

Transformation and Development of Higher Vocational Physical Education under the Background of National Vocational Education Reform

Yan FU

Jiangxi Vocational Technical College of Industry&Trade, Nanchang, Jiangxi 330038, China

mybaby20090221@163.com

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Abstract: The effective implementation of the ideas and measures of vocational education reform not only makes higher vocational colleges attach great importance to professional teaching, but also puts a lot of energy into the transformation and development of physical education. Under the background of national vocational education reform, this paper makes a detailed analysis on the effective transformation and development ways of higher vocational physical education in China, and lays a solid foundation for the further improvement of higher vocational students' physical literacy from the perspective of teaching technology mode and production education integration mode.

1. Introduction

In the process of accelerating the overall development of our society, the demand for professional and technical talents is increasing and the requirements are higher and higher, which makes the reform of vocational education enter the stage of rapid development in an all-round way. Under the background of national vocational education reform, physical education in higher vocational colleges is an important basic discipline. In order to effectively realize the goal of transformation, upgrading and integrated development, we should not only clearly grasp the overall requirements of physical education in higher vocational colleges, but also comprehensively analyze the existing problems. The State Council jointly formulated and promulgated the *National Vocational Education Reform Implementation Plan* with the education department, which fully shows that China has paid unprecedented attention to the vocational education reform, making the vocational education reform an important way for the upgrading, transformation and deepening of the education industry in the new era. As an important part of higher vocational education, physical education should comprehensively adjust the traditional educational thought under the environment of national vocational education reform, effectively implement the integration, upgrading and transformation development goals, ensure the further improvement of students' physical quality and establish a good lifelong sports spirit. On this basis, it is necessary to strengthen the establishment and improvement of system and mechanism, and formulate a modern physical education teaching system with high rationality and scientificity.

2. Implement the Concept and Measures of Industry-Education Integration and Achieve the Goal of Educating People through Diversified Channels

First, higher vocational colleges can take the reform of vocational education as the background, fully implement the concept and measures of school-enterprise cooperation in running schools, and actively cooperate with enterprises to jointly develop school-based teaching materials, which can not only achieve the goal of diversified education, but also ensure that the national goal of "building a large number of national planning teaching materials jointly developed by schools and enterprises" can be fully realized ^[1]. Through the effective distinction between college physical education textbooks and higher vocational college physical education textbooks, we can ensure that

the textbooks have high career orientation and practicability. Through the re integration of teaching objectives and classification based on students' specific majors, regular evaluation of students' physical education learning effect can be made. From the development of teaching materials, learning materials to feedback teaching materials and evaluation of teaching materials, we will completely change the traditional decentralized teaching situation, establish a long-term implementation mechanism and a complete theoretical framework, and ensure that the importance of higher vocational physical education curriculum is fully presented in the modern teaching system. This is the full demonstration of the effect of the in-depth reform of physical education in the diversified education mode. The specific degree of integration is also one of the test criteria for the results of the in-depth development of vocational education reform [2].

Second, strengthen the establishment and improvement of special training bases in vocational colleges, actively promote the in-depth integration between enterprises and vocational colleges, and create a number of highly professional and scientific training bases. The establishment and improvement of physical education practice bases in higher vocational colleges can provide an important carrier guarantee for the effective development of physical education practice teaching. Through the full application of rich resources of enterprises, it can ensure the deep integration between schools and enterprises and effectively achieve the goal of coordinated development, so that the professional training base of vocational teaching can provide positive help to improve students' professional ability and professional quality. The effective construction of physical education training base can provide positive guarantee for characteristic and professional teaching of higher vocational physical education, and provide diversified practical conditions for students. On this basis, taking the practical teaching base as the platform, the specific teaching contents are constantly updated to ensure that the experimental projects developed are highly comprehensive and designed, which can not only fully meet the practical needs of physical education teaching, but also continuously improve students' physical quality and physical ability, and give full play to students' physical potential. The enterprise development planning can be taken as the goal orientation to cultivate a large number of professionals to promote the future development of the enterprise [3].

3. Promote the Transformation and Upgrading of Traditional Teaching Mode

First, strengthen the continuous optimization and improvement of the curriculum content, thoroughly solve the problems existing in the traditional forms of physical education and teaching technology, take improving students' individual development level as the goal, effectively cultivate students' sports hobbies and habits, improve students' comprehensive sports ability, and effectively combine the two, so that the professional teaching content and physical education teaching content can be organically integrated. For example, for secretarial majors and international trade majors, students are usually required to have strong social activity ability and social communication ability. In the process of physical education teaching, teachers should attach great importance to physical items and etiquette items. For students majoring in computer science, physical education teachers can organize students to carry out a series of projects such as volleyball and badminton to exercise and protect shoulder and hand joints, so as to avoid diseases such as mouse hand and peri-arthritis of shoulder caused by students using computer for a long time. In other words, higher vocational physical education should be fully combined with students' professional characteristics, accurately grasp the combination point of physical education and professional teaching, effectively distinguish it from the traditional physical education teaching mode, and explore a new way to actively promote higher vocational physical education [4].

Second, strengthen the continuous improvement and innovation of the teaching methods of physical education, combine the advanced teaching ideas and scientific teaching methods to ensure the continuous improvement of teaching efficiency. For example, experience teaching method, layered teaching method and image training method can be tentatively integrated into the specific teaching content, and measures such as module teaching method, project teaching method, experience teaching method, cooperative teaching method and inquiry teaching method can be combined into the teaching mode, taking students as the main body and actively playing the guiding

role of teachers, so that students can give full play to their subjective initiative and carry out independent inquiry in the teaching situation created by teachers. Carrying out group division of labor and cooperation can improve the tacit understanding of students' team cooperation and strengthen students' awareness of team cooperation. Through the creation of specific projects, decomposition learning is carried out in the form of modularization, and the teaching objectives and teaching priorities are rearranged and combined. By taking the above measures, we can not only give full play to students' initiative and fully mobilize students' enthusiasm to actively engage in physical learning and physical exercise, but also ensure that students can have independent exploration and training to improve their comprehensive quality. At the teaching approach level, teachers can strengthen the full application of Internet technology, ensure that the massive physical education resources on the Internet can be fully shared, make the specific course information transmitted in real time through the effective interaction between online and offline communication platforms, build MOOC platform and physical education micro class for students, and guide students to use fragmented time to carry out physical learning and physical exercise^[5].

4. Strengthen the Establishment and Improvement of the Education Standard System

First, strengthen the continuous optimization and improvement of the relevant standards of physical education teaching in higher vocational colleges, focus on teaching, teaching materials and teachers, and cultivate students to establish and inherit the craftsman spirit. When implementing these ideas and measures into the teaching of physical education in higher vocational colleges, we should first ensure that the established physical education curriculum system has high standardization, so that students have the psychological and physical quality to fully meet the needs of social career development, and help students establish the goal of lifelong physical education and exercise. In this process, higher vocational physical education teachers should reasonably plan and adjust the proportion and sequence of theoretical courses and practical courses in combination with specific curriculum objectives, so as to ensure that the established higher vocational physical education curriculum teaching objective system and long-term evaluation mechanism are highly perfect and feasible^[6].

Second, if higher vocational colleges want to effectively realize the transformation and upgrading of physical education and the integration and development goal with other professional teaching, they must strengthen the active construction of "double qualified" teachers. For the reform of vocational education, in the final analysis, it is the training and education of professional talents. In order to effectively realize the goal of talent training, we must ensure that the established teacher team has high professional ability and professional quality. At the same time, China's vocational education reform requires that by 2022, the number of teachers with "double qualified" qualification in the field of vocational education should be more than half of the total, and "double qualified" teachers refer to professional teachers with solid theoretical teaching ability and practical teaching ability. This not only creates a lot of development opportunities for vocational teachers in China, but also puts forward new requirements for the construction of teachers in vocational colleges. In the process of training physical education teachers, we must completely change the traditional way of stopping at the test of theoretical level, create a lot of opportunities for improving teachers' comprehensive quality as far as possible, take practical ability and practical experience as an important standard for the evaluation of physical education teachers, and gradually make physical education teachers develop towards compound and technical talents with one specialty and multiple abilities, create an innovative team of teachers with "double qualified" and "1 + X" certificates for higher vocational colleges, so as to contribute to the development of higher vocational physical education teachers in the direction of specialization^[7].

5. Conclusion

In the process of deepening China's educational reform, we can continue to promote the transformation and development of higher vocational physical education with the help of the

effective implementation of various concepts and measures of national vocational education reform. The upgrading, transformation and integrated development of physical education in higher vocational colleges is a highly theoretical and systematic project. It is necessary to test the effectiveness of various measures in continuous practice. Whether it is the reform and upgrading of traditional teaching mode, the establishment and improvement of training base, the standardized implementation of curriculum system and the active construction of teachers, we need to take the national vocational education reform as the background conditions, adopt the methods of continuous exploration, step by step, active accumulation and innovation, comprehensively build China's higher vocational physical education, make it a modern teaching system with high standardization, professionalization and specialization, and contribute to the overall improvement of China's modern education level.

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