

Factors Affecting College Students' Physical Health and Reform Strategy of Physical Education

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Abstract. The decline of the physical fitness of contemporary students has become a prominent realistic problem, and it is also a common and urgent problem faced by schools and students. This work took college students as research objects and found that their physical indicators are generally weak. The main reason comes from students themselves as well as colleges and universities. The poor fitness awareness of students, the irrational physical education curriculum, and inadequate physical education equipment in colleges and universities have greatly affected the physical health of college students. Based on specific reasons, this work put forward corresponding strategies from the aspects of individuals and schools, aiming to help students improve their fitness awareness, take the initiative to participate in sports, and ensure that college students have a healthy and strong body. Only in this way can they shoulder the responsibility of building a great Chinese nation and become the hope of the future development of China.

1. Introduction

With the development of society, more and more people are beginning to pay attention to physical and healthy issues, especially the physical health of students. The physical fitness of contemporary college students has declined significantly, becoming the focus of social attention. It is also a common problem faced by colleges and universities [1]. Therefore, improving the physical health of college students is of paramount importance. Colleges and universities should attach great importance to physical education teaching, continuously reform the content of physical education, and scientifically and rationally guide students to participate in physical exercise activities, so as to cultivate their interest in sports and fully mobilize their enthusiasm and initiative to participate in physical exercise. In this way, they can improve the physical fitness level in the process of participating in the exercise, and give full play to the role of physical education in guiding exercise activities and lifelong physical education. The physical health of college students reflects the comprehensive strength of a country, which will influence the future development of the country.

2. Main Healthy Problems of Contemporary College Students

The main healthy problems of contemporary college students include two aspects: physical health and mental health. Physical health problems are mainly manifested in myopia, frailty, obesity, and insomnia. Mental health problems are mainly manifested in bad moods, weak wills and inferiority.

At present, smartphones and computers have become necessities for college students. Freed from the high-pressure high school life, many college students devote their time and energy to playing online games, watching online movies and TV series, watching online variety shows, playing live network broadcasts and other activities [2]. Long-term overuse of eyes has caused many college students to suffer from myopia. For another thing, the pursue for beauty is universal, and most contemporary people advocate thinness as beauty, which has led some female college students to deliberately diet to create a slim body shape, making themselves weak and sick; while boys blindly increase diet or eat some muscle-increasing food in order to gain muscle, thus leading to obesity.

Certainly, many college students love snacks and do not love sports. Through investigation, it is found that there are three main causes of insomnia in college students: one is the heavy learning tasks; the second is the fluctuating emotions caused by life and emotional problems; the third is the mental excitement caused by computer games and mobile games [2]. Insomnia can cause memory loss and even hair loss, dark skin and other problems, which will have a negative impact on the physical health of college students.

On campus, the success or failure of college students' professional studies, the trivialities of daily life, the interaction between classmates, the presence of certain diseases (except disability), and physical problems (such as obesity) will all cause them emotional fluctuations. Bad emotions, such as irritability, depression, pain and sadness can make college students have frustration, helplessness, and inferiority. They often suspect that students and teachers are talking behind and despising them, so they are afraid to express their opinions and views in public. Without adjustment, college students will shrink back and give up easily when they encounter difficulties and frustrations in student life, which will also be very detrimental to their physical health.

In addition, there are some objective influencing factors. Employment pressure has increased year by year, and student burdens have increased. College students compete with other for various vocational qualifications and foreign language certificates, and participate in various training courses and postgraduate courses. With the acceleration of the popularization of higher education in China, more and more students have entered colleges and universities; however, the sport sites and equipment are inadequate. Although the government has been continuously improving the total amount of higher education funding in recent years, but it is far from meeting the development needs of colleges and universities; college students have poor awareness of physical exercise. Some students only focus on academic performance, but ignore physical exercise, and spend most of their spare time or even physical education course on the study of academic courses. Students are afraid of suffering and tiredness or trouble after sweating, so they are unwilling to engage in endurance or vigorous physical exercise.

3. Main Problems in the Current Physical Education Curriculum System of Colleges and Universities

Physical education teaching is not comprehensive enough. Physical education is based on the guiding principle of "people-oriented", "promoting health" and "life-long exercise", but the current colleges and universities fail to give full play to the value of college physical education [3]. At present, there are two main ideas, one is technical teaching, that is, to win glory for China through physical education and promote the progress and development of Chinese sports; the other is to teach physical education in ordinary colleges and universities in order to improve the physical fitness of college students and let students have a healthy body. On the whole, these two ideas are one-sided.

Curriculum design is unreasonable. There are many types of physical education teaching items in colleges and universities, but there are fewer alternatives, which cannot meet the needs of students for sports content, and lacks the school's own characteristics for cultivating students. It does not really take into account the physical characteristics and basic skills of individual students, leading to uneven levels of students in physical education classes. It is difficult to cultivate students' interest in physical education, nor can they mobilize students' enthusiasm and initiative in physical education, which will not help students' physical health much.

The teaching method is single, backward and cannot be personalized. The traditional teaching method is that one teacher needs to teach dozens of students at a time to study physical education, without taking into account the individuality of the students. Such a teaching method is relatively boring and uninteresting. Students can only accept passively, and it is easy to ignore some special students in such a teaching environment, so it is difficult to really improve the overall quality of college students. Nowadays, students have their own unique interests and hobbies due to their obvious personalization. However, traditional teaching method will cause some students to be lazy and perfunctory in the process of learning or action practice, and it will be difficult to attract

students' attention and stimulate their interest in sports.

Poor evaluation of physical education curriculum. At present, many colleges and universities lack objectiveness and fairness in the evaluation mechanism, standards and methods of physical education curriculum [4]. Evaluating the teaching effect and the learning situation of the teaching object is an important detection method to detect whether a subject course is better or worse, and the purpose is to better promote teaching reflection and teaching correction.

4. Importance of Physical Education Reform in Colleges and Universities

The results of the national student physical fitness and health survey show that compared with 2010, although the health status of most students participating in the survey in 2014 has improved, the physical fitness of college students still shows a downward trend, and the obesity detection rate continues to rise. Some students have overweight, poor vision, and weak constitution [5]. In other words, the current decline in the physical health of college students is serious. In order to better improve the physical fitness of students, it is necessary to reform the physical education teaching form. For one thing, it is necessary to reform the physical education teaching model; for another, it is necessary to reform physical education in terms of the content and methods. The *National Student Physical Health Standard* can be incorporated into it, so as to comprehensively test the student's physical shape, quality and function, comprehensively carry out a reasonable assessment of the student's physical health, and conduct targeted teaching [6]. Therefore, students can be guided to purposefully and independently participate in physical exercise activities, promote the normal growth and development of the body, and enhance physical fitness, so that physical education and lifelong sports are interconnected to meet the development needs of the current era.

5. Major Measures of Physical Education Reform in Colleges and Universities

Deepen the guiding ideology of physical education curriculum. The guiding ideology of "people-oriented, health first" should be established, active exercise consciousness of students should be cultivated, and the exercise interest of students should be improved. In addition, the traditional teaching thinking systems should be combined to deepen outstanding features and advantages, thereby establishing a more comprehensive and diversified curriculum system.

5.1. Seriously implement the guiding ideology of "health first"

The physical work should be earnestly strengthened, thus enabling students to master basic sports skills and developing good habits of exercising. College sports should target the goal of "health" and improve the knowledge content related to sports and health, so as to improve the physical health of students, improve their mental health and social adaptability, and acquire sports and health knowledge and skills.

5.2. Set up physical education courses scientifically and reasonably

Physical education courses can be set up from the following points: first, it is necessary to extend the content of physical education courses, and add internationally popular items such as yoga and aerobics to physical education courses based on basketball, badminton, table tennis, track and field as the basic content; second, a physical education curriculum with its own characteristics should be established, talent training goals and the school's own geographical location as well as physical education teacher expertise should be combined, and the physical education program that is more suitable for the school should be set up; third, individualized teaching should be adopted to teach different groups of students with different physical qualities and skills, different teaching goals and teaching organizational forms should be set to fully tap the student's personality potential and interests, and inspire students' desire for knowledge and participation.

5.3. Schools should increase investment in sports funding

Schools should increase investment in sports venues and facilities. In order to better complete university physical education tasks, more standardized facilities and conditions are required to ensure teaching. At the same time, more standardized teaching facilities and venue equipment can further motivate teachers.

5.4. Actively carry out extra-curricular physical exercise activities

Physical education courses only teach motor skills and exercise methods to cultivate students' physical awareness to a certain extent, but the enhancement of students' physical fitness requires regular adherence to exercise. Extra-curricular physical education is the inevitable extension of physical education. Under the guidance of teachers, planned and organized extracurricular sports activities can be planned to enable students to have the consciousness of physical exercise and the ability to exercise independently.

5.5. Strengthen the construction of campus sports culture.

As a social culture, campus sports culture is gradually formed in the course of long-term education and teaching practice. It is developed with the direct participation and careful training of teachers and students. It plays a special role in improving the intellectual structure of college students, strengthening the communication between school and society, inheriting and learning from the civilization of human society, improving the enthusiasm, initiative and creativity of college students, and promoting the in-depth development of sports reform.

5.6. Improve the evaluation of physical education curriculum

The course evaluation mechanism based on the student's physical fitness index should be established, the course evaluation standards should be improved, and the students' observations in the actual learning process should be paid attention to. In addition, it is also necessary to add students' physical fitness, sports participation and performance levels to the course evaluation. After comprehensively considering the differences between students before and after learning, and the space for improvement that may be brought about by the differences in student physical fitness, the course effect can be evaluated in a timely and effective manner, so as truly improve the student's physical health [7].

6. Summary

Physical fitness standards for college students should not be used as a rigid goal of physical education in colleges and universities, but should be used as the test method of physical education teaching effect. Colleges and universities should actively reform and innovate the content and methods of physical education to improve the physical health of college students, so as to help college students shape a healthy body. In this way, it can thereby truly train college students into high-quality talents with correct sports awareness and a healthy lifestyle, so that college sports can play a due role in promoting national health.

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