

Analysis of the Cultivation Objectives of Higher Vocational Physical Education Talents in the Context of Health for All

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Abstract: With the in-depth promotion of the national healthy lifestyle action, health issues have become the focus of social concern, and higher vocational sports as an important means to improve the physical fitness of students has also received more and more attention. Combined with the background of national health, this paper analyzes the current higher vocational physical education personnel training objectives in the fuzzy nurturing goals, overemphasis on vocational physical fitness, curriculum content, and other problems, and puts forward the improvement direction of focusing on comprehensive quality training, strengthening the concept of lifelong sports, optimizing the curriculum, and so on, which is expected to promote the higher vocational physical education for a more comprehensive and healthy society to make a greater contribution.

Keywords: Health for all; Senior sports talents; Cultivation goal

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With the promotion of the national healthy lifestyle initiative in China, health issues have become a focus of attention for all sectors of society. Especially in the Outline of the Eleventh Five-Year Plan for the Development of Health Program, it is clearly stated that we should strengthen national health education and actively advocate a healthy lifestyle. Against this background, physical education in higher vocational education, as an important means to improve the physical quality of the nation, has received more attention. However, the nurturing goal of higher vocational physical education has been in a vague state for a long time, and even the phenomenon of overemphasizing vocational skills and neglecting the nurturing function of physical education has appeared to some extent. In this paper, we will analyze the positioning problem of the cultivation goal of higher vocational physical education in the context of health for all, combined with the characteristics of higher vocational education, and propose how to make due contributions to a comprehensively healthy society in terms of curriculum, teaching methods and goal cultivation.

1. Problems of the Current Training Objectives of Higher Vocational Sports Talents

(1) Vague goals of human education and lack of systematic planning

At present, the first problem in the cultivation of higher vocational sports talents is the ambiguity of the cultivation goal, which makes it difficult for each institution to form a unified direction in the actual operation. Higher vocational sports have long been developed under the model of general colleges and universities, failing to combine their own characteristics with clear training objectives, teachers and students are difficult to accurately grasp the core meaning of physical education. The goals of physical education in higher vocational colleges and universities are often just following the trend, without forming a systematic and differentiated cultivation plan, which results in a lack of a clear basis for the institutions to formulate the curriculum and assess the students.

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This ambiguous direction of human development makes physical education in higher vocational colleges and universities reduced to a "dispensable" existence, which affects the actual gains of the students, and fails to provide students with physical education that truly meets their development needs.

(2) Overemphasizing occupational physical fitness and neglecting overall quality training

With the orientation of higher vocational education gradually inclined to the cultivation of skill-oriented talents, physical education often focuses excessively on the training of vocational physical fitness in goal setting, neglecting the development of students' all-round quality. This overly utilitarian education model sees physical education only as a tool to support professional courses, ignoring the role of physical education in enhancing students' physical and mental health, cultivating team spirit and shaping their will. Under this model, the goal of educating sports talents is obviously biased, making higher vocational students lack of due connotation of physical education, and many of them are capable of certain physical labor when they graduate, but lack of good health consciousness and sound physical and mental qualities. In addition, the goal orientation is too single, but also easy to cause students to lose interest in sports, because they do not experience the balanced development of the body and mind, and can not really feel the joy of physical and mental qualities in sports.

(3) The content of the physical education program is homogenous and lacks innovation and practicality

In terms of curriculum, higher vocational physical education also suffers from the problems of single content and lack of innovation. For a long time, the physical education courses of many higher vocational colleges and universities still rely on traditional teaching content and methods, and cannot be adjusted and optimized according to the actual situation of students and social needs. Most of the courses are still dominated by some common sports programs, and students often can only choose from a limited number of sports activities and cannot experience the fun of diverse sports. At the same time, the curriculum lacks practicality, and the teaching mode still remains in the traditional mode of "teaching and learning", which makes it difficult to stimulate students' participation and interest. In addition, the lack of organic integration of the goal setting with the future career development of students, students in the classroom can not obtain practical vocational fitness skills, so that the final effect of physical education is greatly reduced, and can not be matched with the actual needs of the students, limiting the long-term development of physical education.

2. The Improvement Direction of the Cultivation Objectives of Higher Vocational Sports Talents in the Context of Health for All

(1) Focusing on comprehensive quality training and balancing occupational fitness with physical and mental health

In the context of national health, the primary improvement direction of the training of higher vocational physical education talents is to focus on the cultivation of comprehensive quality rather than limiting only to the strengthening of vocational physical fitness. Currently, there is an over-emphasis on the physical demands of skilled talents in higher vocational physical education, neglecting the overall development of students, which will seriously affect the overall quality of students and weaken the educative function that physical education courses should have. Therefore, the future of higher vocational physical education should combine vocational physical fitness with the cultivation of physical and mental health, and balance the relationship between the two. Specifically, the curriculum design should not only focus on improving students' physical fitness, but also incorporate mental health, emotional regulation and other contents, for example, to develop students' teamwork ability, stress resistance and physical and mental adjustment ability to cope with occupational stress through sports activities. In addition, teachers can add some psychological training related to career development in the classroom, and actively carry out outdoor development, athletic competitions and other activities, not only to exercise the students' physical fitness,

but also to stimulate their mental toughness with the help of practical situations. This kind of "both physical and mental" training method can make students not only have the professional physical ability to be competent at work, but also have the ability to maintain their physical and mental health in the complex working environment after graduation.

(2) Strengthen the concept of lifelong sports and cultivate students' awareness of healthy lifestyles

Health for all is not only about the present moment, but also a concept that lasts throughout one's life. Therefore, higher vocational physical education should strengthen the concept of lifelong sports and help students establish a sense of healthy lifestyle that lasts for life. At the present stage, higher vocational physical education programs often pay too much attention to short-term effects and ignore whether students can continue to maintain a healthy lifestyle after graduation, which is contrary to the long-term goal of universal health. In order to change this situation, higher vocational physical education should guide students to realize that physical exercise is not a short-term task, but a lifelong habit. Teachers can explain in class with the help of examples or invite experts in the field of health to share, so that students can understand the needs of physical health at different stages, especially for the physical fitness and health problems they may face in their future careers, and put forward corresponding health management suggestions. For example, for industries with a high risk of occupational diseases (e.g. logistics, machinery manufacturing, etc.), special sports rehabilitation courses can be designed to teach students how to prevent occupational injuries and maintain long-term health with scientific exercises. In addition, schools can provide students with convenient fitness facilities, encourage extracurricular exercise, and closely integrate physical education with a healthy lifestyle, so that students can continue to consciously maintain their exercise habits after graduation and realize the goal of "lifelong physical education".

(3) Optimize the curriculum and enhance the practicality and diversity of the courses

The single curriculum, lack of practicability and diversity of higher vocational physical education courses is another important problem that affects the effectiveness of physical education. To truly realize the goal of health for all, the design of physical education courses must meet the needs of students at different levels and be practical and innovative at the same time. First of all, in the optimization of the curriculum, more career-related sports can be introduced, so that students can learn sports skills while improving the physical fitness closely related to their future careers. For example, for students engaged in construction, logistics and other industries, a series of specialized physical training programs such as strength training and balance training can be introduced to help them improve their physical strength and coordination at work. Secondly, the content of the courses should be more diversified, breaking the traditional limitation of a single program and adding modern and personalized courses such as yoga, calisthenics, outdoor sports, etc., so that students can choose suitable sports according to their own interests and needs. Schools can also organize regular sports activities or competitions to enhance students' sense of participation and improve the fun and challenge of sports courses, so as to stimulate their interest in sports and increase the actual effect of sports courses. In the long run, higher vocational physical education will be able to better meet the vocational needs of students, as well as enable them to gain health, enjoyment and growth in diversified sports activities, contributing to the realization of the goal of health for all.

3. Conclusion

In general, under the background of national health, the talent cultivation goal of higher vocational sports urgently needs to shift from the traditional vocational physical fitness orientation to the idea of comprehensive quality development. When formulating the talent cultivation goal of higher vocational sports, it is necessary to balance the vocational physical fitness and physical and mental health as much as possible, strengthen the concept of lifelong sports, and optimize the curriculum, so that it can better satisfy the individual needs of the students, and

promote the enhancement of the overall health of the society. However, this change cannot be achieved overnight, and it requires the participation and support of all parties. Reflecting on the current educational practice, in the future, higher vocational sports should further strengthen the guidance of students' health consciousness, break the rigid teaching mode, and truly realize the long-term goal of universal health.

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