

Research on Higher Vocational Physical Education Curriculum Reform Based on Enterprise Expansion Training

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Abstract: This paper mainly explores the path of higher vocational physical education curriculum reform based on enterprise expansion training from the aspects of teaching goal reform, teaching content reform, teaching mode improvement and teaching evaluation innovation.

1. Introduction

Under the background of the new era, higher requirements are also put forward for the physical education curriculum teaching in higher vocational colleges. Because higher vocational physical education has the characteristics of professional specialization, in the process of physical education teaching reform, we must start from the aspects of curriculum teaching objectives, teaching contents, teaching mode, teaching evaluation and so on according to the specific requirements of enterprises for the cultivation of modern skilled talents, build a perfect teaching system of physical education in higher vocational colleges to comprehensively improve the teaching quality and lay a good foundation for students' future career ^[1].

2. Reform the Teaching Objectives of Physical Education

2.1 Cultivate Students' Professional Spirit

Enterprise development training can cultivate and exercise students' professional spirit through a series of sports activities, such as cooperation spirit, innovation spirit, challenge spirit and so on. Therefore, in the process of physical education curriculum reform, higher vocational colleges can also introduce enterprise expansion training projects. For example, both professional and sports projects can be integrated into the curriculum to cultivate students' professional spirit. According to relevant investigation and research, there are great differences in the cognition of enterprise human resource managers, expansion training trainers, higher vocational teachers and higher vocational students on the importance of expansion training, but the similarity is that they all believe that enterprise expansion training will have a positive impact on work, life and learning in the future ^[2].

2.2 Improve Students' Ability to Prevent Occupational Diseases

The teaching reform of higher vocational physical education curriculum based on sports development training should also focus on improving students' ability to prevent occupational diseases. To introduce development training into higher vocational physical education curriculum, we should also make a reasonable and scientific selection of relevant development training contents, so that students can master various occupational disease prevention skills that may appear in their future career, so as to avoid students from being infringed and troubled by occupational diseases after employment, and prolong students' professional working years.

2.3 Help Students Form a Healthy Lifestyle

One of the purposes of introducing enterprise expansion training into higher vocational physical education courses is to enable students to learn some knowledge and small tricks that can strengthen

physical exercise and master the skills and tricks of healthy exercise, so as to exercise after busy work in the future and form good exercise habits and healthy lifestyle, make them complete various work tasks with more abundant energy and good physical fitness, and improve work quality and efficiency^[3].

3. Reform the Teaching Content of Physical Education

3.1 Introduce Routine Development Training Programs

Enterprise expansion training projects are not always completed outdoors. In the process of introducing enterprise development training projects, some indoor routine development training projects can also be selected in the physical education curriculum reform of higher vocational colleges. For example, in order to exercise and cultivate students' workplace communication skills, the digital transmission project of enterprise expansion training can be introduced to enable students to accurately transmit numbers through nonverbal communication. In order to improve the students' teamwork and cooperation ability, the Qimei stick game can be introduced. The students can be divided into two teams, and they stand opposite each other, and jointly place the wooden stick in the corresponding position with their fingers to investigate the students' teamwork and cooperation ability. In order to cultivate students' workplace trust literacy, the trust back fall project can be introduced. One of the students can stand on a platform at a specific height, fall with his back to other students, and be caught by other students. In this way, students' sense of responsibility and trust can be cultivated. In addition to the above-mentioned projects, higher vocational colleges can also introduce other expansion training projects of enterprises in combination with the existing site, facility conditions and talent training requirements, so as to meet the current actual development requirements^[4].

3.2 Introduce Integrated Development Training Programs

There are great differences between enterprise expansion training and physical education curriculum teaching in higher vocational colleges. Physical education curriculum basically organizes and carries out relevant teaching activities in combination with the types of sports, which will also lead to individual teachers' one-sided view that if the site conditions are limited, expansion training projects can't be carried out. But in fact, enterprise development training projects are basically developed and designed. Higher vocational colleges can integrate the relevant contents of enterprise development training with specific types of sports, and improve and innovate the training contents to better meet the teaching needs. For example, in basketball teaching, higher vocational physical education curriculum teaching is mainly based on basketball skill training. Through the integration of expansion training, it can not only enrich the teaching content and cultivate students' basketball skills, but also exercise students' team spirit. At the same time, expansion training can also improve students' physical coordination ability and team spirit, belonging to a typical integrated expansion training project. In addition to basketball teaching, badminton, football and other teaching courses can also apply the integrated expansion training method^[5].

4. Improve the Teaching Mode of Physical Education

4.1 Strengthen Students' Development Training Experience

The teaching of physical education in higher vocational colleges based on enterprise expansion training should avoid students' perfunctory behavior in the teaching process as far as possible. In the current physical education curriculum development training in higher vocational colleges, because many students pay too much attention to the vividness and interest of development training, they ignore the important role and value of development training in cultivating their own professional quality, professional psychology and professional consciousness, and lack the attention to activity summary and thinking, which also greatly reduces the effect of development training. In view of the above situation, higher vocational colleges can try to set up experience sharing links in

expansion training to stimulate students' enthusiasm to participate in training. If students are unable to share their activity experience after the activity, they can be required to participate in expansion training again.

4.2 Reasonably Design the Development Experience Content

The development training of higher vocational physical education curriculum should not only fully respect the dominant position of students, but also respect the guiding role of teachers. In order to give full play to the guiding role of teachers, the first thing is to reasonably design the content of students' development experience. Before the formal expansion training, teachers can plan the professional quality objectives that need to be improved by students in the process of expansion training in combination with their future employment positions and current majors. On this basis, the training experience content is designed reasonably. At the same time, teachers should combine the teaching environment in school to ensure the rationality of teaching design, so that students can better communicate with classmates, social environment and teaching environment in the process of participating in expansion training, and improve students' professional quality in practical training ^[6].

5. Innovate the Teaching Evaluation of Physical Education

5.1 Student Evaluation

The reform of higher vocational physical education curriculum based on enterprise expansion training should also improve the teaching evaluation. The first is student evaluation. They should aim at whether they can improve professional competitiveness. Students need to examine the physical education curriculum teaching from the perspective of self professional quality and on the basis of teachers' teaching results and physical education skill marks.

5.2 Teacher Evaluation

In the process of higher vocational physical education curriculum reform, physical education teachers should not only evaluate the improvement of students' professional quality, but also examine their own teaching reform ability through peer evaluation and self-evaluation. Especially in the process of physical education curriculum expansion training reform, whether the introduction of expansion training projects is close to students' professional quality in the future, whether the organization of teaching content can enhance students' professional quality and so on require physical education teachers to reform and adjust through evaluation ^[7].

5.3 Enterprise Evaluation

In the process of introducing enterprises expansion training projects, higher vocational physical education curriculum also needs to build a school enterprise cooperative teaching guidance group, absorb enterprises and human resource managers in the same industry, and realize the third-party evaluation of teaching effect. The enterprises or industries in which students will graduate in the future can evaluate the expansion training of physical education courses. In this way, the opinions and suggestions of enterprises and industries on expansion training can be introduced into the teaching reform of physical education curriculum, and enterprises and industries can also participate in the curriculum reform. Based on the talent professional quality training objectives, it can not only positively evaluate the higher vocational physical education curriculum training reform, but also provide effective suggestions and guidance for the curriculum reform. It is very helpful for the effect of higher vocational teaching reform and the improvement of students' professional quality. At the same time, it can also help enterprises save training costs to a great extent.

6. Conclusion

To sum up, this paper mainly explores the higher vocational physical education curriculum reform based on physical education development training. Higher vocational education is mainly

employment oriented and aims to improve students' professional quality. There is no doubt that professional curriculum teaching can improve students' professional quality, and physical education curriculum teaching can also help students' professional quality. Enterprise development training is a modern and advanced talent training method, which is widely used abroad. Introducing it into the reform of college physical education curriculum can greatly improve students' professional quality. In the process of practice, colleges can start with the reform of teaching objectives, the reform of teaching contents, the improvement of teaching modes and the innovation of teaching evaluation, so as to give full play to the important role and value of enterprise expansion training and improve the training quality of high vocational education talents.

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