

# Health Quotient Behavior and Interest in Sports Among College Students in Selected Schools in China

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**Abstract:** Health quotient behaviour is a thinking paradigm to guide college students in body management, and health quotient behaviour is one of the effective ways for college students to grow up healthily, to define the behavioural characteristics and influencing factors of college students' health quotient behaviour, to analyse its effective mechanism, to judge the effectiveness of the thinking of health quotient behaviour, to deduce the specificity and reasonableness of the theory of individual behaviour of health quotient behaviour, and to construct the ability of health quotient behaviour body management. To sort out the connotation and mechanism of health quotient behaviour, and to define the influence mechanism and structure mechanism between the behavioural characteristics of health quotient behaviour and sports interest of college students from the perspective of behavioural psychology.

**Keywords:** Health Quotient Behavior; Interest In Sports; Research Paradigm; Structural Mechanism

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## **1. Preface**

The arrival of the information age has brought digital needs for college students' sports health and new connotations of sports interest for college students to participate in sports to seek health. Maintaining the intensity and depth of college students' sports interests and allowing lifelong sports awareness to continue in the university education stage are new topics. At the university stage, the practice of the concept of comprehensive health and lifelong sports awareness requires health quotient behaviour to achieve, starting from sports interest, and starting from the research paradigm, to explore the structural mechanism between health quotient behaviour and sports interest, and to address the needs of comprehensive health of college students.

## **2. Raising issues**

### **2.1 The essence of health business behaviour is the formation of operational knowledge system**

Health is one of the most popular topics since the 20th century, the formation of health behaviours, there must be one of the results of the transmission of health knowledge system. Health knowledge and health behaviours between the inevitable connectivity, also makes, the two become mutually exclusive, that is, the phenomenon and the essence of the connection between. The knowledge system is systematic, there is no doubt, but the academic community also has a new exploration, operational knowledge has become a new topic of knowledge system. The exploration of operant knowledge system, on the contrary, confirms the development of behavioural science. Behavioural science from the initial physiological psychology conditioned reflex doctrine to the current cognitive psychology, the system is getting richer and richer, so much so, that, each discipline has its own interpretation of the same terms and cross-disciplinary applications are born. Health quotient is a major advancement in health knowledge, a paradigm of thinking, and a cultural awareness, after decades of research and development, the health quotient theoretical system and operational system should have a systematic development. Health quotient value behaviour research, analyzing the behavioural architecture system, exploring the internal and external structural mechanism, and arguing the mechanism of behavioural change and development is the result of

further enrichment of health knowledge, further systematisation of health quotient value consciousness and concept, and one of the results of the operational knowledge system.

## **2.2 From the realistic level, health behaviour should be more rational**

With the rapid development of today's society and the transformation of people's ideological concepts, everyone attaches great importance to health issues, and health is vital to everyone, Health Quotient Behaviour (HQB), short for Health Quotient, is a new, comprehensive and integrated concept that reflects a person's health talents and a new way of assessing whether a person is healthy or not. It mainly includes five factors: mental state, self-care, lifestyle, life skills, and health knowledge, and its essence is to show that people can control their own health.

## **3. Research Findings and Analyses**

### **3.1 Structure mechanism of health quotient value behaviour architecture**

Health quotient value behaviour structure mechanism is the ultimate goal of this research and the argument of the research, decompose the structure mechanism, decompose the research argument, and carry out the research in steps in the form of sub-argument. The structural mechanism of health quotient behaviour, contains three parts, the first part is the structural architecture of health quotient behaviour, the second part is the health quotient behaviour model, and the third part is the dynamic mechanism of health quotient behaviour. Accordingly, the three sub-arguments are whether the structural architecture of health quotient behaviour is scientific, whether the health quotient behaviour model is complete, and whether the dynamic mechanism of health quotient behaviour is reasonable. With the three sub-arguments, it is argued that the mechanism of health quotient behaviour structure is scientific, complete and systematic, and that health quotient behaviour is a scientific and complete system of human spiritual wealth under the concept of health.

### **3.2 Influence of Multiple Sports Interest Systems on College Students' Health Quotient Behaviour**

From the viewpoint of origin, this study identifies with and corresponds to the multiple systemic nature of college students' sports interest, which is mainly manifested in the fact that the physical education teacher system has the attribute of school education, and the sports interest of physical education teachers constitutes the first link in the sports interest system of college students; the counsellor system has the attribute of family education, and the sports interest of the counsellors constitutes the second link in the sports interest system of college students; and the club system has the attribute of social education, and the sports interest of the club constitutes the third link in the sports interest system of college students. The tutor system has the attribute of family education, and the sports interest of tutors and teachers constitutes the second link of the sports interest system of college students; the club system has the attribute of social education, and the sports interest of clubs constitutes the third link of the sports interest system of college students.

### **3.3 Influence of Multiple Sports Interest Systems on College Students' Health Quotient Behaviour**

From the viewpoint of origin, this study identifies with and corresponds to the multiple systemic nature of college students' sports interest, which is mainly manifested in the fact that the physical education teacher system has the attribute of school education, and the sports interest of physical education teachers constitutes the first link in the sports interest system of college students; the counsellor system has the attribute of family education, and the sports interest of the counsellors constitutes the second link in the sports interest system of college students; and the club system has the attribute of social education, and the sports interest of the club constitutes the third link in the sports interest system of college students. The tutor system has the attribute of family education, and the sports interest of tutors and teachers constitutes the second link of the sports interest system of college students; the club system has the attribute of social education, and the sports interest of clubs constitutes the third link of the sports interest system of college students. Therefore, through educational organisational behaviour, it is possible to study the organisational influencing factors of college students' sports interest education in order to study the logic of college students' health quotient behaviour construction, and to construct the motivation, ability and conditions for the production of individual, organisational and collective health quotient behaviours.

### **3.4 Structural Mechanism Model of Mutual Coordination of Exercise Interest and Health Quotient Behaviour**

The structural mechanism model of the mutual coordination of exercise interest and health quotient behaviour points to a five-dimensional planar radar chart.

The structural-mechanistic model is a concretisation of the core issue of conflict management between health quotient behaviour and sports interests, that is, a concretisation of the current state of health philosophy of the health quotient behavioural agent. Based on this, the expression of the structural mechanism model should have three features, firstly, it represents the features of the educational

organisation of the health quotient actor, secondly, it represents the features of the change of the structural mechanism model components, and thirdly, it represents the features of the change of the structural mechanism model components with the change of the educational organisation of the health quotient actor.

The first feature is defined firstly, the characteristics of the educational organisation of the health quotient actor, identified by different colours. Secondly, define the second characteristic, the changing characteristics of the structural mechanism model components, the structural mechanism model components are five parallel relationship content, that is to say, the five dimensions of the plane graph is able to completely show the changing characteristics of the structural mechanism model components, the most ideal state is that the five dimensions of the value of the same, that is to say, the graph is a positive pentagon. Finally, the third feature is defined, which is how to understand the feature of the structural mechanism model components changing with the change of the educational organisation of the health quotient actor, based on the definition of the second feature, the graphical expression of the structural mechanism model components of the health quotient actor is a concentric graph, and based on this, and further based on the setting of the core problem of the standard model of the health quotient behaviour is that the health quotient behaviour grows positively and positively with the growth of the educational organisation of the health quotient actor. organisation grows in a positive proportion, so different colours are used to represent the educational organisations of different educational subjects, which together form a six-coloured concentric orthogonal pentagon to express the third feature.

Based on the above definition, the radar diagram of six-colour concentric positive pentagon is used to express the conflict management phenomenon of the structural mechanism model of motor interest and health quotient behaviour.

#### **4. Conclusion**

Health quotient behaviour and sports interest are mutually exclusive and affect each other. In the process of practice, we should respect the learning needs of college students, cultivate their love for sports, pay full attention to the interests and needs of college students in physical education and health learning, and guide them to deeply experience the joy of sports and understand the value of sports, so that they can achieve the ultimate goal of the formation of healthy behaviours in the health course. The synergistic management of college students' sports interests and health quotient behaviours is essentially a conflict management mechanism, which can be practiced through the structural mechanism model to highlight the scientific management of the management mechanism and provide new ideas and methods for the construction of digital sports.

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