

The Role of Physical Education in Higher Vocational Quality Education in the New Period

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Abstract: School physical education is very important to the formation of students' lifelong sports awareness, which is carried out in a subtle way. It is not only to enable students to have a good physique through lifelong sports, but also to develop lifelong sports awareness, habits and abilities of lifelong sports. Based on the urgency and importance of cultivating innovative talents in the current society, this paper analyzes the position of physical education in the quality education of higher vocational colleges in the new era; And on this basis, starting from the great role of physical education in promoting higher vocational colleges, this paper focuses on the important role played by physical education in quality education in higher vocational colleges in the new era, which is of great help to both the cultivation of innovative talents in higher vocational colleges and the sustained and rapid development of higher vocational education in China.

Higher vocational and technical education in the new era plays a decisive role in China's higher education. It is an education system oriented by the needs of regional economic construction and social development, and targeted at the training of high-level applied talents for production, management and service. The key to a comprehensive understanding of China's cultural renaissance and national self-improvement in the 21st century is education, especially the quantity and quality of high-quality talents. The cultivation of high-quality talents is the blood of the development of higher vocational education itself, which is related to the prosperity of the country and the nation. As a main course in higher vocational education, the purpose of physical education is no longer simple physical education, but to teach students the knowledge, skills and methods of physical exercise step by step, promote their healthy development, enhance their physical and mental health, and cultivate their ideological and moral qualities, which play an extremely important role in quality education.

1. Main Functions of Physical Education in Quality Education in Higher Vocational Colleges

1.1. The Effect of Physical Education on the Ideological and Moral Quality of Higher Vocational Students

Higher vocational talents in the new era should have comprehensive qualities in many aspects, among which ideological and moral quality is the most critical. Higher vocational physical education should put ideological and moral quality in the first place of quality education, improve students'

collectivism spirit, and let students get socialist ideological education. During the implementation of ideological quality education for students through physical education, let students abide by the competition requirements in teaching, training and competition, which helps to cultivate students' spirit of consciously abiding by rules and organizational discipline, solidarity and cooperation, and develop a sense of responsibility and collective honor and other good personality virtues.

1.2. The Promoting Effect of Physical Education on the Development of Higher Vocational Students' Physical and Mental Health

It is the most important role of physical education to carry out the teaching of sports health knowledge and sports fitness knowledge. To carry out physical education, students in higher vocational colleges should be trained in sports fitness skills, and at the same time, they should establish a positive attitude towards healthy sports and a life attitude, which will have a certain impact on their lifestyle. So as to cultivate the good lifelong sports habits of vocational students. In the physical education of higher vocational colleges, on the basis of the professionalization of teachers' physical education, students are timely guided to engage in scientific and reasonable physical fitness activities, which can not only ensure the healthy and balanced development of students' physical functions, but also effectively enable students to train scientific physical exercise methods through practice. Then the students' ability to adapt to the environment will be correspondingly enhanced, thus creating extremely good conditions for their physical and mental health development. The comprehensive development of students' physiology and psychology in higher vocational colleges is of great significance for students of all kinds of higher vocational colleges to go to the society after graduation and quickly improve their social adaptability, which can maximize their environmental adaptability.

1.3. Physical education promotes higher vocational students to give full play to their autonomy

One of the most important components of students' personality characteristics is their autonomy, that is, everyone has their own unique mode of thinking and behavior, and they have a certain degree of independence and initiative in the learning process. The degree of students' autonomy has a great influence on their personality development. The core content of implementing quality education is to develop their personality and promote the development of all students. Quality education emphasizes students' "personality", which contains two meanings: first, from the perspective of basic elements, students and students are consistent or close; second, from the perspective of psychological characteristics, they are very different. When implementing physical education in higher vocational colleges, physical education teachers should take their own professional and technical level as the basis, take full account of their personality differences, adopt physical education teaching methods suitable for their characteristics, and guide them to participate in physical exercise, so as to give full play to the autonomy of physical education teaching and promote their personality development.

2. Current Situation and Existing Problems of Physical Education Quality Education in Higher Vocational Colleges

Physical education in higher vocational colleges should focus on strengthening the physical quality of college students in the new era. It is not only an important part of quality education, but also an important way to achieve quality education.[1] With the development of modern society, physical education teaching in higher vocational colleges is constantly innovating, and the development of the real society also puts forward higher requirements for physical education teaching.

2.1. Students in higher vocational colleges have a low level of awareness of sports.

Compared with undergraduates, vocational college students' level of understanding things has its own characteristics, which is determined by social needs. When studying at ordinary times, higher vocational students pay more attention to the improvement of their practical ability, but often ignore the importance of improving their own quality. From the point of view of the purpose of physical education, we pay more attention to whether a certain sport is qualified, but ignore the importance of physical exercise itself. At the same time, modern media tools such as mobile phones and the Internet have hijacked a large number of students' attention, resulting in less outstanding results in physical education teaching.

2.2. The teaching setting is not reasonable enough.

The establishment of professional physical education teachers cannot fully meet the daily teaching needs; Insufficient class hours; The systematicness and continuity of physical education teaching are not strong; The organization and implementation process of physical education teaching is too traditional and simple.[2] At the same time, many higher vocational colleges do not pay enough attention to the physical education curriculum. Full time physical education teachers are overburdened in the amount of class hours, resulting in fatigue to cope with class hours, lack of work energy, lack of innovation ability, etc. These factors restrict the implementation of physical education teaching and the reform and development of physical education, which makes students lose interest in physical exercise.

2.3. They did not formulate different contents and standards according to students' exercise interests, and failed to teach students in accordance with their aptitude.

Because of heredity and other congenital reasons, some students have poor physical quality and lack of passion for sports, so it is difficult to participate in the unified teaching content, so it is difficult to meet the assessment standards; Some students have strong physical quality and fixed sports hobbies. In the process of teaching implementation, they use the same content and standard for all students, which cannot meet their learning requirements, thus making the teaching effect not significant.

3. The Strategy of Developing Higher Vocational Quality Education in Physical Education in the New Period

3.1. Putting health first is the guiding ideology of physical education in higher vocational colleges

School education should put health at the top of the list. Higher vocational colleges are a key platform for students to develop and improve their physical quality. To promote physical education, health must be put at the top of the list. The physical education in higher vocational colleges should attach importance to the connection with the social needs, start from the goal of adapting to the social needs, and comprehensively improve the physical quality of students. Physical exercise plays the most direct role in strengthening the physical quality. Physical exercise is the key factor to maintain the physical health of higher vocational students. The physical education in higher vocational colleges requires full-time teachers to participate in the implementation of the curriculum, focus on pointing out the close relationship between physical education and improving physical quality, establish the health oriented exercise awareness of higher vocational students, guide students to actively participate in sports activities, stimulate their interest in sports exercise, and cultivate the habit of lifelong

exercise.

3.2. Physical education teachers should play a leading role in the process of teaching implementation

Physical education teachers should play a guiding role in the implementation of physical education curriculum, because the professional quality of physical education teachers has a direct impact on the quality of students. First, it is necessary to have systematic sports professional knowledge to truly play the guiding role in the teaching process. Second, it is necessary to timely learn new professional knowledge, learn more advanced sports knowledge and apply it to sports teaching to guide students' physical exercise. Third, it is necessary to participate in students' collective sports activities, so as to deeply stimulate the interaction between "teaching" and "learning" in the sports education process. Full time PE teachers should set up a correct outlook on education. It is clear that as a teacher, he should bear the responsibility of teaching and educating people, establish the awareness of lifelong learning, and finally have a strong sense of social responsibility.

On the other hand, the school should combine the actual teaching curriculum needs, improve the teaching team, and create a professional talent training echelon. Recruited PE teachers need to be more professional. They should be classified according to specific items. When hiring full-time teachers, they should start from the principle of "one expert with many abilities". They should have their own specific sports and teaching level of mass sports. Schools should encourage teachers to continue their studies and participate in special education training, improve the knowledge level of teachers and broaden their horizons, so as to further improve the knowledge reserve and teaching level.

3.3. Actively promote the teaching reform of physical education curriculum

Sports discipline has a strong comprehensiveness, which not only links the common characteristics of various disciplines, but also makes various disciplines associated imperceptibly. Physical education curriculum reform should be carried out in two parts: horizontal and vertical. The horizontal reform needs to continue to expand relevant knowledge in the field of physical education and show it to students in a concise way; The vertical reform is to explore the relationship between various disciplines and physical education, to achieve the complementary advantages of physical education and knowledge between various disciplines, so that students can "move", and strengthen the cultivation of students' comprehensive quality and ability through physical education.

3.4. Teach students in accordance with their aptitude in the process of teaching implementation

The curriculum system of physical education in higher vocational colleges can make such changes: freshmen learn the basic courses of physical education, and sophomores choose to learn sports according to their hobbies. In the face of freshmen, after the release of the physical examination results, students with poor physical fitness will no longer be required to achieve a unified standard, but will achieve "progress" as their final results, encourage them to participate in sports activities, improve their "successful" experience, and physically and psychologically prompt them to participate in physical exercise. For sophomore students in elective courses, some students have a certain professional foundation, so they should give theoretical guidance and correct wrong actions in time. For those without professional foundation, they should develop relevant basic knowledge reinforcement courses to let students fully feel the joy of special sports. We will resolutely stop the phenomenon that some students' sports needs cannot be met, while others cannot keep up with the rhythm of the classroom.

3.5. Give full play to the functions of various sports and comprehensively improve the physical quality of students

All kinds of sports events can bring different effects to human muscles and organs, and improve human physical quality. In the teaching process, physical education teachers should put forward reasonable suggestions according to the characteristics of students' physical quality and the types of sports events involved by students. When students participate in physical exercise, they can feel that a certain physical quality has been significantly enhanced, and they can experience smooth sports, which can effectively promote spiritual pleasure and the harmony and unity of subject, object and environment.

3.6. Help students establish sports associations and interest groups

By letting students establish sports associations and interest groups spontaneously, students' interest in sports can be effectively improved. However, sports associations often have low enthusiasm for students to join because they implement the system of free membership for participating members and organize fewer activities. Relevant departments should send full-time physical education teachers to the sports association for in-depth and detailed guidance, and conduct regular evaluation, establish and improve the membership management mechanism. For participating students, they should be scored publicly according to their contribution and included in the quality expansion credits. Colleges and universities should encourage students to establish various sports associations, provide strong support in facilities and funds, urge and guide students to organize activities independently, increase publicity, recruit new members in various forms, cultivate students' interest in actively participating in sports, and desire scientific fitness methods.

4. Conclusion

The physical education teaching in higher vocational colleges in the new era should be carried out closely around the physical and mental health of college students. Under the correct guidance of physical education teachers, higher vocational students should actively participate in physical exercise and consciously study sports related theories. Higher vocational colleges should infiltrate the spirit of team cooperation in physical education, establish students' collective awareness, and let higher vocational students form the habit of lifelong sports, let physical education play a role in the quality education of higher vocational education, so as to lay a foundation for higher vocational students to step into the society and make contributions to the country in the future.

References

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