

Study on ways and methods to improve college students' physical health

Zhijun Liao

School of Physical Education, Southwest Jiaotong University, Chengdu 611756, China

Abstract: With the all-round promotion of quality education reform, the country pays more and more attention to how to improve students' physical health. In this case, pay attention to improving the physical quality of college students, guide them to generate good exercise habits, establish the correct lifelong exercise consciousness, has become an important content of teachers to focus on thinking and exploring. Therefore, on the basis of mastering the factors that affect the physical and mental health of college students, teachers should combine with the physical and mental characteristics of college students and adopt effective methods to improve their physical and mental health. In this regard, this article on how to improve college students physical health path and methods to carry out research, for reference.

Key words: improvement; College students; Physical health; Path; Method

Physical health can not only reflect the students' instinctive reaction, but also accurately reflect their strength, agility and flexibility, and play a key role in the healthy development of students' body and mind. In this regard, teachers need to be aware of the importance of physical health to the development of college students, and actively explore diversified ways to improve their physical health, in order to escort the healthy development of students, and then train the industry to effectively need high quality talents.

1. The practical significance of improving college students' physical health under the current social situation

(1) It is beneficial to ensure that students can better adapt to work

After graduation, college students will enter the society and specific jobs, and a good physique is the basis for them to face all kinds of jobs. Especially in the case of harsh working conditions, physical fitness is very important. In addition, nowadays college students are required to provide relevant medical reports before entering the workplace. The main purpose of this is to check the physical condition of the recruited employees and see whether they can meet the needs of various businesses and development of the company. Therefore, in a sense, the quality of graduates' health is directly proportional to their success or failure in employment. Especially in the current fierce employment competition, in order to better face all kinds of competition, it is necessary to have a high level of physical health, so as to ensure that students can quickly adapt to their own positions in the future.

(2) It is conducive to ensuring the great rejuvenation of the Chinese nation

College students are the most important backbone of the youth group, and their development direction affects the future and destiny of a country. Therefore, if our country wants to accomplish the great dream of the nation, it needs the concerted efforts of all the people, and college students as a new force for the development of the nation, their physical health is not only closely related to the future employment situation, but also related to the future direction of development of a nation. This also requires teachers to adopt effective methods to improve the students' physical health, promote them to develop a strong body, for the development of the motherland to contribute to the development of the Chinese nation to achieve the great rejuvenation of the escort.

2. Analysis of factors influencing college students' physical health

(1) Family level

Through relevant surveys and studies, it is found that parents' cognition of physical health will vary greatly because of their own education level, occupation, cognitive level and so on. For example, under the influence of traditional teaching concepts and methods, some parents pay too much attention to students' academic performance, and require students to focus on reading, examination and further study, ignoring the important role of physical health on students' healthy growth and all-round development.

(2) The school

First, the impact of exam-oriented education. According to the actual situation, under the influence of the traditional concept of exam-oriented education, some schools put the educational perspective on the intelligent development of students, that is, to learn text knowledge through reading, accumulate learning experience, expand students' knowledge system, and achieve the goal of education and teaching. Under this teaching mode, the activities centered on examination, score and further study ignore the attention to physical health, which leads to the weakening of students' love and interest in physical activity, which is not conducive to their all-round development.

Second, the propaganda effect of physical health level is not good. Most schools have a certain popularity in improving students' physical fitness, and can ensure that every student can participate in sports, but there are still problems such as short time, single teaching content and backward teaching methods, which will cause teachers and students to pay less attention to improving physical health, which can not give full play to its functional value. In addition, although the school will carry out some activities to improve students' physical health, but these sports are not consistent, the coverage is not extensive enough, and it is difficult to effectively improve the level of students' physical health.

(3) The social level

At the same time of accelerating economic development, people's living standards have also been significantly improved, and students' physical conditions have been seriously affected, mainly in high nutrition and high calories. Some parents in the configuration of children's diet recipes are always worried that they will appear malnutrition, and then there will be unscientific, unreasonable arrangement of children's diet structure, over time children will develop anorexia bias eating bad habits, resulting in obesity, excessive obesity, affecting their physical health level.

With the rapid development of social economy, people's quality of life has been significantly improved, the health problems of college students have become increasingly prominent, mainly because they often eat some high-calorie food caused by. Some parents in the formulation of diet for students, always worry that they will appear malnutrition, which leads to their diet structure is unscientific and unreasonable, with the passing of time, college students will form anorexia, partial eating bad habits, or appear fat, excessive obesity situation, easy to improve the physical health level has an adverse impact.

3. improve college students' physical health path and method

(1) Reform education and teaching ideas and pay attention to carrying out independent training

Good physical fitness is the material basis for college students to carry out various learning and social activities. It can reflect their strength, speed and sensitivity, and also reflect their health status. Independent training is an effective way to improve college students' physical health. Therefore, teachers should innovate their teaching ideas, improve students' understanding of physical health, and make them realize that exercise strength and speed are a kind of feedback to physical health, and play a more positive role in improving physical health. The details are as follows: First of all, teachers should promote the importance of improving physical health to students, so that they realize the value of independent exercise, so that they can take the initiative to participate in physical exercise. In terms of physical exercise, teachers can regularly run, run back and forth, in order to enrich the content of independent exercise, but also through circular running, relay race and other methods to stimulate the enthusiasm of students to exercise, for those students with good physical quality, can use weight-bearing running and chase running and other ways to strengthen training. Secondly, when determining the content of independent exercise, we should pay attention to the age difference of students, the intensity of independent exercise should not be too large, and do a good job before independent exercise, so as to make students maintain the best mental state. For example, for some students who are not suitable for long distance and long-distance running, obstacles can be set on the track, or after the students complete two cycles, they can practice again, so as to achieve better independent exercise results and effectively improve the physical health level of students.

(2) The use of multiple teaching methods to mobilize the enthusiasm of students

At present, physical education is an effective way to improve students' physical health, so the teaching methods of physical education should conform to the current situation. To this end, teachers should use multiple teaching methods and introduce new modules into the existing curriculum model, so as to fully mobilize students' participation enthusiasm. First, the club teaching mode. This model is just a way that has been tested and proved effective in practice. Through the club, teachers can provide students with more new sports activities, and they won't lose their interest in training because of the pursuit of test scores. Therefore, students can invest more time and energy in the way they like, so as to obtain better training results. Secondly, artificial intelligence technology should be introduced. In the process of building our country's great sports power, the technology of artificial intelligence, as a revolutionary technology, can provide inexhaustible impetus for improving the quality of physical education. For example, in the "volleyball" exercise activities, after teachers teach students basic knowledge and skills, they can use artificial intelligence or VR equipment to create a real teaching situation, requiring students to complete sports training in this situation, which can not only consolidate and improve the students have mastered the basic knowledge of sports, but also allow students to master the correct batting action. And according to their own actual situation, repeated exercise, so as to form muscle memory, and for the improvement of physical health level escort.

(3) Enrich physical test items and stimulate students' interest

Physical fitness test is a comprehensive evaluation, including physical fitness, athletic ability, physiological function, environmental adaptability, etc. Therefore, enriching health test items can have a more comprehensive evaluation of students' physical health level. The school can add 90s jump box test, squat and bench press test, hexagon jump test and so on on the basis of the existing test items. 90s jump box mainly tests the speed of students. When jumping 60cm high jump box repeatedly, it can test the students' endurance and explosive power, so as to effectively evaluate their speed quality. Squat and bench press test is the strength of students' upper and lower limbs, students can start from 5RM value to exercise and adapt, so as to enhance the strength of the body limbs. Hexagonal jump test students' sensitivity, is the current physical health test application less test items, but they jump repeatedly in the regular hexagon surrounded by fences, can better test students' sensitivity, explosive power, endurance and other qualities. The above three ways have a certain novelty, the introduction of the existing physical evaluation system, can not only effectively reflect the students' physical health level, but also stimulate their interest in testing, is conducive to ensuring the orderly development of physical health level improvement.

(4) Expand sports venues and improve sports facilities construction

At present, colleges and universities are short of sports venues and sports facilities. Most of them are football fields and basketball courts, which constitute the main sports venues on campus. However, the Settings of these places are not enough to meet the physical fitness of each student. Some gyms in colleges and universities are not open to all students for fear of management, which restricts their enthusiasm for physical training to some extent. In view of this problem, colleges and universities should pay attention to the influence of

physical exercise on students' physical health level, carry out physical exercise regularly, and improve their physical quality. In addition, the university can take the college as the unit, in different time periods, let the students of different colleges to train in the campus gym in an orderly way, so that all the students in the school can participate in the physical health training in an orderly way. In addition, on this basis, if there are enough conditions, the school can increase the investment in sports facilities, sports equipment maintenance, can also open the school gym, so that students actively participate in fitness activities, and then comprehensively improve their sports level.

(5) Change students' learning attitude and cultivate good work and rest habits

College life is a big environment for students to get complete freedom. Whether it is study or life, it must rely on students' independent ability to carry out. Some students before entering the university, facing a lot of study pressure, and to the university life, they will become very relaxed, even too immersed in the game of life, long-term, it is very harmful to their physical health. In addition, now some students often stay up late playing games, watching videos, reading novels, which will cause body fat, immunity decline, eyesight decline, endocrine disorders and other adverse reactions. Therefore, colleges and universities should change students' learning attitude, guide them to form a good habit of rest and rest, make a reasonable plan for their schedule, and enjoy themselves as much as they want in their daily study and life. Therefore, teachers should be aware that good work and rest habits are very important, which can improve students' ability to arrange their own time, so that they can continue to enrich and improve themselves, and complete their own excellent self-shaping after graduation.

In Summary:

All in all, physical health is more important for the long-term development of students, so teachers should formulate scientific and reasonable teaching content and set up physical fitness training methods according to the students' physical endurance. To this end, we can start from the following aspects: reform the education and teaching ideas, pay attention to carry out independent training; Use multiple teaching methods to arouse students' enthusiasm; Enrich physical test items to stimulate students' interest; Expand sports venues and improve the construction of sports facilities; Change students' learning attitude and cultivate good work and rest habits, so as to effectively improve students' physical health level.

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