

Innovative Application of Teaching Methods in the Cultivation of High-Quality Practical Skilled Talents in Higher Vocational Physical Education

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Abstract: After a long period of development, the major of physical education in higher vocational colleges has formed a certain foundation and scale, and trained many excellent physical education talents for the development of modern society. However, according to the current actual development situation, it can't fully meet the requirements of China's health education reform and basic education sports. We must comprehensively innovate teaching methods. Only in this way can we cultivate more high-quality, practical and skilled talents for the development of modern society. Based on this, this paper mainly focuses on the teaching methods of talent training of physical education majors in higher vocational colleges for reference.

1. Introduction

Higher vocational physical education major plays a very important role in higher vocational education. Every year, it will cultivate many high-quality and high-level physical education talents for social development. However, according to the current actual development situation, there are still a series of problems in the teaching mode of higher vocational physical education major, which can't meet the actual development requirements at this stage. Therefore, in the future development process of higher vocational colleges, we must strengthen the training reform of physical education professionals, actively innovate teaching modes and methods, so as to better meet the requirements of professional development and lay a good foundation for students' future career.

2. Current Situation of Talent Training of Physical Education Specialty in Higher Vocational Colleges

First, under the influence of traditional education and teaching ideas, physical education majors in higher vocational colleges often have the problem of outdated teaching ideas in the process of talent training, and pay too much attention to the standardization and systematization of competitive sports skills and knowledge. Because individual teachers have strict competitive sports teaching ideas, in teaching practice, they often focus on the teaching of competitive sports content, and focus on competitive sports in teaching methods and teaching evaluation, which leads to the similarity between physical education classroom and athlete training class. In the long run, it also reduces students' learning interest and is difficult to meet the requirements of health curriculum teaching and basic physical education ^[1].

Second, there is still a serious lag in the talent training goal of physical education major in higher vocational colleges. For a long time, in the process of talent training, physical education major in higher vocational colleges in China basically focuses on the training of single professional talents and pays attention to students' learning of skills and knowledge in a professional field. However, the development of modern society has a large demand for compound talents, and it is difficult for single talents to meet the needs of social development. Therefore, in the future development process of physical education major in higher vocational colleges, it is necessary to comprehensively innovate the talent training objectives, keep pace with the times, and improve the quality of talent

training, so as to avoid wasting educational resources in colleges and universities [2].

Third, influenced by historical factors, China's higher physical education often copy the curriculum. With the rapid development of modern society, curriculum structure system without characteristics is difficult to adapt to the development trend of the times. In the process of curriculum setting, it often has a strong color of competitive sports. There are relatively few sports marginal disciplines and entertainment sports courses, and do not pay enough attention to the general basic courses, which are basically based on the construction of professional courses. Among the basic courses, they pay more attention to the study of computer, English, politics and other courses, and generally pay less attention to natural subjects, humanities and other courses. At the same time, constrained and influenced by scientism, all subjects pay more attention to their own integrity, and there is a lack of connection and interaction between courses. At the same time, there are still phenomena such as single specialty setting and few elective courses, which makes it difficult to cultivate compound sports talents [3].

Fourth, in order to improve the training quality of physical education professionals in higher vocational colleges, the first thing is to have a high-quality and high-level teacher team. However, according to the current actual development situation, many physical education teachers in higher vocational colleges are affected by examination-oriented education. They are difficult to get rid of the influence and constraints of traditional ideas, and will be limited to examination-oriented education in terms of quality, skills and knowledge. They have backward teaching concept, old teaching mode, and the comprehensive quality and professional quality need to be improved. They do not have a good spirit of innovation and research, which also reduces the training quality of physical education professionals in higher vocational colleges to a great extent, and is difficult to meet the requirements of healthy physical education teaching and quality education [4].

3. Effective Ways to Cultivate Talents of Physical Education Specialty in Higher Vocational Colleges

3.1 Actively Change the Concept of Education and Teaching

In the process of innovating the teaching methods of cultivating talents majoring in physical education in higher vocational colleges, the first thing is to change the concept of education and teaching. Under the new curriculum standard, the nature of physical education and health curriculum is clearly stipulated. It is mainly a compulsory curriculum aimed at promoting students' physical health and by means of physical exercise. It plays a very important role in the curriculum system of colleges and universities. At the same time, it is also the way to cultivate talents with all-round and healthy development of morality, intelligence, body, art and labor. It is one of the main ways of quality education and can cultivate students' healthy physique and consciousness. For the physical education major in higher vocational colleges, the concept of health first education must be run through the whole teaching process, and the primary goal is to promote students' all-round development and improve students' health. At the same time, in the process of teaching, the physical education major in higher vocational colleges should also change the previous concept of paying too much attention to competitive teaching and actively establish the educational idea of health first. However, this does not mean that we should completely give up sports competition. It is an important content of physical education specialty. Under no circumstances can we ignore sports skill teaching. It is important to choose a reasonable teaching method, means and concept and clarify the focus of sports teaching. Only in this way can we better develop and change to healthy sports, promote the all-round and healthy development of students' body and mind [5].

3.2 Improve the Curriculum Structure

The curriculum reform of physical education specialty in higher vocational colleges must highlight the characteristics of practicality, modernization, life and humanism. Only in this way can we better meet the requirements of physical education specialty training in terms of quality, structure and specification. In the process of curriculum setting, we must refine the required courses

and expand the elective courses, so as to highlight the role and value of elective courses in the cultivation of personalized and creative talents to the greatest extent. At the same time, we should appropriately increase non efficient courses and humanities and social sciences courses, strengthen humanistic quality education for students and improve their comprehensive ability. Higher vocational colleges should set up miniaturized courses in combination with local characteristics, the actual situation of the school and the actual situation of students, optimize, integrate and screen the course contents, and ensure the diversification of courses, expand and extend the physical education specialty to meet the diversified talent training requirements of modern society. In order to highlight the modern characteristics of the curriculum, we must keep pace with the times, delete the outdated and old contents, and add and supplement new contents in time, so as to fully highlight the research results of health science and modern sports. At the same time, among the physical education majors in higher vocational colleges, we should also strengthen the application, penetration and intersection of multi-disciplinary knowledge. The curriculum should face the actual needs of higher vocational students, shorten the distance between practice and theory, and lay a good foundation for students' future career development ^[6].

3.3 Strengthen the Construction of Teachers' Team

Higher vocational colleges can establish a high-quality and high-level teacher team through external recruitment, external introduction and internal training. They should also build a teacher training base, encourage teachers to regularly rotate training, innovate teaching ideas, update educational ideas and improve educational level. At the same time, they should also introduce high-level talents, especially the academic backbone and discipline leaders, so as to better complement the shortcomings of the current teacher structure. They can hire excellent teachers from the front line, employ external scholars and famous professors to drive and improve the teaching and scientific research level of the existing teacher team, so as to create a relaxed and good academic atmosphere. Through the above measures, the structure of teachers' age, professional title and educational background can be improved to better meet the training requirements of physical education professionals in higher vocational colleges.

3.4 Innovate Teaching Methods

In the training of physical education professionals in higher vocational colleges, innovating teaching methods can apply modern multimedia technology. Many teaching contents are difficult to produce ideal teaching results only by teaching demonstration because of their high difficulty. In view of the above situation, teachers can show students the teaching content in an all-round and three-dimensional way with the help of multimedia technology, so as to deepen students' understanding. For example, in the process of teaching basketball, teachers can screen videos of some large-scale events and show students the essentials of shooting, running with the ball, dribbling and other actions through video playback, so that students can accurately grasp the sports skills of each link. At the same time, teachers can also screen some key contents, make teaching courseware and show them to students in an intuitive and clear way. Compared with traditional teaching methods, new media teaching is more intuitive, flexible and interesting, which can mobilize and stimulate students' interest in learning and improve teaching quality ^[7].

4. Conclusion

To sum up, the article mainly focuses on the relevant contents of talent training of physical education majors in higher vocational colleges. Under the background of the new era, higher vocational physical education major must keep pace with the times, constantly innovate, break the traditional single talent training mode, actively change the education and teaching concept, improve the curriculum structure, strengthen the construction of teachers' team and innovate teaching methods, so as to cultivate more high-quality physical education talents for the development of modern society.

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