

# Analysis of Physical Education Teaching in Higher Vocational Colleges Based on Sports Literacy and Professional Ability

Xiaoxian Zhang

Jiangxi Vocational Technical College of Industry&Trade, Nanchang, Jiangxi 330038, China

zxx18779865032@163.com

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**Abstract:** This paper focuses on the higher vocational sports teaching activities based on sports literacy and professional ability, understands the relevant connotation of sports literacy and professional ability, defines the basic situation of current higher vocational sports teaching, and deeply discusses and describes the sports teaching methods from the perspective of sports literacy and professional ability. It is intended to improve the scientificity and effectiveness of physical education teaching in higher vocational colleges, so as to improve students' sports literacy and professional ability.

## 1. Introduction

With the development of modern society, the requirements of all walks of life for higher vocational talents are also increasing. It is required that higher vocational colleges should focus on cultivating students' sports literacy and professional ability in talent training, so that they can better adapt to the actual needs of relevant posts. However, according to the current situation of physical education in higher vocational colleges, there are still many problems, which can't effectively meet the development needs of all sectors of society. Therefore, higher vocational colleges need to reasonably apply the corresponding strengthening measures in combination with their own reality, so as to improve the effect of physical education and optimize the quality of higher vocational talent training.

## 2. On Sports Literacy and Professional Ability

First, sports literacy. In essence, sports literacy is actually sports comprehensive quality based on human innate genetic quality and formed under the influence of acquired environment and physical education, including sports knowledge, sports skills, sports character, sports consciousness and physical level, etc. It can be said that sports literacy is one of the main objectives of modern physical education. Good sports literacy plays a very important role in the formation and development of students' personal quality. At the same time, it is also the basic guarantee for higher vocational students to fully adapt to social competition.

Second, professional ability. The so-called professional ability is actually a quality ability for students to engage in professional activities and adapt to all-round development. It is to ensure students' knowledge, skills, attitude and personality to effectively participate in professional activities. It involves autonomous learning ability, thinking and exploration ability, social communication ability, problem-solving ability and vocational skill level.

## 3. Basic Situation of Physical Education Teaching in Higher Vocational Colleges

### 3.1 Ideological Understanding Needs to Be Innovated

As we all know, higher vocational education takes the cultivation of applied and professional talents as the main goal. Therefore, most of its curriculum arrangements are also based on

professional courses, which is intended to increase students' professional theory and improve their practical ability through the effective implementation of professional teaching. However, it is precisely because too much attention is paid to professional training that some higher vocational colleges ignore physical education teaching activities. There are relatively few courses for this discipline, even only one physical education course in two weeks, and the teaching time is less than 1 hour. The lack of teaching time makes it difficult for relevant teaching activities to be effectively implemented, and students can't get effective learning and exercise, which not only has an adverse impact on the healthy development of students' body and mind, but also has a certain restrictive effect on the improvement of students' physical quality and professional ability<sup>[1]</sup>.

At the same time, in the process of implementing physical education teaching activities, some higher vocational colleges often put students in a passive position in learning because teachers' educational ideas are old and do not pay attention to students' dominant position. Passive learning will not only affect students' learning interest, but also affect the effect of physical education teaching. As a result, students are unwilling to participate in physical education effectively and can't effectively improve their physical literacy.

In addition, although some teachers pay more attention to the cultivation of students' sports quality, they do not fully combine sports teaching with the objectives of higher vocational education, and fail to strengthen the cultivation of students' professional ability. It is one-sided that the cultivation of professional ability is the business of professional teachers, which has little to do with themselves. This idea also leads to its failure to implement career planning education for students in physical education. As a result, physical education teaching can only simply cultivate students' physical quality, which is difficult to meet the relevant needs of students' professional ability development<sup>[2]</sup>.

### **3.2 The Teaching Items and Methods Are Relatively Single**

At present, in the process of implementing physical education teaching activities, many higher vocational colleges are still carrying out teaching activities with traditional sports, such as ball teaching and sports skill teaching. The teaching items are relatively single. Although the setting of these sports items can effectively improve students' physical quality and sports ability, the simple application of traditional sports is not conducive to the personalized development of students, resulting in its inability to meet the relevant needs of social development. In addition, at present, higher vocational colleges generally focus on teachers' explanation and demonstration in physical education teaching. The long-term application of this single rigid teaching method will not only reduce students' learning interest, but also affect the quality of higher vocational physical education teaching<sup>[3]</sup>.

## **4. Higher Vocational Physical Education Teaching Based on Sports Literacy and Professional Ability**

### **4.1 Change the Concept of Sports**

Firstly, higher vocational colleges and teachers should fully realize the importance of physical education for the all-round development of students' comprehensive quality, and pay high attention to physical education. On the one hand, we should reasonably set up physical education courses to ensure the effective development of physical education teaching activities, so that students can receive more professional and comprehensive physical education teaching, so as to improve their physical education knowledge and skill level, lay a solid foundation for the improvement of their sports literacy and professional ability. On the other hand, we should pay attention to the dominant position of students in the classroom, take students as the center of physical education teaching, implement various educational activities, so as to mobilize students' subjective initiative, enable them to actively participate in physical education teaching, and complete the training activities of sports literacy and professional ability in the subtle process<sup>[4]</sup>.

Secondly, we should recognize the important role of physical education teaching in the

cultivation of students' physical quality and professional ability, and make reasonable application of relevant methods to promote the effective implementation of relevant teaching objectives. At present, in the process of implementing physical education teaching activities, most higher vocational colleges basically focus on the class system. The application of this method can not only reduce the teaching pressure of teachers, but also make all students get appropriate care, so as to promote the improvement and development of their physical education literacy and professional ability. However, in the process of class division, there is a certain randomness in both class allocation and curriculum, which also has a certain impact on the effect of physical education teaching. In this regard, it is also necessary for higher vocational physical education teachers to make rational application of class teaching means. On the basis of fully understanding the situation of students, they should be allocated reasonably to ensure that the class allocation and curriculum content setting can have a high degree of fit with students' majors, so as to improve students' sports literacy and cultivate their professional ability <sup>[5]</sup>.

#### **4.2 Strengthen the Innovation of Physical Education Teaching Methods**

We should take students' needs as the starting point and actively innovate physical education teaching methods, so as to effectively cultivate their physical quality and professional ability.

For example, in the process of teaching basketball, in addition to improving students' basketball skills, we should also guide students to feel the spirit of basketball. In this regard, teachers can apply the multimedia teaching method, use multimedia to play NBA events, and use this teaching method to create a relaxed and free classroom environment and effectively stimulate student interest in learning. At the same time, teachers can also show the training videos of NBA stars, let students watch and practice, understand the efforts behind the surface of stars, and train students through professional training, so as to improve their sports literacy and promote the formation of their good will and character, so that they can better meet the needs of future career development.

#### **4.3 Optimize the Teaching Content of Physical Education**

For higher vocational students, professional ability plays a very important role. Students' professional ability determines their adaptability to society and job competitiveness. Therefore, in higher vocational physical education, we must pay attention to the cultivation of students' professional ability, continuously improve their professional ability through the effective organization of professional activities <sup>[6]</sup>.

For example, in the process of teaching football, students need to master the corresponding football skills and form strong team spirit and ability. In teaching practice, teachers need to carry out group activities in combination with the actual situation of students, such as football ability and learning characteristics, so that each team can have a similar level. Then let each group compete in a fair environment, so that students can unite and cooperate in the competition, and fully feel the importance of unity and cooperation, so as to form a strong team consciousness and cooperation ability, and provide support for the development of their professional ability.

#### **4.4 Cultivate Students' Willpower According to the Characteristics of Physical Education Teaching**

In physical education, strengthening the cultivation of students' sports literacy also plays a very important role in improving students' professional ability. Therefore, in teaching practice, teachers need to implement relevant teaching activities according to the characteristics of physical education teaching, and make students' willpower exercise effectively <sup>[7]</sup>.

For example, in terms of long-distance running teaching, it has high requirements for students' physical ability. For this, teachers should be based on the marathon spirit and edify students, so that students can gradually form strong sports literacy and develop perseverance in the process of participating in long-distance running learning and training, so that they can better adapt to various challenges in professional activities.

## 5. Conclusion

To sum up, based on sports literacy and professional ability, the implementation of physical education teaching activities in higher vocational colleges can further improve the pertinence and effectiveness of relevant teaching activities while clarifying physical education teaching objectives, which plays a very positive role in improving the quality of talent training in higher vocational colleges. Therefore, higher vocational colleges should pay high attention to physical education teaching activities. Combined with the reality, the continuous innovation and optimization of physical education teaching can effectively improve students' sports literacy and professional ability.

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