Experimental Discussion on the Cultivation of Students’ Social Adaptation Ability through Higher VOC

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Abstract

The reserve base of higher vocational talents is the foundation of talent cultivation, which should cultivate students' professional ability, as well as strengthen the social adaptability of students. Since students in higher vocational institutions have to face more subjects and activities, students are under great pressure to work, so physical education can bring students a period of relaxation, which is the reason why all higher vocational students like physical education. When implementing physical education, we should take the premise of improving students' overall quality, pay attention to students' development, adhere to the idea of "health first", and constantly learn, summarize and innovate teaching ideas and methods. Fundamentally improve the basic quality of students, and then promote the overall and healthy development of students. At the same time, physical education can also improve students' social adaptability so that they can have a greater ability to survive in the future development. This paper explores the current reality of physical education in higher education institutions, and then discusses in more detail the issue of how to improve students' social adaptability.

Keywords

Higher vocational education, Physical education, Social adaptability

1. Introduction

While deepening the education reform, higher vocational institutions must update the concept of physical education teaching. In physical education, teachers should not only focus on the exercise of students' physical fitness, but also on the cultivation of students' social adaptation ability, so that students can form good learning habits in physical education, enhance their team spirit and competitive consciousness, so as to better cope with various vocational challenges, and make students better adapt to society and better integrate into society. At the same time, we can provide teachers with new teaching approaches and new ways of thinking in cultivating students' social adaptability, and finally promote the cultivation of students' social adaptability.

2. Analysis of the Current Situation of Physical Education in Higher Education

2.1 Teaching Content is too Monotonous and Dull

In the past physical education in higher education institutions, teachers focused more on training students in single technical movements, and this simple training could not achieve the purpose of improving students' sports level. In addition, because the simple basic exercises have a great randomness in teaching, teachers do not set clear teaching objectives which make students feel boring in training (Kyle M. L., 2020). Currently, most physical education teachers in
higher education institutions do not have their own independent teaching methods, and they still follow the traditional teaching methods. In the classroom, students can only complete their tasks according to the teacher's requirements, which affect the teaching effect of the classroom. In the teaching of physical education in higher education institutions, few teachers will use the contents in the textbooks, and the physical education textbooks vary from region to region, and the overall contents are not scientific and complete enough, which is difficult to meet the current needs of physical education in higher education institutions. Besides these, the others are some leisure courses that do not receive much attention.

2.2 School Teaching Resources are Stretched and Goals are not Clear

At present, the number of higher vocational colleges and universities in China continues to grow, which leads to the expansion of many higher vocational colleges and universities. However, the lack of perfect physical education equipment, coupled with the limitation of teaching places, has a certain impact on the effectiveness of higher vocational physical education, which makes it difficult to carry out many programs and also restricts the training of some students. In addition, physical education teachers in higher education institutions lack specific teaching plans, and their determination of overall teaching objectives is vague, which results in inefficient physical education (Pällysaho Selima et al., 2021).

3. The Importance of Cultivating Social Adaptability in Higher Vocational Education

3.1 Social Adaptability is an Important Content of Future Education in Higher Vocational Colleges

The basic purpose of education in higher vocational institutions is to meet the needs of economic and social development. We should not only cultivate composite application-oriented talents with innovative spirit and professional skills, but also adapt to the characteristics and abilities of different disciplines, and constantly broaden and innovate teaching contents. In response to the problem, higher vocational institutions should carry out reform around the above content, in cultivating students' comprehensive quality, training objectives and improving students' social adaptability (Siyi Gong et al., 2020).

3.2 Improving Students' Sense of Cooperation

There is a significant feature of sports activities, which is to rely on teamwork to achieve. For this reason, physical education in higher education institutions should give full play to the characteristics of sports. Collective activities are carried out in physical education classes to enhance students' team spirit, thus promoting their collective learning. For example, in physical education, teachers can fully integrate sports such as soccer, basketball and group exercises into sports competitions and cultivate students' cooperation and team spirit through group competitions, so as to improve students' social adaptation ability (Kosho Kasuga et al., 2020).

3.3 Improve Students' Psychological Quality

Physical education in higher education institutions is a kind of open education, which cannot be bound by time and space. It should break the limitation of classroom and enter into the school life to strengthen students' physical fitness, so as to improve students' comprehensive quality in physical education. On the one hand, schools can hold sports and cultural festivals to improve students' practical hands-on skills, or establish sports clubs under the guidance of teachers to improve students' organization. On the other hand, through the cooperation between schools and enterprises, corporate sports and students' sports activities can be combined to provide students with opportunities for social practice, so that students can better understand corporate culture and clarify their job needs.

3.4 Improving Students' Physical Fitness

The main purpose of physical education is to improve students' physical fitness, and the role of sportsmanship for students is neglected. Teachers need to effectively develop students' social adaptability, good exercise habits, lifelong fitness concepts, develop positive physical skills, break the confines of the classroom, and consciously work on their own fitness and strengthen their bodies as a way to adapt to the needs of society (Papirnyk R. B., Yevsieieva P. H., & Babenko V. A., 2020).

3.5 Develop Students' Character and Ability in All Aspects

In physical education in higher education institutions, it takes a long time to realize students' social adaptability.
During this period, teachers need to improve their curriculum. According to their learning purposes, they should develop a more perfect and targeted training program. Improving students' social adaptability through physical education programs not only improves their sense of self-development, but also enhances the sense of honor and interest of the group and strengthens their team spirit. Among the sports programs, many of them are competitive, and the most important feature of these programs is their competitiveness. Therefore, these programs can not only develop students' sense of competition, but also exercise their resistance to stress, so that they can perform better in their future careers. There are many sports that require cooperation between students, such as basketball, soccer and relay, so that students can fully understand the role of the team and thus be prepared for their future work (Guobiao Yang, Xinxin Yang, & Junjun Dai, 2020).

4. Strategies for Cultivating Students' Social Adaptation Ability through Higher Vocational Physical Education

4.1 Promote Students' Personalized Development and Stimulate Their Learning Enthusiasm

Traditional physical education does not fully take into account the different characteristics and needs of individual students, and a single teaching method can easily make students lose their interest in sports. To improve students' social practice, we must guide them to establish the spirit of participation in physical exercise, so that they can be integrated into sports, thus increasing their interest in learning. At the same time, it is necessary to fully understand the age structure, gender structure, and ratio of students, and to teach physical education according to their physique, interests, and characteristics in order to improve their individual development. For example, higher vocational institutions can offer elective courses, set up different interests of male and female students, and set up high-intensity sports and low-intensity sports training. Such as basketball, soccer, aerobics, yoga, volleyball, table tennis and other sports for men and women, rich and diverse elective courses to meet the interests of students (Denhaerynck Kris et al., 2021). In teaching, teachers should teach students in different levels according to their different intensities, so that students can better develop their potential, thus improving their social adaptability.

4.2 Sharpening students' wills and improving their social adaptability

The intensity and difficulty of physical training in higher vocational institutions are higher than those in secondary schools, and some sports are more physically demanding. For example, competitive sports, sports that require teamwork, students in vocational schools have more and more things to do, so most of them don't have much time to exercise themselves, which leads to students' weak mental ability. In response to the current problems prevailing in higher vocational education, physical education teachers should focus on cultivating and improving their will quality, so that students have strong endurance, perseverance and courage to deal with all kinds of difficulties and challenges in life and academics. In addition, teachers can also use these activities to make students understand that no matter what the job is, it is not an easy task. The students' happiness will be greatly enhanced by their own efforts to succeed in teamwork, and the teachers will reinforce the students' emotions and make them work harder in the future. For activities that require teamwork, students can be made aware of the importance of "teamwork", thus increasing their need for self-reliance, exercising their will, and improving their social adaptability (Junjun Yang, 2022).

4.3 Implementing "Moral Education" and Promoting the Formation of Students' Ideological Quality

In traditional higher vocational physical education, teachers often focus on students' knowledge and mastery of sports, but ignore the importance of physical education, so that students do not have a clear goal in the process of physical education courses, resulting in problems such as "high score and low ability" and "polarization". Therefore, in the current physical education in higher education institutions, we should clarify the purpose of physical education, effectively improve students' physical fitness and morality, and seize the best opportunity of education reform to fundamentally realize the effectiveness of physical education. First of all, the daily education is that physical education teachers must constantly improve their professional quality and play their exemplary role. For students, every word, action and personal cultivation of the teacher will have a profound influence on them. Secondly, in the usual teaching, we should be good at discovering and mastering the content of moral education in physical education, so that students can grasp the essentials and face the difficulties and challenges in learning head-on, so that they can be brave enough to overcome difficulties and psychological barriers, making them a strong spiritual quality. Finally, when implementing different sports programs, teachers should integrate the content of moral education into the teaching. For example, through various forms of ball games, students can realize the importance of teamwork, thus improve their learning ability (Shuangyan Shi & Fei Dai, 2022).
4.4 Strengthening the Integration of Physical Education and Society

Students in higher vocational institutions will face internship and employment one to two years after graduation, so while improving their vocational skills, they should also focus on cultivating their social adaptability. In the specific teaching, we should design and arrange the teaching process reasonably according to the content of the curriculum, and actively include the elements of clubs to improve their physical fitness, as well as to improve their adaptability by participating in sports activities. For example, teachers will organize different majors and hold a friendly basketball game regularly. The teacher will be the coach and referee, while the class leaders and students will do the specific teaching, so that the students can acquire knowledge and exercise their organizational and sociability skills at the same time.

4.5 Optimization of Teaching Content

In physical education, the scientific development of students' social adaptability is the main purpose of its teaching activities, ensuring that they are better able to participate in the workplace in a fierce market environment. Therefore, physical education teachers must scientifically adapt the teaching content to ensure that it is integrated with the students' professional careers, so that they can continuously strengthen their moral and professional abilities in life, ensuring they can better adapt to the work environment in the future (Coral Josep et al., 2020). For example, when teaching passing and catching, it is necessary to adjust the teaching content in a reasonable way to ensure the smooth progress of students' future careers. In the specific educational work, teachers should organize students to perform several sports such as quadrilateral passing and contact barriers. The teaching content is scientifically adjusted according to the actual situation of the students, which ensures that the students can better express themselves and thus ensure their cohesion. In the process of implementing educational efforts, it is important to effectively break the existing curriculum structure and change the physical education curriculum. The physical education teaching system is reconstructed according to the professional characteristics of the students, so as to adapt to the requirements of social production.

4.6 Enriching Teaching Activities

Generally speaking, in higher education, there is some kind of connection between students and schools, and students' physical education learning shows some common points in different periods, but when "post-00s" occupy the majority, the teaching focus will change. With the development of the times, students' physique is also changing, and if teachers still stick to traditional teaching methods, the quality of teaching will be affected. Currently, students are very dependent on the Internet. Therefore, in the specific implementation of physical education, it is necessary to achieve scientific innovation and return students' attention to real life. Sports such as real CS and rock climbing are a common concern of today's youth. Therefore, in the process of physical education, we must carry out an in-depth analysis of these activities to ensure that the overall quality of students continues to improve, thus promoting the effective improvement of their social adaptability (Zhamardiy Valeriy O et al., 2020).

4.7 Creating Teaching Context

In the senior physical education classroom teaching, how to scientifically create a teaching situation is an important task for senior physical education teachers. For example, when teaching volleyball relay, teachers should organize the students' teams reasonably according to their actual situation, ensuring smooth cooperation among students, so that they can cooperate better and solve problems before they take part in the work. By creating a reasonable teaching environment, students can further improve their adaptability, and then ensure that they can quickly adapt to their new jobs in the future, thus ensuring that they can achieve greater development in the fierce market competition. Improving students' training enables them to better adapt to the needs of their future jobs.

4.8 Using the Advantageous Features of Physical Education to Enhance Students' Social Adaptability

Physical education exercises both the physical and mental development of students and their physiology. It can exercise students' physique as well as improve their basic athletic ability, and finally develop a positive and aggressive character in the process, dare to challenge, be able to bear hardships, not afraid of setbacks, overcome difficulties and go forward. Therefore, in the physical education curriculum of higher education institutions, we should fully consider the educational functions of both, so as to improve the social adaptability of students. In addition, as a physical education teacher, we should pay full attention to students' mentality and behavior in teaching, and give them skills, care and encouragement at the right time, so as to improve their athletic ability and confidence.
5. Conclusion

In conclusion, physical education in higher education institutions, due to its special advantages, it is conducive to promoting students' social adaptability. In the specific teaching, teachers should organically combine education and society, so that students can have a clear understanding of the development of the association, which is very important to cultivate students' social adaptability, so as to provide more excellent talents for the country and society.

References


