

Infiltration Strategy of Professional Quality in Physical Education Teaching in Higher Vocational Colleges

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Abstract: In recent years, with the widespread popularization of quality education in China, the demand and requirements for talents are becoming higher. The current society requires talents to have a solid foundation and skills, and comes up with higher requirements for the professional quality of talents. As specialized educational institutions for training practical talents, vocational colleges can get the educational goal of improving students' physical quality and enhance their employment competitiveness imperceptibly by infiltrating professional quality into physical education. Based on this, this paper analyzes and studies the infiltration strategy of professional quality in sports teaching, aiming to push the reform of sports teaching.

1. Introduction

The professional quality in physical education teaching in is mainly divided into two parts: one is the dominant professional quality, which is mainly sports theoretical knowledge and professional skills, and the other is the implicit professional quality, mainly in the aspects of professionalism and professional attitude. Cultivating and improving students' implicit professional quality can effectively enhance students' learning efficiency of sports knowledge and skills, and can also lay a good basis for students' future career progress. Therefore, physical education teachers should actively develop physical education teaching reform, fully understand the significance and value of professional quality for students' progress, and adopt effective measures to infiltrate professional quality into physical education teaching, so as to foster more high-quality professionals for the society.

2. Permeation Significance of Professional Quality in PE Teaching in Higher Vocational Colleges

2.1 Help Students Form Good Professional Ethics

The infiltration of professional quality in physical education teaching can push students to form subjective consciousness through the influence of external teaching environment^[1]. During physical education, students' fundamental professional qualities such as willpower, endurance, competitive awareness and organizational ability can be cultivated and improved through specific sports events. Meanwhile, it can also train students in sports skills, promote their physical and mental health, lay a fabulous skill basis for their future career progress, and improve their comprehensive abilities. For instance, through the infiltration of professional quality in physical education activities, students can recognize the significance of not giving up easily, so that no matter what difficulties they encounter in future jobs, students can implement the professional quality of not giving up easily.

2.2 Promote Teaching Reform

At this stage, the teaching methods of physical education in China mainly continue the teaching methods of undergraduate schools, which leads to no educational characteristics of colleges^[2]. Moreover, the physical education teaching does not start from the actual teaching objectives, but follows the trend with the waves, and the teaching concept lacks certain innovation. The infiltration

of professional quality into the physical education teaching will help to clarify the teaching objectives, innovate the teaching concepts, and promote the physical education to meet the progress needs and educational characteristics of vocational education. On this basis, the physical education can be reformed and innovated in teaching content and teaching methods, thus pushing the reform of physical education teaching.

2.3 Enhance Students' Competitive Advantage in Employment

The main educational goal of colleges is to foster practical talents with solid professional foundation for the society. Therefore, in the actual education activities, we need not only to focus on the explanation of theoretical knowledge, but also to cultivate and improve students' practical operation ability^[3]. After graduation, most of the theoretical knowledge is a guide to practical action and a crucial basis for students' progress. The practical operation is based on professional knowledge. Therefore, vocational skills and physical strength of higher vocational students are greatly crucial for their future progress. The infiltration of professional quality in physical education can enhance students' overall quality and physical ability, which is greatly crucial for improving students' employment competitiveness.

2.4 Realize the Goal of Talent Training in Higher Vocational Colleges

Under the background of increasingly fierce competition in the education market, it has become an inevitable trend for colleges to develop educational reform, which is also an important path to output high-quality talents to the society^[4]. At this stage, in order to carry out educational reform, many colleges begin to infiltrate professional quality into professional teaching. It can be seen that it is very necessary to infiltrate professional quality in physical education teaching, which is greatly crucial for improving students' enthusiasm and autonomy in learning. In addition, physical education, as a crucial way to improve students' physical quality, integrates with professional quality, which can also enable students to adapt to the needs of professional work in a better state, thus laying a foundation for the further realization of talent training objectives.

3. Infiltration Strategy of Professional Quality in Physical Education Teaching in Higher Vocational Colleges

3.1 Change the Teaching Concept of Physical Education Teachers

As the main participants and directors of sports activities, PE teachers' teaching ideas directly affect the content, form and process of sports teaching activities, and determine the quality and efficiency of sports activities. To effectively infiltrate professional quality in physical education, the primary task is to change the teaching philosophy of physical education teachers^[5]. At this stage, many colleges have been influenced by traditional teaching concepts for a long time, and more teaching activities are carried out with teachers' theoretical knowledge explanation and action demonstration as the main teaching mode. This not only fails to achieve good teaching results, but also reduces students' interest in studying and enthusiasm for classroom participation to a certain extent.

First of all, teachers should transform their teaching concepts, clarify the significance of professional quality in physical education teaching, and then fully understand the students' learning ability and needs, and formulate targeted teaching programs. Secondly, teachers should also give students more space for independent learning and exploration, stimulate students' interest and desire to learn sports knowledge, and then guide students to learn sports knowledge and professional knowledge. Finally, teachers should also improve the teaching evaluation, change the traditional evaluation model which is based on the results, transform the individual physical education examination into a collective assisted examination, and analyze and evaluate the completion, accuracy and cooperation ability of teams, so as to enhance students' team awareness and cooperation spirit, and lay a basis for the formation of students' professional quality.

3.2 Innovate the Content of Physical Education

During physical education activities, teachers should also innovate the teaching content. This can not only strengthen the overall integration between professional quality and physical education, imperceptibly enhance students' professional quality, but also mobilize students' enthusiasm for learning and class participation through interesting teaching content^[6]. In the traditional physical education teaching, most of the subjects are textbooks and teaching requirements of the new curriculum standard. Although this can play a teaching effect of strengthening students' physique, it is not conducive to cultivating students' implicit professional quality.

Therefore, colleges should combine their own teaching goals and ideas to develop targeted sports teaching courses in sports teaching. First of all, colleges can enrich the teaching content and guide students to choose courses independently according to their learning ability and needs. For example, in the first academic year, the physical education curriculum should focus on basic sports knowledge, such as basketball, badminton, table tennis and other basic sports, so as to cultivate students' comprehensive quality and stimulate their interest in physical education. In the second and third academic years, vocational colleges can combine the professional nature and specific teaching content of students to create courses that integrate with PE such as tour guides, marketing. Meanwhile, it can also deepen the content of physical education in combination with outdoor sports, so as to improve students' sports skills and body etiquette.

3.3 Enrich Teaching Methods

At present, the teaching method of physical education is too rigid and single, and the specialty is not strong. Some physical education teachers mainly explain theoretical knowledge and demonstrate actions, and develop specific teaching activities with books and textbooks, which leads to the lack of flexibility in physical education teaching.

Therefore, in the actual physical education teaching activities, teachers should innovate teaching methods to better cultivate and enhance students' professional quality. First of all, PE teachers can use situational teaching methods to develop teaching activities. Teachers explain the important and difficult sports theoretical knowledge in detail, and then conduct action demonstration for students through sports action decomposition teaching^[7]. After the action demonstration, teachers can provide sufficient space for students to absorb and understand, so that students can deepen their grasp of the action essentials. Students can form good independent learning ability and independent thinking ability in exploratory learning. Meanwhile, it can also improve students' sense of teamwork and guide students to actively participate in physical education teaching. Secondly, teachers can also use competitions to develop teaching activities to attract students' attention. Through team or individual competition, students are encouraged to strengthen their sense of competition and improve their professional quality.

3.4 Combine Physical Education Teaching with Career Planning

In recent years, owing to the constant popularization of quality education in China, physical education has gradually begun to develop in the direction of fun and life. Based on this, physical education teaching should also actively carry out teaching reform. It is not only necessary to focus on the explanation of sports theoretical knowledge, but also needs to focus on the formation and progress of students' sports ability and sports awareness, deepen the recognition of students in physical education teaching, and realize the significance and value of physical education teaching for their own professional progress.

In addition, we should also cultivate students to form a professional spirit of perseverance and courage through physical education. For example, when carrying out endurance training, many students cannot complete endurance training due to long-term lack of physical exercise, and then find excuses to escape training. In the face of this situation, physical education teachers should timely tell students about the relevance between popular science sports teaching and professional development, help students correct their learning attitude, and then promote students to recognize the positive significance of physical exercise for their own professional development, and guide

students to participate in physical exercise. In addition, physical education teaching should also be combined with students' professional characteristics. For example, for students majored in human resources management, teachers can divide students into study groups, and cultivate their management ability by completing sports tasks, so as to lay a basis for their future career progress.

4. Conclusion

To sum up, professional quality, as the core teaching goal of physical education, is directly relevant to the future career progress of students. Therefore, colleges should actively carry out sports teaching reform, stimulate students' enthusiasm for studying and class participation through innovative teaching content, rich teaching methods and other measures, so as to effectively cultivate and enhance students' professional quality and push students' better progress.

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