

On the Physical Education Reform in Higher Vocational Colleges in the Era of Big Data

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Abstract: Due to the development of our society and the reform of education system, the goal of higher vocational talent cultivation has been transformed into professional talents conforming to the needs of social development with higher level of comprehensive quality. The implementation of higher vocational physical education activities is not only to improve students' physical quality, but also to promote their mental health, team spirit and fighting spirit. This paper mainly studies the reform strategy of physical education in higher vocational colleges in big data era, hoping to provide reference for better realizing the goal of higher vocational talents cultivation.

1. Introduction

In the big data era, many industries have realized their own reform and innovation, and made development and progress in the new era. Big data information technology is also constantly applied to China's education, promoting the education development. To better improve the effect of higher vocational physical education teaching, implementing physical education teaching reform in higher vocational colleges needs to combine the development characteristics of big data and apply corresponding science and technology to innovate teaching ideas, methods and modes. Therefore, studying the significance of implementing the physical education reform in higher vocational colleges in the big data era and analyzing the existing problems has important practical significance and role for exploring specific reform strategies.

2. Analysis on the Importance of Implementing Physical Education Reform in Higher Vocational Colleges in Big Data Era

The arrival of the era of big data has greatly promoted the development and progress of many industries in China. China's education also has higher talent cultivation needs and goals in the new era. Therefore, combining with the development characteristics of the times, it has important practical significance and role to carry out the physical education teaching reform in higher vocational colleges, which is mainly reflected in the next two aspects.

2.1 Need of Higher Vocational College Students' Own Health Management and Development

In the new times, the physical and mental health of vocational college students is very significant in their own development. The physical education reform can better cultivate students' physical practice and exercise habits, increase students' interest in learning, and improve their physical and psychological quality, help students lay a solid foundation to adapt to the future employment environment, improve their ability to resist pressure, and is conducive to their personal development.

2.2 A Significant Way to Improve Higher Vocational Students' Comprehensive Quality

The talent demand of modern enterprises for college students has not only stayed in the professional quality, but also has higher requirements for their comprehensive quality. The implementation of sports teaching reform in higher vocational colleges can better play the

educational functions of sports teaching, such as cultivating students' team consciousness and fighting spirit, and improve students' comprehensive quality.

3. Analysis on the Current Situation and Problems in the Process of Physical Education Teaching in Higher Vocational Colleges

3.1 No Innovation in Traditional Teaching Mode

The traditional form of higher vocational physical education has single form and method, and the setting of teaching objectives lacks the concrete embodiment linking to the big data era. The teaching mode is still in a relatively traditional state, mainly reflected in the teaching content, lacking attention to the function of physical education. Many higher vocational colleges lack the corresponding configuration of big data technology settings, lack teachers, making the application of big data technology in physical education teaching less, thus reducing the effect and quality of physical education.

3.2 Students' Insufficient Sports literacy Hard to Meet the Needs of Career Development

There are several differences in the physical and psychological quality of higher vocational students, and the requirements for students' physical and mental quality are different due to their different majors. When implementing higher vocational physical education, the corresponding curriculum optimization is not fully combined with students' own characteristics and professional needs, which makes some students' physical education learning insufficient to meet their own development and career development needs. For example, according to the characteristics of different occupations, some occupations that need to consume more energy and have greater work psychological pressure do not pay enough attention to their professional characteristics in the implementation of physical education, and implement targeted education to improve students' physical and psychological quality.

3.3 Insufficient Attention on Higher Vocational Physical Education

Although physical education has always been a basic course for implementating quality education in China, many higher vocational colleges do not really attach due importance and concern on physical education, making many teachers and students lack the corresponding attention. In the process of learning the course, they lack the corresponding correct attitude, which limits the function of physical education. Many students generally believe that the physical education curriculum has nothing to do with their professional skills, and they don't need to pay too much attention to it, and even turn physical education learning into a time of physical and mental relaxation, resulting in loose classroom discipline and failure to strengthen the fitness.

4. Reform Strategies of Physical Education in Higher Vocational Colleges in Big Data Era

Nowadays, combined with the characteristics of the times, big data has been applied in higher vocational physical education teaching, which has achieved a lot of research and implementation. Therefore, when implementing the physical education teaching reform in higher vocational colleges, schools can fully combine the existing teaching cases with their own characteristics to develop the corresponding exploration and practice, so as to ensure that applying big data technology plays a greater educational value and promotes the realization of talent training goal in vocational colleges.

4.1 Fully Use Modern Information Technology to Realize the Innovation of Teaching Mode

Due to the advent of the big data era, Internet technology continues to enter people's study, life and work, and the application of computers, mobile phones and other terminal devices is becoming more and more popular. Moreover, higher vocational college students are increasingly dependent on the Internet. Therefore, in the process of implementing the innovation of teaching mode, we can deeply combine this feature to innovate teaching mode. First, teachers can innovate the concept of higher vocational physical education. The implementation of physical education reform must be

guided by advanced teaching ideas. Vocational colleges and relevant educators should fully realize the educational function of physical education teaching for students and the promotion role of students' professional quality and comprehensive quality. For example, while teaching, teachers can strengthen the cultivation of corresponding team consciousness and the spirit of hard work. When students encounter difficulties, teachers not only need to teach sports skills, but also implement psychological counseling to enhance students' psychological quality. Second, teachers can carry out online physical education. Using campus network, information network platform to release related sports teaching content and videos can achieve the diversified development of teaching content and form, but also conform to the modern students' needs, improve their interest in learning. The implementation of online teaching can also save more teaching time. The saved offline teaching hours can be used to improve students' skills and carry out related mental health teaching, such as carrying out competition activities to enhance team awareness, and strengthening the learning of sports skills.

4.2 Carry out Targeted Physical Education According to Students' Professional Characteristics

When implementing the reform of higher vocational physical education, teachers should fully reflect students' dominant position, and develop the education and teaching activities with students as the center. The future direction of higher vocational students is mostly their major, so teachers can combine their professional characteristics and future career characteristics to develop corresponding reform of physical education teaching content. First, teaching content should fully combine with students' professional characteristics. Teachers should carry out corresponding physical education in combination with students' possible occupational needs and diseases in the future employment process, improve students' physical and psychological quality, teach relevant first aid knowledge and disease prevention knowledge, improve students' awareness of self-prevention and self-protection, and improve their adaptability by cultivating good sports habits. Second, the diversification of teaching methods and contents can be used. Using big data information technology, teachers can obtain more information resources related to students' future career, and then apply them to the actual teaching process to promote the teaching effect. For example, it is great to use sports simulation system to show the promotion role of sports for students' health, so that students can understand the importance of physical exercise more clearly and scientifically. Third, it is necessary to innovate the system and content of sports examination. When implementing the physical education examination reform, teachers can combine the students' own quality and professional characteristics to implement the targeted examination, so as to improve the students' quality greatly. For example, for the students with poor level of high jump, teachers can formulate corresponding promotion indicators to complete as the assessment content to improve the enthusiasm of students. By the information statistics function of big data, teachers can establish students' personal sports learning files, and implement information sharing within the school, so as to avoid the loss of students' learning information in the process of teacher replacement. In assessment and evaluation, teachers need to implement corresponding index management in combination with students' personal information, so as to make the assessment and evaluation system more scientific and reasonable.

4.3 Fully Use Educational Information Platform to Play the Function of Joint Teaching

In the big data era, there are more open education information platforms, which can innovate teaching mode, provide more teaching resources for higher vocational colleges and teachers, and then use it to innovate teaching style and content. Higher vocational colleges can combine their own characteristics, implement more communication with other relevant colleges, and use advanced teaching experience to improve their own education level. Through the joint teaching method, teachers can get more information about students' needs from the big data platform, and then build a big data sports teaching innovation system between higher vocational colleges to achieve common progress and development.

5. Conclusion

The big data era has changed all aspects of people's study, life and work. Through continuous innovation, it has achieved social development and progress. Its value in education has been reflected in continuous exploration and application. This paper mainly analyzes the reform strategy of higher vocational college sports teaching in the big data era from using modern information technology to achieve higher vocational college sports teaching mode innovation, carrying out targeted teaching on the basis of students' characteristics and using educational information platform to play a joint teaching function. Through the content of this paper, we can see that fully combining with characteristics of big data era, innovating physical education teaching concept and optimizing teaching mode and method in higher vocational colleges can greatly promote the educational function of physical education teaching in higher vocational colleges, promote the growth of students and meet their professional needs. These are important ways for the long-term development of higher vocational colleges.

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