

How to Improve Students Physical Education and Health Literacy in College Physical Education

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Abstract: The level of education in our country is constantly improving, effectively improving the cultural level of our various industries. However, many college students have higher professional quality, but do not have good sports and health literacy, leading to enter the job in the future, can not be full of mental state into the work, for the future personal growth has a certain impact. Taking College Physical Education as an example, this paper studies how to improve students' physical education and health literacy from various angles in order to send students with good physical quality and strong professional ability to society and promote the stable development of our country.

Keywords: College Sports; Sports Literacy; Health Literacy

Foreword

According to the National Bureau of Statistics of the People's Republic of China, the gross enrolment rate for higher education in <https://data.stats.gov.cn/index.htm> Data statistics, My country 2022 is close to 58%, with more than 44m students enrolled, the highest number of students in the world. Moreover, China will have 10.76 million students in 2022 into the community, will become the future of the development of various industries power. Therefore, the university student's sports and the health accomplishment must grasp as soon as possible, lets the student form the good movement custom, better participates in the national construction.

1. Significance of paying attention to physical education and health quality of college students

Taking Physical Education and health quality as an important part of college students' education, it is of practical significance in the following aspects: First, college students' education is not only a simple absorption of professional knowledge, we also need to enjoy the fruits of our years in the field of education, so that students can face difficulties in the future with a positive attitude in their studies and work, which happens to be the characteristic of the liberal education, become the key content of university student education. The use of physical education teaching, so that students in sports from the basic physical exercise, to a higher level of mental ability exercise, timely alleviate the students in life, learning difficulties, so as to improve the mental state effect. It is of great significance for the future growth of students to make use of appropriate exercises to divert students' attention from their studies and reduce the influence of bad emotions on their physical and mental health, we need more all-round talents to participate in the social construction, optimize the framework, enrich the content, and promote the further development of the society. However, in the past period of time, our country paid too much attention to the study of knowledge, and the understanding of physical education and health quality was not in place. In College Physical Education, students should take part in physical training more than knowledge, improve physical education and health quality, cope with future professional work with good physique, so as to grow into high-quality talents with value for social development.

China has gone through many rounds of educational reform, and now college teaching is not only focusing on the professional ability of college students, but also on the humanities, sports and other aspects, with liberal education as the main teaching direction. Moreover, many interested in education, industry experts also participate in college physical education, greatly improve the level

of college physical education, effectively improve the quality of physical education. However, there are still some problems to be improved.

2. Several problems existing in current college physical education

2.1 College students lack enthusiasm for physical exercise

Many college students, especially freshmen, do not have too high enthusiasm for physical exercise. The main reason for this situation is that the past teaching mode did not pay enough attention to sports, and a few senior high school education focused on examination-oriented education, which did not encourage or even restrict students to take part in sports. College students lack the habit of physical exercise, physical exercise will not have a high degree of enthusiasm. However, this will form the impression of "Useless sports" in the subconscious of college students, and reject excessive sports, which will have a far-reaching impact on college students' sports and health quality, and need to be taken seriously by all kinds of universities.

2.2 Not motivated enough to participate in sports

If professional knowledge, daily assessment, final results as a contrast, many students will have sufficient motivation to accumulate credits, improve academic performance. But the physical education teaching faces the quite awkward situation. Because Physical Education is to improve students' physical education and health quality as the first goal, sports achievement is more on whether the student's movement is standardized, whether the ability to exercise an objective evaluation. Although there is no mandatory requirement for each college student to do how many training proper day, but it is not attractive enough for students to actively participate in sports. In some universities, it is common to see some students choose to rest under the shade of a tree when they are not taking a sports test. Only when they need to take a sports test will they join in sports training. And no matter long-term maintain sudden movement state, can cause irreversible damage to the body. This kind of undisciplined attitude is also very difficult to let the university student really appreciate the sports, also can not promote the sports and the health accomplishment effectively in the future.

2.3 Theoretical content is not sufficient to guide sports

After visiting many universities and studying the teaching of physical education, I found that some teachers would simply explain the teaching objectives of this lesson before class, make standard movements, and give separate demonstrations of each movement in front and from the side after entering teaching, direct the students into the practice state, if there are questions and then answer. It is true that this practice-oriented teaching model is highly compatible with sports, but for most college students, there is no basic framework of sports theory, which leads to a kind of Action Imitation in sports, not Sports. In the absence of sufficient theoretical content, students do not know the specific meaning of the action, the internal relationship of each action. And because students can not accurately describe their doubts, gradually reduce the interest in sports, sports teaching shows no concern, not serious attitude. This teaching mode not only can not effectively promote the physical education and health quality of college students, but will wear down their enthusiasm for sports and will have a greater impact on their personal growth in the future.

3. The effective countermeasures of improving students Physical Education and Health Literacy in College Physical Education

3.1 To stimulate the interest in sports as a tool to strengthen the physical education

Although Physical Education can enable college students to carry out sports, but in addition to physical education classes, time and place, college students will not necessarily have much interest in sports, this leads to the students' sports and health literacy can not maintain a stable level for a long time, the actual benefit is not big. If we can arouse the interest of college students in sports and use it as a tool to guide them to do sports at time and place other than pe class, they can not only be familiar with all kinds of sports movements in sports, can also enable students to develop the habit of lifelong sports, for personal growth in the future, the social movement of the fashion have a positive role. Teachers can start from a simple sports game, break some students in the class for the inherent perception of sports.

3.2 Through Competitive Sports, actively guide college students to Carry Out Sports

Sports itself with a certain competitive, want to let college students through sports disciplines, quickly improve sports and health literacy, can also start from competitive sports. Although in Physical Education teaching can not provide such as academic performance, GPA and other direct impact, but can let the university students in the full mobilization of emotion, let the brain secrete more dopamine, the formation of sports positive feedback. For example, by all ages like the basketball game, its essence is a kind of antagonistic sports, in sports teaching to regulate the movement posture of students, scoring standards, can let more students into the basketball game.

3.3 Taking Physical Education as a channel to guide college students to pay attention to their personal health

Although the Physical Education Teaching may pass the Movement instruction, the theory explanation and so on way, lets the university student pay more attention to the physical education during the school, raises the Good Physique, then promotes the physical education and the health accomplishment. However, I have been engaged in physical education for many years. I believe that over-reliance on physical education is limited for the future growth of college students, and Physical Education needs to be used as a tool to make college students pay more attention to diet, rest, and the balance between study and Physical Education, through the attention individual health, obtains the good physical culture and the health accomplishment in the life. Teachers should make use of physical education to make college students familiar with how to protect themselves in sports and adjust their bodies through diet and exercise so as to achieve a steady improvement of the physical education and health quality of college students. To a healthy diet, exercise, with a positive attitude, in order to cope with learning, life difficulties. If we only pay attention to the one-sided influence of physical education, we will lose the advantage of the university education platform, and the problem of putting the cart before the horse will appear in the cultivation of physical education and health literacy. It is also hoped that more college pe teachers will pay more attention to the life of college students in addition to pe classes, so that the work of physical education and health literacy training will be carried out in an orderly manner.

4. Conclusion

The college students with high professional quality are indispensable to the further development of our country. The physical quality of college students and their own future career development has a direct relationship, will also have an impact on the development of the industry. Therefore, the university must put the university student sports and the health quality in the important position, must the knowledge study, also must the physical training, like this can unceasingly for the society to send the high physical quality specialized talented person, the impetus our country society orderly development.

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