

On the problems existing in the integration of Higher Vocational Physical Education and professional physical fitness

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Abstract: the integration of professional physical fitness into the reform of physical education in higher vocational colleges is of great significance to achieve the goal of talent training and highlight the characteristics of vocational education. However, the integration of Vocational Physical Education into the current higher vocational physical education needs to be deepened. This paper examines the problems existing in Higher Vocational Physical Education from the perspective of professional physical development, aiming to promote the development of physical education and promote the cultivation of students' professional physical fitness.

1. The significance of integrating professional physical ability into Higher Vocational Physical Education

The students trained in higher vocational colleges are mainly engaged in front-line jobs. These technical jobs not only need excellent professional skills, but also indispensable professional physical fitness. In recent years, the physical condition of college students has declined significantly. Relevant research shows that many employers will consider the professional physical fitness of students when recruiting employees. Some opinions of the Ministry of education on deepening vocational education and teaching reform and comprehensively improving the quality of personnel training (GF [2014] No. 19) points out that "vocational education and teaching reform should focus on enhancing students' employability, strengthen ideological and moral education, humanistic quality education and technical ability training, and comprehensively improve the quality of talent training." Therefore, higher vocational physical education into the physical education reform is the implementation of the spirit of the Ministry of education documents, but also the embodiment of the value of physical education, to reflect the characteristics of higher vocational physical education, training high-quality professional talents has important significance.

2. Problems existing in the integration of professional physical fitness into Higher Vocational Physical Education

2.1. The concept of education does not reflect the characteristics of vocational education

Due to the short history of Higher Vocational and technical colleges, most of them are transformed or merged by higher vocational colleges and technical colleges. Therefore, the concept of physical education in Higher Vocational Schools either follows the teaching traces of technical secondary schools and technical schools, or applies the teaching mode of undergraduate colleges, which leads to the disconnection between the teaching concept and the professional needs of students and does not meet the actual needs. In addition, the particularity of the source of students determines that the physical education teaching objectives of higher vocational colleges should be determined according to the physical and mental characteristics of students and professional differences. Employment is the foundation of people's livelihood and the foundation of physical education reform in higher vocational schools. In the selection of physical education curriculum content, we should start with the cultivation of students' professional sports characteristics and the improvement of comprehensive quality ability, and the teaching content should be consistent with the development of students' future professional ability. However, the current physical education

teaching objectives and students' physical and mental characteristics and professional content are not consistent. In terms of teaching, the content is still mainly competitive events, focusing on sports skills teaching, failing to give full play to the advantages of Higher Vocational Education in vocational education.

2.2. The contradiction between curriculum system and professional needs

In order to effectively implement the teaching policies and guidelines, improve the quality of education and the level of running a school, improve their own teaching system, effectively stimulate the enthusiasm of students to exercise together, cultivate the ability of lifelong physical education, and improve the adaptability of students. The ability of the society, to meet the requirements of the employment market for personnel training, to enhance the physical fitness of applied talents. However, due to the lack of system at the government level and the internal dynamic influence of the imbalance of their own ability and function, most higher vocational colleges will apply the same curriculum design, curriculum system construction and curriculum teaching mode as ordinary colleges and universities. The setting of curriculum system and content is closely related to students' professional physique, but the lack of professional sports fitness ability content can not guarantee that the students in higher vocational colleges can adapt to the development and improvement of physical quality and functional ability required by labor activities, and it is difficult to give consideration to the individual differences of students' physical ability and the needs of professional physical development.

2.3. Lag of teaching concept and method

The reform of physical education in higher vocational colleges must meet the new requirements of the development of vocational education. Serving the needs of national social and economic development and cultivating talents with good physical adaptability are the main objectives of physical education teaching in Higher Vocational Colleges in China. The organization form and evaluation method of teaching must also take this as the center. With the rapid development of economy and society, the traditional teaching form shows the narrowness of professional education, ignoring the requirements of students' future employment, professional constitution and ability. In practice teaching, few or no physical education courses related to students' future career content are set up, and the real needs of students after entering the society are ignored, which leads to the serious lag of physical education organization form and the lack of mutual integration of students' professional characteristics and professional sports ability. The traditional didactic teaching can not meet the requirements of the economic society for the professional ability of higher vocational students, which is related to the lag of the current physical education curriculum and teaching ideas and methods.

2.4. Imbalance of teaching staff construction

The quality of school teachers has been an important factor affecting the quality of school resources. Due to the imbalance of educational resources, the lack of macro and micro sports management mode, discipline construction system and other constraints, physical education teachers in Higher Vocational and technical colleges can not fully adapt to the development and construction process of higher vocational colleges. The construction of teaching staff is very difficult. Many physical education teachers play the role of public sports implementers and are often marginalized. At present, the main problems of PE teachers in higher vocational colleges are the lag of the construction of teaching staff, the structural imbalance of the allocation of teaching resources, the low proportion of double qualified teachers, the unreasonable structure of teachers' academic qualifications, the unreasonable structure of professional titles, and the poor training channels. The rapid development of vocational education reform has led to the rapid growth of higher vocational education and the gradual expansion of enrollment scale. However, the increase in the number of students does not match the development of physical education teachers. The foundation of higher vocational colleges is relatively weak. There are still many problems in the construction of physical education infrastructure and related funds, which have a certain impact on

the construction and optimization of physical education teachers in higher vocational colleges. It restricts the development of physical education teachers and improves the quality of teaching. It is bound to be affected.

2.5. The course assessment system is not comprehensive

At present, in the evaluation of physical education teaching in higher vocational schools, the "quantitative" index is often used as a measure of students' performance. The end-point evaluation method focusing on "reaching the standard" is relatively objective and easy to use. Therefore, the test score of quantitative index of students' physical education has always been the only standard to measure students' sports performance. However, the single dimension of students' sports performance evaluation is difficult to meet the needs of the current physical education teaching, ignoring the evaluation of students' emotion, ability, emotion, team spirit, quality and other aspects, which can not be a good affirmation of students' performance in the whole process of sports activities. And the ability indicators in the process of sports are often indispensable in the employment competition, and are the core competitiveness that higher vocational physical education needs to give students.

3. Conclusion

The integration of higher vocational physical education curriculum reform and professional physical fitness needs can fully reflect the educational value of physical education, and the physical education work in higher vocational colleges still needs continuous development. Because the foundation of running a school is still weak, the overall strength needs to be improved; the understanding of sports discipline needs to be strengthened, gradually break the disciplinary barriers, and distribute teaching resources evenly. Vocational physical training should form a long-term mechanism, integrate into the reform of physical education in higher vocational colleges, formulate a physical education curriculum system in line with the characteristics of vocational education, and effectively improve the students' ability to adapt to the future career.

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