

# Research on Public Physical Education Reform in Colleges and Universities under the Background of “Healthy China 2030”

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**Abstract:** The Outline of the “Healthy China 2030” Plan issued by the Central Committee of the People’s Republic of China has proposed a fundamental and practical path for physical education and popularization. Colleges and universities are an important platform for the development of physical education, as well as a key link to promote the improvement of the health of young people and the establishment of lifelong sports in the whole society. The “Outline” also proposes specific directions and tasks for the reform of public physical education in colleges and universities. Colleges and universities should follow from top to bottom, we must build consensus, change ideas, strengthen physical education reform measures, and focus on changing the physical education mechanism model, so as to adapt to the current society’s new requirements for sports talents and sports literacy.

**Keywords:** Teaching Reform; Healthy China 2030; Ordinary Colleges and Universities; Lifelong Sports

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Doing a good job in the physical health teaching of young college students and focusing on improving their physical fitness is one of the important measures to achieve the 2030 Healthy China strategic goal and improve the physical health of the people. After the announcement of the National 2030 Healthy China Plan, it has aroused a strong response from the social sports community. The public has also paid more and more attention to the reform of public sports teaching in colleges and universities. This has urged the education department and social forces to increase investment in physical education. Through continuous improvement and innovation of teachers, facilities, mechanisms, etc., the physical literacy and health concepts of young college students are continuously enriched and improved.

## 1. The connotation of the concept of healthy China

The “Healthy China 2030 Plan” is based on the important concept of “healthy China”. The report of the 19th National Congress of the Communist Party of China first proposed this concept, which is one of the important livelihood measures to promote socialist modernization. The connotation and essence of this concept can be viewed in three dimensions. One is the development of the health field, which has established the future goals, namely, physical health, longevity, and physical fitness index to reach the overall international advanced level. The second is the people’s sense of gain, which has improved the people’s lifestyle, has a more scientific concept of health and life, and has effectively implemented the health rights of the family as a unit. From the perspective of national strategy, it is to insist on putting people’s health and life safety in the most important position, which is the most obvious manifestation of practicing the concept of people-centered development, and is

an inevitable requirement for realizing the high-quality development of the country and society.

## **2. The organic combination of healthy China and physical education**

### **2.1 Teaching objectives are more in line with the requirements of the times**

Physical education in colleges and universities should be guided by the planning outline, establish the concept of life-long health and life-long physical education, highlight the main status of students, change the concept of education and teaching, put students in a more prominent position, adhere to the people-oriented teaching principle, and adopt a series of new technology, methods, starting from college physical education, so that students have certain physical skills, health awareness and concepts, they can continue to be applied and expanded in the future social work and life, from the formation of a lifelong healthy society basis.

### **2.2 Educational concept highlights all-round development**

The “Outline” puts forward specific requirements for the construction of a healthy China from a higher level. This is also the basic requirement of college physical education reform. It should focus on the higher perspective of the promotion and development of social civilization, and not only achieve physical strength. The purpose of physical fitness is to raise students’ consciousness from the ideological, political and moral aspects, and achieve common mental and physical health. In the process of teaching, we must focus on thinking and methods. Specific skills and movement training are important, but they should not be the entire learning task. The formality of skills should be gradually diluted, and the practical value of sports should be emphasized. The organic integration of sports should be connotated and formed<sup>[1]</sup>. In order to improve the health of college students, we should bravely explore and sum up successful experiences in practice.

## **3. Suggestions on the reform measures of physical education in ordinary colleges and universities under the concept of Healthy China 2030**

### **3.1 Accelerate the transformation of the teaching staff**

In the “Outline” it is emphasized that “incorporating health education into the pre-service education and post-employment education of physical education teacher straining content.” The main body of student physical education is the teacher. The comprehensive quality and professional ability of the classroom directly affect the realization of the teaching results. It is necessary to change the traditional teacher’s narrow cognition of the concept of physical education, and to implement the concept and method of health education in the teacher’s daily teaching work. The first is to carry out related mobilization training work to strengthen the transformation of physical education teachers’ ideological concepts, from pure skills and sports knowledge to the education system formed by health awareness, healthy habits and healthy thinking, which is in line with the original intention of sports. The second is to strengthen the level of personal comprehensive literacy. Teachers should not only have strong skills in professional sports skills, but also should always have a sense of responsibility and love for educating others and teaching professions, caring for students, caring for students, and understanding students. Personality characteristics and health needs, do a good job in the design of targeted teaching plans. The third is to encourage teachers to innovate continuously, and to establish an incentive mechanism that encourages exploration and innovation, so that frontline physical education teachers can carry out bold experiments and explorations in combination with teaching practices. Teaching techniques and other aspects are combined with the current modern information teaching technology to make the teaching content more flexible and energetic, in line with the cognitive characteristics of young students, and their individual characteristics, allowing sports activities to continue to infiltrate daily. In all aspects of learning and life, the teacher’s teaching style should also be appropriately changed to become more affinity and appealing, improve the relationship between teachers and students, and allow more harmonious and smooth communication between teachers and students<sup>[2]</sup>.

### **3.2 Organically link the concept of health with the reality of life**

The implementation of the concept of healthy China must first start with the physical health status of college students. The school should combine the physical education goals and tasks with the standard requirements of the Ministry of Education for the physical fitness of college students to conduct a general survey of college students’ sports health status. The content mainly

includes the students' physical health index, daily exercise preferences, exercise frequency, preference for physical education courses and related sports skills, etc., through data collection, combing, and analysis to achieve the overall physical health of the students in the school. A comprehensive understanding, and then the educational administration, physical education, student management and other departments should cooperate with each other, stratified and categorized to develop college students' physical health improvement plans and action plans, and design corresponding physical education courses and extracurricular activities for college students with different characteristics, so as to achieve fitness and strength. Body and interest are closely combined.

### 3.3 Innovate teaching methods according to local conditions

It must be combined with the school's physical education strength, and the college students' hobbies must be integrated with the teaching practice. For example, some students have more popular sports hobbies, such as basketball, football, badminton, tennis, etc. The infrastructure of these schools can basically satisfy them. However, there are some gradually emerging sports such as roller skating, fighting, taekwondo, rock climbing and skiing. Many schools do not respond to venues and facilities or even professional teachers' support. At the same time, the cost of social services for these projects is relatively high, and students can enter work in time. After the post, it will also spend a lot of cost to implement training and sports of this type of project. This requires schools to adopt a flexible form to achieve inclusive sports education. It can use the currently emerging artificial intelligence and virtual reality augmented technology to make students can break through geographical and venue restrictions, use visual and auditory senses to understand the main forms and characteristics of related sports, and realize them through network teaching resources, allowing students to watch videos and simulate training in their spare time.

### 3.4 Optimize the arrangement of courses

At present, the physical education courses in colleges and universities are arranged in the form of a combination of elective and compulsory courses. The compulsory courses are mainly arranged in accordance with the basic requirements of the Ministry of Education on the physical fitness of college students and the basic standards to be achieved, usually track and field. Basketball, swimming, football and other conventional programs, but because of the current development of the Internet, traditional conventional programs can no longer effectively meet the diverse sports needs of students. At this time, it is necessary to combine the development trend of the sports industry in the new era to enrich the elective content, optimize the setting of course hours and credits, so as to better cater to the diverse and differentiated physical education needs of students. In the curriculum assessment and content setting of the two, corresponding innovations should be made in the form, which should be combined with the country's relevant physical literacy requirements for college students, scientifically arrange physical training, and stratify the physical foundation of the students. The principle of physical fitness is to formulate sports events to ensure the safety and effectiveness of training. In some sports training with heavy activity and high load, the teacher should track and monitor the students' physical indicators in conjunction with relevant body equipment. Including pulse, oxygen-carrying capacity, ventilation, blood pressure, etc., do a good job of dynamic adjustment of exercise intensity.

## 4. Conclusion

Building a healthy China is an important task in advancing the new journey of socialist modernization, and it is an inevitable need to realize the comprehensive and healthy development of the people. The background of "Healthy China 2030" complements the guiding ideology of "health first" in school sports. The reform of physical education curriculum in colleges and universities is an inevitable trend and requires the joint efforts of all teachers, students, scholars and government staff.

## References

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