

Thinking on the Innovation of Winter Sports Teaching Mode in Higher Vocational Colleges

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Abstract: The winter sports teaching mode in higher vocational colleges should select feasible teaching contents according to local conditions, and cultivate skilled talents who can effectively meet the urgent needs of the winter sports industry. Actively explore new ideas for developing and creating teaching environment and conditions, combined with the actual situation of teaching in higher vocational colleges in our country, relying on the advantages of outdoor resources, adopt a combination of self-use and external business to improve the use value of winter sports venues, and actively promote school-enterprise cooperation in running schools will give full play to the talents and resource advantages of both parties, so that winter physical education teaching in higher vocational colleges can develop in a healthy and sustainable direction. This paper mainly adopts the method of literature and questionnaire survey, combined with the monographs on the reform of sports teaching in higher vocational colleges and the teaching method of college sports, to obtain the needed theoretical basis and research materials, and to give great theoretical support to the innovation and reform of winter sports teaching mode.

Keywords: Comprehensive Quality; Higher Vocational Colleges; Winter Sports Teaching; Innovation and Reform; Teaching Mode

Introduction

Competition and innovation are the driving force of the 21st century, which is based on the development of knowledge economy. In order to meet the needs of talents in the 21st century, higher vocational colleges should take training students with technical skills, knowledge skills and compound skills as the goal and train talents with emphasis on conveying technical ability, innovation ability and intellectual property awareness to enterprises. Therefore, higher vocational colleges should formulate the education development plan to promote college students to master the necessary professional skills, innovate the teaching system, explore the new model of talent training, and provide the society and enterprises with high-quality talents with technical expertise, pioneering ability and team spirit. How to combine the winter sports teaching and the education development planning of training students' professional skills with the requirements of society and enterprises to meet the needs of education and social development. It is an important decision-making problem which urgently needs the teaching administrators and the general physical education teachers to think carefully.

1. Innovation and reform of training objectives in winter sports teaching

1.1 Carry out "happy sports" to promote the formation of students' physical exercise consciousness

Under the situation of quality education reform, winter physical education teaching in higher vocational colleges has also been reformed accordingly. In the previous teaching mode, teachers did not pay much attention to the dominant position of students, adopted a single teaching mode, did not fully consider the actual learning situation of students, and the weather conditions in winter were not good, and students' enthusiasm for sports was not high.

And "happy sports" is a novel teaching model based on students' interest in learning. It fully considers the physical and mental health of students, focusing on strengthening students' physical and mental health, sports skills, emotional personality formation and other aspects of ability improvement, through the process of sports "happy teaching" and "happy learning", further practice the concept of quality education. In the winter sports teaching of higher vocational colleges, we should adhere to the "happy sports", abandon the traditional teaching mode, take students' interests and sports needs as the starting point, strengthen the education of love and emotion, effectively improve the overall teaching objective of winter sports teaching, and promote the formation of students' quality. In combination with the actual situation of students and the characteristics of winter climate, the "happy sports" mode of combining teaching with fun is adopted to guide students to take active exercise, increase the fun of sports, and guide students to form the consciousness of lifelong physical exercise [1].

1.2 Cultivate skilled winter sports talents

Higher vocational colleges should adhere to the teaching purpose of vocational education, which can make full use of the sports characteristics under winter climate conditions and effectively cultivate winter snow and ice sports skilled talents. Both ice sports and skiing sports have certain skills and difficulty, and sports risks are also very high. In ice and snow in winter sports, the teacher can dig in the student has the potential in the winter sports, good physical quality and movement endurance, ice and snow sports talents and the coordinated ability better students with specific training, selecting and cultivating high quality to the nation of ice and snow sports talents, but also can increase the students' employment advantage.

The winter weather is very cold. Northern cities make full use of their superior snow and ice characteristics, forming a strong snow and ice culture, which brings development opportunities for urban tourism, trade development, sports and so on. At present, higher vocational colleges should also comply with the new development opportunity, to further expand the winter sports teaching pattern, the introduction of ice and snow sports, let students full of ice and snow sports practice, strengthens the school with a snow and ice project enterprise cooperation, broaden the students' employment channels, for the state and society to cultivate a variety of winter sports professionals.

2. Innovate effective ways of winter sports teaching

2.1 Curriculum innovation goal of winter sports teaching project

The winter sports teaching can be combined with fitness, leisure, entertainment, education reform and development situation at that time, higher vocational colleges should take new teaching concept, teaching means of innovation, scientific teaching target, teaching can be extended to the outdoor, make more to meet the needs of the students' sports, winter sports can highlight in the innovation and development characteristics and the advanced nature of the winter sports season, let the students form a healthy body, sports skills are effectively promoted. Guide students to do sports training in the nature in winter, enjoy the happiness brought by sports, so that students' inner driving force is stimulated. At the same time, exercise in a cold environment can also exercise students' willpower and fighting spirit. In winter sports, the variability of the environment can also help students form a certain judgment, have good strain ability and balance, so that students can exercise and improve all physical functions in the cold environment, such as nervous function, cardiopulmonary function and so on. The innovation of winter outdoor sports mode enriches and expands the teaching content, improves the classroom teaching effect, and cultivates professional talents with high professional quality [2].

2.2 Innovate the curriculum structure of winter sports teaching

At present, winter sports teaching resources in higher vocational colleges are unevenly distributed, and some winter sports are not long in teaching. Based on this, higher vocational colleges should make changes in this regard, optimize the structure of winter physical education curriculum, and rationally set winter physical education curriculum according to the local climate conditions and the actual situation of students.

In the teaching process, schools should reasonably design the teaching amount of winter sports courses, expand sports

items and class hours according to the actual teaching situation, guide students to carry out reasonable winter outdoor sports, training should be systematic timing and planning to meet the students' needs of winter outdoor sports, encourage students to take the initiative to participate in winter outdoor sports, guide students to fall in love with winter outdoor sports, and further highlight the subjectivity of physical education.

At the same time, on the winter sports teaching in higher vocational colleges should strengthen all kinds of support, including human resources and financial support, to meet the winter outdoor sports facilities purchase demand, moreover also can strengthen the cooperation of schools and the society level, expand the winter outdoor sports venues, let the students can be on the good facilities security facilities of ice and snow area for sports practice.

2.3 Strengthen learning to improve the quality of teachers

In winter sports teaching in higher vocational colleges, physical education teachers' teaching ability and professional quality is also a very important aspect, which is the key factor to improve the learning effect. In order to improve the effect of winter sports teaching in higher vocational colleges, the management department should let teachers go out to study and train in a variety of channels and ways, and encourage teachers to expand the teaching content and improve the teaching level through self-learning. In the teaching practice, we should innovate the teaching form of winter physical education, explain and demonstrate the movements correctly, and then improve the efficiency and quality of sports. At the same time, teachers should have a certain sense of safety protection and risk handling ability to deal with various changes and sports risk events in winter sports teaching. In addition, higher vocational colleges can also introduce a batch of excellent sports talents with rich practical experience to enter the teacher's team, invite experts in the field of winter sports or excellent athletes to school taught or on-site experience, winter sports teaching in various ways innovation, create a good situation and the teaching atmosphere, in order to build a high-quality teaching faculty, so as to promote the improvement of winter sports teaching quality.

2.4 Develop course resources to realize emotional experience teaching

For winter sports teaching in higher vocational colleges, teachers should take scientific teaching measures to improve students' learning enthusiasm, so that students have a good emotional experience in winter sports classroom teaching, which is quite important, is the focus of stimulating classroom interest. Winter sports have certain difficulties, and there will be gaps in the students' exercise. Therefore, the teaching goal is too high, also cannot too low, let all the students can improve the passion for the sport, have the confidence of the movement, so they can get very good emotional experience at the original level.

At the same time, in winter sports teaching in vocational colleges, teachers' evaluation is very important for students, and incentive evaluation will greatly improve students' interest in sports. Students can also make self-evaluation among themselves, which may make students feel the joy of success. Teachers can make evaluation based on two aspects: one is to evaluate the results of outdoor sports of students. When students are successful in outdoor sports, their interest and confidence in sports will also increase. Therefore, teachers should make more encouraging and positive evaluation on students' exercise results. Second, it is the evaluation in the process. Throughout the winter teaching project whole process is composed of tiny movement link one by one, according to some point in the process of students' sports bright spots in the given incentive evaluation, for foundation weak students, this little encouragement will make their interest in sport and confidence boost, and is also the important measures for its realization process emotional experience^[3].

2.5 Innovative teaching methods

In winter sports teaching in higher vocational colleges, teachers should create a good teaching situation and guide students to understand the relevant theoretical knowledge and master the methods and skills of winter sports exercise with scientific teaching measures, so as to improve the training effect. In the form of teaching observation, teachers can evaluate and assess the process of winter physical education, and hold colorful teaching competitions, so as to form the teaching hotspots in each stage of winter physical education.

Young college students are full of vitality, innovation and self-inquiry. Teachers in higher vocational colleges can deeply tap the inner potential of students, and make full use of sports facilities and other auxiliary teaching aids in teaching practice, so that students can explore and learn by themselves. At the same time, teachers should implement hierarchical teaching based on students' actual learning situation and personal characteristics to promote the overall teaching effect. In addition, teachers should give correct demonstration in the process of learning movement, so that students can change from passive learning to autonomous learning and maximize the creativity of students^[4].

2.6 Construct diversified teaching evaluation system

The evaluation system of winter sports teaching model in higher vocational colleges includes two aspects: students and teachers. In the evaluation of students, we should follow the individual differences of students. In the final evaluation, students should be evaluated correctly in a hierarchical teaching evaluation way.

Such as from the students' training action, health mechanism, psychological tolerance, class conditions, will expression, teamwork ability and other aspects to give evaluation; For teachers' teaching attitude, teaching mode, teaching measures, such as student satisfaction as an important part of the teacher evaluation system, through to the teachers, students, coaching staff, the qualitative and quantitative aspects and fuzzy evaluation, for physical education teachers have the innovation spirit, take effective way of teaching, guide students to actively participate in winter sports, in order to promote students' awareness of sports, scientific mastery of sports skills, to promote the overall improvement of students' physical quality and sports ability^[5].

Conclusion

To sum up, winter sports teaching in higher vocational colleges should adhere to the tenet of morality and cultivating people, innovate teaching theories and teaching methods, establish a scientific assessment and evaluation mechanism, and promote the development of winter sports teaching mode. The innovation and reform of winter sports teaching in higher vocational colleges should effectively combine students' short-term interests with long-term development, respect students' dominant position, continuously improve students' sports skills and physical literacy, and cultivate all-round talents for the country.

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Fund project: Anhui Vocational and Adult Education Association Education Teaching Research planning project "Practice and exploration of outdoor Physical Education Curriculum Design in Higher Vocational Colleges" (Project Number. : Azcj2021199); Hefei Technology College Humanities and social science research project "Outdoor Physical Education Curriculum Design Research in Anhui Vocational Colleges" (Project Number. : 2021 skb19).