

# *Analysis of the Current Situation of Physical Education in Vocational Colleges under the Concept of "Healthy China"*

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**Abstract:** Under the concept of "Healthy China", physical education teachers in vocational colleges need to further innovate, optimize, and improve existing physical education teaching activities, strictly control the key indicators and elements of carrying out physical education and health education in the current context of moral education, and achieve targeted goals in the physical education teaching process. This article briefly analyzes the requirements of the construction of "Healthy China" for physical education teaching in vocational colleges, proposes the current situation of physical education teaching in vocational colleges, and provides corresponding teaching rectification measures. By effectively infiltrating and explaining sports health knowledge, innovating physical education teaching methods in vocational colleges, improving the teaching evaluation system, strengthening the education and training of physical education teachers, and further improving the level of physical education teaching in vocational colleges.

## **1. Introduction**

In the new era, under the background of "Healthy China", physical education teachers in vocational colleges need to optimize, innovate, improve, and adjust their current teaching work, combine effective educational methods, innovate teaching mechanisms and processes, and thereby improve teaching efficiency. During this period, vocational colleges must evaluate the current teaching needs, clarify the rigid standards proposed by the country in quality education and physical education, optimize and innovate teaching, and improve teaching level.

## **2. The requirements of the construction of "Healthy China" for physical education teaching in vocational colleges**

In the context of "Healthy China", vocational colleges have more rigid standards and requirements in the teaching process. Schools need to further improve the existing education system, organize diversified educational activities, appreciate the inherent spiritual and ideological meaning of "Healthy China", and implant diversified health knowledge in the teaching process to ensure perfect integration and interaction between physical education, physical health, sports skills, and physical fitness. Currently, most vocational colleges rarely integrate health knowledge into the physical education teaching process, placing their attention and focus on the training of skills and physical

fitness. Most students lack basic health awareness and awareness of healthy life learning, such as irregular exercise and unhealthy diet.[1] In the context of "Healthy China", physical education teachers and vocational colleges need to change their mindset. They not only need to promote the coordinated development of students' sports skills and physical fitness, but also need to ensure that students' healthy thinking, health awareness, and health quality can be effectively improved. In addition, in the context of the construction of a "healthy China", physical education teachers in vocational colleges should also focus on cultivating students' good habits of participating in lifelong sports learning, so that students can explore their own sports expertise, carry out in-depth sports learning around relevant expertise, and carry out lifelong physical exercise and lifelong sports with the help of relevant expertise. The most crucial thing is that in the context of the construction of a "Healthy China", vocational colleges also need to strengthen their psychological guidance and guidance to students, pay attention to their various psychological learning needs, and enhance their physical and mental qualities.[2]

### **3. The current situation of physical education teaching in vocational colleges under the concept of "Healthy China"**

#### **3.1. Insufficient penetration of sports and health knowledge**

In the new era, in the process of physical education teaching, most vocational colleges have not integrated the concept of physical education and health education, and lack the introduction of health education elements in the teaching process. Specifically, in the current process of physical education teaching in vocational colleges, there is a situation where the proportion of practical education is greater than that of theoretical education. This phenomenon is relatively common, and most physical education teachers believe that students need to undergo regular training in order to achieve excellence through practice and improve their learning quality and efficiency. However, there are significant deficiencies and deficiencies in the basic theory teaching section, and most teachers are also unwilling to spend more time in the basic theory explanation process, which has not effectively penetrated sports and health knowledge, and sports and health education activities cannot be implemented normally, scientifically, and efficiently.[3] Most teachers often only focus on practical teaching, and in rare theoretical classrooms, they do not provide detailed and in-depth explanations of knowledge concepts related to sports and health. Usually, they only allow students to learn simple sports movements, sports skills, and sports methods during the theoretical learning period.

#### **3.2. The teaching method is too single**

Vocational colleges must introduce multi-dimensional and multi-level teaching projects to enhance the creativity and innovation of physical education teaching, in order to fully attract students' attention. However, most physical education teachers have not achieved the expansion, extension, and continuation of physical education curriculum projects, resulting in the inability to effectively improve the level of physical education teaching, and students being unable to receive more scientific and effective guidance, resulting in low overall learning quality and efficiency for students. Although teachers have integrated the "integration of theory and practice" teaching strategy and methods into the physical education teaching process, they have not achieved personalized guidance for students. Due to each student having different physical and mental development laws, most physical education teachers adopt a one-size fits all approach in the physical education teaching process, using a fixed set of standards in various aspects such as physical and mental health education, physical fitness education, and skill education. A fixed process is used to carry out physical education teaching activities, so that students with high academic performance and students with low academic

performance cannot achieve further growth and improvement during physical exercise.

### **3.3. Incomplete teaching evaluation**

Carrying out integrated teaching evaluation management activities is a key strategy to improve the level of physical education teaching in vocational colleges. However, most vocational colleges lack a mature and comprehensive evaluation system for physical education teaching activities in the context of "Healthy China", and are influenced by the ideology of exam oriented education. Most schools usually assess and evaluate students based on their skills. The development of physical fitness and learning status are used as evaluation criteria and criteria, and students' physical education learning status is not evaluated from multiple aspects such as physical and mental health, moral education quality, ideological concepts, sports awareness, and sports literacy. The existing integrated mechanism for teaching evaluation is complete, with significant deficiencies in evaluation indicators and lack of specific evaluation content, resulting in ineffective improvement of physical education teaching level and efficiency.

## **4. Analysis on the reform measures of physical education teaching in vocational colleges under the background of "Healthy China"**

### **4.1. Strengthen the infiltration and integration of sports and health knowledge**

In the context of "Healthy China", vocational colleges should integrate health knowledge, sports skills, and physical fitness training perfectly in their physical education teaching work, in order to comprehensively improve the quality of students' physical education learning. During this period, teachers should appropriately expand and extend the teaching and explanation activities of sports theory knowledge. Due to significant limitations in traditional physical education classroom teaching time, most teachers often focus their attention and energy on the teaching and explanation of basic skills, making it difficult for students to obtain good health guidance in physical education classrooms. In response to such situations, school physical education teachers should actively open up a second classroom, using the second classroom as the core platform for explaining theoretical knowledge, health knowledge, and psychological knowledge, in order to provide more efficient health education guidance for students. During this period, school physical education teachers must integrate diverse teaching platforms, such as combining online teaching platforms, teaching systems, and teaching structures to carry out mental health education and training for students. Corresponding mental health and sports health consultation rooms can be created online, and physical education teachers can regularly and fixedly explain and answer knowledge content related to sports health to students, Timely answer students' questions about dietary balance online, as well as methods and techniques for healthy and scientific physical exercise. During this process, physical education teachers need to combine online classrooms and organize diverse theoretical teaching activities to further enrich students' physical education theoretical knowledge and enhance their awareness of physical health. In addition, in the context of "Healthy China", the integration and interaction of sports and health knowledge with physical education courses also requires the integration of ideological and political education in physical education courses, integrating sports and health, moral education elements into ideological and political education, and helping students achieve further emotional and quality development in the learning process. For example, conveying and explaining the awareness of rules, rule of law, and cooperation in physical education teaching to students, so that they can achieve further growth and development in the process of physical education learning. In short, in the context of "Healthy China", vocational colleges should carry out physical education teaching activities that deeply integrate and interact with sports and health knowledge, open up a second classroom or

combine physical education curriculum ideological and political education to achieve good ideological education guidance for students, and cultivate students' good health awareness.

#### **4.2. Innovating physical education teaching methods in vocational colleges**

Vocational colleges should also effectively adjust, innovate, and improve the existing teaching indicators and teaching structure to carry out health education in the process of physical education teaching, in order to improve the teaching level. Vocational colleges should set more scientific and reasonable educational goals and directions in this aspect, while teachers should also invest more attention and patience in the teaching process, strengthen psychological guidance and guidance for students, such as mastering their learning characteristics and status, in order to carry out targeted and focused health education activities. At the same time, vocational college teachers also need to change their teaching methods and attitudes towards physical education, with increasing students' interest in participating in physical education learning as the core, and combining interesting teaching elements to help students achieve comprehensive development of physical and mental qualities and emotional abilities in the process of physical education learning. Therefore, physical education teachers need to transform the traditional cramming style of physical education teaching methods, so that students can achieve healthy sports, growth, and development in a relaxed, harmonious, and joyful atmosphere. In this stage, physical education teachers can appropriately utilize situational teaching methods, story based teaching methods, game based teaching methods, combined with sports competition and cooperation, situational competitions, and various refined teaching modes and mechanisms to fully stimulate students' fighting spirit, thereby improving teaching quality and efficiency. Overall, teachers need to further innovate the teaching methods of physical education in vocational colleges, innovate teaching methods, optimize teaching procedures, and improve teaching processes, in order to improve the efficiency of physical education teaching.

#### **4.3. Improve the teaching evaluation system of vocational colleges**

The past single and outdated evaluation methods, mechanisms, and procedures were unable to meet the practical needs of health education and guidance for students in the context of healthy sports. Vocational colleges need to scientifically and reasonably construct the existing evaluation system for physical education teaching, and set more scientific and reasonable teaching indicators and directions for students' physical education learning. Teachers must consider the practical development needs of students in the context of "Healthy China", and set various teaching indicators and activities more scientifically and reasonably to help students achieve personalized development during their learning period. In this process, vocational colleges need to engage in in-depth communication and cooperation with physical education teachers, evaluate the practical needs for emotional assessment of students' abilities and qualities in the context of healthy sports, identify corresponding entry points and directions, and achieve targeted teaching evaluation process.

#### **4.4. Strengthen the education and training of physical education teachers**

In the context of healthy sports, physical education teachers need to change their outdated teaching concepts and ideas. In the process of physical education teaching, not only do they need to pay attention to the development needs of students' abilities and qualities, but they also need to focus on enhancing the physical and mental health of teachers. In the traditional physical education teaching process, teachers did not achieve the education and cultivation of students' physical and mental literacy. The secondary colleges of the school only combined students' final learning achievements and learning outcomes in the process of teaching evaluation, and did not provide evaluation guidelines

for teachers in moral education, ideological and political education, and mental health education. They did not achieve comprehensive teaching evaluation for teachers, So much so that most teachers consider health education as an optional item. In the current context of healthy sports, physical education teachers should have basic awareness and concepts of health education, and have rigid assessment standards, and be able to actively promote the continuous and steady progress of healthy sports teaching. During this period, the school needs to further strengthen the training of physical education teachers, enrich their special knowledge and skills in health physical education, such as popularizing the teaching strategies, teaching methods and teaching skills of mental health to physical education teachers, and enrich the knowledge reserves of positive psychology and health psychology of physical education teachers, so as to achieve good psychological guidance for students in the process of health education. In addition, vocational colleges should also organize rich and diverse sports lectures, invite well-known scholars and experts to enter the school, popularize and enrich the physical education teaching skills of physical education teachers, so that the physical education teaching activities of vocational colleges can rise to a new level. Overall, in the process of physical education and health education, teachers must adhere to the concept of "Healthy China", scientifically and efficiently control existing health education methods, content, and indicators. At the same time, teachers should also continuously enrich and improve their specialized knowledge and skills, and continue to learn according to subject education goals to improve the level of physical education.

## 5. Conclusion

Overall, in the context of "Healthy China", vocational colleges need to supplement and improve their existing teaching processes, optimize teaching methods, innovate and improve the current integrated teaching evaluation mechanism, health education methods, and educational processes in the physical education teaching process, in order to comprehensively improve the level of physical education teaching in vocational schools. And physical education teachers should also seek new opportunities for educational reform in this process, integrate multiple resources, combine various teaching elements in the digital and information age background, and further innovate and improve the current teaching work, in order to comprehensively improve the level and efficiency of physical education teaching in vocational schools under the concept of "Healthy China".

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