

Analysis of Reform Strategies of Physical Education Teaching in Vocational Colleges under the Perspective of Quality Education

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Abstract: This study aims to explore the significance of physical education in higher vocational colleges from the perspective of quality education by summarizing the profound connotation of important speeches on quality education, school physical education and vocational education, and provide clues for the reform of physical education in higher vocational colleges in the new era. The research method of this paper adopts the methods of literature, expert interview, mathematical statistics, logical reasoning and theoretical deduction to sort out and analyze the important instructions and speeches of the General Secretary on the development of school physical education since the 18th National Congress. The general Secretary's important speech is the ideological guidance of the reform of physical education in higher vocational colleges; "Football dream" and "health dream" are the bridge and starting point to implement quality education in physical education in higher vocational colleges. The important speech of school sports is an important part of the thought of socialism with Chinese characteristics in the new era, and the development of school sports in the new era should follow the overall layout of governance. Firstly, the relationship between "education in sports" and "education in sports" is clarified. Secondly, the concept of adolescent health and school sports should be standardized. Then reform the integration of sports teaching content and events represented by "school football"; Then establish the school physical education curriculum system combining physical education and medicine; Finally, the school sports project combining sports and medicine was established.

1. Introduction

General Secretary attaches great importance to the development of school sports, and has made a series of important speeches since the 18th National Congress of the Communist Party of China (CPC) centering on the construction of a "sports power", "healthy China", "education power", "vocational education" and so on. Since the 18th Party Congress, has made a series of important speeches on building a "strong sports country", "healthy China", "strong education country", "vocational education", etc. These speeches systematically expound understanding of sports and education and sports viewpoints, and are the guiding ideology for the development of quality education and sports

teaching in vocational colleges and universities in the new era. As the frontline of building a "strong sports country", "strong education country" and "healthy China", school sports have received important instructions and speeches from General Secretary for their development in the new era. This study searched the official websites of the Chinese government, the Ministry of Education, and the State General Administration of Sport, as well as the People's Daily, the China Sports Daily, Xinhua Newspaper, People's Daily Important Speeches Database, and the Communist Party members' website, to find out the important instructions and speeches made by General Secretary since the 18th National Congress on the development of quality education, school sports, and vocational education. Since the 18th National Congress, General Secretary important instructions and speeches on quality education, school sports and vocational education were collected and organized, and then the reform strategies of physical education teaching in vocational colleges and universities under the perspective of quality education were summarized.

On October 27, 2016, the Central Committee of the Communist Party of China and the State Council issued the "Healthy China 2030" Plan Outline, the full text of eight 29 chapters of more than 19,000 words, a total of 34 references to "sports", mainly in Chapter VI "Improve the physical fitness of the entire population" (19 times), and the rest are reflected in Chapter 2, Chapter 3, Chapter 4, Chapter 18, Chapter 19, Chapter 21, Chapter 22 and Chapter 25 respectively. The "Healthy China 2030" Outline fully recognizes the role of sport in health, puts forward new ideas for the development of sport, and formulates several measures for the promotion of sport in the construction of "Healthy China 2030". In other words, the realization of the "Strong Nation Strategy" through physical education is both an opportunity for physical education to return to its rightful place and a chance for school sports to develop.

2. Research methodology

2.1 Literature method

Through the official websites of the Chinese government, the Ministry of Education and the State General Administration of Sport, the People's Daily, the China Sports Daily, Xinhua News, the People's Daily Important Lectures Database, the Communist Party Network and other national authoritative newspapers and mainstream media databases, we searched for the original text and interpretations of the Important Lectures on School Physical Education. We can search and interpret the original text through authoritative national newspapers and mainstream media databases such as "Important Speech on School Physical Education", school physical education, education, Health China, sports, etc., to provide theoretical basis for school physical education, education, health China, sports and other domestic and foreign literatures.

2.2 Expert interview method

Through reading research reports and papers on the topic of "General Secretary Important Lectures on Youth and School Sports", actively participating in relevant academic conferences in China, and listening to the interpretations and reflections of famous experts and scholars on the "Development of School Sports in the New Era", we drew up an interview outline and conducted interviews with leaders of the Department of Physical Education, Arts and Health of the Ministry of Education, provincial and municipal education departments (physical education bureaus), front-line physical education teachers and physical education academic research experts. This interview outline is aimed at the Department of Sports and Health of the Ministry of Education, leaders of provincial, municipal and county education departments (sports Bureau), front-line physical education teachers, and physical education academic research experts.

2.3 Mathematical and statistical methods

Data analysis software was used to statistically analyze the content of General Secretary important speeches on quality education, school sports, and vocational education.

2.4 Logical Reasoning and Theoretical Deduction Methods

Using social science theories, Socialist Thought with Chinese Characteristics in the New Era is extrapolated and analyzed in relation to a strong sports nation, a healthy China, and a strong education nation.

3. The guiding ideology and grasp of physical education reform in vocational colleges and universities under the perspective of quality education

3.1 General Secretary important speech is the ideological guide for the reform of physical education teaching in vocational colleges and universities

Vocational education is an important part of China's higher education system, but also an important place to train talents for the Party Committee and the country. Cultivating high-quality vocational education talents must adhere to the Party's guiding ideological status of school education, therefore, how to carry out physical education teaching under the perspective of quality education must adhere to the guidance of thought of socialism with Chinese characteristics in the new era.

Sport carries the dream of national strength and national revitalization. General Secretary attaches great importance to the development of school sports, and has made a series of important speeches since the 18th CPC National Congress centering on the construction of a "sports power" and "healthy China", and the preparation for the Beijing Winter Olympics. Relevant departments should motivate young teachers and school sports work. A series of important speeches have been made on the work of school sports. These speeches have systematically elaborated understanding of sports and his views on sports, which are the guiding ideology of youth and school sports in the new era. Higher education, as the front line of talent cultivation for the construction of "Sports Power" and "Healthy China", should implement General Secretary important discussions on youth and school sports, and contribute to the construction of Chinese modernization with high-quality youth and school sports. We will promote the Chinese-style modernization of high-quality youth and school sports.

3.2 "Football Dream" and "Health Dream" are the bridge and handhold for the implementation of quality education in physical education in vocational colleges and universities.

Sport is the first step towards a healthy personality. The "soccer dream" and "health dream" are the grips of youth and school sports. A search of reports shows that General Secretary is particularly concerned about school soccer and youth health. A total of 164 results were found in the People's Daily Important Speeches database using the keyword "school soccer", 1,291 results were found using the keyword "youth and school sports", and 2,054 results were found using the keyword "health". There are 2054 results for the keyword "health". Some studies show that leader loves soccer and is always concerned about the development of China's soccer career^[1]. General Secretary has repeatedly mentioned the development of soccer to strengthen students' physical fitness and cultivate cohesion. It is important to strengthen the publicity of health knowledge, raise students' awareness of active disease prevention, and safeguard growth and development. The cultivation of health literacy among young people should start at an early age and popularize the knowledge of health science^[2].

4. Strategies for the reform of physical education teaching in vocational colleges under the perspective of quality education

Encounter nurturing function covers all aspects of the growth of young people, centering on the core requirements of vocational colleges and universities to cultivate great master craftsmen and the fundamental requirements of physical education teaching to promote morality and nurture people, vocational colleges and universities should do a good job of reforming their physical education teaching in the following aspects:

4.1 Sorting out the relationship between "sport in education and education in sport"

Physical education is one of the five key education for the whole person, and moral, intellectual, aesthetic and physical education are all dependent on physical education.^[3] How to correctly understand "the relationship between education and sports" has a certain degree of influence on the construction process of youth and school sports. Physical education in education is based on the concepts of "cultivating moral integrity" and "five education", which emphasizes on physical health education, sports skills and health literacy in whole-person education; while education in sports refers to the educational value of sports itself, such as the cultivation of the sense of unity and collective consciousness in ball games, and the development and excavation of the body's limitations in the hard-to-make sports of individual sports, and so on.

In the practice of education and teaching, it is important to distinguish between education and sports, which are both related and different, and to adhere to the fundamental purpose of "establishing morality and educating people", adhere to the principle of giving priority to health, reform and innovation, and scientific development, and set up the concept of "big health, big sports". Education departments should popularize the knowledge of physical education and health, optimize school physical education public services, improve the health and physical education guarantee system, build a healthy and harmonious campus environment, advocate green life and healthy life, persist in establishing the sports concept and development concept with the health of the whole people as the core, scientifically plan the development of teenagers and school physical education ideas, and take the poor physical health of teenagers as the basis. Improve the quality of sports services, innovate the school sports management mechanism, stimulate the scientific development of physical education teachers, and establish the development concept of "big health, big sports". Schools should adopt sports management mechanism to stimulate the confidence of PE teachers and other disciplines to start their own business, and promote the development and prosperity of school sports.

4.2 Regulation of health perspectives in youth and school sports

In schools, physical education is still regarded as a recreational activity or a tool for health promotion, which has led to the marginalization and simplification of the physical education curriculum. School sports should be viewed from a disciplinary perspective, correcting the tendency of "health tools", highlighting the cultural nature of school sports and the essential characteristics of sports itself^[4], and interpreting school sports from the perspective of "sports quality". China's current school sports there are many schools of thought to guide, there are still differences in the adoption of which schools of thought, "Healthy China" under the guiding ideology of school sports must be unified. It is necessary to gradually change the status of physical education in student education, to take the idea of healthy physical education as the guiding ideology of school physical education, and to make physical education a real means of promoting the healthy growth of children^[5].

We should promote the concept of school physical health, further improve the school physical health education system led by government, coordinated by departments and social participation,

enrich the content of school physical health education, establish a correct evaluation orientation, and train a large number of healthy physical education teachers. Youth is the future of the country. School sports has always been a weak spot in Chinese education. The reason lies in the responsibility of the school. Relevant departments should pay close attention to students' physical health, key implementation and development of school sports. The country has introduced a relevant documentation system, and the lack of social responsibility in some schools, as well as the concept of "focusing on body and mind", has led to the lack of implementation of national policies. Some schools lack a sense of social responsibility, and the concept of "emphasizing intelligence over physical fitness" in the context of exam-oriented education has led to the implementation of national policies being a formality^[6]. As "people's health is no small matter," schools must strengthen their sense of responsibility and pressure, and give top priority to the overall healthy development of students.

4.3 Reform of the integration of physical education content and events represented by "school soccer".

The reform of school sports in the new era puts forward the development goal of "teaching, practicing and competing". As a high-quality communication carrier, with the help of the mature tournament system of "campus soccer", we standardize the management of class and departmental leagues, create a good environment for school sports competitions, and realize the environment to educate people^[7]. Second, we should integrate school sports resources, enrich sports events, build a group of influential sports club brand events, and realize the complementary and interactive resources of different sports levels. Relevant departments should carry out sports knowledge promotion activities, create a scientific sports and healthy sports atmosphere, effectively strengthen all-round and multi-level exchanges and cooperation in the field of sports and health, adhere to prevention first, implement the national fitness strategy, and improve people's health. Schools should strengthen the whole school teachers and students health education, improve health literacy, strengthen mental health services, strengthen the publicity of health knowledge, improve teachers and students to participate in sports activities fitness and disease prevention awareness, so that sports elements into all aspects of school training, so that sports truly serve teachers and students for health^[8].

4.4 Establishing a school physical education curriculum system that integrates physical education and medicine

In terms of health promotion, sport and medicine share the same goal. The "combination of sports and medicine" is a major trend in the future development of sports and a trend in the development of society^[9]. "The combination of sports and medicine refers to the close integration of sports and medicine, and the in-depth integration of rehabilitation medicine, sports medicine, health assessment, health care sports, sports prescription and other aspects, complementing and promoting each other. With the introduction of the "Healthy China" policy, the progress of "Sports-Medicine Integration" has been accelerated. In the long history of human development, sports and medicine have always integrated and promoted each other, China's ancient fitness qigong, such as: five bird play, eight brocade, taijiquan and other national traditional sports is the "combination of body and medicine" of the excellent results, which to some extent to the "combination of body and medicine" to lay the foundation for practice. This, to a certain extent, has laid a practical foundation for the "combination of body and medicine"; the innovation of health concepts and the urgent demand of the people for health have provided the possibility for the "combination of body and medicine"; the introduction of relevant national policies has provided the systematic guarantee and social conditions for the "combination of body and medicine". The introduction of relevant national policies has provided

institutional safeguards and social conditions for the integration of sports medicine. The establishment of a sound institutional mechanism for the "combination of physical and medical care" requires efforts in the following areas:

The first is to guide the correct understanding of "sports and medicine" and actively accept the concept of "sports and medicine"; the second is to strengthen the coordination between the sports and medical management departments, and build the official path of "sports and medicine"; the third is to increase cooperation and exchanges between the sports faculty and the medical school talent training to cultivate a large number of excellent "sports and medicine" practitioners; the fourth is to build the school "sports and medicine" sports and medical personnel training. The third is to increase the cooperation and exchange between sports faculties and medical schools in talent cultivation, so as to cultivate a large number of excellent practitioners of "combining sports and medicine"; the fourth is to set up a fair service platform for sports of "combining sports and medicine" in schools, so as to stimulate the enthusiasm and creativity of students. Fifthly, the cultural connotation of sports should be fully explored, traditional national sports should be protected, traditional sports activities of "combining sports and medicine" should be inherited and carried forward, and culture should provide ideological and historical support for "combining sports and medicine".

4.5 Promoting the construction of the "Internet Plus" project for school sports

Intelligent is an important direction for the development of education, vocational education is the need for a large number of intelligent equipment to be put into use in order to inspire the thinking of high-quality skilled personnel. Technology empowered sports, the outbreak of the new crown epidemic so that the majority of educators recognize the importance of network teaching, the new era of vocational colleges and universities in the reform of sports teaching should pay special attention to the "Internet +" project construction. For example: school development of sports intelligent class wearable equipment and sports APP, Internet + sports venues, Internet + sports skills training, etc., to create "Internet + sports industry" platform, to create "Internet + sports industry" community and platform ecosystem. The talents of colleges and universities are the mainstay of the country's innovative development. Talents in colleges and universities are the main force of national innovation and development, and it is necessary to increase the investment in the research and development of sports science and technology products, transform the research results of colleges and universities, establish more personalized sports and health APPs and related sports services, and build an on-campus digital platform for sports popularization, so as to make the sports and health services in colleges and universities more efficient and convenient.

General Secretary important discussion on youth and school sports highlights the consistent concern of party and state leaders for "youth health". As an educator, we should bear in mind the General Secretary's mandate and strive to do a good job in school sports, so that high-quality school sports can help cultivate talents for China's modernization.

5. Conclusion

One of the shortcomings of the implementation of quality education in vocational colleges is that physical education teaching does not differ from the school's overall education and teaching in terms of curriculum concepts, teaching methods, and means. From the perspective of quality education, the strategies that can be adopted in the reform of physical education in higher vocational colleges include: firstly, clarifying the relationship between "education in physical education" and "education in physical education", standardizing the concept of youth health and school physical education, and integrating "campus football", which represents the integrated reform of sports content and projects; then, establishing a school physical education curriculum system that combines physical education

and medicine. We will promote the "Internet Plus" project for school sports.

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