence in physical education teaching directly affects the physical education teaching effect in higher vocational colleges. Many PE teachers do not pay enough attention to students' individual differences in teaching, and do not teach students in accordance with their aptitude during teaching. Most of them blindly carry out PE teaching activities according to the contents of teaching materials. As a result, some students are unwilling to actively participate in physical education courses, which hinders the cultivation of students' awareness of independent exercise. In addition, teachers do not comprehensively consider the personality characteristics and interest factors of higher vocational students in the setting of teaching content, and lack innovation in the teaching content of physical education. The content of physical education is dull and monotonous, which affects students' enthusiasm for participating in physical exercise, and finally makes the teaching of physical education courses out of touch with the cultivation of students' independent exercise ability, and it is difficult to obtain good teaching effect of physical education courses in higher vocational colleges.

3.2 Students lack of awareness of independent exercise

In China's previous exam-oriented education system, many students have been instilled with the idea of learning first since childhood. In higher vocational colleges, students mainly focus on the study of professional courses, pay insufficient attention to sports and physical exercise, and even participate in sports activities less, which also hinders the cultivation of students' independent exercise ability. In addition, some higher vocational colleges still have the problem of weak self-control. They prefer to immerse themselves in mobile phones and games in their spare time rather than take the initiative to exercise and exercise. Relevant scientific research shows that the obesity rate of college students in China is gradually increasing, which is mainly due to the lack of self-exercise awareness and unwillingness to participate in physical exercise in daily life [2]. Therefore, in the existing physical education curriculum teaching in higher vocational colleges, students' enthusiasm for participating in physical exercise is insufficient, and the influence of their poor physical fitness makes it difficult for physical education teachers to drive students to participate in independent physical exercise, which directly affects the teaching effect of physical education curriculum in higher vocational colleges.

3.3 Vocational sports facilities construction is not perfect

Sports facilities are an important premise and material basis for students to participate in independent physical exercise. However, due to the lack of capital investment and other factors, many higher vocational colleges have not established perfect sports facilities on campus, which has hindered the development of some sports, and it is difficult for students to participate in independent physical exercise. In the daily teaching activities of many higher vocational colleges in China, the teaching

focus is mainly on the teaching of professional courses. In the process of introducing campus facilities, the construction of training base is also considered first, and the speed of purchasing and updating sports facilities is relatively slow. There is still a lack of material and hardware facilities in higher vocational physical education teaching, which hinders the development of physical education teaching activities, not only affects the development effect of physical education teaching activities, but also hinders the formation of students' awareness of independent exercise [3]. For example, many higher vocational colleges have not built professional gymnasiums, and students' physical exercise activities are mainly concentrated in outdoor and playground. However, badminton, ping-pong and other sports have higher requirements on weather conditions. When encountering strong winds or rainy weather, these sports cannot be carried out normally, which restricts the enthusiasm of some students to participate in physical exercise and hinders the cultivation of independent exercise ability of higher vocational students.

4. The training strategy of autonomous exercise ability

4.1 Improve vocational students' awareness of independent exercise

In the process of physical education teaching in higher vocational colleges, in order to improve students' awareness of independent exercise, we must first take effective measures to enhance students' awareness of independent exercise and exercise habits. This thesis analyzes the current situation of vocational college students' participation in physical exercise. Most students participate in physical exercise based on their own hobbies. For example, boys mostly participate in sports that they are interested in, such as playing basketball and football, while girls prefer sports such as yoga or aerobics. Therefore, in the teaching of physical education courses in higher vocational colleges, physical education teachers need to comprehensively consider students' individual differences, and after fully understanding students' hobbies and physical conditions, set interesting sports events, so that students can participate in sports activities under the guidance of interest, and gradually form the consciousness of independent exercise, and they can also consciously participate in sports in extracurricular time.

When cultivating students' consciousness of self-exercise, teachers are first required to edify their thoughts and cultivate their consciousness, so that students can fully understand the function and value of self-exercise, attract students to actively participate in sports activities, and promote the healthy development of higher vocational students' body and mind in the process of physical fitness. In addition, physical education teachers in higher vocational colleges should provide students with diversified physical exercise contents according to their hobbies and actual sports needs [4]. Students can choose their own physical exercise programs according to their hobbies. In the process of physical education teaching, it is necessary to adjust the intensity of sports according to the students' physical fitness. For example, some students with good physical fitness and a sports background can be given some challenging sports, so that students can strengthen their interest in physical exercise in the process of constant challenge. By teaching students in accordance with their aptitude, the pertinence of physical education course teaching in higher vocational colleges can be further improved, and students can better form the consciousness and habit of independent exercise.

4.2 Optimize students' autonomous exercise mode

Based on the analysis of the current situation of higher vocational students participating in physical exercise, many students lack interest in physical exercise, mainly because the content of physical education teaching items is too boring, and the enthusiasm and enthusiasm of students participating in physical exercise are insufficient, which directly affects the enthusiasm of students in daily physical exercise. Therefore, in carrying out various physical education teaching activities, physical education teachers in higher vocational colleges need to innovate and optimize the existing physical education teaching methods and means, establish a scientific independent exercise model in combination with the needs of higher vocational students, and stimulate students' interest and desire to participate in independent exercise. First of all, it is necessary to innovate the existing physical education teaching content in higher vocational colleges. On the basis of traditional track and field events and ball events, according to the sports needs of higher vocational students, some new projects such as traditional martial arts, aerobics and dance can be added to improve the interest of physical education teaching projects. In addition, it is necessary to innovate the existing teaching methods, strengthen the application of advanced teaching concepts, and further improve the safety of students' independent physical exercise [5]. For example, in the process of football teaching, teachers can first show the

precautions in football teaching through multimedia means, and also show the classic scenes in football matches to students. This can deepen students' enthusiasm for physical exercise, and also enable students to protect themselves during physical exercise, so as to reduce the occurrence of unexpected situations such as muscle injury and falling during exercise. Therefore, in the teaching process of physical education in higher vocational colleges, physical education teachers should actively participate in reasonable teaching methods to help higher vocational students build a perfect sense of independent exercise and further improve their independent exercise ability.

4.3 Cultivate students' good habit of independent exercise

In the teaching of physical education in higher vocational schools, physical education teachers should play their own guiding role in teaching and let students form good exercise habits in the process of participating in physical exercise. First of all, physical education teachers in higher vocational colleges need to fully grasp students' psychological characteristics, physical fitness and sports interests, and provide students with more targeted physical exercise programs, so that students can gain happiness and sense of accomplishment in participating in physical exercise and stimulate their enthusiasm and motivation in participating in independent exercise. In addition, teachers need to set clear exercise goals for students, and set up a reasonable exercise plan according to students' physical exercise goals, so as to guide students to carry out sports activities according to the exercise plan. In this way, the purpose and scientificity of independent physical exercise can be improved, and higher vocational students can participate in physical exercise activities in a directional way to achieve the expected physical exercise goals and effects, and in the process of achieving the exercise goals, they can form good habits and abilities of independent exercise. In physical education teaching activities, higher vocational teachers need to regularly check the effect of students' independent exercise, and can also establish relevant assessment systems. In this way, it can not only play a good supervision effect on the physical exercise of higher vocational students, but also help to fully grasp the exercise state of students, give guidance to the problems existing in the process of independent exercise, and further improve the effect of independent exercise. Therefore, in the process of cultivating students' autonomous exercise habits in higher vocational colleges, physical education teachers should give full play to their guiding role, so that students can constantly enhance their ability to exercise independently in the process of physical education learning, form good physical exercise habits, and give full play to the role of independent physical exercise.

4.4 Increase the investment in physical education

In the cultivation of students' independent exercise ability, higher requirements are put forward for the construction of sports facilities in higher vocational colleges. Therefore, based on the needs of physical education, higher vocational colleges should pay more attention to sports infrastructure construction activities, increase funding, improve infrastructure construction, provide good equipment support for higher vocational students to participate in physical exercise, and provide sufficient facilities for students to exercise independently. Therefore, higher vocational colleges should promote the construction and improvement of sports facilities based on students' physical exercise needs and teaching needs, and provide good venues for students' sports activities [6]. For example, by building a comprehensive gymnasium, we can cover ball games, rock climbing, taekwondo and other sports in the gymnasium, expand the types of sports that higher vocational students participate in, and meet the enthusiasm of different students to participate in physical exercise. In addition, some old sports equipment and facilities in higher vocational colleges should be replaced in time, so that students can better participate in physical exercise activities. On the basis of having perfect sports equipment and facilities, schools can also attract students to participate in sports competitions by organizing sports meetings or holding a series of sports events, create a good sports atmosphere in higher vocational colleges, attract more students to participate in physical exercise, and form a sense of independent exercise in a good campus sports environment, so as to enhance students' ability to participate in independent exercise.

5. Conclusion

Physical education is an important part of the teaching system in higher vocational colleges, but some physical education teachers in higher vocational colleges still have outdated teaching concepts and methods, and students' independent exercise ability cannot be effectively cultivated. Therefore,

when carrying out physical education in higher vocational colleges, it is also necessary to take the cultivation of students' autonomous exercise ability as an important guide. By improving the awareness of autonomous exercise, optimizing the mode of autonomous exercise, and cultivating the habit of autonomous exercise, the capital investment in sports projects has been increased, so as to further improve students' autonomous exercise ability, guide students' physique to be enhanced, and obtain better comprehensive talent training effect in higher vocational colleges.

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