

Research on Application of Quality Development Training in Higher Vocational Physical Education

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Abstract: In the physical education teaching of higher vocational colleges, the training of the students in terms of quality development can not only effectively improve the physical quality of the students, but also can fully increase the students' interest in sports, which would achieve more comprehensive growth in higher vocational colleges. This article focuses on the discussion and analysis of quality development training and its application in higher vocational physical education. It describes in detail some influencing factors and application strategies.

1. Introduction

1.1 Cultivate and Improve Students' Ideological and Moral Qualities

In the stage of higher vocational education, strengthening the training of students in terms of quality development can effectively improve the physical and psychological qualities of students, and it will also play a certain guiding role for students' ideological and moral growth. When students are training in PE classes, they need to be fully aware of the importance of cooperation so that they can achieve more success. When students cooperate with other students, they can fully exercise their abilities in cooperation and communication, and they can also achieve better performance in later life and work. Therefore, when carrying out quality development training for students, it is necessary to fully exercise their abilities so as to guide students to establish a strong sense of responsibility.

1.2 Enriching the Teaching Content of Physical Education Courses

In the stage of higher vocational education, some quality training can effectively improve students' interest in sports. At present, there is a big gap between the physical quality of the students in many vocational colleges in our country and the actual standards. When teachers lead students to expand training, they can also fully enrich the content and form of physical education classes, so that students can get better exercise in physical education classes, and students' interest in physical education courses will also effectively increase. Teachers can also enhance the efficiency and quality of physical education through the design of some scenarios, so that students can improve their physical fitness while practicing skills. Quality development exercises will be more diversified

than the previous traditional sports teaching methods, and can effectively stimulate students' interest in sports and a sense of competition. At present, the equipment and facilities in many colleges and universities are constantly improving, which can fully meet any condition students need in the process of sports, and create a rich and interesting sports classroom for students.

2. Analysis of Factors Affecting the Quality and Efficiency of Quality Development Training

2.1 The Influence of the Strength of the Teaching Staff

At present, many higher vocational colleges still have many problems in the process of quality development training for students, and they will also be affected by many factors. The influence of the teaching staff has a great influence on the effect of physical education. If teachers cannot fully use diversified methods to educate students, it will affect the efficiency and quality of quality development training. During the class, many teachers still use the traditional physical education method to provide students with outreach training. This will not only fail to give full play to the application effect of quality development, but also make students feel certainly bored about the physical education curriculum. Therefore, teachers need to continuously improve their professional level and comprehensive quality, so that they can better apply quality development training. In addition to learning some new theoretical knowledge, teachers also need to have a deeper understanding and understanding of quality development training, so that they can flexibly use various methods to improve the effect and quality of training. When some emergencies occur in class, they can also be effectively dealt with them.

2.2 The Influence of Students' Own Personal Factors

At present, many families have only one child, so due to the influence of the family environment, this part of the students will form a self-centered habit. This situation will also occur in the school, and they will have a certain degree of dependence in the previous environment. When these students are participating in outreach training, it is difficult to integrate with other students, and some contradictions may even occur. In the actual physical training process, these students are unable to effectively get along and cooperate with other students, so they will also have a certain impact on the effect of quality development training.

3. The Main Content and Process of Quality Development Training

3.1 The Main Content of Quality Development Training

In higher vocational colleges, the main purpose of training students in terms of quality development is to better improve the physical quality of the students, and at the same time to enable students to obtain some ideological and moral guidance. In the actual teaching process, many teachers will use outdoor survival and adventure methods to train students. Diversified courses can stimulate students' interest in sports to a certain extent, and also enable students to get more Exercise. In addition, when students enter higher vocational colleges, they will go through a period of military training. Military training is also part of the quality development exercises, which can improve the comprehensive quality of students.

3.2 The Specific Process of Quality Development Training

When conducting quality development exercises for students in higher vocational colleges, they must first be led to warm-up activities. Adequate warm-up can prevent students from being injured during exercise, and at the same time can relieve students' various emotions, helping students to quickly integrate into the cooperative development. Secondly, when teachers choose expansion projects, they also need to make reasonable settings and choices based on the actual situation of the students and the content of the teaching. If teachers want to fully improve the personal psychological quality of the students, they can choose individual projects to train the students. If they want to exercise the students' cooperation and competitiveness, they need to choose a team project to train the students. Finally, teachers need to make reasonable comments and summaries on the performance of the students in the training process, and also need to express certain recognition and encouragement to the students, so as to promote the growth of the students and give full play to the application of quality development training effect.

4. Strategies and Measures to Develop Quality Development Training in Physical Education in Higher Vocational Colleges

4.1 Clarify Teaching Objectives and Improve Teaching Effects

When teachers lead students to carry out quality development training, they need to fully consider the actual situation of the students. At the same time, they also need to communicate and communicate with the students, so that they can choose a suitable way to train the students. First, they need to set a clear goal for this training, and then take a reasonable way to improve the efficiency and quality of teaching. Compared with other professional courses, physical education courses are more interesting, so they can better attract students, but teachers still have to choose diversified ways to carry out quality development training for students, so that they can fully improve students' interest in sports. For example, teachers can use ten people and eleven feet to exercise the students' cooperative ability. Meanwhile, they also need to set a clear goal for the students. They need to reach a certain position within a specified time. When the students just start during training, the goal may not be successfully completed, then the teacher can give the students some time, thus, the students can practice and communicate with other students, so that they can reach the goal quickly. In this way, the students' teamwork and communication skills can be fully exercised, and the students' physical fitness can also be improved.

4.2 Pay Attention to the Cultivation and Improvement of Safety Awareness

In the process of quality development, we must pay attention to safety issues. First of all, before starting the training, students need to be educated and trained in safety, and to supplement students with some safety knowledge involved in the exercise process. If some sports equipment is needed in the development of quality, then it is also necessary to provide students a detailed explanation. Secondly, in the training process, teachers also need to closely observe the status of the students. If they find that students are unwell, they must deal with it in time.

4.3 Establish a Sound and Perfect Assessment and Evaluation Mechanism for Quality Development Training

Compared with traditional physical education methods, quality development training will have certain characteristics, so it is necessary to establish a perfect training assessment mechanism, which not only includes the performance of students in the training process and the degree of participation, but also take into account the changes in students' psychological quality. Secondly, in

the process of evaluation, teachers can't just look for the students' final grades for evaluation, but take a variety of ways to make a comprehensive evaluation, which will help students fully understand themselves. Through evaluation, students can also discover some of their own problems, so that they can be effectively changed in the future study and life. In addition, teachers can also use questionnaires to collect information about students.

5. Conclusions

All in all, quality development training is very important in the physical education of higher vocational colleges. It can not only improve the physical quality of students, but also enable students to get more comprehensive exercises, which is very important for students' ideology and morality. Additionally, it can also play a certain guiding role, allowing students to obtain more comprehensive training in higher vocational colleges.

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