

Discussion on the Construction of Physical Education Training Base in Higher Vocational Colleges

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Keywords: Higher Vocational Education; Sports Major; Training Base; Build

Abstract: The construction of the education and training base for sports majors in higher vocational colleges has improved students' training skills to a certain extent, so that every student of sports majors can adapt to the current professional industrialization development. In order to achieve this goal, teachers should change the current teaching mode, take simulated application teaching as the core of development, and innovate classroom teaching methods. By determining the construction and development of the student training base, it will bring more exploration and thinking space for the teaching of physical education in higher vocational colleges, which is in line with the current reform and development trend of vocational colleges, and can further cultivate more application-oriented talents with ability development. Therefore, the article discusses the optimization plan and strategy of the construction of the training base of physical education in higher vocational colleges, which is also a hot topic of the current teaching reform of physical education.

1. Introduction

In the development of education in recent years, quality education is an important goal to be achieved at present. Based on the analysis of the nature and type of physical education teaching, physical education should reflect both the content of professional education and the development of practical education. It is required that education can meet the basic educational standards of higher education, improve the comprehensive quality of sports talents, and adapt to the new requirements of current social development for sports talents. Based on these comprehensive conditions, sports teaching has trained a large number of technical application talents with theoretical knowledge and practical ability, which is the proper goal of sports teaching. In teaching, we should actively expand students' knowledge, optimize the knowledge structure, and cultivate multi-level applied sports talents through practical training. In order to achieve this goal, we can not do without the construction of professional education training bases.

2. The Importance of Sports Professional Training Base Construction

The training base is an attempt for students to apply their professional knowledge in practice and make preliminary theoretical application and practice. The establishment of sports professional training base is not only conducive to improving students' professional quality, but also to improving students' practical application ability, and also conducive to improving the quality of sports

teaching.[1] For students, help them improve their professional skills. At present, China has put forward the concept of "core literacy" on the basis of training students' basic qualities such as autonomy, creativity and practicality. Some scholars believe that this is a clearer explanation of what kind of people to cultivate. This concept makes the training goal of sports teaching talents more prominent, and makes education closely integrate with the development of society and the nation, so as to improve the professional quality of students. The same is true for sports majors. They must adapt to the needs of the country and society, strengthen students' abilities, and the construction of training bases is particularly important. Through the establishment of training bases, students can apply the knowledge they have learned to practice, turn theory into practice, turn knowledge into a productive force and a skill, improve students' professional quality, and coordinate with the development of society.[2]

From the perspective of physical education, the difference between the training base and the traditional teaching method lies in the embodiment of comprehensive practical teaching. The school sports curriculum is mainly the study of theoretical knowledge, supplemented by basic practical training. In teaching, the teacher is responsible for explaining and digesting knowledge, and students should complete it according to the teacher's instructions. They do not need to explore by themselves, and there is little time for practice. Most of the time, the teacher explains it. Through the construction of the training base, students can discuss with teachers the specific ways of learning sports knowledge, find problems in practice, put forward problems, and further discuss the training base will help students to update the existing sports knowledge, so that sports knowledge can keep pace with the times. However, in the actual teaching practice, there are many problems that affect the improvement of students' quality and go against the construction of the practice base.

3. Problems in the Construction of Sports Professional Training Bases

At present, the problems in the construction of sports professional training bases in colleges and universities are also affected by the market economy and social environment, and the formalization and alienation of vocational training are very prominent. Most local university students do not have subsidies, or only a few dollars a day for transportation. Although the goal of training is to improve students' practical working ability, the low salary is also a problem under the current training environment. As a result, most sports students are not interested in practical training and unwilling to participate. Moreover, most of the students' training sites are inside the school. The construction of the training base lacks the sense of real simulation, and students cannot combine theory with practice.[3]

3.1. Dissimilation of practice objectives

The purpose of training is to use the training base as the training platform to improve the students' own ability, but there is alienation in the training. This is supposed to be the cooperation between schools and enterprises and training units, but it has been alienated into schools and training institutions, ignoring the student body. In order to meet the needs of the country, the goal of practical training will be changed from cultivating talents to the formal examination process of the school. The students cannot know the purpose they can achieve by participating in the training or their understanding of the training work and their training goals. There are differences between the two goals, which leads to deviation in the direction of student training, thus affecting all the performance of students in the training process and the training effect.

3.2. Generalization of training institutions

Physical education has a certain theoretical basis, and not all training institutions can meet the requirements of professional practice. Therefore, schools must be careful when selecting training institutions, not just for training. Training is a professional work, not a superficial form. However, at present, the selection of physical education training institutions in colleges and universities in China is not targeted, and there is no reasonable choice according to the characteristics and nature of the major, which leads to the fact that the training units cannot meet the needs of the educational development of disciplines and majors, and the enthusiasm of students to participate in training is insufficient.[4]

4. Ways to strengthen the construction of sports professional training bases

From the above discussion, we can see that the construction of the practice base of physical education specialty in colleges and universities is an important aspect of the development of physical education specialty in colleges and universities. The construction of sports professional training base should be based on the goal, take this as the starting point, ensure the correct development direction, and take corresponding countermeasures to strengthen the construction of sports training base.

4.1. Establish and improve the physical training curriculum system of vocational colleges

The training objectives of higher professional sports talents need to reflect the all-round development of students' "morality, intelligence, physical fitness, beauty and labor", and they need to adapt to social needs, so that students have certain practical skills, can independently operate and complete relevant sports work, and train students to become excellent sports management talents, fitness guidance talents, sports advertising planning talents, etc. In terms of training standards, teachers should strive to train students to become professionals with practical ability, sustainable development ability and entrepreneurial spirit. Compared with the traditional higher education, the physical education major in higher vocational education is essentially different in practical education and training requirements. The practical education of the physical education major in higher vocational education has new connotation, new requirements and new tasks, which urgently requires teachers to actively explore new practical education approaches.

The physical training in vocational colleges should include the training stage. Training refers to understanding, observing and getting familiar with the application and practice of relevant professional technologies on the spot. Based on the training platform and practical exploration, guide students to conduct practical operation. The simulation training of practice needs to involve training environment, equipment, equipment and other contents. The construction of the training platform should be consistent with the actual level of society. Practical training is the highest level in practical activities and the last level before graduation. The practical training of students should be carried out in the actual workplace and unit. Practical training can help students develop and improve their knowledge, ability, quality and ideas in an all-round way. Practical training is an important part of practical teaching, and also an important stage for students to constantly use and improve. The school should establish a comprehensive single training base according to the characteristics of its own sports colleges, actively create a representative training teaching environment, so that students can not only obtain professional ability training in the "high simulation" workplace, but also obtain the basic skills of the sports industry and the basic quality of employees, thus making the training base become the "incubator" of sports professional and technical talents.

4.2. The training base is open to the society to realize industrialization

The construction of the practice base should be designed according to the actual needs of the industry, in accordance with the principle of "practical training+basic training+special training", organically combine various professional technical disciplines and modules, and become a systematic window for independent operation both inside and outside the school. The training base is open to the society and an important place for communication and service with the outside world. The training base is not only a classroom for students to learn knowledge, but also a series of social activities in which students can apply their theoretical knowledge to practice. Through the idea of building a training base that is open to the society, industrialization development has been achieved, so that every student can apply their professional knowledge to practice and understand the current development trend of the sports industry, understand the professional skill requirements of the industry and further clarify the future learning plan and direction.

The planning and construction of professional sports training bases must have an advanced design concept, be closely related to their own professional types, implement the requirements of commercial comprehensive ability required by modern society into the construction of training bases, raise funds from multiple sources, and be self-reliant. For example, the construction of training bases can be considered to be open to the society in the form of fitness club clubs, and continue to explore, gradually improve the idea of "proofreading operation → actual operation → teaching practice feedback → re simulation operation". In the process of running a school, physical education in higher vocational schools is often influenced by the traditional educational concept, which believes that its professional teaching is a "discipline centered" teaching system. Vocational skills are mainly about the specialization and operability of vocational skills, aiming to cultivate vocational skills with professional skills, solid business knowledge and the ability to copy skills. Therefore, the sports training base is considered to adopt the development mode of the club and operate it as the function of the practice base. In view of the development characteristics of the fitness club industry, some fitness activities such as aerobics, small instrument gymnastics and other sports are particularly mobile and fast changing for teaching, requiring students to master the latest trends of the industry in practice.

4.3. Prepare training materials to meet the social needs

Physical education teaching should be guided by market demand, reasonably compile teaching materials, standardize training content, and ensure teaching quality. In terms of the structure and characteristics of the teaching content, we should break the traditional teaching methods, pay attention to training students' quality and ability, and pay attention to practical technical training to meet the needs of society and industry. The course takes practical cases or practical analysis as the main content. When compiling the teaching materials, it has absorbed sports agents, fitness coaches, professional managers of sports business activities, club managers and other business people, so that the training materials can develop synchronously with the industry. The teaching should also give full play to the advantages of "double qualified" teacher resources, work together with provincial and municipal sports bureaus, sports associations and sports centers, organize qualification examinations for sports professionals and all kinds of sports professionals, train students such as aerobics, swimming, sports dance, masseurs, and organize students to participate in social enterprise work, exercise their abilities, and help students obtain legal professional qualifications.

In practice management, it involves: technical management, equipment management, fund management, fixed assets management, management system, etc. The construction of the training base needs to consider the use, management, service and other aspects, and all links must be coordinated to form a real or simulated professional environment. Base construction should also pay

attention to the rational distribution and sharing of resources, avoid duplication of resources in the "independent system" of various disciplines, and can establish training bases or joint operations with other types of colleges and universities, or provide paid services. In addition, during the construction, we will make full use of, integrate and give full play to the talents, funds, equipment, training places and other conditions to reduce costs, reduce management loopholes, increase revenue and reduce expenditure, and improve the investment efficiency of the training base.

5. Conclusion

To sum up, in order to improve the comprehensive ability of the students majoring in physical education in higher vocational colleges and create comprehensive and applied talents that meet the social development, we should make a breakthrough analysis from the perspective of the construction of education and training bases. The school has created a new training and education base, so that every student can understand their weaknesses in the training process, identify the future career development direction, exercise students' comprehensive skills, and improve students' comprehensive knowledge application ability. The practical training will help students to expand their professional knowledge and skills, and further lay a solid foundation for their future employment development.

Acknowledgment

Project name: University sports (sports dance), project number: SGE202217, project source: university-level project (Sanya Vocational College of Science and Technology); Study on the self-guided practice of students' strengthening physical exercise: 2023RWSZ04.

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