

# The Approach Analysis on the Course Setting and Teaching Effectiveness of Public Physical Education in Higher Vocational Colleges

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**Abstract:** After a series of reforms, the curriculum of public physical education in China's higher vocational colleges has developed to "health first" as the guiding ideology, but there are still problems in the structure, content, assessment and rating system. The author makes a brief analysis and exposition on this, and puts forward some relevant reform suggestions, hoping to help improve the effectiveness of teaching.

**Keywords:** Higher Vocational Colleges; Course Setting of Public Physical Education; Teaching Effectiveness

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As an extremely important part of higher education in our country, higher vocational colleges serve as an important mission and task to transport high-quality and technical talents to promote the development of our society. As far as public physical education is concerned, the Basic Standards for Physical Education in Colleges and Universities promulgated by the Ministry of Education in 2014 have clearly pointed out that colleges and universities should further strengthen their physical education work, so that students' physical quality can be effectively improved, and further reform of public physical education courses in colleges and universities is promoted. What about reform? This is the problem that the current physical education workers in colleges and universities urgently need to think about.

## 1. Current situation of courses setting of public physical education in vocational colleges

### 1.1 Unreasonable curriculum structure

At present, most of China's higher vocational colleges have compulsory public sports courses in the first and second grades, while other grades have a number of public sports elective courses, such as basketball, volleyball, ballroom dance, etc. At the same time, take the student's PE grade into credit, that is, if the result of the student's physical examination fails, it may not get its corresponding credit, may eventually lead to their failure to graduate normally. At the same time, some higher vocational colleges in our country are limited by the factors of funds and teachers, and there are unreasonable problems in the setting of curriculum structure, especially the setting of elective courses, most of which are not enough.

### 1.2 The content of the course is not perfect

Most of the higher vocational colleges in our country still take teaching skills and improving students' physical ability as the main consideration when setting up the curriculum content, which will lead to the relatively single curriculum content, but also not conducive to giving full play to the student's main position, thus to a large extent has a negative impact on the final teaching effect. In addition, China's vast territory and geographical environment is very different, but in fact, many vocational colleges and

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universities do not set up curriculum content according to the actual geographical environment of their own location, and many colleges and universities set up curriculum content and is still based on traditional sports, rarely combined with the current trend of the times, to carry out new sports projects.

### **1.3 Lack of scientific assessment of curriculum**

Each student's original physical quality and athletic ability are not on the same level, but at present, the assessment standard of public physical education curriculum in Chinese vocational colleges is relatively unified, in this context, the final assessment results do not truly reflect the students' classroom learning situation and attitude, but also make students with poor physical fitness and weak sports ability become more do not like exercise, and then affect their lifelong development. For example, students with good physical fitness usually can run down 800 meters without exercise, but students with poor physical fitness, even if they insist on exercise every day, may not be able to achieve better results in the examination, so this kind of assessment setting is unreasonable.

## **2. The guiding thought of reforming courses setting of public physical education in Higher Vocational Colleges**

At the beginning of the founding of New China, our country put forward the guiding ideology of "health first" for the first time. At that time, the physical education work of all kinds of schools in our country was relatively weak, and the health problems of most students were more prominent. So Comrade Mao Zedong, in response to this phenomenon, in a letter to the Minister of Education on June 19, 1950, put forward that "all schools pay attention to health first, study second ". The second one was put forward under the background of carrying out the modernization of students' quality education, and the State Council called for the full implementation of the National Standard for Students' Physical Health. Since then, the students' physical health level has become an important index for a school to evaluate its development level, and can also be said to be an important concrete manifestation of the further implementation and in-depth promotion of the guiding ideology of "health first ".

## **3. Ways to improve the effectiveness of public physical education teaching in vocational colleges**

### **3.1 Establishment of individual sports clubs**

At present, some colleges and universities in China have started to set up individual sports clubs in various categories, which provides a new route for the current public physical education teaching in Chinese vocational colleges. It should be noted that individual sports clubs should be open to all students and allow them to make voluntary choices according to their interests and special abilities, so that their sports can have the opportunity to play and be recognized, help to stimulate students' enthusiasm for learning sports, and enable students to exercise and improve their corresponding sports skills in practice, so as to truly achieve the role of physical exercise, at the same time can also promote them to develop a good habit of sticking to fitness and enhance their awareness of lifelong physical education.

### **3.2 Increase the teaching link of "School Sports Competition"**

In the course of public physical education, Chinese higher vocational colleges can include "in-school sports competition ", in this way, every student can participate in the sports competition, and deeply understand the charm and fun of sports competition, and further cultivate and enhance their sense of self-competition. Although "in-school sports competition" can be organized by each school, but can also be organized by individual sports clubs, but different from the previous competition activities for students in sports ability and corresponding sports skills, the activities of "in-school sports competition" can not make corresponding restrictions on students to ensure that every student can participate in it. At the same time, in the event arrangement as little as possible to use the elimination system, can use more group circulation system, so as not to hit the enthusiasm of students.

### **3.3 Improving the system of assessment**

The traditional assessment of public physical education curriculum is "result assessment ", to sum up, this can not only reflect the actual learning situation of students, but also is not conducive to the development of students' comprehensive quality. Therefore, in order to improve the traditional evaluation system of public sports, the higher vocational colleges in our country should not only

consider whether the students' corresponding sports skills are up to standard, but also pay attention to the potential and practical needs of the students in the actual process of physical education learning, and ensure that the teaching purpose of promoting the all-round development of the students can be achieved through the assessment and evaluation. This requires the college to combine "result assessment" with "process assessment", "subject evaluation" and "object evaluation" effectively, so as to construct a scientific and rational evaluation system. In addition, in the process of assessment and evaluation, we should pay more attention and encourage the "vulnerable groups" of obesity, poor physical fitness and weak sports ability, so as to enhance their self-confidence and interest in sports, and then improve the overall learning effect of students.

### **3.4 Strengthen the construction of PE teachers**

Strengthening the construction of PE teachers can greatly enhance the effectiveness of PE teaching. The following three points should be specified: First, regular training of the existing PE teachers, including professional theoretical knowledge, teaching skills, modern educational technology, so that the existing teachers can always keep up with the trend of the times to carry out teaching work; Second, invite excellent PE teachers and PE teaching and research staff to the school to give special lectures, but also can hire professional fitness coaches or individual sports coaches part-time or as PE teachers, in order to improve the overall level of the school PE teachers; Third, employ retired and experienced teachers to form a teaching supervision group to supervise the teaching situation of teachers. By doing these three points well, the teaching quality can be optimized.

## **4. Conclusion**

To sum up, in China's higher vocational colleges, curriculum has always been concerned about the topic of education reform. As far as public physical education curriculum is concerned, although it has been reformed with the continuous change of guiding ideology, there are still some main problems, such as unreasonable curriculum structure and evaluation system, and imperfect curriculum content. Therefore, in order to improve the effectiveness of its teaching, our higher vocational colleges should also combine the actual needs of contemporary college students to carry out targeted reform of the curriculum, so as to ensure the effectiveness of teaching while fully respecting the personalized development of contemporary students, to cultivate high-quality comprehensive talents for the society, and to further promote the steady growth of China's comprehensive national strength.

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