

Practice of Introducing Quality Development Training into Higher Vocational Physical Education

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Abstract: To accelerate the development of physical education in China's higher vocational education and enhance students' comprehensive quality, basic teaching must be well done in higher vocational physical education. In addition, it is necessary to actively introduce quality development training so as to improve students' physical fitness and personal comprehensive ability with a mastery of basic physical skills. This paper will analyze the problems and improvement measures in the quality development training of higher vocational physical education and provide certain references.

Introduction

Reasonable application of quality development in higher vocational physical education can fully explore higher vocational students' physical education potential, practice their physical and psychological qualities, which can help to improve students' cooperative consciousness and guide students to establish correct world view, life view and value. During quality development training, it is necessary to insist the principle of learning and practicing simultaneously, which is also a teaching mode to achieve teaching objectives by enriching the students' experience.

Overview of Quality Development Training

Quality development training with popularity in western countries have been introduced to China with the development of the global economy. Quality development training as a type of outdoor training satisfies the training requirements through scientific transformation mainly with training place of natural environment. Related topics will be set during training to complete training content planning according to the topic content so that participants overcome difficulties in the natural environment, achieve training goals, and realize the objective of exercising, improving mental capacity and adaptability. Compared with traditional training mode, quality development training focuses more on the scientific use of the external natural environment, and realize the training goal through the setting of different scenarios to achieve the training objective. The abundant venue and flexible content during training can have a good function on improving trainees' physical fitness, thinking ability, and quality ability. However, it is not suitable for some patients with poor physical strength or heart disease.

Significance of Quality Development Training in Physical Education

Extend and enrich teaching content. The teaching content of quality development training can be enriched by simulating actual scenes, extending sports knowledge, and help students to perfect their sports literacy while gaining a good experience. Compared with the traditional teaching model, by quality development training, an interesting and challenging teaching environment can be created to fully highlight the students' subjective consciousness, give full play to their potential, and complete teaching assignments, so as to cultivate students' autonomous exercise sense and help teachers to understand and master students' characteristics, and use grouping and other teaching modes to

cultivate students' teamwork spirit, intensify communication and interaction effects, thus inspiring student energy and enhancing teaching quality .

Intensify students' physical functions. By integrating quality development training in physical education, the goal of cultivating students' learning consciousness and physical fitness can be realized. Students can complete the set training objective and improve their overall ability. In addition, students can also independently design and plan training content during quality development training according to their own or group characteristics, and formulate training programs under the guidance of teachers to complete training activities in the way they like, which can optimize their physical functions, innovate and optimize training methods simultaneously to satisfy specific requirements of physical education at this stage and enhance students' quality.

Enhance students' sports literacy. When carrying out quality development training, actual situation and students' learning ability can be combined to establish a targeted education and teaching mode, thus strengthening the pertinence and effectiveness of physical education so as to lay a solid foundation for physical education reform and teaching quality improvement. Furthermore, by carrying out quality development training, students can also train their spirit of working hard and team spirit, develop correct values, and help students to keep optimizing their professional quality and satisfy the requirements of quality education while experiencing the fun of training.

Problems of Applying Quality Development Training In Higher Vocational Physical Education

At present, a lot of vocational colleges focus on much attention to the effect of quality development training in physical education. Many universities have integrated the content of quality development training in physical education. However, there still exist very obvious problems during quality development training.

There exist hidden safety hazards during training. Due to the basic principle of safety, and highly competitive and stimulating quality development training, teachers need to consider students' personal safety during quality development training. Under the influence of factors such as site and project settings, there exist hidden safety hazards during training. Many higher vocational colleges fail to construct venues special for quality development training, and often set quality development training on the playground or outdoors. However, the venues mostly as hardened pavement under the influence of weather factors have not been processed by strictly following the quality development training requirements. Therefore, once students have accidents during training, the outcomes are inconceivable. Furthermore, quality development training project setting is challenging with danger of different degrees. Thus, adopting effective measures to reduce project risk and intensifying the training effect have become the key issues we need to solve.

Teacher team in quality development training needs to be built and improved. Teacher team plays an important role in education and teaching and serves as a powerful guarantee to achieve teaching goals and improve teaching quality. Strong teaching force can help to improve teaching quality. However, the quantity of professional talents is very limited during in quality development training in higher vocational physical education. Quality development training with short development in China lacks professional talents. The quality development training teachers in many colleges are physical education teachers or trained personnel, but the quantity of professional talents is obviously deficient. Furthermore, higher vocational physical education teachers mainly focus on traditional forms of physical training and engage in quality development training for a short time without accumulating abundant teaching experience. Quality development training teachers should have the ability of excellent project settings, rhythm control and emergency handling. However, physical education teachers in vocational colleges relatively lack above aspects, which is not good for carrying out quality development training.

Quality development training content is very complicated. It is easy to find out that quality development training in some colleges' physical education teaching with own deficiencies cannot meet daily teaching needs. Teachers cannot correctly comprehend the basic rules of curriculum content in

teaching. Due to a lot of important content setting in the curriculum, students cannot grasp the primary-secondary relationship of the curriculum so that they cannot be highly concentrated and cannot achieve the ideal training effect.

Students have own mentality problem. Currently, most of higher vocational students are only children, who generally fear hardships and fatigue. Also, many students who are self-centered cannot think from the perspective of others and heavily depend on parents and friends, which make some students unable to get along with classmates and share with others. They have poor teamwork ability in daily learning and life, and resist intensive and difficult training programs from inside, which greatly weakens the students' enthusiasm to participate in quality development training and go against effectively carrying out quality development training evaluation work.

Countermeasures to Effectively Carry Out Quality Development Training in Higher Vocational Physical Education

Enhance safety consciousness and maintain training safety. Teachers should attach great importance to students' personal safety while carrying out quality development training. Before training, teachers should conduct safety education so that students realize the dangers of unscientific training methods. Before course arrangement, it is necessary to take effective measures to strengthen the safety awareness of students and teachers. Teachers should also carry out comprehensive examination of student training equipment. In addition, teachers should instruct correct protection methods for students to avoid serious safety accidents during training. If any dangerous equipment during training, teachers should stop training immediately and report equipment problem to the university simultaneously. Colleges and universities should also dispatch maintenance personnel to complete maintenance work. Teachers should actively arrange students to assist in the equipment protection and management so that students can complete training tasks during training safely and smoothly.

Attach importance to the construction of teaching force. A sound teacher team takes up a very important position in quality development training, which is also an important foundation for project to be smooth carried out. The traditional physical education teaching model without vitality and fun makes lead students weary and resistant of studying and resistance. The quality development training teaching model can effectively improve this situation. As it has not been long since the quality development training were introduced in China, teachers lack a comprehensive understanding, and the content of quality development project differs from traditional physical education. For this reason, teachers need to strengthen learning in this aspect, and take effective measures for control and improvement.

Physical education teachers must systematically learn knowledge content of quality development training. Colleges and universities may also invite experts and scholars in related fields to hold lectures and speeches to instruct and propagandize correct training process and training methods, keep adjusting the training program. More than that, physical education teachers must timely adjust the main content and training methods of quality development training, which requires higher vocational physical education teachers to develop a new teaching concept and establish a universal training model so as focus more on learning and organization of quality development training. Meanwhile, colleges and universities should attach great importance to the training and guidance of physical education teachers for better integration of the quality development training content in physical education.

Main contents of optimizing quality development training. It is necessary to attach importance to endurance training in the physical education curriculum of higher vocational education. Strengthening students' endurance can enhance their comprehensive quality. Teachers need to actively integrate the teaching methods of endurance training, train students' perseverance spirit, and achieve teaching objective. At the education and teaching stage, teachers should adopt various measures and reasonably apply various school resources to create flexible and diverse endurance training methods. For instance, students can practice their endurance in long-distance running training. On the other

hand, students can strengthen physical functions to a certain degree, and enhance their comprehensive quality.

Again, coordination training as an important part of quality development training should be set as the main form by higher vocational colleges to adjust training methods timely according to students' individual characteristics. In coordination training, teachers should guide and encourage students to give full play to their creativity and imagination, adopt different activities, adopt flexible teaching modes so as to intensify the physical education effect and perfect students' comprehensive quality.

Explosive force training is particularly crucial in higher vocational physical education, which requires teachers to use more scientific and systematic training methods and modes to improve students' explosive force. It is necessary to analyze students' actual situation during teaching, and take personalized and differentiated training methods. Teachers should also rationally control the intensity and practice of training to prevent harming students' normal physical functions due to over-training. The last is speed training. Speed training sets higher requirements for students' endurance and physical strength. During training, students should comprehensively master the main content of training and highly integrate quality training and technical training so as to keep improving students' professional competence and physical quality.

Improve quality development training organization form. The quality development training in higher vocational physical education teaching with the core of enhancing students' physical and psychological qualities can meet students' learning demands so that they can establish a clearer and comprehensive cognition of themselves during learning, understand their capabilities, and finally develop science sports learning concept. Hence, during quality development training in higher vocational physical education, it is necessary to attach great importance to compulsory course design which contains correct operation of training equipment and facilities so that students should grasp sports skills in training. Teachers should enrich the activity form to fully demonstrate the vitality and fun of the activity, and guide students to take initiative to participate.

Compulsory curriculums with less difficulty and great popularity can get students participated more actively in physical exercise and stimulate them to participate in physical exercise. More than that, teachers also design elective courses. Some development projects of physical education curriculums are challenging, which set rigorous requirements for students' physical and psychological qualities. For this reason, students can choose their own elective content according to their actual condition to further strengthen their sports abilities. Teachers should highly respect students' subject status in teaching, play their guiding role, and create a suitable learning environment for students.

Establish and improve a sound evaluation system. Due to very obvious differences between quality development training and other courses, daily performance and the final score can be used to display learning results during the final evaluation of other subjects. The teaching effect of quality development training is mainly embodied in the transformation of students' physical and psychological qualities. Several tests simply cannot assess students' learning effects. Hence, teachers need to design several questionnaires at quality development training evaluation stage to take a more comprehensive evaluation on the fore-and-aft psychological transformation and behavioral characteristics of students. By comprehensively comparing relevant indicators and accurately assessing students' learning effects based on evaluation parameters, this can also create a good condition for integrating quality development training curriculum in higher vocational physical education at the same time.

Summary

At the current stage, actively integrating quality development training programs in the reform of higher vocational physical education curriculum has become a focus in the education community, which is also an effective measure to highlight the characteristics of higher vocational physical education and to satisfy the requirements of China's quality education. At present, very obvious problems still exist in the quality development training of higher vocational physical education curriculum. Education departments and schools should vigorously cultivate higher vocational physical

education teachers, promote the development and change of the higher vocational physical education curriculum system, and provide more integrated applied talents for the country.

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