
Application and Effect Assessment of Functional Fitness Training in Higher Vocational College Physical Education

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Abstract: *Purpose:* To investigate the application design and underlying mechanisms of functional physical training in vocational college physical education. A modular training framework was implemented, comprising foundational movement patterns, integrated functional exercises, and occupation-specific simulations, delivered through phased instruction involving assessment-correction, systematic capacity building, and workplace application consolidation. The training approach enhanced physical function through neural plasticity, proprioceptive refinement, and metabolic adaptation, while improving movement capacity via motor schema development and learning transfer mechanisms.

Keywords: Physical Education in Higher Vocational Colleges; Functional Physical Fitness Training; Applications and Effects

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1. Introduction

Traditional physical education curricula, emphasizing sport skills and foundational fitness development, inadequately address the specific movement patterns and physical capacities demanded by occupational environments: healthcare personnel require proficiency in patient transfer mechanics and postural endurance; manufacturing workers need repetitive lifting capacity and sustained upper extremity reach stamina; logistics professionals necessitate efficient load-bearing mobility and dynamic balance control. Consequently, this study employs modular training architecture and phased instructional implementation to explore systematic functional capacity enhancement while accommodating individual variability, and examines the physiological adaptation and motor learning mechanisms through which such training improves occupation-relevant physical performance.

2. Application design of functional physical training in vocational college physical Education

2.1. Modular construction of training content

The training content architecture comprises three interconnected yet distinct modules operating synergistically to develop

comprehensive functional capacity. The foundational movement module establishes prerequisite motor competencies through systematic instruction in fundamental patterns, employing bodyweight exercises that isolate and refine individual movement components before progressing toward integrated sequences. Specific exercises include single-leg balance progressions to develop proprioceptive acuity, quadruped positions for spinal stabilization training, and controlled articular rotations to enhance joint mobility across all major articulations. The second module addresses integrated functional movements by combining fundamental patterns into compound exercises that replicate real-world biomechanical demands, utilizing implements such as medicine balls for rotational power development, resistance bands for accommodating resistance training, and suspension systems for closed-chain exercises that challenge stability throughout dynamic ranges of motion. Training progressions within this module advance from bilateral to unilateral loading, stable to unstable support surfaces, and sagittal plane dominance toward multi-planar movement integration^[1]. The occupational preparation module represents the curriculum's distinctive innovation, incorporating profession-specific movement simulations that directly mirror workplace physical demands.

Healthcare-oriented tracks emphasize patient transfer mechanics and prolonged standing endurance; manufacturing-focused programming develops repetitive lifting capacity and overhead reach stamina; logistics training cultivates load-carrying efficiency and dynamic balance during ambulation. Each module employs graduated complexity scaling, enabling simultaneous accommodation of varied competency levels within heterogeneous class compositions while maintaining pedagogical coherence and ensuring all students engage with appropriately challenging content.

2.2. Phased implementation pathway for instructional delivery

The pedagogical sequence unfolds across three developmental phases designed to establish movement competency systematically while accommodating individual learning trajectories. The initial assessment and corrective phase spans the curriculum's opening quarter, during which comprehensive movement screening identifies specific dysfunctions, asymmetries, and mobility restrictions that compromise functional capacity. Instructors employ standardized protocols to evaluate fundamental movement patterns, recording qualitative observations and quantitative scoring that inform individualized corrective strategies. Students with identified deficiencies engage in targeted remedial exercises addressing their specific limitations—hip mobility drills for restricted squat patterns, thoracic spine extensions for excessive kyphosis, or unilateral stability work for lateral asymmetries—integrated into the general class structure through differentiated task assignment. The second phase transitions toward systematic capacity building through progressive overload application, gradually intensifying movement complexity, implementing external resistance, and extending exercise duration as students demonstrate technical proficiency. The instructional focus shifts from isolated pattern refinement toward coordinated movement sequences that challenge multiple systems concurrently, developing work capacity alongside movement quality. Terminal phase implementation emphasizes consolidation and occupation-specific application, wherein students engage complex scenarios simulating workplace physical demands through circuit training, task-oriented challenges, and extended duration activities that develop both physiological adaptation and motor skill retention. Throughout all phases, continuous formative assessment guides instructional adjustment, with periodic movement rescreening documenting progression and identifying emergent needs requiring pedagogical modification^[2].

3. Mechanisms underlying the application effects of functional physical training

3.1. Physiological mechanisms of physical function improvement

The enhancement of physical function through functional training operates via multiple interconnected physiological pathways that extend beyond conventional strength adaptation. Neural plasticity represents the primary mechanism, as repeated exposure to coordinated movement patterns induces cortical reorganization within motor control centers, strengthening synaptic connections between sensory input and motor output pathways. This neuroadaptation manifests as improved intermuscular coordination, whereby agonist-antagonist muscle pairs achieve optimal timing and force

modulation, reducing energy expenditure during complex movements while enhancing mechanical efficiency.

The proprioceptive system undergoes significant refinement as mechanoreceptors in joints, muscles, and tendons become increasingly sensitive to position and motion changes, enabling more precise kinesthetic awareness and rapid postural adjustments. Functional training's emphasis on unstable surfaces and multi-planar movements accelerates this proprioceptive development, cultivating feedforward control mechanisms that anticipate movement demands rather than merely reacting to perturbations. At the muscular level, adaptations transcend hypertrophic changes to encompass architectural modifications including pennation angle adjustments and fascicle length alterations that optimize force transmission across joint systems. The core musculature develops tonic endurance capacity through sustained low-intensity activation patterns, transforming these muscles into effective stabilizers capable of maintaining spinal neutrality during dynamic limb movements. Metabolic adaptations occur within muscle tissue as mitochondrial density increases and oxidative enzyme activity rises, supporting the sustained moderate-intensity efforts characteristic of occupational physical demands. The cumulative effect generates a physiological phenotype characterized by neuromuscular efficiency, proprioceptive acuity, and metabolic resilience that extends beyond isolated strength or endurance to enable integrated functional capacity^[3].

3.2. Motor learning mechanisms of movement capacity enhancement

Movement capacity improvement through functional training emerges from motor learning processes distinct from those governing sport skill acquisition. The training approach facilitates schema development by exposing learners to varied movement contexts that share underlying structural similarities, enabling the construction of generalized motor programs applicable across diverse task demands. Rather than encoding specific movement solutions for discrete situations, students develop flexible motor schemas incorporating invariant features common to entire movement pattern categories, permitting adaptive responses to novel task variations without extensive retraining. This schema-based learning proves particularly valuable for occupational preparation, as workplace physical demands exhibit infinite contextual variations that preclude exhaustive practice of every possible scenario. Transfer of learning occurs through multiple pathways, with near transfer evident as improvements in fundamental patterns directly enhance performance of biomechanically similar occupational tasks, while far transfer manifests as general movement competence that accelerates acquisition of entirely novel motor skills. The bilateral transfer phenomenon amplifies training efficiency, as unilateral exercises strengthen neural pathways serving both limbs, reducing asymmetries while developing comprehensive neuromuscular control. Attentional focus manipulation during instruction proves critical, as external focus cues directing attention toward movement effects rather than body positions facilitate superior motor learning by engaging automatic control processes and preventing conscious interference with skilled execution. The training methodology inherently promotes problem-solving approaches to movement challenges, encouraging students to discover optimal solutions within biomechanical constraints rather than mimicking demonstrated techniques, thereby cultivating adaptability and movement creativity essential for navigating unpredictable occupational environments. Consolidation occurs through distributed practice schedules and varied repetition that promote long-term retention superior to massed practice or invariant drill, establishing durable motor memories resistant to decay.

4. Conclusion

Phased implementation ensures progressive skill development from corrective intervention through capacity building to workplace application. The effectiveness of this approach derives from dual mechanisms: physiologically, neural plasticity, proprioceptive enhancement, and metabolic adaptation generate integrated functional capacity; pedagogically, motor schema development and learning transfer enable adaptive responses to diverse occupational contexts. This training paradigm equips students not merely with transient physical fitness but with durable movement competencies and adaptive capacity essential for long-term occupational performance. Future research should examine longitudinal outcomes in

actual workplace settings, investigate optimal training dosage parameters for specific occupational tracks, and develop technology-enhanced methods for individualized assessment.

Disclosure statement

The author declares no conflict of interest.

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