

Research on the Influence of Functional Training on Physical Function from the Perspective of National Fitness

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Abstract: With the development of our society, more and more people take part in physical exercises, and on this basis, promote the improvement of the physical quality of the whole people. In this paper, based on the perspective of national fitness, this paper analyzes the characteristics of functional training, and based on this, discusses the impact of various major groups of people on the body function after functional training, so that the function of training in the development of people's physical quality in the process of full play.

1. Introduction

Functional training, compared with traditional physical training, can design more targeted training content according to different groups of people. And with the continuous improvement of the level and consciousness of Chinese people's participation in sports and physical exercise, all-round fitness has also flourished. Therefore, it is necessary to study the influence of functional training on the physical function of the corresponding population from the perspective of national fitness, so as to improve the physical quality of the corresponding population.

2. Overview of Functional Training

The functional training is the same as the strength training and body-energy training, and is a system and a complete training mode. And the function of the human body is mainly to carry out various actions by the application of the human body under the command of the nervous system to the bone and the muscle. And functional training is applied in an early stage by a physical therapist to a patient lacking a complete body motion capability to restore its functionality. The functional training in the visual field of the whole people more is to help the specific people to complete the quality of the corresponding functional action, so as to reduce the injury and improve the posture. For example, a long-standing crowd can be trained to avoid their long-term work in suffering from occupational diseases, to protect the health of the corresponding population. At the same time, the current functional training is more to train the individual's sports mode, improve the individual's physical and sports ability. and because functional training has diversified characteristics, functional training can meet the physical exercise needs of most people [1]. For example, some older people can maintain their own health through functional training, while students can use functional training to promote their own growth.

3. The Importance of Functional Training from the Perspective of National Fitness

In order to realize the development of national prosperity and strength, the promotion of the physical quality of the whole people is an important foundation to ensure the national prosperity, so the improvement of the physical quality of all kinds of people in our country can be realized by carrying out the national fitness activities. How to carry out functional training scientifically and efficiently has become an important content to promote the effect of national fitness in our country. Through the study of functional training, it is necessary to make its development and evolution more in line with the specific requirements of our country's actual development situation, and promote its development on this basis, so as to promote the physical quality of our people. At the

same time, through the functional training concept and characteristics of in - depth application. So as to provide the corresponding theoretical guidance for improving the development effect of the national body-building exercise in China, and guarantee the effect of comprehensive body-building.

4. Effects of Functional Training on Physical Function of Different Populations from the Perspective of National Fitness

4.1 Effect of Functional Training on Physical Function of Professional Population

In the course of body-building, most people in China are able to achieve the improvement of their individual's ability of physical exercise, such as strength, speed and so on, by conducting high-strength and high-load physical training. However, the training mode, in the action structure, is mainly used for the training of the limbs, the lack of exercise on the core part, the mobility between the actions is poor, the burden of the body is easily added during the exercise of the body-building, and the body of the corresponding people is damaged in the aspects of muscle and the like. In the perspective of the universal body-building, among the people in our country, there are some people, because of their own interests, interests or work demands, a specialized body-building exercise is often carried out, which also makes it necessary for such a person to undergo a higher level of body energy training during the exercise, and the body function is often impaired by high-strength body energy training. In that process, the functional training of the body can be ensured, and in the process, the linkage effect between the muscle, the nerve and the joint is ensured through the application of the functional training of different parts, so that the improvement of the function of various parts of the body can be coordinated and developed. Meanwhile, the loss of the function caused by the self-function in the specialized body-building exercise is prevented, and the sustainable development of the overall motion capability of the present invention.

For example, in many parts of our country, dragon boat racing will be held in the folk after entering the Dragon Boat Festival, and the contestants participating in the dragon boat race should pay attention to the improvement of their shoulders, waist strength and muscle coordination in order to win. Therefore, in the process of functional training, it is necessary to improve the strength of shoulder and waist through a variety of training measures. For example, the strength of the lumbar muscle group is improved by prone balance pad. And through the repeated training of the key action links to improve the coordination of the movements of the contestants. On this basis, according to the core functional requirements of the sports, coordinated selection Improve the body function of the hand and avoid injury in training.

4.2 Effect of Functional Training on Physical Function of the Elderly

In the course of the actual life of the old people, because of the increase of the age, the overall coordination ability and the movement ability of the old people are greatly reduced. But through the exercise, the coordination of the central nervous system of the old people is strengthened, the information transmission of the brain nerves of the old man is adjusted, the attenuation speed of the thinking ability and the moving capacity of the old people can be reduced, the health of the old people is effectively guaranteed, and the occurrence of some old diseases is avoided. For example, lead the elderly to carry out balance training and joint stability training which are easy to learn in functional training. Through the improvement of muscle control ability of the elderly, the brain nerves and muscles of the elderly can get even and coordinated activities, and through the exercise of body coordination and balance ability, the physical quality of the elderly can be improved. On this basis, coordinate the application of muscle groups in all parts of the body of the elderly, improve the accuracy of movement and body control ability of the elderly, avoid the inconvenience of daily life caused by the decline of physical quality of the elderly, and reduce the risk of injury caused by inadequate coordination in normal activities..

4.3 Effect of Functional Training on the Physical Function of Students

Students are the new force and hope for the future development of the country, which makes the

improvement of students' physical quality become one of the important teaching objectives of schools at all levels. When arranging functional training for students, first of all, we need to start from the direction of rectifying the body shape of teenagers, through joint flexibility training and spine stability training, to correct the bad body shape problems of internal and external splays, scoliosis and shoulder inequality that can occur during the growth and development of teenagers [3]. Secondly, through functional training to improve the physical function of students. For example, the more common methods of explosive force training, core strength training and body balance training are used to improve students' body coordination ability and strength, and to shape good body shape for students. Thirdly, we should guarantee that the functional training can maintain the normal development of students' body function, and take corresponding training measures to alleviate and adjust the stability of students' body function after training, avoid the influence of fatigue after training on students' classroom learning effect, quickly recover students' body state, and prevent teenagers' obesity. For example, when carrying out the physical function training for students, in order to realize the positive impact of physical exercise on students' physical and mental health, it is necessary to carry out a more novel and diversified functional training mode. For example, with the application of balance board, gravity ball, rope ladder and other sports auxiliary equipment, students' interest in participating in sports training can be improved, and ensure that the functional training for students is limited by the venue, so that students can participate in the functional training both in class and after class.

4.4 Effect of Functional Training on the Physical Quality of Sedentary People

With the development of our country's economy and society, more and more work needs to be carried out for a long time in the long-time and in-time work, and this kind of people tend to have less physical activity, and there are many problems such as fast work, high working pressure, and suppression of work environment. The appearance of this kind of situation will seriously affect the improvement of the physical quality of the corresponding population, and it is very easy to cause problems such as organ pathological changes. In the course of skill training for sedentary people, it should focus on the training of the training environment in the fields of visual field, space, color and so on, and on this basis, the working pressure of the sedentary people should be relieved. At the same time, using the muscle group training, PNF training can relieve and improve the training effect of the various muscle groups, so that the pressure of the sedentary people in the blood circulation and the various organs of the body is relieved. And can effectively relieve the problems of metabolic capacity, sleep quality, poor diet structure and the like caused by long-term lack of physical activity of the sedentary people through the functional training. In addition, through the functional training of interest, the mental pressure of the sedentary people can be effectively relieved, and the personal mental health of the people can be guaranteed. For example, in the arrangement of functional training for a sedentary population, problems such as the loss of the back of the chest caused by the long-term sitting of the sedentary population can be improved by the post-dumbbell training of the dumbbell, and a plurality of training actions such as separated stretching training are utilized to promote the development of the core area of the sedentary people, and the problems of body posture such as obesity and the like caused by the accumulation of fat in the core area are relieved.

4.5 Effect of Functional Training on Physical Function of Young Children

Because children are in a critical period of growth, their body function has not been fully developed, and they have high cartilage composition, poor muscle endurance and other problems. If they are excessively engaged in high load physical exercise, it will bring serious negative impact on their own development. But if the functional training and children's activities in and out of class are combined organically, it can promote the growth of children's muscles and bones, and on this basis, through the fun of children's activities, make children actively participate in the activities, and achieve the improvement of children's physique. At the same time, the improvement of children's daily movements will be taken as the key direction and goal of functional training, so as to cultivate correct exercise habits for children.

5. Conclusion

In summary, functional training is a kind of training content different from conventional training methods. Based on the perspective of national fitness, it can be found that through targeted functional training, professional people, the elderly, students, children, sedentary people can improve their physical ability, and provide maintenance for their physical health, so as to achieve the improvement of our national physical quality.

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