

# Analysis on the Implementation Path and Effectiveness of Public PE Teaching Based on Career Orientation

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## Abstract

Therefore, it is very important to optimize and innovate the PE teaching mode. Although the current situation of the public PE curriculum is not optimistic, as long as schools and teachers pay enough attention to the PE curriculum, change the work concept and innovate the work mode, the teaching quality of the PE classroom can be improved. The optimization and innovation of PE teaching mode is the key content of the current PE reform, but many PE teachers are not good at improving the professional quality of students. PE is the most important stage in cultivating students' physical ability and quality. Moreover, he is also an instructor for children to participate in physical learning and exercise, and is concerned about the physical and mental health of children. Therefore, public PE teaching should overcome the drawbacks of the previous teaching mode construction, and perfect and optimize the public PE teaching mode from the perspective of professional orientation. To meet the actual needs of students, in order to improve their physical fitness, social adaptability and comprehensive quality, so that students can quickly adapt to the work environment. Mastered sports knowledge and skills as the main starting point, combined with the current situation of its sports teaching content, put forward the overall idea of its sports teaching content reform. This paper mainly analyses the difficulties of the reform of PE from the perspective of Vocational guidance. This paper elaborates the construction of the guarantee mechanism for the reform of PE under the guidance of occupation.

## Keywords

Career orientation; Public sports; Education.

## 1. Introduction

Public Physical Education (PE) plays a very important role in education, which is of great help to improve students' physical quality, social adaptability, comprehensive quality and professional ability, and can prompt students to quickly adapt to the working environment after graduation. Therefore, it is very important to optimize and innovate the PE teaching mode [1]. Although the current situation of public PE curriculum is not optimistic, as long as schools and teachers pay enough attention to PE curriculum, change their working ideas and innovate their working modes, the teaching quality of PE classroom can be improved [2]. Institution of higher learning should explore a brand-new teaching mode, take "improving students' comprehensive quality" as the development goal, optimize the curriculum, and meet the needs of all sectors of society and educational development. The optimization and innovation of teaching mode is the key content of current PE reform, but many PE teachers are not good at improving students' professional quality [3]. In order to optimize the teaching mode from the perspective, it is still difficult for the optimized teaching mode to adapt to the needs of social and educational development. It is an inevitable requirement for kindergarten teachers to master the corresponding physical knowledge and skills to ensure that they can scientifically guide children's physical exercise [4]. PE is the most important stage in cultivating students' physical

ability and quality. Correct PE helps students develop a healthy lifestyle and good living habits, so it is of great significance to promote the reform of PE with career orientation.

With the development of society, China not only has technical and knowledge requirements for those who work in the production line, but also puts forward higher requirements for their quality. Kindergarten teachers are a special kind of teachers, they not only bear the responsibility of imparting cultural knowledge and life skills to children [5]. Moreover, he is also an instructor for children to participate in physical learning and exercise, and is concerned about the physical and mental health of children. Therefore, public PE should overcome the shortcomings of the previous teaching model, and improve and optimize the public PE model from the perspective of career orientation [6]. Overcome the disadvantages in public PE teaching and fundamentally improve the public PE teaching mode in Institution of higher learning. Meet the actual needs of students, in order to improve their physical quality, social adaptability and comprehensive quality, so that students can quickly adapt to the working environment [7]. At present, Chinese Institution of higher learning are mainly based on the optimization and reform of PE teaching mode from the perspective of "career-oriented". However, there are still many problems in the process of reform and innovation. Make the optimized teaching mode still difficult to meet the needs of social and educational development [8]. Mastering the knowledge and skills of PE as the main breakthrough point, and combining with the present situation of PE content, this paper puts forward the overall thinking of the reform of PE content.

## **2. Analysis of the Predicament of PE Teaching Reform from the Perspective of Professional Guidance**

### **2.1. Under the Background of Examination-oriented Thinking, The Concept and Thinking of PE Teaching Are Conservative, And the Teaching Content Is Stylized**

Influenced by traditional teaching concepts, at present, many Institution of higher learning mainly focus on teachers, textbooks as the main content, examination-oriented teaching methods, and teachers design teaching content with teaching objectives as the indicators of student assessment. Pre-school education students in Institution of higher learning organize and guide the process of young children's sports activities. There are also PE teaching phenomena, such as the teaching of various types of exercise, the organization and demonstration of running and jumping movements, etc. [9]. However, many Institution of higher learning in China are influenced by the traditional PE teaching concept, and still follow the PE teaching mode of technical secondary schools or undergraduate courses. Failed to create a public PE teaching mode suitable for the characteristics of this college [10]. From this perspective, there is a "blank" phenomenon in the teaching mode of public PE. The expert evaluation results show that this questionnaire has timeliness. As shown in Table 1.

**Table 1.** Basic statistics of experts

Title	Professor	Associate professor	Total
Number of people	14	2	18

In addition, there are loopholes in the curriculum system of Institution of higher learning. Usually, the theoretical courses and practical courses of public PE can't be carried out simultaneously, which makes it impossible for students to implement the contents of theoretical courses in practical courses, which not only affects students' cognition, but also reduces the quality of public PE teaching. Therefore, the content of the test will also occupy part

of the classroom teaching time. In order to improve the learning efficiency of the students, the PE courses are full of content related to the test, but there are relatively few theoretical courses to improve the students' physical quality.

## **2.2. The Development of Teachers' comprehensive Professional Ability Under the Evaluation Mechanism Lags Behind and Their Burnout Is Prominent**

Teacher resources and comprehensive quality of PE have a great influence on the reform of PE. In the teaching content, sports are still the main items, while physical training and health knowledge are supplemented. It makes the profession and teaching, practice and theory contradict, lacks the vocational specific training, and can not meet the actual needs of students, resulting in the poor enthusiasm of students in learning sports knowledge and skills. The establishment of required courses must mainly focus on health education, and improve the enthusiasm of students to participate in sports activities by carrying out some interesting activities. In terms of teaching content, public sports courses and the combination of theoretical content, practical courses and teaching methods, that is, students have not planned their own career development direction in the course. And the teachers did not guide the students in career planning. In the teaching content, the integration of occupation and teaching, practice and theory has not been achieved, that is, there is little content about students' future career development in the teaching content, and there is a lack of vocational training in practical training. The lack of macroscopic guidance and conceptual guidance is an important reason why preschool education majors in colleges still adopt the traditional PE curriculum standards to organize PE content. On the other hand, teachers themselves lack theoretical knowledge and exploration of teaching, and they are busy dealing with school work indicators, so it is difficult to improve their own quality.

## **3. Construction of the Guarantee Mechanism for the Reform of PE Teaching in Institution of Higher Learning under the Occupational Orientation**

### **3.1. Institutional Guarantee Mechanism Is the Premise**

As a prerequisite for the reform of PE in Institution of higher learning under the guidance of occupation, the system guarantee mechanism is not conducive to the reform of PE in Institution of higher learning without a perfect system and appropriate encouragement. At present, there is no content of PE method or practice in the teaching content of pre-school education major in Institution of higher learning. The organizational form of teaching is still a very simple traditional teaching method. The main purpose of teaching is to develop students' physical fitness and sports skills. It does not attach importance to the promotion and development of students' PE and activity organization ability at all. Simply put, it is to integrate career planning orientation into public PE teaching, guide students to formulate a perfect and detailed career planning scheme, and carry out public PE teaching according to this scheme. Teachers' professional knowledge of PE curriculum objectives is insufficient, and it is necessary to strengthen the professionalism of curriculum objectives according to the characteristics of vocational colleges. As shown in Table 2.

More importantly, teachers should also improve the evaluation mechanism of the past PE, and change the content and mode of students' learning through the change of the evaluation mode. And students' attitudes, skills, physical fitness and other aspects will be included in the evaluation system. The so-called rhythm actually refers to a kind of mood and flavor produced by the rhythm. Curriculum evaluation is the direction of PE teachers' teaching improvement, and it is also the motivation for students to stimulate students to participate in and love PE. As shown in Table 3.

**Table 2.** PE Curriculum Objective Statistics

Target content	Number of people	Proportion
Improve physical fitness and cultivate lifelong sports awareness	28	90.1%
Promote the development of students' good will and quality	20	73.1%
Improve mental quality	19	69.4%
Improve future job adaptability	5	13.7%
Improve athletic ability	25	77.2%

**Table 3.** Statistical Table of PE Teaching Evaluation

Project	Number of people	Proportion
Incentive evaluation	10	29.5%
Pay attention to the result evaluation	22	81.1%
Focus on process evaluation	6	26.9%
Balance process and results	7	16.1%

Secondly, the PE department should combine the students' professional characteristics, constantly update the PE teaching system, and set the PE teaching objectives under the guidance of occupation.

### 3.2. Innovation Guarantee Mechanism Is the Driving Force

Innovative guarantee mechanism is the motive force of PE reform. Therefore, for the reform of PE in Institution of higher learning, innovative guarantee mechanism is an important driving tool. The content of skills practice module for students majoring in preschool education in Institution of higher learning should be reflected not only in developing physical quality courses, but also in expanding sports skills courses. It should be interspersed in the process of learning and practicing motor skills. Therefore, from the perspective of career orientation, PE teachers should be good at using diversified PE teaching methods to enrich the teaching content and improve the quality of PE teaching. PE curriculum teaching should fully highlight the technical, professional and practical characteristics of the curriculum, and PE teaching is no exception. The monotonous content of PE teaching should be changed in the past, and the content of public PE should be expanded according to the needs of students' career development to provide students with more options. Teachers can choose some popular training methods and teaching content, and choose teaching content according to the characteristics of students' professional positions. Reform and innovate PE courses, provide targeted PE courses for students of different grades and majors, and constantly enrich students' PE elective courses. Students must have a good study of sports habits from admission to graduation, and ensure that students have the habit of studying and exercising in sports.

## 4. Conclusions

At present, due to the influence of traditional education, the examination oriented thinking has not been changed, the evaluation system of students and teachers is not perfect, and some curriculum reforms are not complete. PE teaching is still in the state of being reformed. Develop commonness, consider individuality, and design the teaching content of sports skills with emphasis; Strong autonomy. Promoting development and designing skill practice content in practice is the main direction of PE teaching content reform of preschool education specialty in Institution of higher learning. People who often exercise in air with different temperatures can

improve their adaptability to climate change. Air bathing in fresh air can activate all life processes in the body. By improving the traditional teaching evaluation system, teaching methods and teaching contents, we can improve the rationality of public PE courses, promote students' participation and improve the teaching effect. Therefore, schools and teachers should change their teaching ideas, give prominence to students' dominant position, and carry out the idea of quality education throughout the process of PE. By optimizing and perfecting the PE curriculum, enriching the teaching content and highlighting the students' dominant position, the quality of PE teaching can be improved, and more applied skilled talents with high comprehensive quality can be trained for the society.

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