

Analysis on the Application of Appreciation Education in Higher Vocational Physical Education

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Abstract: This paper discusses the application of appreciation education in higher vocational physical education, understands the significance of application of appreciation education, defines the basic situation of current higher vocational physical education, and deeply discusses and describes the methods of effective application of appreciation education, hoping to provide support for the effective development of relevant teaching activities and continuously improve the quality of higher vocational physical education.

1. Introduction

In recent years, with the deepening of the concept of quality education, the status of physical education has been greatly improved. However, in the process of implementing physical education, many higher vocational colleges have poor teaching quality and teaching effect, which has a great impact on the development of the comprehensive effectiveness of physical education. The application of appreciation education can not only give students full recognition and affirmation, improve their learning self-confidence, but also shorten the distance between teachers and students and ensure the smooth development of relevant teaching activities. This plays a very positive role in the effective cultivation of higher vocational students' comprehensive quality. Therefore, it is necessary to strengthen the research on the application methods of appreciation education.

2. Significance of Applying Appreciation Education in Higher Vocational Physical Education

2.1 Effectively Improve Students' Learning Confidence

As we all know, there are objective differences between students. Some students have high sports literacy and may be able to learn and train relevant teaching contents with ease. Some students' sports literacy is relatively poor. When they encounter the same task, they may be unable to do what they want, which will not only have a great impact on students' learning confidence, but also weaken their interest in sports teaching and affect the effect of sports teaching. The application of appreciation education can let teachers see the flash points of students, and help students see their strengths in other aspects through the effective application of appreciation behavior. For example, students' physical quality is relatively poor, but their knowledge-receiving ability is strong. Or students lack strength, but their sensitivity and flexibility are strong. After discovering these flash points of students, teachers can continuously enlarge these flash points by applying appreciation education in combination with their own teaching characteristics, so as to help students clearly understand themselves and form corresponding incentive effects. Then students' learning confidence can be effectively improved, so as to let students more actively participate in physical education teaching and ensure the quality of physical education teaching ^[1].

2.2 Close the Relationship between Teachers and Students

In physical education, by applying appreciation education, students can more truly feel the recognition and affirmation of teachers, so as to trust teachers more and form a closer relationship with teachers, which can not only open students' hearts and make them more willing to

communicate and interact with teachers, but also promote the effective development of relevant teaching activities, lay the foundation for the implementation of physical education teaching objectives.

3. Current Basic Situation of Physical Education in Higher Vocational Colleges

3.1 Lack of Understanding of Physical Education Teaching

Although the status of physical education has been greatly improved under the background of the deepening of the concept of quality education, some higher vocational colleges still have insufficient understanding and attention to physical education, which is mainly reflected in the following aspects. First, the construction of supporting facilities for physical education is incomplete, and the old and backward physical education facilities are common, producing a certain impact on the smooth development of physical education teaching activities. Second, there is a lack of innovation in physical education teaching methods. In teaching practice, traditional teaching methods are still dominated, and teaching innovation activities can't be implemented according to students' preferences and the actual requirements of relevant teaching standards, resulting in single and old teaching methods in physical education teaching. This also has a certain restrictive effect on the improvement of physical education teaching quality^[2].

3.2 Ignore the Dominant Position of Students

Influenced by the traditional educational concept, some higher vocational physical education teachers still do not pay attention to the subject status of students in the process of implementing physical education teaching. In teaching practice, they often take themselves as the subject of classroom teaching and unilaterally explain various theoretical knowledge and technical actions. Students can only mechanically memorize and practice the knowledge, but this teaching method will make students' learning fall into passivity, and the lack of autonomous learning activities will inevitably affect students' learning interest and lead to their unwillingness to actively participate in physical education teaching. In addition, this problem of teachers also has a certain impact on the effective implementation and due effect of appreciation education^[3].

4. Effective Application of Appreciation Education in Higher Vocational Physical Education

4.1 Strengthen the Construction of Good Interaction

As we all know, physical education is a subject with strong interaction. Good interaction is the prerequisite to ensure the smooth development of relevant teaching activities and improve teaching quality. Therefore, in teaching practice, teachers can apply appreciation education to shorten the distance between teachers and students. Through the observation of students' classroom state, teachers can encourage them, affirm students' classroom performance, and build a good teacher-student relationship through effective communication with students, so as to greatly improve the teaching quality^[4].

For example, in the process of physical education for the first time, teachers should leave a good impression on students as much as possible, which is the basis of building a good relationship between teachers and students. Teachers can introduce themselves with cordial, enthusiastic, humorous words and an equal attitude, so as to create a relaxed and free classroom environment, so that students can better participate in it and naturally communicate and interact with teachers. In this process, teachers can let students properly show their advantages in sports and give them some recognition and praise, so as to strengthen the classroom activity and interaction and provide guarantee for the implementation of follow-up teaching objectives.

4.2 Ensure the Timeliness of Feedback and Implement Active Incentives

The application of appreciation education in physical education is not a one-time task. Teachers need to internalize it into the whole teaching activities, improve their learning confidence and

enthusiasm through the excavation and amplification of students' advantages, so that they can have a stronger interest in physical education, so as to promote the healthy development of students' body and mind, cultivate their lifelong sports ability. Therefore, in teaching practice, teachers should pay more attention to and encourage students, establish a classroom atmosphere of mutual help as much as possible, and ensure the quality of physical education teaching ^[5].

For example, in the process of track and field teaching, teachers can observe students' performance in the process of running. In addition to paying attention to running results, they should also pay attention to students' durability and action standards. For students with good grades, teachers can timely inform them of their grades and give constructive opinions in combination with the actual situation of students, so that they can not only clarify their own advantages, but also see their own room for progress. For backward students, teachers should cheer them up, while helping them analyze the causes of backwardness, recognize their efforts in sports, protect their self-esteem and self-confidence, stimulate their competitive psychology, and enable them to learn and strengthen while effectively managing their emotions.

Of course, the students in the higher vocational stage have matured in mind. Therefore, teachers should understand their needs in teaching and prepare incentive contents targeted. For example, in the examination, teachers can reward students who get outstanding achievements and greater progress with a pair of sneakers. At the same time, teachers should create an incentive model in the class, that is, on the basis of one-way teacher appreciation, create mutual appreciation behavior among students, and then build a corresponding incentive atmosphere to promote the improvement of students.

4.3 Create Successful Experiences

Waiting for appreciation opportunities will often make teachers' teaching activities too passive, or affect the coverage of appreciation education. Therefore, to ensure the effective implementation of appreciation education, teachers also need to actively create appreciation opportunities, so as to enable students to experience success in challenges and provide appreciation opportunities for teachers. Positive and balanced success opportunities can not only improve the harmony within the class, but also make students have a strong sense of belonging and love for physical education ^[6].

For example, in the process of basketball teaching, teachers can organize shooting competitions and let each student shoot three times. For students who score goals, teachers can let them participate in the organization of subsequent competitions. Such a cycle can not only enable each student to participate in it and feel the fun of shooting, but also stimulate students' learning enthusiasm, make them improve their shooting success rate through spontaneous practice. Most importantly, in this way, students who are not good at shooting can get more opportunities to practice, while the success of other students will have a certain incentive effect on unsuccessful students and make them train more seriously. During this period, teachers should give some guidance and encouragement, so that they can get a successful experience as soon as possible. To some extent, the acquisition of successful experience is also a kind of appreciation. Through the recognition and encouragement of teachers, students can obtain a sense of achievement and establish confidence in self-improvement.

4.4 Maintain Respect for Students' Personality and Grasp Appreciation Opportunities

Higher vocational students already have a certain personality and have a strong ability to distinguish right from wrong. Therefore, in the process of implementing appreciation education, teachers must pay attention to their own evaluation. Teachers should not only ensure the fairness and objectivity of evaluation, but also make students feel that teachers' evaluation is reasonable and they can be really encouraged. At the same time, teachers must carefully observe the state of students. When they find that students correct their attitude or make progress, they should immediately praise and encourage them. They must not ignore the application of appreciation education because students' progress is not obvious ^[7].

For example, in volleyball teaching, students often fly the ball out of the field in the practice of cushion skills. After some students take the initiative to pick up the ball outside the field, the teacher

can give them appropriate praise and encouragement. Because physical education is not only the cultivation of physical skills, but also the cultivation of students' moral quality, will ability and cooperation consciousness. Therefore, teachers should promote the effective implementation of relevant educational objectives through appreciation education.

5. Conclusion

To sum up, the implementation of appreciation education in higher vocational physical education can significantly improve the teaching quality and efficiency of physical education. Therefore, relevant higher vocational physical education teachers should strengthen the research and application of this teaching method, so that it can play a greater role in physical education.

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