

The Concept and Practice of Lifelong Physical Education in Physical Education in Higher Vocational Colleges

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ABSTRACT. Since the 21st century, the scale of China's higher vocational colleges has been expanding. As an important compulsory course in higher vocational colleges, the reform and development of physical education is also urgent. More and more people begin to realize that physical education should not be a periodic study, but should run through the whole life of students in order to realize lifelong learning. This paper briefly introduces the basic concept of lifelong education in physical education in higher vocational colleges and the significance of lifelong physical education, and points out many problems existing in the concept, teaching practice and curriculum arrangement of lifelong physical education in higher vocational colleges. At the same time, this paper gives corresponding countermeasures and suggestions for the practical problems, hoping to provide some references for the physical education teaching in higher vocational colleges in China.

KEYWORDS: Higher vocational colleges, Physical education, Lifelong physical education

1. Introduction

At present, China's higher vocational colleges, as an important institution for the training of higher talents, have unique advantages and have educated a large number of applicable talents for China. Educational researchers have also focused more on higher vocational colleges. Higher vocational education ensures that students can take physical exercise in their future life and gradually establish their lifelong physical education by cultivating students' physical awareness and hobbies [1]. The comprehensive ability of students needs to be improved, that is, to strengthen the study of cultural knowledge, but also to enhance the psychological and physical quality of students.

In addition to cultural teaching, we also attach great importance to physical education, because physical education can not only improve students' physical quality, but also stimulate their psychological potential [2]. Higher vocational colleges should focus on the cultivation of students' sports ability, keep pace with the times and deepen the reform of physical education teaching, which is conducive to promoting the formation of good habits of lifelong sports for higher vocational students in China. In higher vocational colleges, there is a compulsory course, physical education, and its reform and innovation has also become a trend [3]. In the physical education teaching of vocational colleges, the concept of life long learning and exercising is also an important thought that every educator should teach students.

2. The Concept and Significance of Lifelong Physical Education in Physical Education in Higher Vocational Colleges

The so-called lifelong physical education means that individuals should establish a concept and thought of physical education at all stages and places of their growth and life, and regard physical activities as an indispensable component in the process of individual survival and development [4]. The aim of this kind of educational idea is to cultivate students' interest in participating in sports activities for life, guide students' habit of participating in sports activities for life, enhance students' interest in sports through innovation of sports practice activities, improve students' sports skills, and enable students to participate in sports activities consciously. It is not enough for students to master sports skills during school. In the future life, they also need to combine sports with life so as to achieve mastery through a comprehensive study and make physical exercise an essential activity in life. Education and teaching in higher vocational colleges is a core component of physical education. Lifelong physical education is an important goal of physical education in higher vocational colleges. Lifelong physical education should be a guiding ideology that must be implemented in physical education and teaching activities in higher vocational colleges in China [5]. To enable students to master scientific exercise methods, teachers better promote students to participate in physical exercise and lay a foundation for students' sound development. Carrying out life-long physical education in higher vocational colleges is of great importance to improving students' autonomy in sports. Through the cultivation of lifelong sports awareness,

students who have graduated can still keep the habit of exercising and master sports knowledge and skills, so that the sports spirit can be continued and the healthy development of the whole society can be promoted.

3. Current Situation of Daily Physical Education in Higher Vocational Colleges in China

3.1 Deviation of Daily Teaching Mode

In the daily physical education teaching of higher vocational colleges in our country, too much emphasis is placed on specific teaching objectives and teaching cannot be carried out flexibly. Physical education teachers carry out teaching step by step in daily teaching work, which is not vivid and interesting, and further affects the normal development of physical education work, and also hinders the process of physical education work to a certain extent. Once vocational college students enter the society, they will face fierce social competition. The social life they have known about will increase their psychological and physical pressure. In order to enable them to have better development and maintain their physical and mental health, the goal of vocational physical education should be able to actively transform into physical culture quality education, students' physical awareness, physical ability and physical habits. As teachers, they should actively change the concept of physical education and actively participate in physical education [6]. Therefore, the enthusiasm of PE teachers in class is not high, the teaching quality of PE courses is relatively low, and the degree of attention is insufficient, not to mention the idea of lifelong PE education. Physical education teachers are too mechanized in their teaching. They only encourage students to persist in exercising, but they do not form the concept that higher vocational students are responsible for their own health. At present, the teaching mode of higher vocational colleges in our country is in a state of deviation, which also shows that there are some limitations in carrying out daily physical education teaching in higher vocational colleges. Due to the low importance attached by students, skipping classes is very common, the efficiency of physical education courses is not high, and the concept of lifelong physical education is difficult to implement. Under such circumstances, it is difficult to shape students' personal, psychological and thinking modes.

3.2 Teaching Ideas Are Not Interesting

At present, the daily teaching of physical education in our country is only superficial and superficial. For many years, most of its educational work has carried out examination-oriented education in any subject. Among them, physical education teachers also carry out examination-oriented education for students, and to some extent, they cannot carry out interesting teaching for higher vocational students. In addition, modern life brings great pressure to people. Many people want to take physical exercise and adjust their physiology after work. Therefore, physical exercise has become a part of people's life [7]. Nearly 60% of the higher vocational colleges in our country do not have football fields [8]. Most of the higher vocational colleges only have simple basketball courts and table tennis courts. The sports facilities are relatively single and there are too few facilities for physical education teaching, which greatly affects the smooth development of physical education teaching in schools. At the same time, in higher vocational colleges, the professional skills of physical education teachers are seriously insufficient, which makes it impossible to transmit the skills and key points of physical education courses to students completely and to promote students' creative thinking. Therefore, it is difficult to attract students' attention in class, and at the same time, it has greatly hindered students from developing lifelong exercises. Even when students in higher vocational colleges leave campus and enter society, they will not engage in sports exercises and other activities. In particular, physical education can cultivate students' good exercise habits, which can even be called lifelong education. Higher vocational colleges should carry out more physical education courses to cultivate a group of all-round talents who can adapt to social development.

3.3 The Arrangement of Physical Education Curriculum is Unreasonable

Most of the higher vocational colleges in our country do not attach much importance to lifelong physical education, nor do they give priority to the daily physical education work, which results in the students of higher vocational colleges not believing that lifelong physical education is important. Under this premise, teachers in higher vocational colleges are required to change their teaching methods and improve their teaching contents so as to cultivate students' interest in learning as the first objective, analyze their learning objectives and make students love sports from the heart. Traditional single sports thoughts are not conducive to the development of sports. Judging from the current situation of sports development, the new sports thoughts and the establishment of lifelong sports thoughts are the focus of attention. Therefore, it also indirectly shows that the curriculum arrangement of physical education in higher vocational colleges in our country is unreasonable and has obvious limitations. Even within the limited classroom time, PE teachers only focus on carrying out classroom practical activities instead of theoretical training and education for students in higher vocational colleges, resulting in students not having the concept of lifelong PE. In addition, the professional level of

physical education teachers is not high, the focus and essence of physical education curriculum cannot be truly conveyed to students, they cannot negotiate and communicate with students in a timely manner, and they cannot accurately find many problems existing in students' physical education, which greatly affects the quality of physical education. Teachers are unable to accurately discover the problems exposed by students in the process of participating in sports activities, which greatly affects the enthusiasm of students in learning, affects the development of lifelong sports, and makes lifelong sports education in higher vocational colleges seriously lag behind.

4. There Are Effective Strategies to Implement Lifelong Physical Education in Higher Vocational Physical Education Teaching

4.1 All-Round Teaching Mode

Higher vocational colleges carry out all-round advanced teaching mode, focusing on the implementation of reasonable physical education classroom teaching activities. We can set up basic courses, optional courses, special courses, elective courses and health care courses for students to choose. Physical education in higher vocational colleges no longer focuses on skills training, but focuses on fun and life, arouses students' interest and enables students to actively participate in physical education. Cultivating students' awareness of sports. In physical education, teachers should be able to guide students' interest in physical exercise, to enable students to choose their own sports, and to give students more rights to learn sports independently by choosing physical education classes, so that students can choose the sports they like [9]. In terms of top-level design, do a good job of lifelong physical education in physical education in higher vocational colleges, improve physical education in schools, focus on stimulating physical education in higher vocational colleges through a series of policies, and point out the direction for lifelong physical education in physical education in higher vocational colleges from the aspect of superstructure. Physical education teachers should pay attention to the reasonable arrangement of physical education curriculum and physical education teaching designers, and finally promote the cultivation of lifelong physical education quality of higher vocational students in our country. This can effectively relax their bodies and keep them energetic so as to better finish their work and improve their own development. Therefore, training students' awareness of lifelong physical education has a great relationship with their future.

4.2 Stimulate the Interest of Students in Higher Vocational Colleges in Sports

According to incomplete statistical data for scientific analysis, many people in our country will still insist on sports after graduation, the main reason is that the degree of love for sports itself is relatively high. The teaching object we are facing is college students. We should let them form lifelong physical education consciousness and the habit of taking part in physical exercise. We should also look at the quality of physical education teaching in their school. All we need to say here is the quality of physical education teaching of teachers themselves. Lifelong physical education requires that in classroom teaching, teachers should be able to give priority to students in carrying out teaching activities, cultivate students' interest in physical exercise, and enhance the vividness and interest of teaching through innovative teaching modes. This will enable students to truly feel the happiness and strong strength of physical learning, enable students to voluntarily participate in physical exercise and develop their own physical exercise ability. In addition, standardized demonstration is made to students on run-up, take-off, flight and landing movements, and standard movements are displayed to students with the power of example. While imparting knowledge, students are guided to actively participate in training. Reasonable arrangements will be made to improve students' quality and skills more effectively. In addition, arrange the rest time for the trainees. To achieve that students should not be overworked after high-intensity training. Students are required to have one hour of exercise every day, each of them has one or two favorite sports, and can stick to the activities. Set up correct fitness consciousness and have positive and upward exercise requirements.

4.3 Improve the Quality of Physical Education Teachers

Modern higher vocational physical education has been transformed into lifelong physical education consciousness training teaching, which is an important manifestation of the development of physical education spirit to the present. In the physical education class, teachers can use multimedia means to play some wonderful sports events and sports news for students, so that students can enjoy high-level competitions. Through this kind of physical education teaching method, students' interest in physical exercise can be continuously stimulated, creating conditions for students to form lifelong sports habits. Moreover, teachers realize the importance of stimulating students' interest and innovatively take the form of "interesting competitions" in the teaching process to enhance students' participation. Physical education teachers are professionals who teach physical education scientific knowledge, technology and skills. Their teaching

efficiency is directly related to students' physical education achievements. Teachers should first establish the idea of lifelong physical education and pay attention to imparting scientific theories and professional thoughts of modern physical education. On the premise of conforming to the social environment, develop students' personal characteristics and cultivate them so as to cultivate personalized talents. The teaching idea of keeping pace with the times is an essential ideological weapon to build a lifelong physical education teaching idea.

4.4 Physical Education Should Be Strictly Required to Form a Good Habit of Exercising Consciously

There is no doubt that teachers manage students. Although it is in a relatively free environment such as higher vocational colleges, teachers still need to strengthen supervision, perfect management, strictly require students and promote the improvement of students in physical education. Make it clear that sports will bring unexpected benefits to students, especially under the hard teaching of physical education teachers, to form a positive and optimistic perception of life. Therefore, in the physical education of higher vocational colleges, the concept of lifelong education is extremely important. In order to cultivate personalized talents, higher vocational colleges should release students' personality, teach students in accordance with their aptitude, and create different learning paths for different students. Students are supervised and corrected by teachers in class, and they don't want to do any physical exercises after class. This is because in most teaching hours, teachers usually let students imitate teachers or practice as required, rather than teach students to practice independently. In addition, physical exercise has long-term characteristics. It is not possible to cultivate good habits overnight. Instead, we should pay attention to transforming physical exercise into a part of daily life. Only by forming this awareness can we gradually establish good habits of lifelong sports. Through this kind of practical activities, students can form a relatively stable and uninterrupted conscious movement behavior. In this way, students can stick to a certain sports for a long time, cultivate their sports habits, and cultivate their perseverance and semi-green spirit in lifelong sports.

5. Conclusion

In the end, training students in higher vocational colleges to develop lifelong physical exercise concepts and good habits is conducive to their future development and is also conducive to becoming the mainstay of our society. To a certain extent, China's higher vocational colleges should vigorously promote this work. In the context of quality-oriented education, higher vocational colleges need to pay attention to the reform of physical education. In the actual teaching process, the teaching concept of lifelong physical education should be established, so as to promote the healthy development of physical education in higher vocational colleges in our country. Teachers should teach students in accordance with their aptitude, constantly update their own teaching methods, actively give full play to students' subjective initiative, establish a "people-oriented" education policy, so that students are interested in physical exercise, and then consciously engage in physical exercise. Students feel the charm of physical education under the combined action of goal motivation, emotional motivation, example motivation and competition motivation, and then actively participate in physical training, while improving their physical quality, they form a healthy mental state.

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