

Enlightening Research on the Education Thought of Cultivating Talents under the Discipline Core Accomplishment to the Physical Education of Vocational Colleges At Undergraduate Level

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Abstract: In the reform of vocational education “and” education modernization “big background, in the teaching activities of the professional undergraduate course colleges and universities sports to the integrated use of modern teaching ideas and teaching methods, optimize innovative teaching process, strengthen the core quality, cultivate the students' thinking quality of students, to help students form the necessary quality can adapt to social development and the key ability. Based on this, in this study using literature, logic analysis and other methods to explore the problems existing in the professional undergraduate course colleges and universities sports teaching activities, and actively explore khalid ents the application value of the education thought, strengthen the curriculum reform, and put forward corresponding teaching Suggestions for professional undergraduate course colleges and universities sports teaching activities provide effective reference.

1. Introduction

Sports and health course core literacy is the most important concept of the new curriculum standard, and concise for sports ability, health and sports behavior character three aspects, the new curriculum standard to truly implement the basic task of khalid ents, give full play to the educational function and value of sports, you need to cultivate the students' subject core literacy . In order to strengthen the cultivation process of innovative talents, in the current stage of physical education teaching activities of vocational colleges at the undergraduate level, it is necessary for teachers to combine the corresponding teaching content and constantly optimize and innovate teaching ideas. Comprehensive use of modern teaching methods and means to improve the effectiveness of physical education class. In the actual teaching activities, in order to strengthen the cultivation of students' subject core quality, improve their professional quality and comprehensive ability, so that students can better adapt to the future post, teachers should strengthen the infiltration of the idea of moral education. In the strengthening of basic knowledge teaching at the same time, combined with the corresponding teaching content, in order to improve students' movement

awareness and ability, strengthen the physical exercise and psychological training of students, help students form a positive attitude, so that students can calmly deal with the difficulties in future study and work. Applying the concept of moral education to the sports teaching of vocational colleges at undergraduate level can effectively promote the development of socialist cause, improve students' comprehensive quality, enhance their job awareness, and make students more adaptable to the future workplace life.

2. Problems Existing in Pe Teaching in Vocational Colleges At Undergraduate Level

2.1 Unreasonable Teaching Design

In the process of education development, in order to improve the students' comprehensive quality and ability, lets the student can more to meet the needs of future jobs, at this stage of undergraduate level vocational education and teaching activities of sports, requires teachers to combine the corresponding teaching content proportion distribution of strengthening academic and courses and continuously optimize innovation teaching methods, Construct an efficient PE class for students. However, in the process of carrying out physical education teaching activities at the undergraduate level, due to the unreasonable teaching design of teachers and the lack of flexibility of the whole physical education class, it is difficult to strengthen the cultivation of students' physical quality and ability, and reduce the enthusiasm of students to learn, which is not conducive to the cultivation of students' core qualities. In fact, strengthening physical education can improve students' sports awareness and ability, so that students in the future study and life can develop a good state of learning and life, with a positive attitude to face the difficulties in learning and life. At the undergraduate level vocational education in the process of sports teaching activities, teachers ignore the khalid ents the concept of effective penetration, but pay more attention to the teaching of theoretical knowledge in practical teaching activities, ignoring the students' moral education teaching, and the lack of classroom study, make the students study in a passive state for a long time, it is difficult to carry out moral education.

2.2 Lack of Scientific Teaching Methods

In the process of physical education teaching activities in vocational colleges at the undergraduate level, in order to achieve the actual teaching objectives and improve students' athletic ability, teachers usually conduct demonstrations for students and let students imitate exercises to achieve the actual training effect. In this process, students can only learn step by step, lacking autonomy and enthusiasm, which reduces students' learning experience and is not conducive to the cultivation of students' core literacy. In the physical education teaching activities of vocational colleges at undergraduate level, some teachers ignore the cultivation of students' sense of teamwork and competition, pay more attention to the teaching of physical education knowledge in actual teaching activities, ignore the cultivation of students' sense of responsibility, and lack of moral education. However, in the specific practical teaching activities, because teachers do not fully consider the points of interest of students, the teaching process has a strong blindness, lack of scientific and reasonable teaching methods as a guide, which reduces the overall teaching quality and effect of vocational colleges at the undergraduate level. However, a single teaching method will hit students' confidence in learning, making more students unwilling to participate in the learning process, and it is difficult to strengthen the training of students' comprehensive quality. The monotonous practice process reduces students' enthusiasm and initiative in learning, and in the long run, makes students tired and tired, which reduces the overall teaching quality of vocational education and physical education colleges at the undergraduate level.

2.3 Backward Teaching Content

Under the background of core literacy of physical education and health discipline, the idea of moral education has put forward higher requirements for physical education teaching activities in vocational colleges at undergraduate level. In order to strengthen quality education, improve students' learning effect, strengthen moral education penetration. In the process of carrying out physical education teaching activities in vocational colleges at the undergraduate level, teachers are required to constantly enrich teaching content based on existing teaching materials, update teaching materials in real time in actual teaching activities, and strengthen the guidance to students' learning process. However, in the current stage of undergraduate level vocational education sports teaching activities, most teachers are difficult to actively learn advanced teaching ideas, teaching content lack of effective innovation, is not conducive to the development of students' thinking. In the actual teaching activities is difficult to strengthen the infiltration of khalid ents thought, the ideal teaching content design, not only increase the difficulty of vocational colleges sports curriculum teaching undergraduate level also increases the students understand the difficulty of making khalid ents education thought is difficult to implement, the improvement of the teaching effect is not effective. In order to strengthen the cultivation of students' core literacy and strengthen moral education, teachers should strengthen the innovation of teaching methods, constantly update teaching ideas and strengthen the use of modern technology in the process of physical education teaching activities, so as to effectively cultivate students' awareness of sports and strengthen the penetration of moral education.

3. The Pe Teaching Reform Strategy of Vocational Education At Undergraduate Level under the Education Thought of Moral Education

3.1 Strengthen Curriculum Design and Stimulate Students' Interest

In order to strengthen the cultivation of students' physical education and health discipline core literacy, combined with the corresponding physical education teaching content, comprehensively improve students' comprehensive quality and ability. At the undergraduate level in the process of vocational colleges and universities sports teaching activities, requires teachers to combine the corresponding teaching content design courses, comprehensive meet the learning needs of different students, strengthen khalid ents penetration of education thought, at the same time of strengthening basic knowledge of sports teaching, combining with the corresponding physical education activities to strengthen moral education. Therefore, in the course design of physical education in vocational colleges at the undergraduate level, teachers are required to comprehensively consider their actual talent training objectives and do a good job in the teaching proportion design of technical subjects and disciplines. Reasonable allocation of teaching time, while strengthening theoretical knowledge teaching, strengthen practical teaching, in order to effectively stimulate students' interest in learning, so that students can actively cooperate with teachers to efficiently complete the corresponding learning activities. In this process, teachers are required to give full play to their leading role and constantly enhance the interest and guidance of PE class with flexible and diverse teaching methods, so that more students can actively participate in the class, so as to effectively attract students' attention and enhance their enthusiasm for learning . In curriculum design in the link, also need the teacher can according to the characteristics of the different age paragraph the students physical and mental development, as well as the students in learning and the future may face of life's problems and difficulties to strengthen the teaching content design, lets the student in the corresponding sports activities can clear goal in life, to form the habit of independent thinking and consciousness, improve the rationality of the sports classroom, Enhance students' moral awareness. Through this

way of teaching, moral education is constantly strengthened, so that students can constantly regulate their own behavior in future study and life, face the difficulties in life with a positive attitude, and form correct values.

3.2 Optimize Teaching Methods and Strengthen Thinking Guidance

In the physical education teaching activities of vocational colleges at undergraduate level, it is necessary for teachers to combine the corresponding physical education teaching activities to effectively cultivate students' sense of teamwork and competition, and strengthen students' sense of responsibility. In order to effectively break through the barriers of traditional teaching, in the process of carrying out physical education teaching activities in vocational colleges at the undergraduate level, teachers can combine modern information technology to continuously optimize and innovate teaching methods and help students further strengthen the learning of physical education knowledge through indoor teaching. Combined with the corresponding micro classes, MOOCs comprehensively strengthen the moral education of students, so that students can attract enough attention in thought, actively practice in action, and comprehensively improve the quality of thinking and moral awareness of students. In teaching activities, teachers can give full play to students' subjective initiative through one-on-one drills, so that every student can actively participate in the class and strengthen interaction with teachers. In the process of communication within the group, to effectively stimulate students' awareness of competition, combined with the corresponding punishment and reward mechanism, enhance students' collective sense of honor, strengthen the training of students' team consciousness, enhance the cohesion of the class as a whole. This requires teachers to give full play to their guiding role in actual teaching activities, strengthen the guidance of students' thinking, comprehensively improve students' sports ability in the specific practice process, and strengthen moral education in combination with specific practical activities [5]. This requires teachers to continue to learn advanced teaching concepts and teaching methods in actual teaching activities, and then strengthen the penetration of moral education in physical education activities, strengthen the cultivation of students' core literacy, so that students can form a sense of rules.

3.3 Strengthen Demonstration Teaching and Cultivate Core Accomplishment

In order to strengthen moral education, students can master corresponding sports knowledge and improve their sports skills and levels in the process of sports teaching activities in vocational colleges at undergraduate level. But in fact, in the process of teaching activities, teachers need to have solid theoretical knowledge and skills as a foundation, and can give full play to their professional dedication in teaching activities and play a leading role. This requires teachers to be fully aware of the positive impact and important role of moral education thought on students' future development, and integrate it into the actual teaching links, so as to comprehensively improve students' sense of responsibility and psychological quality. In specific teaching activities, teachers need to effectively change their teaching ideas, while strengthening the training of students' sports skills, comprehensively strengthen the education of moral knowledge, improve students' accomplishment, strengthen moral education, so as to help students form the necessary character and key ability to adapt to social development. In order to improve the effect of moral education, in the process of actual teaching activities, teachers should strengthen the guidance of students' learning process, so that students can be fully aware of their shortcomings in learning, so that they can work hard in future learning and help each other. Further strengthen the understanding of the content of moral education and realize Khalid's education concept does not indicate the direction for vocational education undergraduate level sports teaching activity, but its application to the actual

teaching activities, can let our teachers based on raw teaching ideas, combined with the positive education way to strengthen the students' motivation and guidance, strengthen the training of the students' moral quality and quality [6]. Through this teaching method, students can be willing to share with their classmates in the process of learning, help students develop a healthy and positive attitude, to strengthen the cultivation of students' will quality, competitive consciousness, improve the effect of education thought teaching.

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