

The Role of Physical Education in Higher Vocational Colleges in Lifelong Physical Education

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Abstract: With the rapid development of society, vocational students need to have good physical quality to adapt to the changes in society and schools. Due to the limited content and class hours of physical education courses in higher vocational colleges, students in higher vocational colleges must exercise in physical education courses if they want to obtain good physical quality. Due to the influence of traditional education methods, the teaching design of physical education teachers is simple, the course content is monotonous, and the teaching process is mechanized. It is difficult to ensure the teaching quality, and it is impossible to improve the concern of vocational students on lifelong sports. Therefore, teachers should constantly enrich the connotation of physical education in the teaching process, build a personalized development classroom, and cultivate students' ability and habit of lifelong physical education. This paper mainly discusses the role of physical education in higher vocational education on lifelong physical education of higher vocational students.

Keywords: Higher Vocational Colleges; Physical Education; Lifelong Sports

Introduction

Higher vocational students need excellent professional skills and good physical quality. Therefore, teachers must carry out correct guidance, carry out teaching reform, choose diversified teaching methods, enhance students' physical fitness, promote students' attention to lifelong physical education, so that they insist on carrying out physical exercise every day.

1. The Important Significance of Cultivating Lifelong Physical Education for Higher Vocational Students

Under the long-term influence of exam oriented education, vocational college students have been faced with a variety of examinations since childhood, and have a resistance to sports activities. In the long run, students are hardly interested in sports. At the same time, the professional textbooks used by higher vocational colleges are limited in content and do not attach importance to the lifelong education of students. However, scientific physical education can help students ease their learning pressure, help students relax their atmosphere, and provide a channel for students to ease their mood. As we all know, scientific sports can cultivate students' collective consciousness and make students actively participate in the teaching process. The positive psychological feelings generated in the students' brains can not only release the pressure, but also mobilize their thinking ability. If students often have a sense of satisfaction and joy in the process of sports, the pressure and negative energy will be completely released and can be put into study and life as soon as possible. At the same time, in addition to teachers' rich physical education knowledge, physical education also includes patriotic education, frustration education, will education and character education. Among them, the physical training forms of physical education courses (track and field, basketball, football) can also cultivate students' firm will and good team spirit. Therefore, to fully stimulate students' enthusiasm for learning, teachers should enrich the forms of physical exercise, help students improve their moral quality, and also help students form good living habits and promote students to take lifelong physical exercise.

2. The Present Situation of Physical Education Teaching in Higher Vocational Colleges

2.1 Old teaching content leads to the failure to implement the new teaching model

According to the current education situation, the physical education courses in higher vocational colleges have less time to open, the theoretical teaching is relatively less, the technical training is emphasized, and the teaching of theoretical knowledge is ignored. Such short physical exercise does not meet the needs of students' physical learning, nor can it make students strengthen physical exercise. At the same time, some teachers do not consider the changes of objective factors such as the characteristics of students and sports environment, do not recognize the dominant position of students, and do not set appropriate classroom teaching goals according to the development requirements of students. As a result, students' participation was very low, they did not form the habit of self sports, and they were even indifferent to sports, so they could not play their own advantages. When students are under great employment pressure after graduation, they will get worse and worse without exercise. In the new curriculum reform, higher vocational teachers need to adjust the teaching content, emphasize the combination of practice and theory, so that students can realize the importance of physical exercise and give full play to the teaching effect.

2.2 Fixed teaching methods limit the development of physical education

In the traditional physical education teaching activities in higher vocational colleges, many teachers use too single teaching methods, and the whole classroom is concentrated on teachers. A single physical exercise will not arouse students' attention to learning, but will also have a negative impact on teachers' teaching. For teachers, they usually ignore students' interest in sports, which makes sports training very boring. In the long run, it is difficult to achieve the guidance results. At the same time, the teaching methods are fixed, and teachers ignore the individual differences of students, so that students do not have their own ideas and consciousness. As a result, after the whole teaching activity, students do not remember the course content or the key content, and the overall teaching effect cannot meet the requirements of the physical education curriculum objectives.

3. Strategies of realizing lifelong physical education in higher vocational education

3.1 Timely update the teaching content and construct a new teaching mode of physical education

Higher vocational colleges should timely the teaching content of physical education specialty, and improve and supplement the overall teaching defects to improve the comprehensive teaching effect. When many vocational colleges implement physical education, there is a situation that the education orientation is not accurate enough to improve students' sports skills according to their learning time. To realize the development of higher vocational colleges, physical education teaching should update the educational content in time. (1) Simplify and merge the professional courses of physical education to eliminate the rough and retain the essence. In this way, we can not only avoid the repetition of teaching content, but also leave more time for relevant sports. For example, when physical education teachers teach basketball or volleyball courses, they will not repeat what they have already taught. In this way, they can adjust the classroom time so that students can use their free time for training. (2) Construct a new teaching mode to enhance the practicality of physical education teaching. For example, most students have myopia, hunchback and other problems, and are at risk of suffering from peri-arthritis of shoulder and cervical spondylosis. Therefore, in order to coordinate the physical development of students, we must do more sports activities. Therefore, in higher vocational colleges, different physical education courses and professional teaching contents can be set according to the characteristics of students' professional learning, so as to adapt to students' future development and participate in sports all their lives.

3.2 Change the traditional teaching strategy and attach importance to the scientific nature of physical education teaching

First of all, higher vocational colleges should use scientific methods, consider the actual situation of teachers, and improve the professional quality and professional ability of teachers. In addition to setting strict requirements for talent introduction, higher vocational colleges should also use training mechanisms to help teachers improve their professional quality and professional level. Secondly, with the continuous development of educational reform, schools pay more attention to students, but the role of teachers cannot be ignored. In the process of physical education in higher vocational colleges, whether physical education teachers can complete the teaching reform directly determines the quality of school physical education. Therefore, physical

education teachers in higher vocational colleges need to participate in guiding and systematic training, strengthen exchanges and communication with students, fully consider the future development of students, and promote the healthy and comprehensive development of students.

3.3 Reflect students' subjectivity and promote students' practical exercise

In order to achieve this goal, teachers should first reflect the subjectivity of the classroom. In traditional physical education teaching, teachers usually use the indoctrination mode to complete teaching activities. Students practice according to the teacher's requirements and actions. The whole PE class is boring and boring, and students cannot reflect their own initiative and self-consciousness, which is very unfavorable to the development of students' personality and the cultivation of their creative consciousness. In order to avoid this situation, in the physical education curriculum training activities, teachers should give the classroom leadership to students, so that students can exercise independently. Secondly, in the teaching reform, teachers should not only pay attention to the use of professional skills for education, but also pay attention to the cultivation of students' personal abilities, so that students can actively and consciously understand and master the sports teaching content. At the same time, teachers should formulate corresponding guidance programs to enable students at different levels to learn accordingly. In this way, students can master sports skills and achieve all-round development. Finally, after improving students' subjectivity, students can take practical exercise and improve their own sports skills. Reasonable and effective physical exercise can not only improve physical fitness, but also effectively promote physical and mental health. Therefore, when students choose simple and interesting forms of physical exercise, they understand the importance of physical exercise, ensure that they have enough time to exercise, and adhere to lifelong physical exercise.

4. Conclusion

To sum up, in order to realize the development of physical education in higher vocational colleges, we should not only pay attention to the individual differences of students, but also pay attention to the renewal of physical education content. If in the process of physical education teaching, teachers do not have excellent psychological quality and rich teaching experience, and can not timely observe the differences of students' personality, and can not grasp students' interest in learning. Under such teaching conditions, students are unwilling to carry out physical learning and exercise, which affects the teaching effect of teachers. Therefore, for the development of students. Physical education teachers should reform, adjust and optimize the existing teaching methods, create rich curriculum content, carry out sports interesting teaching activities, enable students to establish the awareness of lifelong physical exercise, and improve the quality of physical education teaching.

References

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