

# Insight into the Contrast and Countermeasures of College Physical Education Reform from the Perspective of the Change Trend of College Students' Physical Health

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**Abstract:** School physical education teaching should always pay attention to health education, study the physical health status of students, and pay attention to the progress of teaching reform. At present, it is found that the physical health level of college students has not been significantly improved, and the physical endurance quality of students has also decreased. In terms of physical education teaching reform in colleges and universities, should take students 'own physical health as the main body of education work, need to change the sports teaching form, should according to the students' physical training requirements, thorough changes in the teaching content, so as to improve the rationality of the sports teaching work, based on college students' body function maintenance needs, a reliable method is given. During the period of physical education in colleges and universities, the methods of physical education teaching concept renewal, introduction of competition mechanism, physical education teaching form, enrichment of physical education teaching content and optimization have become the guarantee for the high quality of teaching work, improve the physical health status of domestic college students, so that every college student can have a strong body.

**Keywords:** College students; Physical health change; Reform path

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## 1. Thoughts on the physical health test of college Students

### 1.1 The connotation and positioning of the physical health test is not accurate

In the reform stage of physical education teaching, the school should give a reasonable education reform plan based on the shortcomings of the traditional teaching work. At present, many colleges and universities in the physical education teaching period, the students 'health status as the focus of the reform plan setting, with the physical education activities, the study of students' health status, students' physical health as one of the tasks of education. Through the adjustment of teaching methods and the setting of physical activities, students' physical health level can be improved. However, when the physical health test activity is conducted, studying the development of this activity, many school students do not pay attention to the physical health test and do not know the connotation of the physical health test. Most students take the physical health test as a necessary task, and participate in activities with the attitude of clearance. Without the correct cognition of the physical health test, they will adopt the coping attitude to participate in activities, which is not conducive to the development of physical fitness test activities, and it is difficult to give full play to its maximum value. In the participation of the physical health test, students did not correctly understand the significance of the activity, so it is difficult to evaluate the physical condition of students and give the physical exercise plan along with the results of the physical health test<sup>[1]</sup>.

### 1.2 The credibility of college students' physical health test scores is not high

In terms of physical education, schools generally pay attention to the improvement of student employment rate. Whether a student can have good results in the employment interview will directly determine his or her own image in the eyes of the interviewer. Considering from the dimension of students 'employment, the school will relax the test standards and adjust a certain range of some students' unsatisfactory test results, which will form the physical health test, which will also lead to students and school management departments do not pay attention to the physical health test activities. In the physical health test activities, physical education teachers

may give certain guidance, so that some groups can relax the test standards, so that they can get better results in the physical health test. Before students participate in the test, teachers may teach the test content to some students and give targeted training programs, so that through short-term raids, students' physical quality can be improved to a certain extent, and outstanding results can be achieved in the test activities. However, the temporary assault does not consider whether the students are willing to accept the training model. In this mode, students' enthusiasm for physical exercise is reduced, which is not conducive to the long-term development of physical fitness test activities, and the corresponding practice deviate from the original intention of physical health test activities<sup>[2]</sup>.

## **2. A new perspective of physical education reform in China**

### **2.1 Introducing an innovative competition mechanism**

The introduction of core competition mechanism in physical education in colleges and universities can arouse teachers' enthusiasm to participate in the reform of physical education teaching, which is conducive to the improvement of teachers' creativity, and become the guarantee for the benign development of teaching reform. In the activities, the physical education teachers in China need to clarify the requirements of physical education teaching, and should give a relatively reasonable way of education reform according to the content of reform. At present, many PE teachers in colleges and universities need to promote teaching work and need to bear administrative pressure. In the state of high load, teachers gradually lose their enthusiasm for participation in curriculum reform, and it is difficult to guide students to participate in physical exercise activities based on new teaching concepts and teaching modes. There are also some teachers' ability is poor, in the case of their own ability is not qualified, it is difficult to do a good job in class guidance based on the requirements of teaching reform. Under the traditional planned economy education system, it is difficult to bring excessive survival pressure to teachers. After a period of teaching, teachers are prone to be tired and lose their enthusiasm for teaching. With the promotion of physical education teaching reform, colleges and universities introduce the competition mechanism to learn the competition mode of market economy. Through the corresponding mode of learning, the competition mechanism is adjusted, students can choose teachers, so that teachers form a sense of crisis. Teachers who are not popular with students may be forced to leave their educational positions in the future. In this case, teachers must constantly improve their own teaching ability based on the teaching requirements, and try to improve the quality of physical education teaching work. This will attract more students and increase the number of students who apply for the course.

### **2.2 Update the concept of PE teaching**

In the new period, physical education teaching work needs to combine mental health and physical health, as the concept of physical education teaching, to pay attention to the improvement of students' physical quality, but also need to ensure that students have a healthy spiritual world. In terms of physical education, teachers should make students improve their physical and mental coordination through physical exercise through reasonable setting of activities. In terms of physical education, colleges and universities should pay attention to the healthy development of students' body and mind on the basis of skill teaching and technology updating. In the reform of physical education teaching mode, the value of physical education to individual development can be presented through entertainment education, health education, physical education, life education and so on. Physical education teachers in colleges and universities in the process of sports teaching reform, must form a modern sports teaching idea, in sports facilities in culture, social, psychological, education, value, also need through the reasonable control of activities, the sports in social communication, competition, leisure, entertainment, fitness, collaboration function play out. Through the development of physical education activities, guide students to participate in various kinds of exercise activities, so that students' comprehensive quality is improved.

### **2.3 Enrich the forms of physical education teaching**

In terms of physical education, colleges and universities need to improve students' physical fitness as an important task of education. The physical education teaching mode needs to change the conventional training ideas, combined with the modern scientific training concept and a lot of guidance experience, to give a more reliable training mode, so as to give reasonable guidance to the students. Physical education teaching should be based on the physical education form based on the needs of individual physical quality exercise. In the past, the teaching class hour arrangement given by colleges and universities in the physical education course setting is not reasonable, and the physical education teaching form is relatively single, with only 1~2 class hours arranged for the physical education courses every week. Due to the low proportion of curriculum setting, it is difficult to lead students to actively participate in physical training activities, which cannot meet the needs of students for sports. In the case of less class hours, it is impossible to transmit sports knowledge to students at a reasonable time point to combat the enthusiasm of students to participate in sports training activities, which is not conducive to the formation of students' sports habits, and it is also difficult to cultivate students' interest in sports. In the aspect of physical education teaching, colleges and universities should innovate the teaching form, and extend the scope

of physical education teaching, and promote the physical education teaching work with the help of various resources. When carrying out physical education teaching activities, colleges and universities should strengthen the integration of internal and external physical education, and promote the work of physical education according to the set route. In terms of sports training activities, it is necessary to reduce the traditional daily physical education teaching content and increase the proportion of sports training activities from the dimension of individual physical training.

## **2.4 Optimize the content of physical education teaching**

With the development of physical education teaching reform, it is necessary to pay attention to the organization of teaching content and content integration. Physical education teachers in colleges and universities need to pay attention to the development of the physical education theory field, and reflect on the shortcomings of physical education teaching based on the development progress of the theoretical field. The application of technology in physical education teaching has become the content of researchers in the field of education. Some scholars put forward the theory of weakening technology teaching, and some people put forward opposite opinions. In physical education teaching, colleges and universities should pay attention to all aspects of physical education, determine the educational content of skills and technology in physical education teaching, and take it as the carrier of educational activities. Through the reasonable and adjustment of the content, to ensure that the physical education function is not affected. When the students participate in the physical education teaching activities, without the physical education teaching carrier, it is difficult to quickly master the physical education curriculum knowledge in the activities. Teachers need to focus on the technical aspects of teaching in physical education, find convenient for students to accept the technology teaching mode, can learn technology, obtain the knowledge of health, accept health education, which is the content that physical education teachers should pay close attention to when carrying out educational activities.

## **3. Conclusion**

In the country comprehensively promote health China strategy, the school must be based on its own requirements for college students 'physical quality promotion, during the physical education reform give more reliable way, thus through the sports teaching method, give students reasonable guidance, make students willing to participate in sports course activities, in all kinds of training programs, improve the students' own physical quality. Through the investigation of the physical fitness of different age groups in China, it is found that the national health shows a downward trend, which has attracted the attention of the relevant departments of the country. In the implementation of the Healthy China strategy, schools need to give effective suggestions based on the needs of individual health improvement. School in the physical education teaching reform, the requirements of sports teaching, give more feasible and good operation effect of reform, which can improve the effectiveness and effectiveness of sports teaching, let students in the activity participation, gradually improve the physical condition, promote students 'body and mind, coordinated development, facilitate the development of students' various ability.

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