

Research on Vocational Practical Physical Education Courses for Automobile Majors (Armored Vehicles) —— Taking Hunan Defense Industry Polytechnic as an example

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Abstract: All students in Hunan Defense Industry Polytechnic take physical education classes, with the purpose of teaching and educating people, implement the "health first" idea, comprehensively promote quality education, cultivate students' awareness of "lifelong sports" and scientific fitness capabilities, enhance students' physical and mental health, and stimulate Students' interest in actively participating in sports activities, constantly optimizing the existing curriculum system and faculty, and this emphasizes the sense of responsibility, mission, patriotism and dedication of college students, which encourages every automotive student to contribute to society. Noncommissioned officers can strengthen their belief in lifelong national defense and stimulate their morale in order to achieve an ideal the effect of professional sports learning and training.

1. Introduction

The working space of car mechanics is limited, the air quality is poor, and they are prone to "air" poisoning; The dust, noise and strong light generated by honing, cutting and welding make them susceptible to pneumoconiosis and cause hearing and vision loss; They squat, stand, bend over or raise their heads for a long time, and they are prone to muscle atrophy, lumbar spondylosis, cervical spondylosis, etc.; they must not be sloppy in the process of car repair, inspection, installation, and debugging. The automobile industry has high requirements for physical and mental quality. However, the automobile majors of higher vocational colleges do not carry out physical education according to the special physical and mental quality requirements of the profession, especially the armored vehicle direction of the automobile inspection and maintenance major. The students of this major are armored vehicle maintenance non-commissioned officers after graduation, he entered the army and became a soldier, and the physical and mental health of the soldier directly affects the strength of the army's combat effectiveness to a large extent. Even in modern warfare under the conditions of high-tech information, any high-tech weapons and equipment still cannot replace the healthy mental quality and strong physique of the commanders and fighters, and they still play an indispensable role in

combat effectiveness on the battlefield. In the military information warfare, the cognitive structure, emotions and emotions, volitional qualities, and physical and mental health are facing new challenges. Therefore, the physical and mental health of non-commissioned officers affects the physical and mental health of the entire army to a certain extent. For students majoring in automobiles in general higher vocational colleges, the improvement of their physical and mental quality is very important. In recent years, the decline in physical fitness and unsound psychological quality of students in higher vocational colleges has caused the physical and mental quality of automotive students to fail to meet the needs of their majors. The employers are dissatisfied with the students, and even some interns are returned. The improvement of the physical and mental quality of major students is imminent. Especially for non-commissioned officers, modern warfare has various uncertain factors. The suddenness of combat operations and the rapid changes in battlefield conditions often put people in a strong and persistent state of tension, leading to various psychological reactions among soldiers. A good life style has a great influence on health. A healthy life style includes reasonable health care, scientific exercise and good living habits, which puts forward new requirements for the professional sports courses of non-commissioned students in higher vocational colleges.

2. The status quo of China's professional sports curriculum

The traditional physical education teaching form of higher vocational colleges is the main body, and the classroom content is boring and immutable. It does not pay attention to the individual differences of students and the differences in students' preferences for sports activities. It does not complete the multiple education effects of physical education, which affects students. Interest and enthusiasm cannot achieve the best results of physical exercise, and it also affects the reform and innovation of physical education. Dong Cuixiang and others believe that “colleges and universities under different professional backgrounds should develop practical sports activities suitable for students’ future professional needs to help students develop professional practical sports skills, form the concept of lifelong sports, and meet the needs of students when they move to work. Participate in physical exercises to improve labor efficiency. Li Yanhua, Xu Yao and others pointed out in an analysis report on the health quotient questionnaire survey of officers and soldiers of a certain unit that the overall health quotient index of the army officers and soldiers’ health quotient survey is generally high and low. Except for lifestyle and life skills, the other three items are relatively ideal. Both are worthy of the police revealing points, and pointed out that this result is caused by the special environment of the troops. At present, the physical education curriculum of automobile majors in most vocational colleges in our country lacks rationality, is not combined with professional characteristics, and does not reflect professional characteristics. This kind of physical education curriculum is not conducive to the future career of automobile majors. Non-commissioned officers are under militarized management while they are in school. The restrictions on the Internet are relatively strict, and the knowledge of sports received is much less. These factors affect the physical and mental health of non-commissioned students to a certain extent. As an important channel for cultivating the perseverance of non-commissioned students and improving their physical fitness, whether military physical education can achieve the desired effect is related to the success or failure of the training of non-commissioned students. The physical activities of non-commissioned officers mainly include military professional training, queues, morning exercises, physical fitness, and tactical training. Physical activity can improve cardiovascular and respiratory functions, increase myocardial contractility, improve muscle strength, endurance and flexibility of joints, and improve work efficiency and work ability. This reduces the incidence of joints, muscles, and weird band injuries, reduces the occurrence of anxiety and depression, reduces the risk of cancer, reduces mortality, improves the quality of life, resists aging, and improves the ability to work, play, and sports. The

military physical education curriculum is a concrete reflection and embodiment of the professional practical physical education thought. It is a result of the actual needs of the more and more detailed division of labor in the society, the more and more complex work, and the more obvious job occupation. Kind of teaching mode. The main actions commonly used in the automotive industry are: handling and transfer of larger goods and parts, grasping of tools and parts, installation and disassembly of various parts of the car, squatting or half squatting for a long time to reach the maintenance part, etc. , Requires the body to have higher strength qualities. They also need lower back strength to adjust the weight of the human body and lower limbs to transfer goods; the grasping of tools and parts requires the power of the inner hand muscles, as well as the strength of the lower back and lower limbs; the installation and disassembly of various parts of the car requires strong And the powerful inner arm muscle group strength and waist strength and so on. Taking Hunan Defense Industry Polytechnic as an example, automotive majors are divided into automobile inspection and maintenance, automobile manufacturing and assembly, automobile marketing and service, and armored vehicle inspection and maintenance. Which professions are connected to which professional positions in industry companies are critical to determining the course objectives and course content. The application of professional analysis to automotive majors clarifies the matching professional positions. Non-commissioned officers are mainly engaged in physical activities related to study work and military training during the school period. At the same time, medium-to-high-intensity physical activities are long, and there is not enough time for spare time physical activities.

3. Survey of professional sports courses

The physical education curriculum of Hunan National Defense Industry Vocational and Technical College is a public compulsory course that students use physical exercises as the main means, through reasonable professional physical education and scientific physical exercise process, to achieve the main goals of strengthening physical fitness, improving health and improving physical quality. An important part of the school curriculum system is also the central link of school physical education, and it is an effective way to achieve quality education and promote students to adapt to the society and cultivate students' complete personality in our country. All students take physical education classes, with the purpose of teaching and educating people, implement the "health first" idea, comprehensively promote quality education, cultivate students' awareness of "lifelong sports" and scientific fitness capabilities, enhance students' physical and mental health, and stimulate students to participate actively Interest in sports activities, to improve students' sports cultural literacy, in order to achieve the overall goal of school vocational education, we cultivate all-round development of innovative high-quality talents and give full play to the special functions of the professional sports process. Targeted training of professional sports abilities for non-commissioned officers can help non-commissioned officers adapt to the role of active servicemen and military life as soon as possible. Professional sports courses are the courses that best reflect the characteristics of the army. The actual training includes speed training, endurance training, sensitivity training, strength training, special skill training, etc., which can effectively hone people's will, improve combat effectiveness, optimize the realm of thought, and cultivate a soldier's tenacity. Non-commissioned officers take the goal of "obeying the party's command and being able to win battles" as a requirement, and provide military sports training to non-commissioned officers to cultivate the spirit of selfless dedication, fear of difficulties, aggressiveness, and courage to innovate, and guide non-commissioned officers as soon as possible. Understand the requirements of military life and training, and then form a sense of military personnel, and demand themselves according to military standards in life, study, and work. In order to strengthen management and training, the college has established a non-commissioned student brigade to focus on the education and management of non-commissioned students. Various

systems have been formulated and strictly implemented to strengthen non-commissioned students' awareness of the importance of physical training. Although there are differences in the military professions of non-commissioned officers, the arrangement of separate and concentrated student dormitories has laid a solid foundation for the overall management of non-commissioned officers. At present, the daily routine and training of non-commissioned officers are strictly implemented in accordance with the system. Except for extremely special weather, at least five days of morning exercises and evening training a week, training items include 3,000-meter running and queues, etc., to continuously regulate the study and training of non-commissioned officers. Promote them to develop good sports habits, strengthen their militarization concept and self-cognition, and cultivate their excellent qualities such as obedience, hard work and teamwork, At the same time, starting from the professional needs of students in the future, combining with the characteristics of automotive majors, carrying out specific physical fitness exercises, adding some health care and leisure sports items, the school schedule is as follows:

Table 1: Course item content and class hour allocation

project	name	Class hours	First grade		Second grade		third grade
			Semester 1	Semester 2	Semester 3	Semester 4	Semester 5
1	Basic theoretical knowledge	14	4	4	2	2	2
2	Physical fitness standard test	8	4		4		
3	Martial arts	8	8				
4	Athletics	20	8	8		4	
5	Basketball	12		12			
6	Gymnastics	14					14
7	Volleyball	10			10		
8	Football	10				10	
9	Exam	10	2	2	2	2	2
10	maneuver	10	2	2	2	2	2
Total		116	28	28	20	20	20

4. Competition to promote learning

Professional physical education courses are of great significance for implementing quality education, cultivating students' patriotism and collectivism, and promoting the overall development of students' morality, intelligence, physical fitness, and beauty. Students will master the basic knowledge, basic skills and methods of physical education and health, enhance physical fitness; learn to learn and exercise, and develop physical and health practice and innovation capabilities; Students experience the fun and success of sports, develop the habit of physical exercise; develop good psychological quality, cooperation and communication skills; improve the consciousness of consciously maintaining health, basically forming a healthy lifestyle and a positive, enterprising, optimistic and cheerful attitude towards life. In the practical teaching process of physical education courses, more competitions are organized, and after the completion of the phased teaching, the competition activities are carried out in accordance with the rules and regulations of the competition. Teachers record the results after the competition and give rewards when necessary to increase interest in learning. Be sure to fill in the training record form and experiment report carefully after each phase of the training. Every year, the school actively organizes and participates in the provincial and national

automobile skill competitions, and promotes the practical teaching of automobile majors through these skill competitions. In these provincial and national automobile skill competitions, the competition items are very comprehensive competitions. This has a positive effect on improving teachers' teaching ability, stimulating students' interest in learning, enhancing students' professional ability, and improving students' employability. To promote the modernization of school sports, the guiding ideology and new educational concept of "people-oriented", "quality education" and "health first", that is, "taking the all-round development of people as the highest value, and emphasizing the educational function and comprehensive value of physical education."

5. Conclusion

Professional sports courses in Hunan Defense Industry Polytechnic include ordinary students and non-commissioned officers. Professional sports is an indispensable content of national defense education for college students. It is also an important factor for measuring the qualifications of non-commissioned officers. In particular, the oriented training of non-commissioned officers is important for the training of non-commissioned officers. A strong will and improving their physical fitness are of great significance. Construct an evaluation system that meets the needs of the army, improve supporting training equipment and facilities and other measures to tailor a training plan for non-commissioned officers to suit their professional development, and then enhance the adaptability of non-commissioned officers to military sports training in the army and improve non-commissioned officers The quality of talent training. In the process of professional sports ability, the college attaches great importance to the role of guidance and education, and continuously optimizes, the existing curriculum system and teaching staff emphasize the sense of responsibility, mission, patriotism and dedication of college students, this encourages every college student to contribute to society, and noncommissioned officers can strengthen their belief in life-long national defense, so as to stimulate fighting spirit and achieve the ideal professional sports learning and training effects.

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