Research on Experiential Teaching Method in Higher Vocational Physical Education

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Abstract. With the progress of the times and the development of society, people's living standard is getting higher and higher, and people's attention to sports is also gradually increasing. The proportion of Higher Vocational Physical Education in China's higher vocational education is increasing. Over the years, higher vocational physical education teaching is constantly improving teaching methods and means. Experiential teaching is a better teaching method of higher vocational physical education, which can not only cultivate students' interest in learning is also the representative of new education methods. This paper discusses the strategies of experiential teaching mode in Higher Vocational Physical Education from the perspective of higher vocational physical education, and actively changes the teaching methods.

Keywords: Physical education; Experiential teaching; Method.

1. Introduction

Experiential teaching method is an interactive form of communication, so that students can experience cordial and warm feelings, thus producing positive emotions and good mood, improving learning effect and actively overcoming difficulties. Experiential teaching is a new teaching mode, which has a higher level of development compared with other teaching modes. Higher vocational physical education teachers should be clear about the characteristics of this teaching mode, do not master the relevant elements, and can use this teaching mode to improve the effectiveness of Higher Vocational Physical Education Teaching and students' academic performance [1].

2. Overview of experiential teaching in higher vocational physical education

In recent years, with the rapid development of higher vocational education, all schools are expanding enrollment. Due to the influence of national policies and constraints of characteristics, some vocational colleges have not been greatly improved in sports teaching venues, teachers, etc., basically still stay in the secondary vocational education, and the professional characteristics in Physical Education are not prominent. Because physical education is not limited to knowledge in books, it can help students to exercise, enhance their physical fitness, and facilitate students to master the professional knowledge of sports. Therefore, in physical education, we should combine the real situation in higher vocational colleges, adjust and improve the content of physical education, so that students can understand the teaching content of teachers in physical education class, and Its understanding and application [2].

In physical education, experiential teaching can bring the knowledge learned into the subject of physical education, help students better understand the knowledge points in physical education, and experience the corresponding activities. Experiential teaching can enhance students' independent experience and enhance their learning fun in physical education classroom. In the experiential teaching of physical education, not only exists in the classroom, but also in the classroom In the extracurricular life also has a greater impact. Through experiential teaching, teachers can geometry students' personality characteristics, guide students to self-comprehend and experience the knowledge and teaching rules they have learned, and then cultivate students' enthusiasm to participate and cultivate students' new learning concept, strengthen the communication between teachers and students, close to the relationship between teachers and students, so as to achieve a seamless connection between teachers and students.

3. The value of experiential teaching

Compared with the traditional teaching mode, the focus of experiential teaching can stimulate students' interest in sports learning. Compared with the traditional learning methods and single teaching mode, it not only increases professional knowledge, but also pays more attention to students' learning experience. It can effectively reduce the learning pressure brought by multiple studies and stimulate students' enthusiasm to participate in sports class Sex, content with the characteristics of students like sports, effectively combine, increase the communication between students and teachers, maintain the role of teachers in teaching, guide students to participate in learning, rather than a supervisor and executor [3].

How to effectively bring students into sports, in the traditional physical education teaching mode, teachers are concerned about students' mastery of professional knowledge and the growth of professional knowledge. For some students who are not good at some professional sports, they always say that they lose their love for sports, which leads to the ineffective display of the full coverage of physical education teaching, which makes it difficult to play sports Teaching value in teaching. Through experiential teaching, teachers can effectively carry out teaching, guide students to participate in learning independently, experience the happiness brought by sports, wig students' curiosity and curiosity, and consolidate the authority of Physical Education [4].

4. The application strategy of experiential teaching in higher vocational physical education

Experiential education improves teachers' profession Teachers play an important role in experiential teaching. In order to achieve the teaching goal of experience, we should first change the role of teachers in the physical education classroom, regard students as the main body of teaching, change from the transmitter of sports knowledge to the guide of physical education teaching, help students complete the teaching course, and give necessary professional and technical support when encountering difficulties. At the same time, through the experiential teaching method, improve students' ability to solve problems independently, create a student-centered learning mode, and guide the most suitable learning environment for students themselves. That is to say, if physical education is compared to an activity, the teacher is the designer of the activity, giving more choices to students themselves, and increasing students' participation in learning To master the new knowledge of the sense of achievement, stimulate students' interest in learning. On the other hand, teachers should master the behavior and habits of each student in class, and know themselves and the other. Teachers should determine the main knowledge points of the classroom and find the accurate teaching experience goal by combining the students' knowledge.

4.1 Experiential education can effectively enhance students' interest

Compared with the traditional education mode, experiential teaching can deeply understand students. Physical education is a major with strong comprehensiveness. Students should not only understand the knowledge and theory of sports, but also understand many cultural connotations in sports. Through continuous training and competition, they can list the rankings, increase the competitiveness of students and win the first place In the high-intensity aerobic and anaerobic training, students' endurance and explosiveness can be enhanced. Through sports such as sprint and football, students' quick reaction ability can be increased and their physical function development can be promoted. Through experiential teaching, students' creativity can be effectively excavated, which can not be separated from the correct guidance of teachers, so that students can constantly improve their learning environment in the classroom. In addition, through physical education, it can also cultivate students' strong quality, make students integrate into the collective, and increase their ability of unity and cooperation.

4.2 Improve teaching concept

In order to improve the teaching quality of higher vocational colleges, teachers must abandon the old traditional teaching concepts. Teachers and students can not only teach physical education as an unimportant course. Teachers should deal with the class, students should deal with the teacher, so that students can not learn new knowledge in the physical education class. With the reform of education, the proportion of physical education in education is increasing. Teachers should change their educational concept, face up to the view of physical education, let students understand the importance of physical education, the importance of physical education and their own development. Through the guidance of teachers, students can actively participate in Physical Education.

5. Conclusion

The experiential teaching in higher vocational colleges can combine with the contemporary education and teaching scheme, carry out experiential education and teaching methods, increase the school's physiological and physiological development of students, abandon the traditional teaching concept, face up to the physical education curriculum, and promote the healthy development of physical education in Higher Vocational Colleges.

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