

# *The Reform and Exploration on the Health and Physical Education Curriculum on the New Era of Vocational Education*

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**Keywords:** Vocational education, Teaching reform, Health and physical education curriculum, Lifelong physical education

**Abstract:** In the new era of vocational education, the reform in physical education and health curriculum should be further deepened. The old teaching inertia should be given up and the teaching methods should be innovated. It is necessary to explore the establishment of smart campus sports management platform as a breakthrough, using information means to monitor and manage students' extracurricular sports exercise. In the meantime, reforming the curriculum structure and construct a new learning mode of physical education and health courses which meet the health needs of higher vocational students in the new era. It is also essential to establish the evaluation and incentive mechanism to promote students to exercise consciously and develop exercise habits. Furthermore, teachers should guide the students to take exercise in accordance with their own reality, so that students can develop a good habit of scientific exercise and carry out specific vocational physical training related to occupational positions.

## **1. Introduction**

The Vocational Education in the new era requires students to have skills suitable for future employment. Health and Physical Education Curriculum should focus on this demand, through reasonable exercise and physical training to meet the physical requirements in future professional posts. With “health first” as the guiding ideology, through systematic classroom teaching and organized extracurricular physical exercise activities, students should learn the proper health management planning, health management concept and health management knowledge applicable throughout the different stages of life; master the skills and methods of exercise and fitness, develop the habit of doing physical exercises; and improve the level of physical health quality as well as the physical competitiveness of the students in future employment. Health and Physical Education Curriculum should thoroughly carry out the 4 in 1 teaching objectives, which are “Fun, Strengthen Physique, Sound Personality, and Managed Temper.” Health and Physical Education Curriculum does not only refer to physical health education, but it also captures the process of cultivating an individual’s sound personality and temper. As an educator working in the new era of Physical Education, it is our main goal to instill the consciousness of health management as well the habit of exercise to higher vocational students on their final stages of education. Educators should constantly

study and explore effective teaching ways and methods to help students enjoy and have fun while engaged in physical activities, which will enhance their physique, improve their personality, manage their temper, master the knowledge and ability of health management, and ultimately to develop good habits towards proper exercising. Therefore, in the new era, the Physical Education and Health course in higher Vocational Education should involve exercise skills that students can love and participate in throughout their life, rather than just another required activity in school. Taking into account the differences in the needs of each individual students, it is necessary to set up various forms of sports exercise activities. Through effective teaching methods and various teaching contents, students can master one or two basic skills suitable on their own strength and ability in which they would enjoy to develop. Using Smart Campus Sports Management System and other information means to supervise and monitor students' extracurricular exercising activity, arrange sports fitness homework to let students develop a good habit of being active, in which will eventually be a good foundation for staying active throughout life.

This study explores on the reform on the Health and Physical Education Curriculum, starting from the cultivation of students' health management concept, arouse the students' interest in sports exercise, help students in exploring their internal driving force for self-health management and self-exercise; using information technology to supervise and monitor students' extracurricular exercise; nurturing students to form a good habit of lifelong physical exercise, and produce more competitive vocational students in the new era.

## **2. The Necessity to Reform Health and Physical Educational Curriculum in the New Era of Vocational Education**

### **2.1 New Era of Vocational Education Puts Forward New Requirements for Health and Physical Education Curriculum.**

The new era of Vocational Education claims that Health and Physical Education Curriculum is not only a physical training course for learning sports skills. It is also an avenue to cultivate students' awareness and concept of health management, master the knowledge of health management, and improve the pertinence and effectiveness of physical exercise by adopting effective teaching methods and means to improve students' physical condition and health status. According to the different training plans for each major, we should arrange and develop the quality of physical training that will be related to future job requirements; such as helping the students learn methods of physical self-care and prevention and treatment of occupational diseases in future professional work, as well as self-recovery relaxation methods for the development of each individual's physical health.

The new requirements of Vocational Education for Health and Physical Education Curriculum in the new era includes the following: an individual is the first person responsible for their own health; and advocating everyone to develop a healthy lifestyle in line with their own characteristics, scientific sports, to achieve a healthy life and lessen illnesses. Therefore, in the new era of Vocational Education, Health and Physical Education Curriculum should teach students the knowledge of health management and establish the concept of health management. Let students manage their careers while also taking care of their own health, keeping in mind that health must be regularly maintained and that there are different health requirements in each stages of life, and that health management is a never-ending process throughout life that should be carried out accordingly.

1.2 In the new era of vocational education, Health and Physical Education Curriculum should get rid of its old ways, let students find suitable sports exercise, master the corresponding exercise skills and methods, paying attention into the cultivation of students' individual self-exercise ability and develop good habits of scientifically proven exercise.

In the new era of Vocational Education, the Health and Physical Education Curriculum should abandon the old teaching of putting learning motor skills as the center of the course, and should pay more attention to the cultivation of students' individual self-exercise ability. This is to make the students have a pleasant experience while enjoying the fun in sports in which they can exercise consciously. In teaching Physical Education, we should provide as many sports as possible for different students; and, as much as possible, provide the sports that students are interested in that students can love. Let the new generation of students who lack exercise have a starting point to go from being reluctant, or passive, moderate, to gradually have a successful experience with sports and slowly fall in love with it. "Teachers should open the door for the students." We should let students find out suitable exercises and master it corresponding to their exercise skills and methods, and gradually develop the habit of maintaining proper exercise. So that after leaving school, through their learned habit, students can continue to carry out lifelong physical activities and self-health management exercises, achieving the purpose of lifelong sports.

## **2.2 In the New Era of Vocational Education, the Teaching Methods of Health and Physical Education Curriculum Should Be Innovated and Improved.**

In the new era of Vocational Education, we should improve the teaching methods of Health and Physical Education Curriculum through the use of different means of information to carry out modified ways of teaching of Physical Education; considering the individual differences of each student, formulate corresponding exercise prescription and Physical Education learning program. The advancement in the information technology provides the possibility to customize Physical Education curriculum based on information gathered. Health and Physical Education Curriculum of in the new era of Vocational Education should be supported by the school's Smart Campus Sports Management System in arranging extracurricular physical exercise homework, letting students carry out the extracurricular exercise independently, and supervise and monitor the extracurricular exercise status of students by means of information technology. Let the students study their interested sports activity on the system, and then carry out modified teaching in the Physical Education class.

## **3. The Reform Path of Health and Physical Education Curriculum in the New Era of Vocational Education**

1) In the New Era of Vocational Education, the Teaching Methods of Health and Physical Education Curriculum Should Be Innovated and Improved.

In the new era, we should continue to deepen the teaching reform in Health and Physical Education Curriculum, especially the reform on optional Sports Courses. We should give full play on the characteristics of the Physical Education teaching team, and develop a variety of Physical Education elective courses which will meet the characteristics of our school as well as the students' interests. We should break the current systems implemented in the departments and classes, reorganize it in order to meet the different needs of students accordingly to their levels and interests. In Physical Education, we should pay attention to infiltrating health management concept and health management knowledge, and use innovated teaching methods to improve students' health management level and ability. Health and Physical Education Curriculum should strive to advocate open and inquiry learning, and strive to expand the time and space of the course. Under the guidance of teachers, students can design their own health management habit by creating their own physical exercise content and exercising independently on their own time; so as to create an active, lively, and enjoyable training atmosphere.

2) Reform the curriculum structure, build new learning methods for the Health and Physical Education Curriculum for the new era, combine Physical Education classroom teaching, extracurricular outdoor physical exercise and various forms of sports competition, in order to meet the exercise needs of different vocational students.

The reform on the Health and Physical Education Curriculum in the new era of Vocational Education should explore on the combination of Physical Education classroom teaching, extracurricular outdoor physical activity, and outdoor sports competition in order to establish and improve the curriculum structure of Physical Education and Health Curriculum on the new era of Vocational Education. Both extracurricular sports activities and outdoor physical exercise should be connected with Physical Education classroom teaching; making sure that students would have at least 1 hour of exercise per day.

Instead of just learning a single sport technique, the major goals of Physical Education are to cultivate vocational students' ability to a lifelong self-health management, and maintenance of their own health; to enable students to master one or two sports exercise skills; to instill students' health management concept and awareness; to provide various exercise methods and means for students to exercise properly. Conducting Physical Education class only once a week will not be able to meet the needs of the new era of higher vocational students to develop exercise habits. Extracurricular outdoor sports activities and sports competitions must also be incorporated to the Physical Education.

It is necessary to construct an all-round and multi-level learning model of physical education in the new era of Higher Vocational Education. Through a period of reform and exploration, the implementation of a weekly Physical Education, two extra-curricular outdoor physical exercise classes and monthly outdoor sports competition, the students' overall health level can be significantly improved and exercise habits may slowly be formed. It is necessary to establish a normalized, multi-level campus sports competition system, and carry out various sports competitions in line with the specific learning situation; such as school level competition, department competition and inter-class competition. Make outdoor sports competition as a starting point to promote students' all-round development and healthy growth. Through various forms of sports competitions, students may be inspired to walk out of their dormitories and indulged into outdoor sports and competitions.

3) Establish an Objective and Multi-Dimensional Evaluation and Incentive Mechanism to Promote Students to Exercise Consciously and Form Exercise Habits.

The Health and Physical Education Curriculum in the new era of Vocational Education should take students' mastery of exercise training skills and conscious exercise of proper training as important indicators for evaluation. According to the different learning capacity of each individual student, it is necessary to set up universal and personalized evaluation contents and assessment standards reasonably. Evaluation is the driving force in Physical Education. Objective and fair evaluation is conducive to stimulating students' enthusiasm and interest in sports learning. It promotes students to get out of dormitories, go to the playground, and develop good exercise habits. In the new Physical Education curriculum, it is necessary to construct an objective and scientific mechanism for physical education. It is necessary to face up to the individual differences of students, take students' physical exercise level as the main index, and take the progress of students as an important basis to evaluate their physical performance. A student who would not meet up to the standards of the National Students' Health Criteria should not be allowed to graduate. On the contrary, participating in various sports competitions, winning prizes, full attendance on outdoor physical exercise can earn incentive measures for students.

The results of Health and Physical Education classroom sessions only accounts for 70% of the course performance, outdoor physical exercise class accounts for 30% of the physical education

score. Using the student's participation count and performance on outdoor activities as a criterion for evaluation. Every student must take part in an outdoor sports competition every semester, and winning on competitions will merit additional points for the students.

4) Guide students to establish proper exercise methods that is in line with their own capability, and establish a Smart Campus Sports Management System to supervise and monitor students' extracurricular exercise, and promote the formation of students' exercise habits.

In the new era of Vocational Education, Health and Physical Education Curriculum should guide students to establish proper exercise and fitness methods in line with their own ability. With the use of a Smart Campus Sports Management System, students' exercise status will be supervised and monitored by means of information technology through the arranged extracurricular physical exercise and fitness. This process will also promote the formation of students' exercise habits.

In the new era, there are various differences among students in the teaching practice of physical education and health course. These differences and diversity are much greater than other courses. Students who love sports from childhood will have a higher level in sports when they arrive to higher vocational school. Students who lack training will have difficulty mastering even basic sports skills upon stepping into higher vocational schools. In the practice of physical education classroom teaching, facing the big individual differences of students, teachers must individualize the teaching plan. In the classroom setup of physical education, there is a diverse physical level among the students. Teachers much individualize teaching plans for each student. Students with poor physical activity often do not do well in the process of learning skills and movements in physical education class. They are more prone to get hurt and will not have a pleasant experience.

In the new era, the establishment of teaching objectives, the selection of teaching contents and the use of teaching methods should not be aimed at the class as a whole, but should be stratified and graded for each higher vocational student. In the new era of higher vocational sports course learning, we should let every student have a good and pleasant experience of participating in learning sports. This is the foundation of the students' lifelong love for physical activities. Teachers should guide students accordingly to their own capability, adopt suitable and proper exercise methods to exercise consciously, and develop the habit of exercise to scientifically manage their own health.

5) Construct a Professional Physical Fitness Curriculum According to the Occupation Qualification Standard after an Analysis on the Demand for Physical Fitness on Professional Job Posts.

Professional physical fitness is the core competitiveness of vocational college students, and is a basic condition for job posts. In the new era, Health and Physical Education Curriculum should be based on the characteristics of vocational schools, highlight the orientation of vocational ability training, and focus on the training objectives of various specialties. We cooperate with enterprises to develop targeted physical training courses in accordance to the requirements of professional and technical fields and professional job posts (groups), while referring to the relevant professional qualification standards. It is necessary to study the front-line working environment to formulate occupational physical fitness standards of a job post. Most jobs are sedentary, requiring only minimal movements but working under great pressures, which cannot be considered as a good working environment. After collecting the occupational physical fitness requirements on different posts, special physical training should be put forward for jobs that are exposed to high temperature, radiation, noise, cold, strong wind, excessive force and other factors. We can use sports anatomy and sports physiology to analyze the characteristics of the main muscle groups involved, and then select the corresponding sports for the corresponding training to meet the needs on future jobs. We can also set up special physical training courses according to the direction of employment and jobs, and construct vocational physical training course modules with higher vocational characteristics. Through these implementations, the occupation physical fitness of each student will meet the

requirements of future relevant positions, and allow the vocational students to be more competitive in the workplace.

#### 4. Conclusion

In the new era, Vocational Education has put forward new requirements for higher standards on Health and Physical Education Curriculum. Health and Physical Education Health courses should get rid of the old ways of thinking and further deepen the curriculum teaching reform. Special attention should be taken on the cultivation of students' awareness on health management and personal self-exercise ability in order for students to form a good habit of doing proper exercises. It is necessary to reform and innovate as well as to improve the current teaching methods. Exploring the establishment of a Smart Campus Sports Management System as a breakthrough through the use of information technology to monitor and manage students' extracurricular sports health status; and to build a new era of sports and health curriculum learning mode in classroom teaching, extracurricular outdoor physical exercise and outdoor sports competition. Guide the students to establish proper ways of exercising, which will be in line with their own capacity and personality, as well as to promote to the students to form exercise habit, using physical exercise as a means to manage one's physical health. Additionally, multi-dimensional and curriculum incentive mechanism should be constructed to promote students to exercise consciously. In the new era of Vocational Education, Health and Physical Education Curriculum should highlight the positioning of professional ability, setting up relevant modules for physical training applicable for future employment posts and cultivating more qualified vocational talents for the society, so as to allow higher vocational students to be more competitive in the workplace.

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