

Practical Research on “Modular Teaching” in Physical Education of Vocational Education

Lv Hui, Yang Yajie

College of Physical Education, Shanxi University, Taiyuan, Shanxi, 030006, China

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Abstract: Nowadays, in higher vocational colleges, it is not only necessary to teach students knowledge, but also to improve their physical fitness. In order to enable students to better integrate into social life, modular teaching came into being. It has been popularized and used in a wide range of sports professors in higher vocational colleges, effectively improving the teaching of physical class. And it have improved the physical fitness of the students. In response to this, the full text focuses on the meaning and principles of modular teaching and its practical application in the process of higher vocational sports professors, for reference only.

1. Introduction

Among higher vocational colleges, physical education courses are the most important element. It can not only cultivate the physical fitness of students, but also establish a lifelong sports spirit for students, so that students can better adapt to the society. However, in the actual teaching process of higher vocational physical education, the teaching effectiveness of the higher vocational physical education has not been fully utilized. On the contrary, there are problems such as the simplification of teaching methods, which seriously hinder the healthy growth of students. Therefore, the modular teaching is integrated into the higher vocational physical education, which effectively solves the problems in the physical education and makes the teaching quality of the physical education have been greatly improved.

2. Definition of Related Concepts

2.1 Teaching Mode

Teaching activities refer to the process of purposeful and targeted interaction between teachers and students, in which there are not only teachers' professors, but also students' active learning. In the process of interaction, the teacher plays a guiding role. The smoothness of teaching activities directly affects the students' learning effectiveness to a large extent. And it also has an important impact on the accomplishment of teaching goals that cannot be ignored. In the teaching process, a good teacher can not only formulate reasonable, scientific and efficient teaching goals, but also select a suitable teaching model to teach, so as to improve the effectiveness of classroom teaching.

In the teaching process of physical education in higher vocational colleges, due to the essential differences in the teaching objectives, teaching content and teaching tasks of different courses, it is necessary to select suitable teaching modes for different courses to improve the teaching quality.

2.2 Modular Teaching Mode

Modular teaching mode is a new teaching mode aimed at cultivating students' skills and comprehensive literacy is adopted. In the modular teaching model, not only need higher vocational colleges to train according to what kind of talents the society and enterprises need as the goal, but also reflect the main status of students in the teaching process, and fully stimulate students' interest and initiative in learning. To create a higher vocational sports curriculum system with a modular teaching model as the core, paving the way for higher vocational colleges to train high-quality talents.

3. Characteristic Analysis of Modular Teaching Mode

3.1 Developmental Principles

Among the modular teaching models, the developmental principle is one of the most obvious characteristics. In other words, different teaching modes have different laws, and the developmental principle is that they all follow in common. In other words, the production and growth of the teaching mode all follow the developmental principle, and focus on the students' All-round growth. The modular teaching model can not only classify the modules according to the students' hobbies and the needs of the company, but also cultivate and improve the students' comprehensive skills and literacy, laying a solid foundation for the students' future learning.

3.2 Principle of Pertinence

Among the modular teaching models, the pertinence principle is also one of the most prominent features. In the teaching process of higher vocational colleges, the emergence of modular teaching mode can not only effectively solve the problems in the teaching mode of higher vocational colleges, but also cultivate the skills and comprehensive qualities of students. In higher vocational colleges, training and upgrading the skills of students is the most important. In the process of teaching, teachers not only need to divide the courses according to different students' interests, hobbies and future occupations, but also guide and inspire students to learn, master and apply knowledge independently. In addition, we need to help students to make knowledge becomes their own.

3.3 The Principle of Subjectivity

In the modular teaching model, the principle of subjectivity is also one of the most indispensable principles. In the process of teaching in higher vocational colleges, due to the essential difference between professors in higher vocational colleges and ordinary professors, the purpose of teaching in higher vocational colleges is to cultivate and enhance students' modernization concepts, modernization capabilities, and modern theoretical knowledge. The essence is to enable the students to grow up healthily in all directions. Therefore, vocational colleges should pay special attention to the cultivation of students' learning subjectivity and the modular teaching model has fully played its role. It can motivate students to learn and evaluate themselves through different teaching modules. What's more, it can fully stimulate the students' interest and initiative in learning.

4. Practical Application of Modular Teaching Mode in Higher Vocational Physical Education

4.1 Based on Vocational Education, Carry out Personalized Training

In the process of teaching physical education in higher vocational colleges, the use of modular teaching mode can effectively improve the physical fitness of students and promote their all-round healthy growth. Therefore, physical education teachers in higher vocational colleges need to have an in-depth understanding of students' hobbies, future occupations and other aspects, and use different teaching methods for students at different levels to truly achieve differentiated teaching. For example, for students majoring in human resource management, fashion design, advertising design, etc., because most of the time they are doing mental work, they lack physical exercise. Therefore, physical education teachers in higher vocational colleges need to guide students to carry out indoor sports activities such as basketball, and perform corresponding preparation activities, such as squats and push-ups, so that students can improve their physical fitness.

4.2 Analyze Student Needs and Optimize Physical Education Content

The integration of higher vocational college physical education curriculum and modular teaching mode can more highlight the main status of students. Therefore, in the actual physical education teaching process, the physical education teachers of higher vocational colleges should pay attention to the communication and interaction with the students. So they can better understand the actual needs of the students and design corresponding content from the perspective of the students. For example, due to the large differences in the physical fitness and hobbies of different students, teachers need to teach according to the actual situation of the students when starting physical education teaching. And at the same time, they guide the students to choose reasonable according to their own needs in order to improve the teaching effectiveness of the physical education. In addition, teachers should also design different sports modules for students of different majors, change the teaching content in time, and fully stimulate students' interest and initiative in learning from all aspects.

4.3 Pay Attention to the Study of Teaching Materials and Develop School-Based Sports Courses

The use of modular teaching mode in higher vocational physical education also requires attention to the optimization and reform of physical education teaching materials. Higher vocational colleges need to create a team of high-quality and strict standards of physical education teachers. According to the actual needs of the students' core physical literacy, they then optimize and innovate the vocational physical education curriculum so that students can better train to improve their physical fitness. At the same time, while optimizing and reforming sports teaching materials, higher vocational colleges also need to innovate the types of sports activities, and then design new sports teaching contents based on the use of the school's sports resources. So students' physical fitness and comprehensive quality can be effectively improved.

4.4 Innovate Teaching Methods and Improve the Evaluation of Physical Education

When using the modular teaching model in higher vocational physical education, it is not only necessary to conduct an in-depth analysis of the various teaching modules, but also to pay attention to the physical training modules to guide and inspire students to carry out diversified teaching, such as group cooperative teaching, competitive teaching and situational teaching enable students to

grow in different modules. At the same time, the teaching evaluation system for physical education also needs to be optimized and perfected to fully stimulate students' interest and initiative in learning. So students can actively participate in different physical education modules, and the effectiveness of the modular teaching model can be improved. In addition, it can improve the teaching level and quality of the physical education classroom.

5. Conclusion

In short, while optimizing and innovating physical education courses in higher vocational colleges, it is also necessary to give full play to the dominant position of students and teach students in accordance with their aptitude, so that students can grow in an all-round and healthy manner.

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