

# The Combination Strategy of Students' Professional Ability and Sports Accomplishment in Higher Vocational Physical Education

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**ABSTRACT.** *With the reform of the national education system, the teaching methods and models of all kinds of colleges and universities are being reformed in an orderly way. The education system of the new era requires teachers to constantly update their teaching concepts and innovate teaching methods with students as the center. In the teaching of physical education in higher vocational colleges, the traditional teaching mode of physical education is too conservative, the enthusiasm of students in physical education is not high, at the same time, some main subjects will occupy physical education, so it is difficult to effectively cultivate students' physical literacy in physical education, and it is difficult to improve students' professional ability. Therefore, this paper mainly studies and discusses the cultivation of students' physical literacy and professional ability in Higher Vocational Physical Education, and formulates a series of methods and measures to improve students' physical literacy and professional ability.*

**KEYWORDS:** *Higher vocational physical education; Physical literacy; Professional ability; Training*

## 1. Introduction

In order to promote the all-round development of students, physical education teaching is essential. Physical education teaching enables students to have certain physical education knowledge foundation and skills, which can not only play a role in physical training, but also constantly enhance the physical quality of students. However, higher vocational colleges export skilled talents for the country and society. If the physical quality is not qualified, the comprehensive competitiveness of higher vocational college students will be greatly reduced, and there will be great limitations in social employment. Therefore, physical education teachers in higher vocational colleges should pay attention to the cultivation of students' physical literacy and deepen their awareness and thinking of physical literacy, so that they can actively participate in physical education activities, exercise their bodies and

improve their physical skills, so as to better play their professional skills and improve their professional ability in the future employment.

## **2. The Concept and Connotation of Sports Accomplishment and Professional Ability**

Sports literacy mainly refers to sports knowledge, sports morality and skills. However, the cultivation of sports literacy can not be developed overnight, it has a process of gradual formation and accumulation. At present, the national and social demand for comprehensive talents is increasing. In the recruitment of talents, not only the professional skills of students, but also the professional quality and internal quality of students are very important. Professional ability mainly refers to the basic professional skills that students should have in employment. At present, the pressure of social employment is very large, and the employment situation is not optimistic. Vocational college students have certain professional ability, which can promote students to better employment and employment, and enhance the competitiveness of social employment. Higher vocational colleges should pay attention to the cultivation of students' Sports literacy and professional literacy in order to improve their professional ability[1].

## **3. Present Situation of Physical Education in Higher Vocational Education**

Under the background of the continuous reform of the education system, the teaching mode of physical education in higher vocational colleges is also constantly updated and reformed. However, there are many limitations and problems in the physical education of higher vocational education, which are not conducive to the cultivation of physical literacy of higher vocational students, nor to the cultivation and promotion of students' professional ability. The following is a specific analysis and discussion of the current situation of physical education in higher vocational colleges.

### ***3.1 Problems in Physical Education Curriculum Setting and Arrangement***

At present, there are many problems in setting up and arranging physical education courses in many higher vocational colleges. For example, the arrangement of physical education hours is less, the content of physical education courses is too theoretical. In addition, many physical education courses are lack of rationality and scientificity, and the setting of center and key teaching courses, which makes many students' physical education literacy in higher vocational colleges can not be effectively cultivated. The lack of initiative, enthusiasm and creativity is not conducive to the improvement of the comprehensive quality and ability of higher vocational sports students[2].

### ***3.2 The Teaching Mode is Too Conservative and Rigid***

At present, many teachers in higher vocational colleges are too conservative and inflexible in their teaching methods, and students' enthusiasm and initiative are hard to be stimulated and mobilized, which makes the effect of physical education teaching difficult to be improved. There is also a lack of color and flexibility in the setting and arrangement of sports teaching content, which can not effectively stimulate students' interest and motivation in the teaching of sports courses. At the same time, the new curriculum reform requires teachers to fully respect the status of students' subjectivity, while the physical education teachers in higher vocational colleges are still teaching as the teaching subject in many times, students' autonomous learning ability can not be improved, and physical education literacy can not be cultivated and improved. In addition, many physical education courses do not fully combine theoretical knowledge with practical teaching, and do not pay attention to the cultivation of students' physical literacy in physical education practice[3].

### ***3.3 The Cultivation and Promotion of Sports Accomplishment and Professional Ability Have Not Been Paid Enough Attention***

At present, many higher vocational colleges lack of effective attention in the cultivation and promotion of professional ability of students majoring in physical education, and many physical education teachers in higher vocational colleges teach for the purpose of completing teaching tasks, and they do not have the technical level to cultivate students' physical literacy and professional ability. At the same time, the formulation of teaching programs lacks certain rationality, which is not in line with the actual situation of students. In combination, the professional ability of students can not be effectively improved, and the quality of learning sports can not be well cultivated[4].

## **4. The General Plan of Cultivating Students' Physical Literacy and Professional Ability in Higher Vocational Physical Education**

Physical education teachers in higher vocational colleges must renew teaching ideas, innovate teaching methods and contents, constantly improve their own teaching ability and level, and pay attention to the cultivation and improvement of students' physical literacy and professional ability, so as to carry out physical education specialized teaching.

### ***4.1 Renew the Thinking of Physical Education Teaching***

Physical education teachers in higher vocational colleges should constantly update their own teaching ideas, break through the shackles of traditional teaching concepts, fully realize the importance of the cultivation of students' physical literacy

and the significance of improving their professional ability, so as to better guide and help students gradually develop good physical education, and guide students to effectively improve their professional ability[5].

#### ***4.2 Innovating Physical Education Teaching Methods and Enriching Physical Education Teaching Forms and Contents***

Traditional teaching methods and models can not effectively improve students' professional ability and professional quality. Therefore, physical education teachers in higher vocational colleges should constantly carry out the reform of teaching methods and forms, and formulate effective teaching methods and measures in combination with students' personality characteristics and social standards and requirements for talents. At the same time, when teaching physical education, teachers should fully understand the personalized characteristics of students and the current situation of learning physical education. They can adopt a variety of teaching modes to enrich the teaching content, stimulate students' interest in learning, cultivate students' professional quality, and enable students to have the awareness of quality cultivation, so that students can be independent and targeted to their own factors. It is very beneficial for the cultivation of students' Sports literacy and the promotion of their professional ability to cultivate and improve effectively, and constantly enrich students' professional skills according to the needs of the society for sports professionals, so as to make teaching more targeted[6].

#### ***4.3 Attach Importance to the Combination of Theory and Practice to Improve Teachers' Teaching Ability and Level***

In the teaching of physical education in higher vocational colleges, in order to better cultivate students' physical literacy and constantly improve students' professional ability, higher vocational colleges and physical education teachers should not only attach importance to the cultivation and improvement of physical literacy and professional ability, but also attach importance to the improvement of their own teaching ability. Only the improvement of physical education teachers' teaching ability and level can better cultivate students' learning. Students' Sports literacy and professional ability. Therefore, higher vocational colleges can regularly provide professional training for teachers, and carry out double teacher training for physical education teachers, so that physical education teachers not only have theoretical knowledge, but also have certain practical experience, so as to better guide the effective combination of theoretical knowledge and practical skills of students, and constantly improve the professional practice ability and skill level of students. In the study of physical education professional courses, they should not The accumulation and formation of students' own sports literacy, in targeted practical activities to improve the professional ability of students, so that vocational college sports students can better employment and employment[7-8].

## 5. Conclusion

To sum up, in the teaching of physical education in higher vocational colleges, schools and teachers should attach importance to the cultivation of students' physical literacy and the promotion of professional skills. Physical education teachers should constantly enrich and improve their own teaching ability and level, change teaching ideas and ideas, innovate various teaching modes and means, so that students can learn and use physical education knowledge and skills more actively and actively, and in this process, they should constantly cultivate students' good physical literacy and improve their professional skills, so that they can better adapt to the society and improve their physical education ability. Industry capacity.

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