

On the Strategies of Integrating Humanistic Ideas into Physical Education in Higher Vocational Colleges

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Abstract: In higher vocational physical education activities, the integration of humanistic ideas can make students healthier, help students master the relevant sports skills, ease the tension of students, help students improve their comprehensive quality. According to the specific situation of higher vocational physical education in China, this paper analyzes the importance of integrating humanistic ideas into higher vocational physical education, and formulates the strategies of integrating humanistic ideas into higher vocational physical education.

1. Introduction

With the rapid development and progress of China's society and economy, the requirements of the state on the training of comprehensive talents are stricter. In order to accelerate the development of comprehensive talent training, higher vocational colleges should pay close attention to physical education. In the current higher vocational sports teaching activities, there are many problems due to the lack of humanistic ideas. In this case, humanistic ideas should be deeply implemented in physical education activities, so as to accelerate the overall development of students, strengthen students' humanistic quality, and continuously improve the level of physical education in higher vocational colleges.

2. Importance of Integrating Humanistic Ideas into Higher Vocational Physical Education

2.1. Help Students Better Adapt to Social Development

In the process of carrying out sports teaching activities in higher vocational colleges, integrating humanistic ideas can enhance students' attention to sports teaching, strengthen the effect of sports teaching, help students cultivate sports spirit, and promote higher vocational students to meet the needs of social development. With the rapid progress of society, the demand for talents is developing in a more diversified direction. This requires that, in addition to solid professional knowledge and skills, higher vocational students should also have a healthy body and personality and good moral character. Integrating humanistic ideas into higher vocational physical education teaching activities can further determine the social significance of physical education teaching, improve students' sports humanity, and help students face future study and work with positive sports spirit.

2.2. Help to Improve Students' Self-confidence

Integrating humanistic ideas into physical education in higher vocational colleges can vigorously promote encouraging teaching activities and improve students' self-confidence in physical education. In the traditional physical education teaching in higher vocational colleges, teachers can't scientifically understand the physical education teaching activities, resulting in students' low enthusiasm for physical education learning. In particular, they are easy to blame students with poor academic performance, which causes damage to students' emotions, affects students' interest in sports learning, and reduces students' self-confidence. Because the current employment competition is becoming more and more fierce, so some higher vocational students are in a state of over tension

from beginning to end, which is not conducive to students' mental health and will affect their study and work. The infiltration of humanistic ideas into higher vocational physical education teaching activities can make the relationship between teachers and students more democratic and harmonious, fully mobilize students' interest in physical education learning, and enhance students' self-confidence in learning. In the specific teaching activities, teachers should help students fully feel the humanistic care, choose relaxing and soothing sports activities, so as to reduce the tension of students, make students feel happier, and cultivate students' healthy attitude towards life. At the same time, it can also improve the students' action completion rate, help students get the joy of success, and realize the improvement of students' self-confidence in sports learning.

2.3. Help to Strengthen Students' Physical Quality

In the traditional sports teaching activities in higher vocational colleges, schools and teachers pay less attention to sports teaching. Not only teaching equipment is idle, but other subjects often occupy sports courses, affecting the students' enthusiasm to participate in sports activities. In the spare time, only a small number of students carry out physical exercise activities, and most of the students' physical fitness belongs to the sub-health situation. The effective integration of humanistic ideas into higher vocational physical education teaching activities can fully enhance the attention of schools, teachers and students to physical education. School leaders need to give full play to their role to ensure the normal development of physical education activities. Teachers should strengthen the relevant improvement and optimization activities to fully reflect the charm of physical education classroom. Vocational college students should actively participate in sports activities to ensure the smooth completion of the integration of classroom and extracurricular exercise activities. The above measures can improve the physical quality of higher vocational students.

3. Strategies of Integrating Humanistic Ideas into Physical Education in Higher Vocational Colleges

3.1. Improve Relevant Teaching Objectives

In order to speed up the smooth development of higher vocational sports teaching activities, teachers should improve the teaching objectives to ensure the scientific and reasonable teaching objectives. In the process of clarifying the relevant teaching objectives, teachers should pay close attention to the individual differences of students, and constantly strengthen the humanistic atmosphere of teaching objectives to fully reflect the intrinsic value of students. For example, in volleyball teaching, teachers should ensure the suitability of the learning objectives, to ensure that most students can achieve the relevant teaching objectives. On this basis, teachers can explain the benefits of volleyball, operation skills and matters needing attention, so that students can have a more in-depth grasp of volleyball. This can fully stimulate students' interest in learning, help students actively participate in volleyball learning activities, strengthen students' subjective consciousness, enhance students' self-confidence in learning. Teachers should also constantly strengthen their own understanding, infiltrate humanistic education activities in specific teaching activities, and make use of physical education activities to help students master sports skills, promote the healthy development of students' physical and mental health, and promote the cultivation of sports spirit of higher vocational students. In the training and assessment system of physical education teachers, higher vocational colleges should also include the content of humanistic ideas, require the majority of teachers to treat the problem correctly and play a good guiding role in the healthy development of students through humanized teaching activities.

3.2. Fully Apply Humanistic Ideas to Indoor Classroom Teaching Activities

In higher vocational education activities, physical education occupies a large proportion and shoulders important responsibility. Physical education is mainly responsible for developing activities to foster students' practice and innovation ability. The teaching activities of higher vocational physical education can also be divided into indoor physical education and outdoor

physical education. Indoor classroom is mainly responsible for the explanation of sports theoretical knowledge. In the indoor class, teachers should integrate the humanistic ideas into the explanation activities about the theoretical content of sports basic knowledge. In the specific teaching activities, teachers should take the students' personality characteristics as the basis, reasonably adjust the relevant teaching content, give full play to the students' main role, and pay close attention to the students' physical and mental health development. In terms of teaching content, teachers can add the content of humanistic theory. In higher vocational sports teaching activities, teachers should further determine the teaching contents and objectives, help students grasp the teaching contents of humanistic ideas, and ensure that humanistic ideas can be integrated into students' life.

3.3. Apply Humanistic Ideas into Outdoor Class

In higher vocational sports teaching activities, compared with indoor class, outdoor class occupies a larger proportion. The physical education outdoor class is to promote the cultivation and improvement of students' practical ability, and help students apply the theoretical knowledge of indoor physical education to practice. When implementing the above training objectives, teachers should also strengthen the cultivation of students' humanistic quality, pay attention to enhancing students' sense of cooperation, strengthen the communication between students, and improve students' sense of responsibility. When carrying out outdoor sports teaching activities, teachers can tell some celebrity stories in advance, mobilize students' interest in sports learning, and gradually integrate humanistic ideas into sports practice. Teachers can also optimize the current collective activities of physical education, expand the scope of activities, increase the number of participants, and help more and more students to participate in collective sports activities. This can enhance students' sense of collective honor, cultivate students' ability of unity, and help students better adapt to social life.

3.4. Improve the Current Evaluation Method

Higher vocational physical education activities not only help students master knowledge and skills, but also cultivate students' ideological and moral character. Therefore, the relevant evaluation methods should be closely linked with the educational objectives to carry out relevant improvement and optimization activities. In order to achieve sustainable, stable and harmonious development of higher vocational physical education activities, we should thoroughly implement the people-oriented principle. Only in this way can physical education activities be more vigorous and energetic. The students' physique test data can reflect the specific situation of students' physique. In the selection of physical exercise content, most of students usually do not base on the test results. However, the scores of professional courses are the test data. Therefore, in the development of students' sports performance assessment activities, teachers should give more humanized color, and determine the main goal of sports assessment as the comprehensive development and change of students. When making clear the students' physical education learning situation, teachers should pay attention to carry out diversified evaluation activities except test data. In addition to teachers' evaluation, they should also include classmates' evaluation, students' own evaluation, and even parents' evaluation, so as to make the evaluation activities of physical education teaching more diversified, help to have a more systematic grasp of students' physical education learning situation.

4. Conclusion

The development of teaching activities in higher vocational colleges is mainly to convey more practical skilled talents for the society. The development of sports teaching activities in higher vocational colleges can improve students' physical and mental quality, and strength students' vocational skills and comprehensive quality. In the process of PE teaching activities in higher vocational colleges, the majority of PE teachers should infiltrate the humanistic ideas into the relevant teaching activities, and further explore the core of the ideas, so that the ideas can be

organically combined with educational activities, so as to cultivate students' better sports quality, and use the spirit to better guide their future study, work and life.

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