



Research Article

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Study on the effectiveness of physical education practice courses in higher vocational schools

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ABSTRACT

One way to improve teaching quality in higher vocational schools is to implement practice courses whose teaching effectiveness is closely linked to students' employment problem and is decisive to help students meet the requirement of their future vocation. Among all the practice courses, physical education, as an important part of the higher vocational school education, has been gaining more and more regard from the public. This paper analyzes the content and meaning of practice courses and the necessity of the implement of effective physical education in higher vocational schools. Furthermore, it conducts an insightful research on the effectiveness of the physical education in higher vocational schools and later on, introduces practical measures to increase the effectiveness of physical education in terms of its content and meanings.

Keywords: higher vocational education, practice courses, physical education, effectiveness, content, meanings, measures

INTRODUCTION

Higher vocational education, with securing employment as its goal of all time, dedicates itself to the cultivation of highly-qualified, talented and application-oriented professionals who work on the frontline of the production, construction, management, and service industry. In recent years, practice courses has become a new teaching method for the cultivation of those professionals in higher vocational school, and has been subjected to the criterion measuring the teaching quality of this kind of schooling. Physical education, aiming at increasing g students' fitness level, is a guarantee of enhancing students' physical constitution and an important component of the practice course because higher vocational schools' students need not only professional techniques, but also a healthy body so as to be able to participate in social activities.

2 CONTENT AND MEANIONGS OF PRACTICE COURSES

With the constant progress of our society and the ever enrichment of the curriculum, the practice course is making its way to the higher vocational school system. The practice course, as the name suggests, is a new teaching idea and method, combining quality teaching with practical training and other innovative ideas. This teaching system not only hones students' knowledge and skills but also promotes their practical ability and ensures their self-development. A case in this point is the implement of practice courses for the landscape architecture major. In the education, schools need to teach students theoretical knowledge about landscape architecture along with the practical skills concerning designing and construction. The practice course's meaning lies in deepening students' understandings to their basic professional knowledge while offering them a chance to learn more about actual job prospect and about themselves in a broader and clearer way. It enable students, as the principle part in teaching assessment, to evaluate their education, which realize the higher vocational schools' goal and improve the competitiveness of the higher vocational school among many kinds of schools.

3 NECESSITY OF EFFECTIVE PHYSICAL EDUCATION IN HIGHER VOCATIONAL SCHOOLS.

Physical education in higher vocational schools is essential in students' all-round development. It is the basis of the effort to improve students' constitution and to further their physical development so as to strike the balance between students' professional study and their fitness status. In today's society, not only do we need students proficient in their professional skills, but we need students who have a good constitution as well. The teaching of physical education in higher vocational schools, instead of simply delivering a lesson, should include students in the learning of the regarding sports knowledge and of how to exercise and leading a healthy lifestyle so as to cultivate their interests in sports and their habit of exercising regularly and help they to gain the idea that exercising independently is a lifelong commitment that they should have, even when they have entered the work force. In order to realize the ultimate goal of the physical education, it is necessary to promote the study on the effectiveness of physical education as a practical course.

4 MEASURES TO IMPROVE EFFECTIVENESS IN PHYSICAL EDUCATION IN HIGHER VOCATIONAL SCHOOLS

4.1 regard students as main subject

Everyone is equal in education, with no exception in physical education. We should pay more regard to students, the main subject of physical education, to treat them as the independent learning. In today's physical education ideas, teachers are responsible for igniting student's interest in sports and cultivate students' consciousness of sports' benefits so that they will regard spots as fun and one of their hobbies or specialties. In the actual teaching, students should be given more freedom to participate in sports they are passionate about and teachers, in turn, are obliged to design curriculum based on students' interest, which not only entitle students the right of choosing sports they like and also make it convenient for teachers to maintain the class order. Table1 is the results of a survey on students' idea of what content should their PE class contain in one higher vocational school.

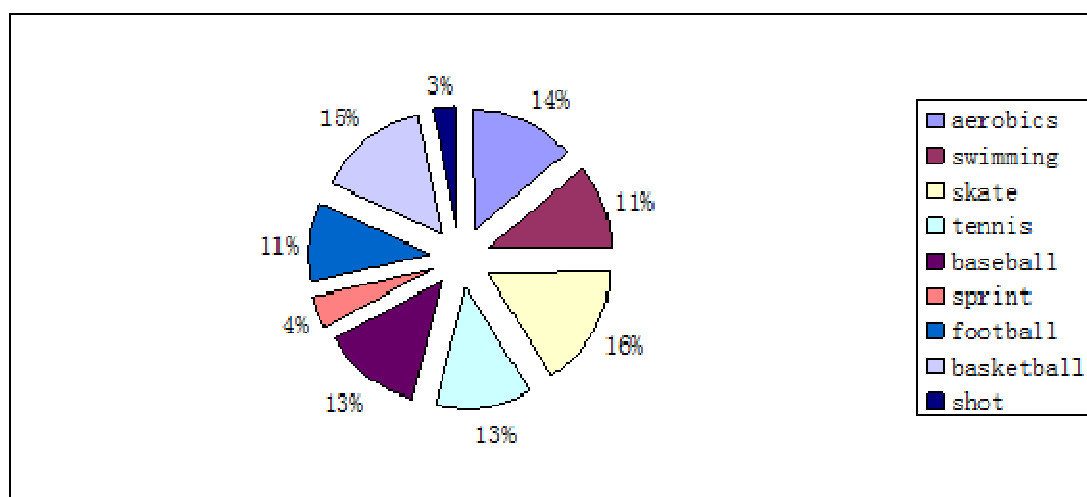


Table1

In the education process, teachers should be able to switch the role with students and encourage them to play the most important role in practice courses, showing their sports talents. Teachers also play an indispensable part in the teaching. That's why they should specify their obligations, which include leading students to be interested in sports and leading them onto the right track to be independent and proficient in study. In physical education, teachers should note students' actual situation, adopt diverse and effective method to evoke students' activeness and motivation. Besides, they need to take an attentive care of students' school life so as to enhance the humanitarian atmosphere in higher vocational schools and raise student's all-round quality, which can then successfully lead to the organic combination of the cultivation of body and mind and strengthen students' will power and creativeness.

4.2 teach students in accordance with their aptitude; to develop their personality

Quality education aims at all students. Here, "all" doesn't have a connotation of "equalitarianism". Instead, it should cater to every students in accordance with their personality and ensure the development of their individuality. Every student is different in one way or another, which requires that teachers analyze their difference and teach them in accordance with their aptitude in order to kindle every student's activeness and promote their personal development in the independent learning. The teaching scheme that teachers make should aim at the integration of students as a group as well as their difference; at improving their fitness as well as selecting the best students. Physical education should avoid the blind pursuing of uniformity but rather should categorize students according to their personal traits,

based on which teachers will decide what to teach. This will cater for students' different needs and ensure their steady progress. For example, shorter students take no advantage in sports such as basketball and high jump so teachers may as well offer them speed and strength training; some students are not brave enough to take part in activities such as high jump and volleyball so teachers in this case would be better to provide them with supplementary tools, such as rubber bands to replace cross bars used in high jump to reduce difficulties, and encourage them with tender words until they accomplish their given task.

4.3 attach more importance to mental health education and students' psychological development

With health education having become one of the compulsory courses in higher vocational schools, it takes up a certain place in students' study. In physical education, the teaching of the relationship between P.E and health should be included; students' health consciousness should be paid more regard to; students' fitness level and the adaptability should be further increased in accordance with the instruction and spirit that "health is the priority". As students in higher vocational schools, compared to those in colleges and universities, have been put to an inferior position in terms of knowledge education in addition to psychological pressure they suffer from the society and their family, the spirit of P.E. can now fully applied its positive influences. Health education at this time, should be made in accordance with students' psychological problem. For example, more team sports can be introduced into the physical education to cultivate students' teamwork awareness; more competitive activity to cultivate students' perseverance; more sports activities like football, basketball or volleyball matches to cultivate students' temper-controlling ability. Teachers need to be good at exploring students' talents in sports and give them encouragement and assurance to help them build up their confidence. As long as P.E. teachers wholeheartedly promote the consciousness of psychological health, students' good psychological quality can be gradually strengthened and students' comprehensive ability can be improved.

4.4 have a characteristic teaching content

Every higher vocational school has its own characteristic culture and its own orientation in students' cultivation. Physical education has encountered many problems and it is still not so easy to find the right track to develop effective physical education. Physical education in higher vocational schools needs to be in accord with the characteristic teaching of the schools and the development of the society. The establishment of a characteristic curriculum first needs the implement of the P.E. course system that reflect the real situation of every school to enrich the teaching content. On top of that, P.E. courses should be based on students' real situation to increase the gravity of the teaching content and propel the development of the effective physical education so that students' professional quality can be further improved. But how can we establish a characteristic curriculum? First, we need to improve the quality of the teaching material, especially the one on P.E. courses in higher vocational schools; second, enhance the teaching of the P.E. optional courses in higher vocational schools to establish the "three-independence" class choosing system, which represents: "the first independence", which refers to students' entitlement of choosing classes according to their interests and personal conditions; "the second independence" which gives student's ability to choose the time of classes they want to attend; "the third independence" which means students can choose their teachers on their own, with teachers providing students with the courses' content, requirement, place and time.

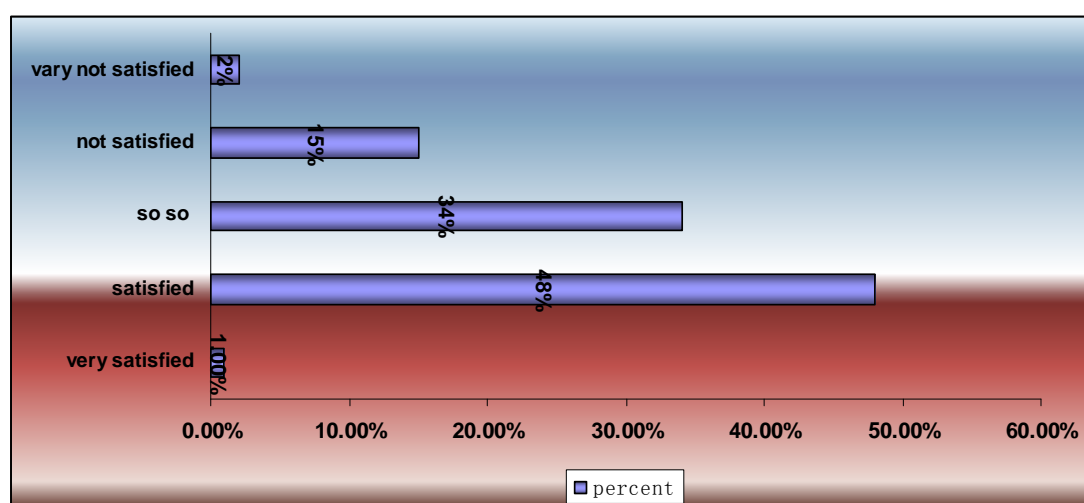


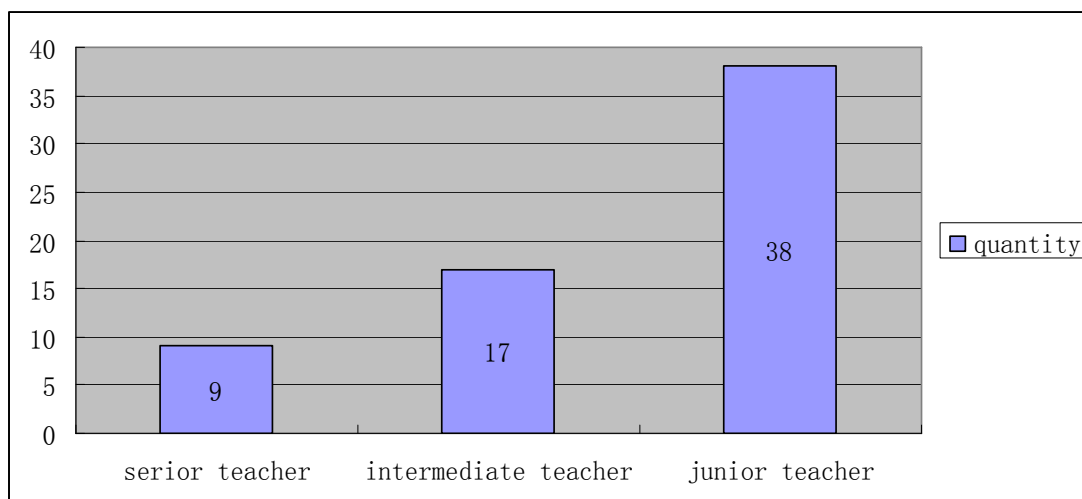
Table 2

Physical education should try to include new element into its teaching, such as to involve more sports activities that students passionate about. Besides, physical education should also reflect their goal of cultivating professionals for

different vocations and introduce more teaching content regarding student's professional study. In P.E. courses, we should bring students specialized professional physical quality that they need in their later vocation. P.E. teachers can organize their teaching according to students' future jobs. For instance, tourism major should be trained to increase their stamina and given courses on mountaineering, hiking, golf and the likes. This not only increase students' learning interest, but also meet need of students' future development and thus improved the effectiveness of the P.E. courses. Table2 reflects students' satisfaction towards P.E. courses in higher vocational schools and from it we can learn that almost half of students surveyed do not agree with the curriculum system, which is the reason why reforms should be made as soon as possible.

4.5 enhance development of P.E. teachers

It is indispensable during the process of improving the effectiveness of the physical education to enhance the development of P.E. teachers. Below is a survey on staff of one higher vocational school.



At the present, this higher vocational school is not outstanding in terms of the teaching staff's strength. If the school is intent on improving its teaching quality, it should conduct the construction on the teaching staff and recruit high-quality professionals. Furthermore, it needs to strengthen the idea change of teachers' and proceed to the bold innovative reforms on the teaching methods; it should promote the physical education idea that "health is the first priority" and insist on it throughout the education process; it is also necessary to improve teacher's teaching quality in higher vocational schools and conduct the regular training and examination on teachers; last, it should require teachers to conduct more scientific research in order to promote a multi-goal-integral-developing teaching method.

4.6 construct a multi-evaluation system

Reforms on the physical education evaluation are an indispensable measure in improving the effectiveness of P.E. practice courses in higher vocational schools. Conventional means of evaluation serves always as an examination on student's fitness, proficiency and academic performance and as an important standard for the evaluation of the teaching results and teaching quality. To improve the physical education's effectiveness, a comprehensive multi-evaluation system which covers students' fitness, the improvement of their constitution, the command of P.E. knowledge, P.E. skills, the practical application of the skills, students' ability to carry out independent P.E. activities and other aspects.

Different evaluation standards should be made according to different grades' learning tasks, their actual P.E. level, their fitness and etc. After that, it should focus on the school's student increase and students' actual P.E. performance. This kind of evaluation methods not only meets the requirement of the National P.E. Training Standard, but it can also actively motivate students to exercise and have a good command of P.E. knowledge and skills.

CONCLUSION

All in all, it is a long-term systematic work to improve the effectiveness of the P.E. practical courses in higher vocational schools, which serves as the backbone of higher vocational education for all eternity. This work requires higher vocational education workers to constantly enhance their own professional development, to change their teaching idea, to innovate the teaching content, to further the consistent study and research and put their efforts into the realization of the goal of higher vocational education.

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