

On the Construction of Sports Teaching Innovation System in Higher Vocational Colleges

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Abstract: in the modern education of our country, vocational education is a very important part. Higher vocational physical education has trained many skilled talents for the construction and development of our country. The innovation of higher vocational physical education led by vocational education is an important content to improve the level of Vocational Colleges in our country, and has a positive impact on the future development of student.

1. Introduction

Although in recent years, our government has increased investment in education to strengthen teachers, but higher vocational physical education is not ideal, there are still many problems. First, the education concept is old. In many higher vocational physical education, teachers ignore the students' main position, override the students, reduce the students' subjective initiative, affect the teaching efficiency, and make the due value of physical education unable to play effectively. Second, the curriculum design is unscientific, and most vocational colleges still fail to find the importance of sports practice, and cannot customize reasonable learning plans according to the needs of social development, resulting in a solid theoretical basis for many students, but they are unable to improve in practice. Third, the teaching resources are single, many teachers can not extend the students' future development needs to the classroom in the teaching, only know the guide textbook knowledge, but can not customize characteristic learning courses according to the actual situation of students.

2. Innovation of Higher Vocational Physical Education with Vocational Education as the Guide

In the course of higher vocational education, physical education is an important content. Innovation of teaching strategies and improvement of physical education teaching effectiveness can not only enhance students' physical quality and promote their healthy development, but also help vocational students to develop the concept of lifelong physical exercise and create conditions for future study and work. The innovation of education idea provides guidance for physical education in higher vocational colleges. In this context, we should innovate ideas, update teaching methods, and constantly improve the effectiveness of physical education, so as to provide guarantee for the healthy and all-round development of higher vocational students.

2.1 Improve School Running Characteristics

In the physical education teaching of higher vocational colleges, teachers can make different physical education teaching plans according to students' professional courses, enrich the forms of physical education teaching, and highlight the characteristics of school running. For example, in the physical education teaching of computer related majors, teachers can customize a set of fitness actions for students according to the characteristics of students' frequent bow learning operation and high concentration of attention, so that students can relieve the pressure of cervical vertebra, relax the muscles of shoulder and neck, and relieve eye fatigue in physical exercise. In the major of standing for a long time, PE teachers can guide students to do some actions to relax their legs, ankles and other standing fatigue, and promote the blood flow of some acupoints. Teachers make

different teaching plans for students of different majors, which can make students feel the interest and practicability of physical education teaching, effectively alleviate the physical discomfort of students in learning, and reduce the incidence of occupational diseases.

2.2 Enrich Teaching Content

Although the education reform advocates innovation, there are still many schools that fail to implement the teaching innovation. In Higher Vocational Physical Education, there are still many teachers who adopt traditional teaching methods to impart knowledge orally, so that students are not enthusiastic to participate in physical learning. In view of the general psychological characteristics of vocational college students, teachers can enrich the teaching content, take vocational education as the guidance, fully respect the main position of students, make students have a strong interest in physical education, and effectively improve the efficiency of the classroom. For example, in the long jump learning and teaching, after the teacher explains the action essentials of the long jump and guides the students to demonstrate, he can organize several groups of students with the same average height to carry out the long jump relay, and the winning team can get small gifts such as rope skipping and shuttlecock, so as to arouse the enthusiasm of the students. This kind of teaching method has a strong guidance, which can drive students to work hard for a certain goal, enrich the teaching content, and fully reflect the teaching concept of combining work with pleasure. And group cooperation can also increase the communication opportunities between teachers and students, let students understand the importance of teamwork, and contribute to the construction of a harmonious campus.

2.3 Broaden the Teaching Platform

Physical education in higher vocational education is divided into two parts, including theoretical knowledge and skill practice. Only through in-depth study of physical education content and combination with social development, can theoretical knowledge be effectively extended to practice and students have certain physical literacy. At present, many colleges and universities have established cooperative relations with enterprises. Higher vocational physical education should also follow its teaching methods and look for some formal enterprises to sign training practice agreements with schools in order to broaden the teaching platform. Students can understand the employment standards of enterprises in enterprise practice, so that students can combine what they have learned in school with the needs of enterprises, and truly connect theory with practice. Enterprises can also reach employment agreements with colleges and universities according to the performance of students in enterprises. After graduation, students can work directly in enterprises. This teaching mode not only expands the teaching platform, but also relieves the employment pressure of graduates and improves the employment rate of colleges and universities, which can be called “three wins with one stroke”. At the same time, the school should also make use of its own advantages to hold regular sports and cultural activities, so that students can show their sports talents and enrich campus cultural life.

3. Conclusions

The physical education of higher vocational education, which is guided by vocational education, is an organic combination of teaching and learning. Starting from three aspects of school running characteristics, teaching content and teaching platform, the physical education level of higher vocational colleges can be effectively improved. In view of the problems in the current situation of physical education in higher vocational colleges, we should innovate the teaching concept so that students' health can also be guaranteed in the process of learning professional knowledge. Only by establishing the education system with the characteristics of higher vocational colleges, can we realize the value of Higher Vocational Physical Education and cultivate talents with multi-directional development.

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