

A Brief Analysis on the Construction of Applied Talents Training System for Physical Education in Colleges and Universities¹

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Abstract: With the rapid development of our economy, the demand for applied talents is more and more large, and the deepening of the reform in the field of education can better meet the needs of social development. Physical education is a basic subject in the higher education system, and its teaching reform has become one of the key topics concerned by the society. This paper starts with the analysis of the status quo of physical education in colleges and universities, and explores the effective measures for colleges and universities to cultivate applied talents in physical education in the new era, so as to output high-quality talents for social development and improve the quality of education in colleges and universities.

Keywords: Colleges and universities; Physical education major; Application-oriented personnel training; System construction

Introduction

In the aspect of personnel training in application-oriented colleges and universities, personnel training takes "application" as the center, and takes the development of application-oriented technology or ability as the main line of education. At present, the cultivation of talents in colleges and universities in our country can't effectively meet the needs of social development and make effective adjustments. Because the training of core qualities can't effectively carry out, the training of talents in colleges and universities can be derailed from the actual needs of society. In view of this, physical education majors in colleges and universities need to make clear the physical education curriculum to do a good job in the construction of application-oriented talent training system, according to the needs of social development to carry out appropriate education optimization to promote the quality of physical education majors in colleges and universities.

1. The problems faced by the training of applied talents of sports majors in colleges and universities

1.1 Lack of curriculum innovation

Teaching activities are often carried out according to the requirements of the syllabus of sports textbooks, and the training of applied skills for students' comprehensive ability is not in place in teaching, which is not only detrimental to the cultivation of college students' comprehensive quality and ability, but also seriously affects the improvement of their professional quality. In particular, the concept of collaborative education advocated under the background of the new era pays more attention to the quality of teaching. In the training of talents, students' comprehensive ability needs to be developed in a multi-dimensional and comprehensive way. However, the innovation of teaching content in the current college physical education cannot meet the training of sports talents in the new era.

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1.2 Single and outdated teaching model

It is also difficult for students to get effective guidance in classroom learning, and students can't get effective exercise in monotonous teaching, so it is difficult for students to improve their practical skills, and students can not be well matched when they are put into the work station. The teaching mode should be optimized under the concept of collaborative innovation education. The presentation of classroom content should be based on the teaching objectives and the actual learning situation of students. Teachers should adopt diversified teaching methods to guide students' physical education knowledge. Only in this way can students' knowledge learning and skills improvement be effectively implemented, but the current single teaching mode is a great obstacle to the cultivation of applied talents.

1.3 Lack of practical opportunities for applied talents

Many schools have set up a certain number of comprehensive laboratories or off-campus training bases and other hardware facilities, but ignore the cultivation of students' practical ability. Some colleges and universities for physical education students practice arrangement is not reasonable, short and relatively concentrated, not conducive to the exercise and improvement of students' application skills. Practical courses can not guide students to find the problems existing in learning in practical activities. Curriculum theory can not effectively relate to practical problems, so that students' practical ability has not been effectively exercised.

2. Measures to construct the training system of applied talents for sports majors in colleges and universities

2.1 Formulate reasonable practical teaching objectives

To correctly grasp the connotation of applied talents is a prerequisite for the establishment of practical teaching objectives. The cultivation of sports management professionals not only requires the mastery of professional skills, but also requires the skills of communication and cooperation with others. Therefore, the practical teaching of sports majors should be adjusted in teaching work, and students' teamwork consciousness and cooperation ability should be consciously cultivated in teaching. Practical teaching should also ensure that students master solid professional ability, in terms of sports training, sports equipment, sports laws and other common sense professional skills to know; Through the rational application of the professional theory, analyze and solve the practical problems existing in the process of sports management.

2.2 Build a campus practice base

The most important part of the training of applied sports talents is the practice. However, in most universities, off-campus practice is used to complete the practical training. Although off-campus practice has the advantages of a wide range and rich practice content, there are some drawbacks in the practical application. Because students lack of social experience in the off-campus practice units in the process of practical operation, there are certain safety risks. Therefore, in order to ensure that college students can safely enter the campus, we must pay attention to the construction of campus practice base, to ensure that it plays its due role. The school should actively build the campus practice base, make use of the existing gymnasium, stadium and other sites used as site selection to meet the practical training needs of students, and effectively use the campus site for students to carry out necessary practical training activities, which can not only enable students to transform the theoretical knowledge they have learned into skills. More importantly, students can also seek the help of teachers in the practical activities in school to optimize and improve the existing problems, so that students' application skills can be improved.

2.3 To carry out the personnel training mode of integrating industry and education cooperation

The training model of the integration of industry and school cooperation, that is, the model of combining school education and social practice education, divides the research of PE professional talent training into three stages. The first stage is mainly taught in class, mainly imparting basic theoretical knowledge, which lays a good foundation for entering the second and third stage. The first stage is to learn the basic theoretical knowledge of sports. In the second and third stages, students enter enterprises and participate in the practical work of production. On the basis of obtaining a solid theoretical foundation, the second stage of learning begins. In social practice, students apply the theoretical knowledge learned in the first stage to the social practice, so that students can really apply the theory to the practice; At the same time, they can also apply their knowledge to practical work, so as to improve their employment competitiveness. After the second stage, students need to go further into the third stage, that is, after the completion of the internship and returning to school, students can choose some elective courses for

career planning after graduation, return the practical experience learned in the process of social practice to the entrepreneurial theory, laying a solid foundation for future entrepreneurial practice. Therefore, in order to improve the entrepreneurial quality and innovation ability of college students and realize their own value, colleges and universities should actively build a training mechanism for innovative talents in the new era and establish a new school-enterprise cooperative teaching mode. Through school-enterprise cooperation, innovation and entrepreneurship education can not only effectively improve students' comprehensive quality and innovation ability, but also help students establish correct outlook on life and values, and form good professional ethics and healthy psychological quality.

2.4 Improve the teaching evaluation system

On the construction of the training system of applied talents, the construction of the teaching evaluation system should be indispensable. Only accurate and effective teaching evaluation can guide students to make accurate adjustment of problems. Moreover, for teachers in colleges and universities, teaching evaluation of students' learning can also make teachers fully understand the development level and characteristics of students' abilities in all aspects. Teachers can record students' professional learning and practice results at all stages, and make a comprehensive analysis. Through investigation and reflection, teachers can timely adjust the physical education teaching plan, and feedback the analysis results to students at an appropriate time, urging students to self-modify and improve their physical education learning. The teacher will timely release the quantified scores of each stage and link to the students, so that the students can clearly understand the focus of their current stage of learning, and students can systematically learn and improve their skills based on teaching evaluation. Only in this way can the teaching quality of physical education major be implemented, and the training of applied talents can form a closed loop of education, so that students can get comprehensive development of ability while learning theoretical knowledge.

3. Conclusion

Under the background of the new era, with the change of people's life style and the acceleration of economic development, higher requirements are put forward for students' quality education, especially higher standards are put forward for the training of applied talents in physical education. Therefore, colleges and universities must pay attention to the improvement of physical education applied talent training mode, according to the current education requirements of local colleges and universities and social demand for talent, the corresponding talent training system has been formulated. The construction of education system can help students get effective training in professional courses, ensure that students' theoretical knowledge and application ability can be effectively improved, and export high-quality applied sports talents to the society.

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