On the Innovation Strategy of Higher Vocational Physical Education Under the Guidance of Vocational Education

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Abstract. For higher vocational colleges, because it is the place to cultivate "professional" talents, vocational education guidance is inevitable in teaching activities, so as to improve students' Vocational Competitiveness and make students' ability development more in line with work needs. But for the physical education work, due to the lack of attention of higher vocational colleges, there are many deficiencies in the process of carrying out educational activities. The most important thing is that there is no "localization" treatment in higher vocational colleges, blindly learning from the physical education curriculum of ordinary high school, without highlighting the guidance of vocational education, which can not provide effective help for students' career development. In this article, we will focus on the reform of physical education in Higher Vocational Colleges under the guidance of vocational education, and put forward some feasible optimization and innovation strategies on the basis of fully considering the professional needs and the development of students.

Keywords: Vocational education; Higher vocational colleges; Physical education.

1. Introduction

In the current environment of education reform in our country, more attention should be paid to the improvement of students' basic ability, which requires that the knowledge system of various disciplines can bring real help to students' growth, and that various disciplines can have more abundant educational value. For physical education in higher vocational colleges, on the one hand, due to the late start of China's higher vocational colleges, all aspects of the system has not been built and improved; on the other hand, because higher vocational colleges focus on the teaching of vocational skills, there is a certain degree of contempt for Physical Education, so that the physical education system in higher vocational colleges has not entered a mature stage, can not provide guidance for students in the future Career development provides more help. Therefore, it is necessary to reconstruct the physical education system of Higher Vocational Colleges Based on the guidance of vocational education, so as to bring students better physical education teaching experience and make students get greater growth in the process of physical education.

2. Endow physical education with greater educational value

For a long time, due to the influence of people's inherent impression of physical education, most social groups simply think that physical education is a simple physical

exercise behavior, which can only enhance the physical quality of students, but not help students in a wider range. In fact, this is a very wrong idea, in the long evolution of sports activities, sports activities have been given greater educational value.

2.1 Improve students' competitive consciousness and cooperation ability through physical education

With the advent of a new era, due to the further maturity of the social system, the role that individuals can play is more limited, the era of fighting alone is gradually away, and win-win cooperation has become the mainstream of social development. In order to achieve career success, it is necessary to cooperate with others. At the same time, in today's increasingly saturated economic market, people often need to face more fierce competition Competition, only those who have a good

sense of competition can go further on the road of development. It can be seen that the sense of competition and the ability of cooperation are of great importance to the future career development of students. However, in the higher vocational education system, too much attention is paid to the teaching of vocational skills, and the cultivation of students' vocational ability is ignored to a certain extent, which can be well made up in physical education activities. In sports, there are many projects that need students to compete and cooperate, such as football, basketball, etc. it not only needs the unity and cooperation between teammates, but also needs to compete with opponents, which can effectively improve students' sense of competition and cooperation ability. Teachers should focus on cultivating students' professional ability and comprehensive quality in physical education, not just sports skills The mastery of physical fitness and the enhancement of physical fitness [1].

2.2 Enhance students' psychological quality and pressure resistance through physical education

In modern society, the pace of life is accelerating and the pressure of life is increasing, especially when the students just graduated, they not only have to face the trouble of looking for a job, but also need to resist the confusion on the road of life, which requires the students to have a very strong psychological quality and anti pressure ability to resist the ups and downs of society. Although the courses of mental health have been set up in higher vocational colleges, and the teachers of various subjects will also give psychological guidance to the students after class, it is always only implemented in words, which has little impact on the students' psychology. And sports activities not only have the effect of physical exercise, but also can make students have a certain degree of pleasure, so that students' inner pressure can be relieved, which is helpful to eliminate students' psychological crux, and is beneficial to students' mental health. And the sports activities have win and lose, the victory can effectively improve the students' self-confidence, the failure can significantly improve the students' ability to resist setbacks, the key lies in the teachers in sports activities how to carry out psychological guidance [2].

3. Teachers' quality is the core guarantee of teaching activities, and the construction of teachers' team should be strengthened

Although in the current quality education reform, more respect for students' teaching dominant position, the role of teachers in teaching activities has been weakened to a certain extent. However, this does not mean that teachers are no longer important in teaching activities. Teachers are still very important "guides" in teaching activities, which can help students to embark on the correct development path and avoid students from learning "detours" to the greatest extent. Therefore, a teacher with excellent teaching ability can often provide greater help for the growth of students, and promote the maximum improvement of students' ability in the shortest time. However, in the physical education system of higher vocational colleges, due to the lack of attention of the top management of higher vocational colleges, physical education directly leads to the lack of strict selection in the recruitment of physical education teachers, leading to a mixed team of physical education teachers. Although there are excellent teachers, a large part of them are just making up for the number and do not have the support of physical education The ability of dynamic development [3].

Therefore, if higher vocational colleges want to do a good job in physical education teaching, they must first do a good job in the team building of physical education teachers, recruit more excellent high-quality teaching talents, so as to give students the most scientific guidance. And, at this time is in the key period of physical education reform, more need the support and help of high-quality physical education teachers, can be keen to find the shortcomings of the traditional physical education mode, and targeted to take various measures to make up, make physical education work more fit with the education needs of Higher Vocational colleges. In addition, excellent talents are scarce resources, which can not be recruited in a short time. It is also necessary to "retrain" the original physical education teachers to effectively improve the teaching ability of the original physical

education teachers, and the original teachers have rich teaching experience. After the teaching ability is further improved, they can carry out all kinds of work more efficiently [4].

4. Conclusion

Generally speaking, the reform of physical education in higher vocational colleges is imperative, which is not only the core need of the concept of quality education, but also the inevitable requirement of students' professional ability growth. In today's era, due to the enrollment expansion of major educational institutions, the number of excellent graduates for the society increases year after year. However, the speed of economic development is limited, which can not keep up with the trend of education enrollment expansion. As a result, the supply exceeds demand in the talent market, and the talent involution is serious. If vocational college students want to occupy an advantage in the market competition, they will inevitably put forward more stringent requirements for teaching activities, and promote the further vocational education orientation of educational activities, so as to promote the improvement and breakthrough of students' professional ability.

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