

Research on Higher Vocational Physical Education Based on the cultivation of employability

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Abstract: with the development of education, the quality of the whole people is improving day by day, and the number of people who can enjoy higher education is also increasing. The students cultivated in higher vocational colleges mainly focus on the development of vocational skills, mainly serving the front-line jobs. In the face of increasingly fierce social competition, employment pressure is also increasing. If you want to stand out among many job seekers, you need to constantly improve your comprehensive quality. Physical education teaching is also an important part of higher vocational education, we must give full play to its educational role, on the basis of a strong physique, to play the role of cultivating students' employability. This paper studies the influence of physical education on students' employment, and explores how to improve students' employability and promote the overall development of students' comprehensive quality in Higher Vocational Physical Education.

Education is an important force to promote national development. With the development of economy, the level of national education is also rising, and the demand of social development for talents is also increasing. Higher vocational education is based on vocational education. With the expansion of enrollment in recent years, the number of graduates is also increasing, and the competitiveness of employment is also increasing. When the supply exceeds the demand, it is bound to choose the best. In order to make the graduates obtain employment smoothly, it is necessary to improve the goal of talent training. Therefore, higher vocational colleges must strengthen the cultivation of students' comprehensive quality, so that the cultivation of employability can penetrate into no subject. Physical education is an important part of higher vocational education. To ensure that students have a healthy physique and carry out lifelong education is the most basic goal of physical education. In the face of fierce competition, on the basis of shaping students' physical and mental health, physical education should also guide students to recognize the internal relationship between sports and employability by participating in physical exercise, so as to improve students' employability.

1. Problems existing in the practice of physical education in Higher Vocational Colleges

1.1. The teaching objectives are not comprehensive

Higher vocational colleges mainly focus on cultivating practical talents with high skills and quality, and pay more attention to professional courses, while pay less attention to basic courses. The reform of physical education curriculum is mainly aimed at motor skill learning and promoting exercise, which is not closely combined with professional construction, resulting in the physical education reform in higher vocational colleges can not reflect the characteristics of vocational education, and can not be integrated with professional development.

1.2. Backward concept of Education

Although physical education is an important subject in personnel training, it has been running through the University from the beginning of enlightenment education, but it has not been well valued. Before entering colleges and universities, the quality of physical education has not been well guaranteed, and the current physical health standard test of college students is enough to prove

this point. Students think that sports is just a kind of ordinary leisure and entertainment, as a course is dispensable. The school also mainly focuses on the construction of professional courses and does not explore the role of sports in the cultivation of employability. Therefore, the cultivation of students' employment ability by physical education has been seriously restricted.

1.3. The practicality of teaching content is not strong

Physical education in higher vocational colleges generally follows the teaching mode of ordinary colleges and universities, with teachers as the center, imparting students' sports skills and urging students to participate in physical exercise. In practice, teachers explain and demonstrate, and then students practice in groups or individually. Students' learning autonomy can not be well reflected. Teachers seldom guide students to understand the relationship between sports and employment in the teaching process. Therefore, students are often not interested in a single sport, do not understand the close relationship between sports and future life, work and other factors, and ignore the importance of sports to personal development, resulting in the phenomenon that they are not interested in sports or like sports but do not fall in love with physical education.

2. The influence of Higher Vocational Physical Education on students' employability

2.1. Build up the body and create a good image

Good physical exercise habits, can bring us a healthy body and mind, shape a good mental outlook. In the fierce social competition, we must have strong energy in order to better deal with the challenges in life and work. Many employers hope that employees can have a healthy body and mind, excellent skills, in order to provide a strong guarantee for the future development of enterprises. Most of the students in Higher Vocational Colleges serve in front-line posts, without a good mental outlook and healthy physique, even if the best skills can not be brought into play to create value for the development of enterprises.

2.2. Develop team awareness and promote communication and cooperation

Team consciousness is of great significance to career development, which has been widely recognized by the society. Physical education itself is a group activity, which is completed by the participation of teachers and students. In order to improve the efficiency of classroom learning and achieve better learning effect, teachers and students should cooperate with each other in class practice. In addition, many sports itself is a group activity, such as basketball, volleyball, football, etc., which needs the joint participation of everyone. In the process of competition, we must cooperate with each other to achieve the final victory or bring the participants physical and mental pleasure. Therefore, both classroom learning and extracurricular sports activities can create a good atmosphere of cooperation and communication.

2.3. Enhance the sense of competition and cultivate a positive attitude

Sports competition is a highly competitive activity, participants all hope to be able to surpass themselves to achieve good performance and win the final victory. People who often participate in physical exercise can have a good sense of competition. Employment is inseparable from competition, whether it is to strive for employment opportunities or to achieve good results in work, we need to have a good sense of competition. Therefore, to improve the employability of physical education oriented to the cultivation of students' sense of competition is of great significance.

3. How to cultivate students' employment ability in Higher Vocational Physical Education

3.1. Strengthen quality training and cultivate lifelong sports thought

The most basic function of sports is to strengthen the body and build a good mental outlook. Regular participation in physical exercise can promote blood circulation and metabolism, exercise a strong physique, so that students have strong energy to invest in life and work. In addition, regular

participation in physical exercise can release some bad emotions accumulated in the heart and promote the development of mental health. In the teaching of physical education in higher vocational colleges, it is necessary to ensure that students realize the basic function of physical education, guide students to form good habit of physical exercise and carry out it for life, so as to lay a solid foundation for employment.

3.2. Combine physical education with employment education

Physical education in higher vocational colleges should actively change the concept of education. The role of physical education is not only to exercise, but also has broader significance. In the teaching practice, we can't pay attention to the teaching of sports energy conservation blindly. We must connect sports discipline with life and employment, and guide students to fully understand the role of sports in future life and work. Only when we have a full understanding of sports ideologically, can we better promote students to actively participate in physical exercise and implement it for life.

3.3. Improve the practicability of classroom education

Traditional physical education generally pays attention to the teaching of sports skills, the subjectivity of students in teaching has not been well reflected, the content is relatively simple, and the practicability needs to be strengthened. Many students may not be interested in the sports taught in class, and they seldom contact with them after they finish their studies simply to cope with the exam. Therefore, physical education in higher vocational colleges should focus more on sports connotation education, such as: team consciousness, cooperation ability, communication ability, competitive sense, etc. In the classroom teaching, let the students fully feel the charm of sports, the improvement of comprehensive ability is more conducive to help students implement the guiding ideology of lifelong sports education.

4. Conclusion

The basic goal of education is to give students the ability to adapt to the society. On the basis of improving students' physical quality, higher vocational physical education should give students more subject experience, feel the charm of sports, understand the impact of sports on life and employment, run sports through life, and help them in employment and entrepreneurship.

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