

Orientation and Implementation Strategy of Physical Education Reform in Higher Vocational Colleges in the New Era

Qing LI

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

liqing2k@163.com

Keywords: New era, Higher vocational physical education, Reform orientation, Implementation strategy

Abstract: Under the background of the new era, higher requirements are also put forward for the physical education reform in higher vocational colleges. It must clarify the orientation of higher vocational physical education reform from the aspects of reform necessity, main contradictions and historical orientation, and then formulate targeted implementation strategies to promote the comprehensive reform of higher vocational physical education and improve teaching quality. Based on this, this paper mainly explores the orientation and implementation strategy of higher vocational physical education reform in the new era for reference.

1. Introduction

Under the background of the new era, higher vocational physical education must give full play to the unique function of physical education. Only in this way can we cultivate applied talents with all-round and healthy development. In order to achieve this goal, higher vocational colleges must speed up the pace of physical education reform, clarify the reform orientation, start from the aspects of reform necessity, main contradictions and historical orientation, put forward reform strategies consistent with the actual situation of higher vocational colleges, so as to maximize its educational effect while improving the quality of physical education teaching ^[1].

2. Orientation of Physical Education Reform in Higher Vocational Colleges

2.1 Historical Orientation

Under the background of the new era, higher vocational physical education is facing a new environment. Therefore, in the process of teaching reform, we should attach great importance to the concepts of sports power, education power, teaching reform and healthy China. Education power is mainly to train socialist successors and builders with all-round and healthy development of morality, intelligence, physique, beauty and labor. Sports power focuses on improving the efficiency and quality of physical education, so as to meet the people's yearning and demand for a better life, and make continuous efforts to realize the dream of the great rejuvenation of the Chinese nation. Healthy China is to take the people's health as the core and provide the whole process and all-round health services for the people. Teaching reform is mainly to train high-quality technical talents and workers. In the new historical development period, higher vocational physical education must be based on the development requirements of the times and fully realize the positive role and value of physical education in accelerating national revitalization, promoting social development and people's all-round progress. At the same time, we should sort out the guiding ideology of health first education and strengthen publicity, so that students can enhance their physique, enjoy fun, temper their will and improve their personality in the process of physical exercise, so that physical education reform can meet the requirements of the development and reform of vocational education in the new era ^[2].

2.2 Main Contradictions

In the process of realizing the dream of the great rejuvenation of the Chinese nation, promoting the balanced development of education is the main task of physical education reform in higher vocational colleges. The development and cultivation of high-quality, high-level and skilled talents are inseparable from physical education. However, in the current physical education in higher vocational colleges, due to the lack of cognition of the value of physical education, the lack of perfect guarantee mechanism and evaluation system in physical education, the students' physical health and physical skills need to be improved. Therefore, in the new historical development period, physical education in higher vocational colleges must be based on the current actual development situation, clarify the main contradictions in teaching practice, adhere to people-oriented, actively carry out physical education reform, and gradually build a physical education teaching system suitable for the training of high-quality skilled talents and workers and coordinated with the education system of all-round development, promote the all-round and healthy development of physical education in higher vocational colleges^[3].

2.3 Necessity

Physical education is the fundamental guarantee and necessary condition for the all-round development of students. Under the background of the new era, the reform of physical education in higher vocational colleges is of great significance for cultivating excellent successors, builders of socialism, and applied talents with all-round and healthy development of morality, intelligence, physique, beauty and labor. Firstly, the reform of physical education in higher vocational colleges plays an important role in promoting the development of moral education. Establishing the awareness of rules in physical education teaching can help students establish a correct outlook on life, world outlook and values. At the same time, it can also hone their will quality, improve students' national pride and cultivate their patriotism. Secondly, higher vocational physical education reform is conducive to the development of intellectual education. Physical exercise can stimulate students' nervous system, which is very helpful for brain development. At the same time, it can also cultivate and develop students' innovative ability. Thirdly, higher vocational physical education can improve the value of aesthetic education, make students feel and find beauty in the process of sports, and improve their cognition and appreciation of beauty. Finally, higher vocational physical education reform can lay a good foundation for labor education. In physical education, improving the coordination and standardization of students' movements can improve their physical activity ability and reserve good physical strength and physical quality for labor education^[4].

3. Implementation Strategies of Physical Education Reform in Higher Vocational Colleges in the New Era

3.1 Establish the Fundamental Educational Goal of Building Morality and Cultivating People

In the process of reforming physical education in higher vocational colleges, the first thing is to grasp the correct political direction, and implement the fundamental goal and task of building morality and cultivating people according to the characteristics of modern vocational education. At the same time, we should establish the implementation mechanism of building morality and cultivating people, and speed up the ideological and political construction of physical education curriculum. First, in the process of ideological and political construction of higher vocational physical education curriculum, it is necessary to take Marxist thought as an important value orientation, publicize the glorious and moving deeds of Chinese sports delegations in the international arena, actively carry forward the sports spirit of selfless dedication, glory for the country, unity and cooperation and tenacious struggle, and help students form a great sports dream. Second, it is necessary to closely integrate the fundamental educational goal of building morality and cultivating people with the ideological and political construction of physical education curriculum, and highlight the sports style, sports value, sports spirit and sports culture in physical education teaching. At the same time, these important elements should be run through the reform of physical education teaching to expand the space for students' moral growth. Third, it is necessary to

construct the moral education community of higher vocational physical education, clarify the main responsibility of physical education curriculum self construction, and cultivate students' team spirit, rule consciousness and craftsman spirit according to the characteristics of vocational education. In order to achieve the above objectives, party and league leaders, ideological and political teachers and professional physical education teachers can be required to participate in building the ideological and political education of physical education curriculum in the new era with common value pursuit, common belief and common ideal^[5].

3.2 Strengthen the Reform of Physical Education Teaching Content

In the reform of physical education in higher vocational colleges, the reform of teaching content is one of the most important contents. In the process of practice, we should clarify the sports objectives based on the special sports skills, basic sports skills and health knowledge of higher vocational students, and reform the teaching content on this basis. First of all, it is necessary to cultivate the physical education discipline consciousness of higher vocational students. Based on the perspective of discipline construction, higher vocational colleges should make an overall plan for physical education teaching mode, teaching content, teacher team, discipline specialty, social service and talent training, and build characteristic vocational physical education courses according to the requirements of vocational skill training. Secondly, optimize the physical education teaching content. In the traditional physical education teaching in higher vocational colleges, it often pays more attention to physical fitness than skills. Under the background of the new era, it is necessary to restructure the physical education teaching content in higher vocational colleges, and make reasonable arrangements for special skill training, basic sports skills and health knowledge education, so that students can master more health knowledge and improve their special skills and sports skills in the process of participating in physical exercise. Finally, build the online + offline integrated teaching mode, fully expand the teaching channels with the help of modern network resources, and enrich the teaching content. For example, teachers can download excellent sports video materials, take short sports videos in person, and carry out basic skills teaching and sports health knowledge teaching online. Offline correction can be carried out in combination with students' technical actions. Through online and offline cooperation, the quality of physical education teaching can be improved, so that students can master the essentials of physical education faster and better^[6].

3.3 Strengthen the Reform of Teaching Methods

To improve students' sports skills, it is necessary to go through thousands of times of training. It is far from enough to rely on sports classroom alone. Teachers must carry out extracurricular training regularly. In order to achieve the above objectives, the first thing is to strengthen the reform of teaching methods, so that sports teaching can realize the integration of in class and out of class. First, we should improve the physical education teaching mechanism in higher vocational colleges, strengthen extracurricular exercise, and include students' extracurricular physical activities and early exercise in the physical education teaching assessment, so that students' daily exercise time can be maintained at more than one hour. Second, we should innovate physical education teaching methods, reasonably allocate physical education teaching hours, fully highlight the dominant position of students and guiding role of teachers in the classroom, so that students can master more sports skills and knowledge in a limited time, create a relaxed and pleasant sports atmosphere. Applying a variety of teaching methods is also necessary to realize the effective integration of extracurricular time and in class learning. Third, innovate the evaluation methods of physical education curriculum, including both extracurricular evaluation and in class evaluation. At the same time, teachers should also focus on students' individual differences, link their physical education achievements with their excellent evaluation. Head teachers, counselors and physical education teachers can form an educational joint force to further stimulate students' enthusiasm and interest in sports^[7].

4. Conclusion

This paper mainly focuses on the reform of physical education in higher vocational colleges in the new era. Physical education in higher vocational colleges in the new era should first clarify the orientation of teaching reform from the aspects of the necessity of teaching reform, historical orientation and main contradictions, and then clarify the strategies of physical education reform from the aspects of establishing the fundamental educational goal of building morality and cultivating people, strengthening the reform of physical education teaching content and innovating teaching mode. Only in this way can we comprehensively improve the quality of physical education teaching in higher vocational colleges and provide guarantee for the cultivation of high-quality and high-level skilled talents and the comprehensive and healthy development of applied talents.

References

- [1] Dai Xiufu. An empirical study on the integration of physical education in and out of class in higher vocational colleges -- Taking the integration of table tennis in and out of class in Jianghai Vocational and Technical College as an example. *Contemporary Sports Science and Technology*, vol.7, no.14, pp.34-74, 2018.
- [2] Diao Junhui. Research on the practice of public physical education teaching reform in higher vocational colleges -- Taking the teaching of outdoor rock climbing club in Nanning Vocational and Technical College as an example. *Journal of Nanning Vocational and Technical College*, vol.18, no.6, pp.34-74, 2018.
- [3] Jiang Min. On the feasibility analysis of flipped classroom in higher vocational physical education -- Taking aerobics teaching in Guangdong Vocational College of Administration as an example. no.2016-35, pp.168-169, 2021.
- [4] Xu Lin. Research on the application of “group cooperative learning” model in higher vocational physical education -- Taking the teaching of Body Shape and Dance in our school as an example . *Equipment Manufacturing and Education*, vol.32, no.2, pp.55-45, 2018.
- [5] Zhang Leihua, Li Jian. Research on the problems and improvement strategies of five-year physical education in higher vocational colleges -- Taking the five-year physical education teaching in higher vocational colleges in Changsha as an example. *Education*, no.78, pp.74-658, 2017.
- [6] Liu Fangfang, Wei Xiaoyang. Practical research on the integration of moral education elements into higher vocational physical education curriculum from the perspective of building morality and cultivating people -- Taking basketball teaching as an example. *Green Technology*, no.13, pp.24-74, 2020.
- [7] Zhang Yan, Zhang Lei. Research on the integration of sports with national characteristics into physical education teaching reform in higher vocational colleges -- Taking Qiandongnan National Polytechnic as an example *Fighting·Martial Arts Science*, vol.004, no.008, pp.103-105, 2019.