

Analysis of the Influence of the Physical Education Elective Course on the Physical Quality of the Students in the Higher Vocational College

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Abstract: Physical education elective course in higher vocational colleges has become the central position of teaching in higher vocational colleges. Teachers must combine students' physique with physical education teaching content in physical education teaching, which can effectively stimulate students' interest in learning, arouse students' enthusiasm for learning physical education, and also improve the training effect and training ways of physical education elective courses for students in higher vocational colleges in our country.

Keywords: Higher Vocational Colleges; Physical Education Elective Courses; Physical Quality

1. Introduction

At present, in the physical education class, many teachers are concerned that the students are injured in the physical exercise, and some teachers are also going to reduce the proportion of the learning time of the teaching in practice. These have deviated from the basic physical education goals and requirements, and are not conducive to the cultivation of the students' physical and physical education, also are difficult to promote the comprehensive development of the students' comprehensive quality.

2. The present situation of physical education elective courses in higher vocational colleges

2.1 Sports level

In the past ten years, with the improvement of sports competition level, the level of physical education in colleges and universities has been significantly improved. Competitive sports in schools is the work of physical education in schools. According to statistics, 197 universities have been rated as the leader of excellent sports schools since 1986. Most of them are leading schools. The school's sports skills have also been greatly improved. The 10th National University Games held in 2016. The record was broken and updated several times. A group of athletes reached an excellent level of sports. According to the China Sports Association, 85 athletes reached the level of the 10th National University Games, 417 athletes were National athletes. At the 21st World Conference of College students, Chinese universities received world-class talents¹.

2.2 Organization and management system

Sports organization management system is the general term of sports system and ownership, which includes how to establish and divide the sports management team². The types of sports management institutions established by central and local governments, including the connection between sports management institutions, and the concentration and dispersion of sports management institutions in China. The sports organization management system is an integral part of the sports system. The sports system also includes the integrated sports system and the central management system. On these issues, the sports system reflects their relationships and responsibilities, as well as rules and regulations formulated and implemented by sports authorities and institutions. Sports management systems are also reflected in operating conditions and ways of managing and controlling these institutions. .

2.3 Formulation of training strategies

The implementation of the *Planning* gives the school competitive physical education the position in school education. The basic framework of informal physical training has been widely accepted on the basis of school and community programmes. The work of the experimental school has been widely supported. Non-pilot schools also organize students to participate in informal sports activities on the basis of the principles of the project and introduce more schools in the pilot project. Based on the traditional physical education engineering school, the university is the leader, and the experimental middle school is the responder. In addition, some schools in Tianjin, Beijing, Jiangxi, Shanghai, Jilin and other places have their own characteristics. Cooperate with national, local and municipal sports administrative departments to develop high water Level competitive sports talents to carry on the system exploration and show great power³.

Since the implementation of the *Planning*, a good attempt has been made to the overall development of athletes and students. The Ministry of Education has issued a series of documents to further improve the quality of out-of-school training and to adapt to changing circumstances, including enrollment, school management, training management, competition and good physical training. Training assessment and other aspects have been modified. The drafting and distribution of these documents promotes the steady and orderly development of the training of Chinese sports cadres, make the students and the athletes better adapt to the overall development of the school education. In order to train qualified comprehensive talents, many schools have made new explorations in the aspects of national administration, training management and so on, and achieved good results⁴.

3. The influence of physical education elective courses on students' physical quality in higher vocational colleges.

3.1 Self factors

Everyone has their own understanding of the role of physical exercise. A correct understanding of the role of physical exercise can improve students' interest in physical exercise, so as to better participate in physical exercise. The positive attitude of the students decreased with the improvement of the grade⁵. They can only realize that exercise can strengthen their physique, relieve stress, recreation and entertainment, but they do not know that they can also improve their personal skills.

3.2 School factors

School is the main place for students to study and live. They spend most of their time at school. Therefore, the physical knowledge, methods, skills and physical exercise of middle school students will lay the foundation for them to develop good physical exercise habits. The optional course of physical education in Ryan Physics School is a kind of popular education with unique form of expression.

4. The problems existing in physical education elective courses in higher vocational colleges

4.1 Lack of attention from schools and sports departments

School physical education is the only purpose to achieve the goals and tasks of national physical education, and cannot improve the effectiveness of national fitness, but train highly skilled sports talents. Even if there are some special training, students and sports enthusiasts in physical education colleges and universities, taking into account the subjective factors of the school, cannot be guaranteed with the allocation of training equipment, place, time, teacher and operation box in many specialties. These students and sports experts represent the main group of school sports competitions. The level of sports competition directly reflects the level of physical education in schools. Therefore, in order to pay attention to the training of sports talents, we must establish the

management concept of the whole school. In most colleges and universities, the importance of cultivating and cultivating physical education talents has not been correctly realized⁶. Therefore, an important problem in the cultivation of talents in colleges and universities is the lack of attention of schools and other relevant leaders.

4.2 The strategy of cultivating and training talents needs to be improved urgently.

The cultivation of sports talents cannot be separated from the training of scientific disciplines. After systematic training, the level of competitive sports has been obviously improved, which has a greater impact on ordinary teammates, and also has a broad prospect of development. Therefore, the cultivation of physical education talents and the improvement of the personal level of physical education students should not be separated from the scientific training system. Many courses are taught with traditional teaching experience, and there is no real combination of sports level training and personal quality training for college students in the new period in order to form a relatively stable, systematic and complete sports training system. Therefore, the training strategy and level of physical education talents in colleges and universities need to be improved⁷.

4.3 Lack of motivation for students to participate in training

Considering the bonus policy of college entrance examination, improving the sports level and competitive training of senior high school students is not only a useful sport. After entering college, the disappearance of this motive force leads students, especially students, to take an informal attitude towards physical exercise. With the increase of age, the interest and enthusiasm of physical exercise gradually decrease, resulting in the decline of students' sports performance and competitive ability. There is also part of the reason that training courses in colleges and universities are relatively free, but there will still be a period of time in narrower courses and heavier workload⁸. During this period of time, physical exercise is still going on as usual. It is more expensive to prepare training for students. However, students' learning ability is limited. After taking part in concentrated sports training, due to inappropriate rest or physical reasons, it will affect the overall performance of learning, thus increasing students' training enthusiasm to inhibit irrigation ADI, and students finally choose to learn other materials and give up sports training.

4.4 The reward mechanism in sports competitions is not perfect

The reward mechanism in college physical exercise has the phenomenon of unreasonable design, imperfect system and unreasonable time. At the same time, due to the relatively long time interval between sports competitions, students and teachers can participate in the relatively small number of sports competitions, which lacks a sense of collective honor in student competitions. In this case, PE teachers must continue to choose athletes and amateur sports⁹. Students are more and more likely to represent the school in the competition. Therefore, the time and frequency of sports competitions affect the participation of college students in sports training. In the daily sports training and participation in college competitions, there is no relatively complete salary system. Sometimes the reward is done at the request of the sponsor, and sometimes some funds are allocated to the Ministry of Sports. However, it is difficult to form a random incentive mechanism and a non-sustainable incentive mechanism for college athletes, sports enthusiasts and even physical education teachers.

5. The strategy of improving the physical education elective course in higher vocational colleges.

5.1 Strengthening the importance attached by leaders at all levels to physical education elective courses

Governments at all levels continue to play an important role in the development of competitive sports, enhance the internal competitiveness of competitive sports, and deal with the Olympic honor plan. This requires governments at all levels to develop competition, focus on core competitiveness,

change the governance model. The government should actively change its role, become a planned and supervised investor, develop competitive sports, fundamentally change the original management mode, and attract social forces to actively participate in the construction of physical education in colleges and universities. This not only attracts a large number of institutions and social organizations to invest funds, but also helps to improve the ability of colleges and universities to participate in competitive sports. Solving the hard transformation of competitive sports management system improve the management resources effectively. And ensuring the core competitiveness of competitive sports in colleges and universities and promoting the sustainable development of physical education elective courses. We will strengthen the inspection of school sports, improve the school leaders to attach importance to school sports, put forward and correct the school which does not meet the requirements and basic regulations within the prescribed time¹⁰.

5.2 Planning the sports talent cultivation and training strategy scientifically

Innovative education is not only a theoretical course, but also a multi-faceted teaching. It is necessary to cultivate and guide the curriculum reform of colleges and universities, cultivate students' innovative spirit and creative thinking, carry out innovative education from many aspects, and train innovative talents. The cultivation of innovative talents and the flexible use of theoretical knowledge are the most important links. The cultivation of physical education professionals in colleges and universities needs to combine the characteristics of professional athletes, carry out effective practical activities interviews, and expand the innovative ability of athletes. Radiation, improvement and practical effects. Through these activities, students' division of labor ability will be cultivated, various social practice activities will be actively carried out, students' active participation will be evaluated, and students' creativity will be improved. In addition, schools must increase the number of entrepreneurial teachers through classroom teaching, and pay attention to the cultivation of innovative ability. According to the specific situation of students majoring in different majors, schools need to change the actual teaching time and improve the teaching quality.

5.3 Pay attention to cultivating the enthusiasm of students to participate in physical training

This strategy requires a great deal of practice and research. The students in modern universities are more adventurous, but they lack perseverance and unity. In view of the features of these thoughts, we should first strengthen the spirit of mutual aid cooperation among the students. On this basis, more sports are to keep pace with the times and to stimulate the students' enthusiasm and spirit of cooperation. The independence also contributes to the improvement of the sports health of the young college students and the effective attention of the physical education.

5.4 Perfecting the reward mechanism in sports competitions

First, it is necessary to enhance the internal motivation of athletes, teachers and coaches should effectively create conditions, create a training environment to make all athletes as happy as possible and meet their personal goals. In sports class, according to the level of athletes at different times, decides the corresponding external awards, any physical or language reward criteria. Allow athletes to achieve the level of internal motivation through a certain amount of effort.

Second, athletes must make full use of their own motivation, make full use of self-decision-making and self-planning opportunities. These will help to improve the behavior control ability of athletes. Sometimes, athletes can put forward training plans, make team rules and other suggestions, and even competitive strategies, which can provide athletes with a certain degree of self-management.

Third, through clear reward objectives, to improve the ability of athletes, and enhance the internal motivation of athletes. Because all athletes can not successfully study and train, all athletes can not achieve their goals. This requires teachers and coaches to help each athlete establish and reconstruct reward mechanisms to help athletes achieve their goals.

In a word, there are still many places to be improved in the process of physical education development. First, reduce the proportion of foreign teachers. Provide space for the interests of

local teachers and encourage the improvement of the ability of aerobics coaches in local colleges and universities. Second, strengthen the construction of the teaching staff. Teaching leaders in colleges and universities should attach importance to and improve physical education teaching, encourage young physical education teachers to continue their research and provide young teachers with more opportunities to leave school for training and improve the comprehensive quality of physical education teaching.

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