

# Vocational Competence-Oriented Curriculum Reform of PE Teaching in Higher Vocational Colleges

Chenggang Hang

Zibo Vocational Institute, Zibo, Shandong 255000, China

**Abstract:** *With the development of the Times, all kinds of large companies put forward a higher demand for excellent employees. Higher vocational and technical colleges pay more attention to the integration of theory and practice, and pay attention to the training of talents' skills and vocational ability. Therefore, physical education guided by vocational skills in higher vocational colleges is helpful to improve students' employment competitiveness and promote their comprehensive quality.*

**Keywords:** Vocational Ability; Higher Vocational Sports; Educational Curriculum; Reform.

## 1. INTRODUCTION

With the deepening of professional quality education in higher vocational education, the development of higher vocational education also has a certain impact. In order to improve the comprehensive quality of higher vocational colleges, it is necessary to reform the physical education comprehensively according to the current situation of physical education in higher vocational colleges, centering on the cultivation of students' professional accomplishment, so as to ensure the continuous improvement of the level of physical education in schools.

## 2. THE PRESENT SITUATION AND PROBLEMS OF PE TEACHING REFORM IN HIGHER VOCATIONAL COLLEGES

### 2.1 The teaching objectives of physical education courses are not clear

Vocational colleges sports curriculum teaching in our country at present situation, the basic goal of higher vocational colleges is still enhanced physique, imparting sanki, strengthen ideological and moral, but ignores the sports consciousness, habits and relevant quality cultivation, make it play no role in the sports teaching, lead to the academic performance of students in the school can not adapt to the development needs in the future.

### 2.2 not enough attention to physical education

As PE is not included in the assessment category of senior high school students, there is no clear regulation on the selection of teachers for this subject in vocational education, which is usually undertaken by the head teacher and other teachers [1]. Their understanding of physical education is not thorough enough, can not fully understand and master, can not play a typical effect in sports activities. In addition, the shortage of class hours of physical education courses in higher vocational education has not attracted the attention of the school, and with the coming of the college entrance examination, physical education will be cancelled, thus reducing the length of physical training.

### 2.3 The decrease of sports activities leads to the decrease of students' physique

At present, with the increasing phenomenon of the only child in our country, parents are more doting to their children, and some of the more laborious and tiring sports have been phased out. Teachers in the course of physical education, also just called the students together, and then free activities to let the students themselves exercise. This practice not only did not make students hard work, courage of psychological quality has been improved, and their physical deterioration.

Second, the curriculum reform of higher vocational physical education with vocational ability as the core

### 2.3.1. Change the traditional concept of education and make the goal of education clearer

With the reform of our country's economic system and the development of society, there is a higher demand for high-level talents, who should not only have good physical conditions, but also have good cultural literacy. Because the traditional educational concept can not adapt to the needs of all-round development, we must fundamentally change the educational concept. Higher vocational schools must realize the great significance of sports, and according to the current development needs, change the traditional educational concept, so that "health first" can be fully reflected in educational practice. Higher vocational and technical colleges should establish their basic purpose, which is to strengthen students' health and attach importance to students' cultural accomplishment, so as to ensure that they adapt to the development of the Times.

2.3.2. Set up appropriate teaching courses according to the characteristics of professional development in the future. The PE curriculum reform of higher vocational colleges with professional skills as the core must be scientifically planned according to the professional characteristics of students, and ensure that their learning knowledge matches their professional development in the future. In the reasonable arrangement of students' learning content, we should give full play to their own characteristics and give priority to meeting students' professional needs, which can not only promote their physical development, but also promote the development of their professional skills. At the same time, as an excellent talent, not only to master professional skills, but also to have a sound physical quality, therefore, vocational colleges and universities in the elective courses, but also pay attention to the continuity, so that they become high-quality talents to meet the requirements of the development of the Times.

2.3.3. Develop PE teaching according to market demand. In the face of ever-changing market, if higher vocational and technical colleges continue to use the previous teaching mode, it will inevitably have a certain adverse effect on their future development. Therefore, according to the actual needs of students, the development of physical education teaching with distinctive characteristics has become the teaching content of higher vocational education professional personnel training objectives. The PE curriculum design of higher vocational and technical colleges should conform to the requirements of the development of the Times, arrange the professional teaching content reasonably, and strive to connect theory with practice organically.

### 2.3.4. Highlight teaching objectives

The sports activities of higher vocational schools should be oriented at the teaching purpose, guided by the purpose, arranged scientifically and reasonably, and pointed out the direction for students to participate in sports and fitness activities. According to the actual situation of higher vocational colleges, the teaching purpose of high school physical education should be started from three aspects: first, to cultivate students' physical ability. In PE teaching, we should adopt systematic methods to improve students' physique. Second, to develop physical and mental quality, in the process of higher vocational college graduates in employment due to influenced by external factors, should actively take measures, in order to improve the physical and psychological quality, develop good learning attitude, actively involved in the cultivation of professional skills, is vital for the long-term development of the higher vocational colleges, the sports teaching to their professional development as the core, to satisfy the needs of higher vocational students. Thirdly, it is very important for promoting the future development of students in vocational colleges to highlight the educational objectives, correctly grasp the physical education objectives of vocational colleges and do the corresponding educational work well.

## 3. ESTABLISH THE TEACHING MODEL

### 3.1 Under the guidance of teaching method, the structure of sports course is established, the teaching task is divided effectively, and the teaching efficiency is improved.

Before the implementation of educational activities, a complete teaching plan must be developed to ensure the smooth progress of physical education activities [2]. In the construction of PE education mode in higher vocational colleges, we must choose two levels of course organization and mode, which should not only conform to the content of the course, but also conform to the current situation, and use new ideas and means to ensure the smooth progress of PE curriculum. At the same time, we should make full use of the educational environment and equipment, effectively mobilize the enthusiasm of students, and improve the quality of physical education. In order to adapt to the requirements of the new curriculum, the teaching practice was effectively guided. Taking the students' career frustration tolerance as an example, we should pay attention to the evaluation of teaching basis, teaching content, teaching objectives and teaching results in teaching. Only scientific selection of classroom

teaching methods can make classroom teaching work get practical guidance, thus improving the quality and efficiency of classroom teaching.

### **3.2 Thirdly, the reform focus of higher vocational physical education under the guidance of vocational ability**

To truly implement based on vocational ability of higher vocational school physical education curriculum, is the key to grasp the teaching link, which is given priority to with professional ability of higher vocational school physical education curriculum, its core is the change of teaching courses, the teaching center of gravity shall fully improve the pertinence, from the traditional comprehensive teaching, And in the teaching process to carry on the teaching reform and adjustment constantly, in order to improve students'professional skills, and then achieve the purpose of teaching.

## **4. CONCLUSION**

In the new era, higher vocational college physical education has put forward new demands, and corresponding countermeasures should be taken to improve students'professional quality. In higher vocational colleges, it is necessary to change the educational concept, take corresponding teaching means according to different students'characteristics, strengthen the training of vocational ability, and provide a good environment for the development of career in the future.

## **REFERENCES**

- [1] Shao Yan. Vocational Competence-oriented Curriculum Reform of PE Teaching in Higher Vocational Colleges [J]. *Asia-pacific Education*, 2016(31):166+156.
- [2] Zheng Kai. On Vocational Competence-oriented Curriculum Reform of P. E. Teaching in Higher Vocational Colleges [J]. *Contemporary sports science and technology*, 2017, 7(14):114+116.
- [3] Feng Wei. Education Informatization Forum. The Reform and practice of social physical education Curriculum System based on vocational Ability Standard [J]. 2019(11).