

The Cultivation of Students' Team Consciousness in Higher Vocational Physical Education

Yan FU

Jiangxi Vocational Technical College of Industry&Trade, Nan chang, Jiangxi, China

mybaby20090221@163.com

Keywords: Higher vocational physical education, Students' team consciousness, Training strategy

Introduction

Abstract: With the progress of our society, the demand for talents tends to improve their level of comprehensive quality. The talent training goal of higher vocational colleges is to cultivate high-quality professional talents in line with social development and needs. Therefore, higher vocational colleges should pay full attention to cultivating students' comprehensive quality in the process of physical education teaching. Students' team consciousness plays an important role in improving the quality of physical education and their own comprehensive quality. This paper mainly studies the cultivation strategy of students' team consciousness in higher vocational physical education, hoping to provide some reference for higher vocational physical education.

1. Introduction

Higher vocational physical education has obvious teaching advantages in cultivating students' team consciousness, such as active classroom atmosphere lays the foundation for cultivating students' team consciousness. In the implementation of specific teaching process, it can also implement the guidance of team consciousness according to different sports. The team consciousness of students is one of the important embodiments of their comprehensive quality, which plays an important role in the spiritual construction of students' learning and future life and work, helps them establish the correct concept of unity and cooperation, and then improves their ability to solve problems. Developing the education and cultivation of students' team consciousness in higher vocational schools is to help students step into the society, go to work, contribute to the development of society and the country, lay a talent foundation, and promote students to better integrate into the society, which is conducive to their own development.

2. Importance of Cultivating Students' Team Consciousness in Higher Vocational Physical Education

The team consciousness of students refers to that in the process of learning and working, they can achieve mutual promotion and help by cooperating with others and relying on unity, so as to achieve the goal faster and better. When carrying out team cooperation, each participant has played an important role. It is necessary to maintain the corresponding tacit understanding and mutual help spirit, and perform their own responsibilities, so as to ensure the effective play of the team's strength and successfully complete the goal.

Team consciousness is the cognition of psychology and spirit, which guides behavior and habits through psychological guidance. It has important convenience and teaching advantages to cultivate students' team consciousness in higher vocational physical education. Teachers can promote students' team consciousness through teaching content and various teaching methods. For example, in ball games, if students want to win, they need to improve their attention, enhance endurance and so on. At the same time, all members of the same team need to have a common goal, cooperate with each other, and form a team with strong cohesion. This kind of teaching process has a great role in

promoting the cultivation of students' team consciousness. Team consciousness plays an important role in improving students' learning and future development, so that students can better find their own value in team activities, experience the strong power of unity and cooperation, and play an important role in the realization of goals.

3. Analysis on the Influencing Factors of Cultivating Students' Team Consciousness in Higher Vocational Physical Education

3.1 Biased Cognition of Competition

The factors that affect the cultivation of students' team consciousness in higher vocational physical education include the biased cognition of competition. For example, in the process of physical education, almost all sports have competition elements. The level of students' individual sports skills and literacy has more obvious differences, which play an important role in their personal project performance. But group competition depends not only on individual ability, but also on the common strength of the whole group. But because of the students' biased cognition of competition, the students with good sports literacy are not willing to share their good skills and experience. Some students want to highlight their own ability in the process of team cooperation, which greatly limits the cultivation of students' team consciousness. Nowadays, the students are affected by bad values, and they hold more closed personal ideas. For example, they are addicted to the Internet and unwilling to communicate with classmates, which makes them lack of team consciousness.

3.2 Lack of the Cultivation Ideas of Team Consciousness in Campus

Lacking cultivation ideas of team consciousness in the process of personnel training in higher vocational schools is also an important factor leading to the lack of team cooperation among students. Many higher vocational schools focus on teaching professional courses and cultivating professional skills, and pay attention to improving students' professional knowledge and ability, but lack corresponding ideological education, resulting in students' lack of team consciousness, making them unable to improve their team ability through good cooperative relationship and enhance their integration with others and society, not conducive to the future development of students.

4. Research on the Cultivation Strategy of Students' Team Consciousness in Higher Vocational Physical Education

4.1 Strengthen the Cultivation of Students' Team Consciousness

In the process of cultivating students' team consciousness in higher vocational physical education teaching, it is necessary to pay attention to the correct guidance of students' ideas, and the joint efforts of schools and teachers to enhance students' team consciousness. First, the schools should create a good team atmosphere. For example, in the process of setting up ideological and political education, they should strengthen the teaching content of cultivating students' team consciousness, add billboards in school venues, and carry out more group sports competitions. Various forms of publicity and activities can enhance students' interest, promote students to change in a good atmosphere, and enhance the sense of teamwork. Second, teachers should pay attention to the education of team consciousness in the process of implementing physical education. For example, they can change the previous assessment methods for individual sports indicators, change the sports assessment indicators into groups as unit, and take the group comprehensive performance as the final assessment content. This kind of assessment method can promote mutual cooperation and help among students, and make students fully realize the relationship between their own performance and team performance. The education effect can also be improved by carrying out relevant team activities, such as gaiters run, tug-of-war, etc. By cultivating the tacit understanding between students, the team cooperation ability can be improved, and then the students' team consciousness can be improved. Third, they can carry out classroom teaching with more team

cooperation characteristics. In the process of P.E. teaching, skill training should be combined with the cultivation of students' team consciousness. For example, in the process of table tennis teaching, teachers can implement the form of doubles, combine students' personal sports skills with the cooperation between their teammates, and make them know how to cooperate. The above various forms of team spirit publicity and targeted training can improve the students' team concept, and promote the students' active participation through the excellent results of group cooperation.

4.2 Innovate Physical Education Teaching Methods and Contents

The use of innovative teaching methods and content of physical education can effectively reduce the students' biased cognition of team consciousness, promote students' more active communication with other students and teachers, and enhance students' initiative. First, teachers can enrich the teaching methods of higher vocational physical education. With the continuous development and progress of modern information technology, many of them have penetrated into the education industry. We can make full use of innovative teaching methods to enhance students' interest in learning. For example, the multimedia teaching is applied in the process of higher vocational physical education to implement students' team consciousness training by watching relevant sports competitions, movies and TV plays about team building theme. It can not only get more students' attention through new teaching methods, but also enable students to discover and study the importance of teamwork from the perspective of a third party. At the same time, teachers should combine with their teaching content to provide students with more communication opportunities, find their own shortcomings, and then find solutions to improve students' practical application ability. Second, teachers need to pay attention to the setting and optimization of teaching content. The rhythm and atmosphere of physical education classroom play a key role in its educational effect. For example, teachers can combine with students' interests, carry out the corresponding team competitions, so that students can really participate in the team building. They can also implement the form of students' free combination to build the teams, so that students can better understand the relationship between their sports skills and team performance. In a word, new teaching methods and optimized teaching content can better enhance students' interest in learning, improve students' sense of participation, and then enhance students' team consciousness.

4.3 Fully Reflect Students' Subjectivity

With the reform of the education system, the importance of students' subjectivity in all levels of teaching activities has been constantly improved. In the process of physical education teaching in higher vocational colleges, students' dominant position should be fully reflected, which plays an important role in promoting students' comprehensive ability. In the process of physical education teaching and activities, teachers should do a good job in guiding the students to choose the competition content, way and team independently, giving full play to the advantages of students and enhance their sense of responsibility in the process of playing different roles. Student-centered physical education classroom can make students more clearly and comprehensively realize the value and role of team cooperation. Complying with the corresponding team rules can weaken students' personal desire in the process of team cooperation, enhance the sense of team goal. At the same time, teachers should always pay attention to the performance and needs of students, and give timely guidance and effective solutions to the existing contradictions and needs, so that students can develop correct team concept, truly enhance their team consciousness, and promote their development and growth.

5. Conclusion

With the development and progress of our society, the demand for talents is more inclined to the improvement of comprehensive quality and professional quality. The talent training goal of higher vocational colleges is professional talents with good comprehensive quality. Therefore, the implementation of team consciousness education and training of higher vocational students plays an important role in promoting the talent training of higher vocational colleges. This paper mainly

analyzes the importance and influencing factors of cultivating students' team consciousness in higher vocational physical education, and studies the cultivation strategies of students' team consciousness in higher vocational physical education. Through the analysis and research, we can see that strengthening the cultivation of students' team consciousness, applying innovative sports teaching methods and contents, and fully reflecting students' subjectivity in the process of sports teaching can make students have a more comprehensive and clearer understanding of team consciousness, promote students' active participation, enhance students' sense of team cooperation, and then improve students' team consciousness.

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