

On the Innovation Strategy of Higher Vocational Physical Education under the Background of “Healthy China Construction”

Lin ZHONG

Jiangxi Vocational Technical College of Industry&Trade, Nanchang, Jiangxi 330038, China

zhonglin0102@163.com

Keywords: “healthy china construction”, Higher vocational colleges, Physical education, Innovation strategy

Abstract: The effective implementation of the strategic plan of “building a healthy China” can not only promote China’s effective realization of the goal of strengthening sports, but also point out the direction for the innovative development of physical education in higher vocational colleges. In the process of all-round development of physical education in higher vocational colleges, we should not only attach great importance to the relevant measures of the strategic planning of “building a healthy China”, reasonably adjust the teaching plan in combination with the needs of talents and society, but also take diversified marketing measures to promote the innovative development of physical education. Based on the background of “building a healthy China”, this paper makes a detailed analysis on the innovative development ways of physical education in higher vocational colleges, so as to lay a solid foundation for the all-round development of physical education in higher vocational colleges.

1. Introduction

Physical education in higher vocational colleges can not only provide positive help to improve students’ physical and mental health, but also create a good environment for the effective realization of the strategic plan of “building a healthy China”. Higher vocational colleges shoulder a severe educational mission. They must strengthen the active cultivation of students’ sports spirit and exercise consciousness, ensure that students develop good sports habits, and promote the healthy development of students’ body and mind. However, due to the influence of various factors, the traditional higher vocational physical education teaching, whether content or mode, can’t meet the needs of students’ personality development in modern society, seriously hindering the all-round development of students’ comprehensive quality. In order to solve this problem, higher vocational colleges must constantly optimize and innovate the traditional teaching ideas and teaching modes, implement various reform measures on the basis of existing teaching means, and create a good sports environment for talent development.

2. Set up Diversified Physical Education Courses and Teaching Modes to Fully Meet the Personalized Needs of Students

First, physical education teachers in higher vocational colleges should carry out a questionnaire survey on new students to strengthen their full understanding of students. In the process of physical education teaching, teachers should actively adopt the opinions put forward by students, fully master students’ thinking habits and interest characteristics through relevant opinions, and accurately understand students’ basic physical fitness. In the process of organizing students to carry out physical exercise, teachers should accurately grasp the physical limit of students as much as possible, and on this basis, reasonably increase the intensity of physical exercise and enrich the content of physical exercise, so that students can actively challenge their physical limit under the active guidance of teachers.

Second, in the process of organizing students to carry out specific project activities, physical

education teachers in higher vocational colleges should divide students into different groups according to their physical fitness, and carry out layered physical education teaching for different groups, so as to ensure that students' exercise consciousness and physical ability can be effectively improved under the action of layered teaching mode. The students in each group basically have the same physical quality. In the specific exercise process, students can establish a positive sense of cooperation and team spirit through effective communication. It can not only effectively expand students' physical exercise ideas and vision, but also further improve students' physical and psychological quality.

Third, physical education teachers in higher vocational colleges should take diversified and effective measures to improve the richness of physical exercise projects, ensure that students can clearly grasp their own interest characteristics and sports specialties in the process of carrying out physical exercise projects, and provide help for students' personalized development. While enriching the content of physical exercise, teachers should combine students' cognitive needs and interest needs, improve the interesting characteristics of physical education teaching, let students focus all their attention on the actual teaching, and make students actively participate in physical exercise. It can not only enhance the effectiveness of physical education teaching, but also lay a solid foundation for the effective realization of the strategic plan of "building a healthy China" [1].

3. Pay Close Attention to the Practicability of Physical Education Curriculum and Give Full Play to the Guiding Role of Extracurricular Activities

First, in the process of carrying out specific teaching, PE teachers in higher vocational colleges should strengthen the full consideration of the practicability of PE teaching related contents, so as to ensure that sports can provide real and effective help to improve students' physical and mental health development. For example, in the process of organizing students majoring in architecture in higher vocational colleges to carry out sports activities, teachers can lead students to carry out mountaineering and rock climbing. Teachers should also strengthen the continuous innovation of the content of physical education teaching materials, adjust and edit the teaching materials in combination with the actual needs and characteristics of students, improve the comprehensiveness and practicability of teaching materials, and strengthen the rationalization and scientization of physical education teaching content [2].

Second, PE teachers in higher vocational colleges should give full play to the guiding role of extracurricular activities. They should not only ensure that the established sports have diversified characteristics, but also add students' favorite sports in combination with students' actual sports interests, such as basketball, Sanda, hip-hop dance, taekwondo, fencing and so on. Through the construction of higher vocational physical education projects in the direction of diversification, although the interest of teaching content can be effectively improved, it also puts forward higher requirements for exercise facilities and exercise venues. Therefore, the higher vocational colleges should strengthen the establishment and improvement of sports facilities and sports venues from the perspective of capital, not only to make reasonable use of financial funds, but also to strengthen the active introduction of social capital, improve the modernization level of sports venues, enhance the advanced nature of sports forging facilities, and provide a good environment for students to carry out extracurricular activities in sports [3].

4. Strengthen the Scientific Construction and Rational Implementation of the Assessment and Evaluation System

First, in the process of organizing students to carry out sports, physical education teachers in higher vocational colleges must attach great importance to students' classroom learning, daily exercise, classroom interaction frequency, team spirit and so on. Teachers should clearly understand that students' interest and attitude towards sports activities will directly affect the assessment results, so as to take effective measures to help students establish a positive attitude, enable students to have the ability and courage to face many sports assessments, and help students establish a positive,

scientific, healthy and correct concept of development^[4].

Second, for the sports discipline, it has the particularity different from other disciplines. Through simple assessment, we can't fully grasp the students' actual ability, nor deeply understand the comprehensive physical fitness and sports skills. For example, many students show a low level in the long jump, but they do well in the long-distance running. Therefore, we should not judge that the students' physical fitness test level is average because of their low long jump ability, but comprehensively evaluate the students' physical fitness and analyze the advantages and disadvantages of each student in detail, so as to design highly targeted physical training projects for students, ensure that students have positive physical exercise confidence and sense of achievement, and take the initiative to participate in physical exercise. The effective realization of the strategic plan of "building a healthy China" not only requires higher vocational schools to establish positive exercise habits and correct health awareness for students, but also requires students to pay high attention to their comprehensive physical fitness, strengthen training for students' weak points, and improve the development level of students' physical and mental health^[5].

Third, in the process of teaching evaluation, teachers should guide students to actively reflect on the process of participating in sports activities and comprehensively summarize their advantages and disadvantages in sports activities, which can not only further improve students' ideological consciousness of actively participating in physical exercise, but also strengthen students' analysis ability, summary ability and innovation ability, provide positive help for the all-round growth of students' comprehensive quality^[6].

5. Conclusion

Although traditional physical education pays great attention to students' physical function and physical quality, the relevant contents are lack of comprehensiveness, and the strategic plan of "healthy China construction" pays great attention to the health of the whole people. In the process of physical education teaching, higher vocational colleges must have the ability to guide students to establish health awareness and exercise awareness, help students establish a correct concept of scientific development, and fully present the importance of physical education. By effectively improving the quality of physical education teaching, we can cultivate a large number of sports talents with high professional ability and comprehensive quality for China's social development, and provide positive help for the effective realization of the strategic goal of "building a healthy China".

References

- [1] Yang Guang, Li Shufang, Gao Rujiu. Research on the Development of Henan Competitive Wushu Women's Professional Team under the Background of "Healthy China" Strategy [C] // Assemble of Papers of the 11th National Sports Science Conference. no.5, pp.17, 2019.
- [2] Liao Wenke. Taking the Opportunity of "Building A Healthy China" to Strengthen School Physical Education -- A Speech at the First Sports Work Summit Forum of Vocational Colleges. Physical Education Teaching, vol.40, no.1, 2020.
- [3] Cao Jie, Fang Yingjie, Guan Fuyu, et al. Research on the Development Path of National Fitness under the Background of Sports Power in the New Era and "Healthy China Construction". no.6, pp.85-88, 2021.
- [4] Gong Qingbo, Shen Yiqi, Yang Yuefei, et al. Research on the Supply Side Reform of Public Sports in Colleges and Universities under the Background of "Healthy China 2030" -- from the Perspective of Sports Value, Policy and Participation. Journal of Xi'an Institute of Physical Education, vol.36, no.4, pp.8, 2019.
- [5] Wang Xinghua. Exploration and Research on College Students' Sports Health Care under the Background of Healthy China Era -- Comment on Scientific Research on Modern College Sports

Health Theory and Sports Health Care. Chinese Edible Fungi, vol.38, no.7, pp.1, 2019.

[6] Li Yingchuan. Comprehensively Improve the Innovation Ability of Sports Science and Technology and Help Build A Sports Power and “Healthy China” -- Speech at the 2018 Academic Paper Report Meeting and the 60th Anniversary Academic Forum of the Institute of Sports Science of the State Administration of Sports. no.1, pp.3-4, 2021.