

Research on Physical Fitness and Health Intervention for College Students——Taking a College in Yunnan as an Example

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Abstract: College students play a pioneering and exemplary role in the whole society and are the main force of social development [1]. Promoting the physical and mental health of college students is one of the tasks of the school, which is related to the future development of the country and society. However, in recent years, the physical health level of college students in China has been on the decline. Based on this, this paper takes the physical health test situation of college students in a college in Yunnan and the actual situation of the school as the research object, and adopts the literature method and the logical analysis method to carry out an in-depth study on this issue. The results show that there are some problems and put forward some feasible suggestions, which provide certain reference value for college students in Yunnan Province to improve their exercise ability and enhance their physical fitness.

Keywords: Physical Health Test; Exercise Prescription; College Student; Intervention; Proposal

Introduction

In the process of the reform of colleges and universities in China, the problems of poor physical health and declining physical quality of college students have been fully exposed. Under the condition of continuously advocating quality education, only by taking a series of measures to improve the physical quality of college students can we lay a good foundation for improving the professional quality of college students and make them useful talents of the country and society^[2]. Based on this, we should first analyze the physical health of college students at this stage, then elaborate the shortcomings and problems in the current college physical education teaching, and finally put forward some feasible suggestions and opinions for the reform of college physical education teaching for reference.

1. Overview and Role of Physical Fitness Tests

1.1 Overview of Physical Fitness Test

It is well known that the physical fitness test standard of each school is implemented in accordance with the National Physical Activity Standard, which is the basic requirement of the state for students' physical fitness. The standard applies to students in full-time elementary school, junior high schools, ordinary high schools, secondary vocational schools and ordinary schools of higher education [3]. Universities in Yunnan also adopt this standard to test students' physical fitness. This standard comprehensively evaluates the physical fitness level of students from the aspects of body form, function and physical quality.

In colleges and universities, the objects of physical examination group division are: freshmen and sophomores as a group, Junior and senior form a group; The test content is: the height and weight in the body shape category, the vital capacity in the body function category, and the 50 meter running and sitting forward bending in the physical quality category are the common indicators for students of all grades. The bonus indicators for college students are: the pull up and 1000 meter running of boys, the 1 minute sit up and 800 meter running of girls. The test grades of students are divided into excellent, good, pass and fail.

Students can submit an application for postponing or exempting the test to the school due to illness or disability. After being certified by the medical unit and approved by the sports teaching department, they can suspend or apply for exemption from the test, and fill in the Application Form for National Student Physical Health Standards Exempted from the Test, which is stored in the student file. The disabled students who really lost their sports ability and were exempted from the physical health test can still participate in the evaluation and award, and the physical test results at graduation should be marked with exemption.

1.2 The role of physical health testing

1.2.1 Educational function

Physical health test is an educational means to promote the healthy development of students' physique and encourage students to actively participate in physical exercise. The test indicators can reflect the basic conditions of body composition, cardiovascular system

function, muscle strength and endurance, joint and muscle flexibility, etc.

1.2.2 Health function

To provide students with personalized health reports, so that students can exercise on the basis of accurate understanding of their own health. This test can also provide comprehensive and accurate statistical analysis data for education departments and schools, so that they can timely understand the physical health of students and take scientific intervention measures.

1.2.3 Boot function

It has a strong effect on guiding students to take physical exercise, and enables students to establish the ideological tool of lifelong physical exercise. At the same time, students can also obtain highly targeted exercise prescriptions, take physical exercises in different places according to local conditions and people, and improve their health level^[4].

2. Reflection on the physical health test of college students

2.1 Inadequate management of physical health test

First of all, the physical health test is not continuous. The physical testing room of the school is not open all the time, and there is no clear test time period. With the expansion of college students, the task of focusing on physical health testing is huge, which can not ensure that every student can put forward reasonable training plans and diet plans according to different people. Secondly, in the process of physical health testing, the corresponding safety measures should be improved. Because of the particularity of physical health testing, students will have physical injuries and safety problems due to various reasons, so the necessary safety measures should be improved; There are no special courses for students with basic diseases and congenital or acquired physical disabilities.

2.2 Physical examination lacks pertinence and timeliness

The results of the physical health test did not have a clear guiding role. The report did not indicate what shortcomings each student had, how to improve, and there was no reasonable exercise prescription and healthy diet planning. After the physical health test, most of the students did not achieve satisfactory results in long-distance running, pull up and sitting forward bending, but there was a lack of corresponding courses to enhance strength, confrontation, endurance and flexibility for students to learn after the test.

2.3 College students have insufficient understanding of physical health

After four years of college, many students do not know what is the difference between cardiopulmonary endurance training, aerobic training and anaerobic training. They lack the knowledge of scientific exercise and scientific and reasonable diet. Even after four years of college, their physical quality is not as good as that of high school.

3. Suggestions on the physical health test of our school

3.1 Reasonably arrange physical health test

First of all, after the physical examination and physical health test at the beginning of the semester, we will establish a health file and a health card for each student, establish a special physical health management organization, so that students can consult what kind of courses they are suitable for, select courses with the assistance of physical education teachers, and provide rehabilitation courses and indoor sports theory courses for students with basic diseases and disabilities.

Secondly, the physical health test lasts for four years and has connectivity. The first physical health test will be conducted at the beginning of the first year of enrollment, and the second physical health test will be conducted at the beginning of the second academic year. The second test report will be compared with the report of the previous year, and the corresponding curriculum and diet plan will be re selected according to the actual situation. Until the last physical health test of the senior year reaches a certain score, the graduation standard can be reached.

Thirdly, make rational use of school resources, set up public physical education classes, establish sports clubs and sports associations and other forms, and reasonably allocate students after physical examination. The first two years of college are conducted in the form of public sports courses, and the second two years of college can freely choose to join clubs or associations according to the students' physical test data reports.

Finally, the physical testing room is open around the clock to facilitate students to monitor their exercise effects at any time, so as to make timely and reasonable changes, and also relieve the pressure of centralized testing.

3.2 Improve the corresponding curriculum after the physical health test

The programs are divided in detail. At present, the programs of popular sports associations are divided into the following categories:

competitive confrontation category: basketball, soccer, volleyball, table tennis, badminton, tennis, combat, taekwondo, orienteering, billiards, etc.. Performance categories: martial arts routines, ballroom dancing, aerobics, calisthenics, sports dancing, etc.; cultivation categories: traditional health, yoga, fitness running, etc.; and health categories including sports theory and sports competition appreciation. After testing, it can be subdivided into aerobic fat loss clubs, anaerobic muscle building clubs, etc. according to needs. Referring to the operation mode of commercial gyms, some group courses will be added, and students from sports colleges will be arranged as coaches. One to one teaching will be conducted for members who need to specifically increase or reduce muscle fat, which can not only stimulate the interest of college students in exercise, but also drive students from physical education colleges to actively participate in it and keep pace with the times, Students become teachers, so that students of physical education can think at a higher level. At the same time, courses on health care, nutritional diet, sports rehabilitation and sports safety education are offered, and special indoor sports theory courses are offered for students with basic diseases and disabilities. According to their own conditions, some low-intensity outdoor training or indoor practice courses are arranged, so that they can also feel the benefits and fun of physical exercise. All courses require coaches, teaching assistants, group leaders and member students to perform their respective duties, actively participate in and form an overall linkage mechanism.

3.3 Build a fitness and health management app

The physical health management organization uses electronic information technology to create a mobile app, which is used to record students' health data, physical measurement data, write exercise and diet prescriptions, and select corresponding exercise courses. Students use their own student ID to register and log in the account, which is convenient for personal physical measurement management and course selection; At the same time, it is also convenient for teachers to manage students. After teachers log in, they can be used for students to clock in in class. Teachers can monitor students' learning and physical examination through terminal management, and open corresponding online and offline courses for students to learn. Teachers can also publish music lessons of various sports events on the app, add online courses of sports safety education, and improve students' safety awareness.

3.4 Pay attention to the safety of physical health test

During physical examination, stretchers, cardiac defibrillation instruments, first-aid kits and other medical supplies, medical and health first-aid stations and school doctors shall be set around the track and field and around the stadium. Every semester, PE teachers and coaches are required to learn and train first-aid knowledge, and obtain corresponding first-aid certificates, so as to ensure the life, health and safety of students in time in case of accidents during physical testing. At the same time, popularize the relevant safety first aid knowledge of students at the time of enrollment, so that students can establish safety awareness. Provide water supply and sports supplies at the sideline so that students can supplement in time after physical examination.

3.5 Evaluate and timely adjust the curriculum

The quality of the course can be reflected by reference to the four year physical measurement data and the students' evaluation of the course. If the course is not ideal for a continuous period of time or the students' evaluation is poor, indicating that the students have no obvious effect after learning the course, they should consider changing the course.

4. Summary

Over the years, the economy, science and culture, and competitive sports have made brilliant achievements. Why are college students getting worse? What do college students learn in college sports? How should students learn? How should teachers teach? How to conduct physical fitness test? In the face of a series of problems, the situation of physical education teaching in colleges and universities is very serious. In order to break the situation of declining college students' physical health, it is necessary to rationally adjust the college physical education curriculum and physical fitness testing process, conduct in-depth research and re-planning. Only by fundamentally solving the drawbacks of college sports can we show the broad prospects of sports and fundamentally solve the major problem of the decline in college students' physical fitness and health ^[5].

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