

How to carry out Happy Physical Education in Higher Vocational Physical Education

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Abstract: with the continuous development of social economy, people's material life is becoming more and more rich, at the same time, the demand for spiritual culture is also more and more urgent. As the main body of spiritual culture, education has been widely concerned by all walks of life. The traditional teaching mode is changing to quality education, and higher vocational education should be in the forefront of reform. Integrating the concept and elements of "Happy Sports" into the existing physical education in higher vocational colleges will undoubtedly bring many challenges to the development of the front-line physical education. We should constantly sum up experience in practice, actively explore how to make full use of the connection between "Happy Sports" and higher vocational physical education in the actual work process, improve the quality of classroom teaching, and enable students to form a good habit of lifelong exercise. From the perspective of happy sports, this paper examines the physical education teaching in higher vocational colleges, analyzes the application effect and influence of happy sports in practical teaching, and puts forward suggestions for the integration of the two.

Physical education is a practical subject based on outdoor teaching. Nowadays, with the increasing pressure of education at this stage, students are more and more interested in sports. They like the freshness brought by outdoor activities. However, in the current higher vocational physical education teaching, the content setting is a little boring, which requires students to exercise for a long time after a deep understanding, and also requires them to have strong psychological quality. In the process of physical education teaching, students' main position in learning is often ignored. Students are in a passive state of acceptance, and gradually lose their interest in learning sports. Even in many higher vocational colleges, students' physical education class skipping is very common. In the actual teaching process, it is not difficult to find many problems, such as physical exercise is relatively hard, higher vocational students are more interested in professional courses learning and ignore sports, many students lack confidence and interest in sports, and even some students will cause rejection, which leads to their poor performance in sports, unwilling to actively participate in sports. In view of this situation, physical education teachers should realize the important role of "interest" in the discipline, take effective methods to cultivate students' interest in sports, and wait for them to participate more actively in the pleasant learning atmosphere. Therefore, in this case, we can see the importance of "Happy Sports" to promote the development of higher vocational physical education, in-depth analysis of the relationship between the two is helpful to improve the teaching effect and quality.

1. An overview of happy sports

Happy physical education is an innovative and advanced teaching concept. The concept emphasizes the promotion of individual development and lifelong learning. The concept requires teachers to increase time and energy input in the process of physical education teaching, enrich the specific means of physical education teaching, enhance the interest of physical education teaching, effectively guide students to fully feel the joy of sports learning, and effectively enhance the students' Sports literacy and comprehensive quality. The concept is committed to guiding students to maintain a happy mental state in the process of physical education teaching, in-depth study and comprehensive grasp of physical education curriculum teaching knowledge and skills, and actively

participate in relevant physical exercise, deeply feel happy in the process of physical exercise, and spontaneously develop good physical exercise habits. However, in practice teaching, "Happy Sports" is often one-sided understanding, simply through competition, games and other ways to improve classroom learning interest.

2. Problems existing in PE Teaching in Higher Vocational Colleges

Effective improvement of students' physical quality and development of students' Sports hobbies are the main objectives of higher vocational sports. The development of the country needs continuous efforts from generation to generation. Only when young people have a healthy physique can they better devote themselves to their work. However, many studies have shown that in recent years, our students' physical fitness has declined in many aspects, such as vital capacity, endurance, explosive power and flexibility. The main reason for this problem is that students can not actively participate in sports activities, and the frequency and time of sports are far from enough. We can not only rely on two short PE classes, but also strengthen extracurricular physical exercise, which is the main problem to be solved in physical education.

2.1. The teaching content is not rich and the form is relatively single

At present, the physical education teaching mode of most higher vocational colleges is relatively old, and the innovation is not enough. The basic physical education work before the university is not very well implemented. In the process of learning, it is difficult to stimulate students' interest in learning, and even some teachers are not enthusiastic in the face of day-to-day homework. It is difficult to improve the teaching quality of physical education course, so it is necessary to reform and innovate constantly in content and form.

2.2. The construction of teachers is insufficient

The teaching staff is also the decisive factor of teaching quality. At present, physical education teachers in higher vocational colleges mainly graduate from University, and there will be no big problems in sports skills, but there are still some deficiencies in the educational ideas and means limited by the accumulation of theoretical knowledge and the lack of scientific research ability. In addition, the heavy workload of teaching and the large number of students in the class also make it difficult for physical education teachers to cover all aspects of the teaching work. If the problems in teaching can not be solved in time, the teaching quality is naturally difficult to be guaranteed.

3. How to effectively integrate happy sports into Higher Vocational Physical Education

3.1. Innovation of physical education teaching concept

Students actively participate in physical exercise, need to have a good sense of lifelong exercise. Therefore, in the teaching process, physical education teachers should strengthen the guidance of students' sports consciousness, encourage students to actively carry out physical exercise, and help students realize the happiness brought by physical exercise. In daily teaching, we should try our best to maintain a relaxed classroom teaching environment. On the basis of teaching sports skills, we should pay attention to the teaching of students' sports knowledge and improve their cognition of sports. In addition, teachers should pay attention to personal image, show students a positive attitude and a good mental outlook, so that students can understand the aesthetic function of sports and stimulate their enthusiasm for active learning.

3.2. Enrich the content of Physical Education

The teaching content of the course should avoid being boring and single, and improve the interest of learning as much as possible. The teaching content in the classroom should be rich and colorful. On the basis of traditional teaching content, innovation and sublimation should be carried out. According to the students' sports knowledge, regional environment characteristics and popular sports elements and other characteristics, make the learning content become novel, stimulate

students' curiosity, actively try classroom exercise, and experience happiness, and then actively cooperate with teachers to complete the classroom teaching content.

3.3. Innovation of physical education teaching methods

Physical education teachers should pay attention to the innovation of effective teaching methods. Physical education teachers should not only pay attention to strengthen the physical education classroom teaching, but also pay attention to carry out diversified extracurricular activities and physical exercises. Physical education teachers should provide necessary places and scientific guidance for students' extracurricular physical exercise. PE teachers should apply to the school to extend the opening hours of all kinds of sports venues to ensure that students can make full use of sports venues to carry out effective physical exercise. Physical education teachers should apply to the school for holding various sports events, such as basketball match, football match, table tennis match, etc., and encourage students to actively participate in all kinds of sports competitions and deeply feel the happiness brought by sports in sports competitions. Physical education teachers should optimize and innovate the traditional teaching strategies and related teaching methods to effectively enhance students' learning experience.

Although physical education classroom is the main place of physical education teaching, it is not the only place. With the progress and development of science and technology, teachers should be good at using modern teaching means, innovating teaching methods and expanding new teaching platform in the teaching process, instead of relying solely on the physical education classroom to guide students to learn sports. After class, we should actively spread more sports information for students through modern information means, help students master more sports related theoretical knowledge, solve the problems encountered in exercise, and encourage students to actively participate in physical exercise. Through communication and progress, develop students' Sports Hobbies, make "Happy Sports" go deep into students' hearts.

4. Conclusion

Sports is an important way of leisure, which can give people physical and mental health. In the teaching process, we should give full play to the leisure attribute of sports, so that students can experience the happiness brought by sports, rather than clamorous and rigid examination oriented education. Therefore, in the teaching process, physical education teachers should establish teaching ideas that meet the actual needs, make good use of modern teaching methods, and explore teaching contents that can make students experience sports happiness. Let students feel "Happy Sports" and actively participate in physical exercise.

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