

University Physical Education and Students' Physique Promotion

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Abstract: A lot of people are familiar with the saying that “people who take physical movement are strong, and people who lie for a long time are weak.” People keep health not only depending on diet but also on exercise. Therefore, the importance of physical education is far greater than we imagine. With the target of physical education at students, universities must provide sufficient physical education courses with a correct concept of physical education to strengthen students' physique and help students enjoy the fun of sports. Physique is an embodiment of the level of human vital movement, as well as the manifestation of the level of body movement. This paper will mainly elaborate the effects of physical exercise on strengthening physical fitness.

1. Introduction

Sports is inseparable with education. Physical education has existed throughout every stage of human development since from ancient Greek to the current Olympics. A healthy body is the greatest life treasure. For students who spend most of their time at school every day, high quality physical education classes at school is the key to improving their physique and build their body.

Under traditional Chinese education mode, a lot of parents subconsciously have the idea that academic scores are more important than physical education and fitness. In the atmosphere of various examinations and academic pressures, students have no spare time to do physical exercise. Their holidays are usually occupied by various tutoring classes. Even the physical education classes twice a week are occupied by general knowledge courses and self-study classes. What's more, some students have never seen their physical education teacher. In parents' eyes, academic performance is superior to everything. Physical fitness and exercise can be considered after succeeding in the future. In such an increasingly competitive society, it is understandable that parents hope to provide better living environment and work background for their children. However, it is not correct to ignore their physical health.

Some universities take no count of carrying out physical education courses, and even have one-sided understanding that students with good physical performance but poor performance in literacy classes are incompatible and do not attend proper work. Therefore, some universities cut down physical education classes and do not allow students to participate in extracurricular activities so that they can fully focus on academic study. Some schools recruit some unprofessional physical education teachers, and carry out extracurricular activities that students can't experience the charm of physical education so that a lot of students dislike physical education classes and think that physical education is an unimportant and dispensable activity.

With outdated physical education thinking, teachers adopt traditional teaching mode which is boring and single. Thus, students can't experience the fun of physical education. Everyone has different physique. Teachers can carry out different training for students of different physique. Some students with inborn advantage of exercise and some students have are more confident, who can be the target of training focus. For the rest of students, teachers can carry out relatively lower-degree training to strengthen their self-confidence. At the same time, students who have advantages can also stimulate other students to learn if they achieve good results in physical training, and mobilize them to carry out training, thus improving the overall physical education level.

2. Function of Physical Education

President Xi Jinping pointed out that “physical education plays an irreplaceable role in improving the people's physical quality and health, promoting people's all-round development, enriching the people's spiritual and cultural life, promoting economic and social development, and inspiring the people of all nationalities to carry forward the spirit of pursuing excellence and breaking through.” Chinese government highly praise introducing sporting events into the classroom, and integrating with other courses to establish a complete set of on-campus curriculum for students. Rational design of physical education courses can not only stimulate students' creative thinking, but also release the tense atmosphere of academic study so that students can fully devote to learning.

2.1 Educational Function of Physical Education

Life lies in movement and exercise is the major impetus for life development. Physical exercise can not only enhance students' physique, improve their physical fitness, but also help them to learn basic knowledge of sports and the correct methods of exercise. It is more like tempering students' willpower. Life lies in movement, which mainly depends on persistence. Only by insisting on exercise to build a healthy body can help students to feel fully energetic in study and life.

Pavlov, famous Russian physiologist, pays great attention to physical exercise. He often goes swimming in the summer and skiing in the winter. At the age of 60 to 70, he often practices flying rings and pommel horses when people of the same age have already retired at home taking care of kids or playing chess with friends. When he was 70 to 80 years' old, he could still carry his bag with loading when practicing skelping. Due to long-term physical exercise, he owns a healthier physique than people of the same age. You can imagine that it is undoubtedly a proud thing for a 80-year-old white-haired old people to pack up and travel without delay.

It is true for sports, during which people may feel it a miniaturized life full of good adverse situations, high time and low time. People may experience all different feelings in their life in a short time. Therefore, it is not only a way to bring good physical fitness to people, but also a method of develop students' good personality. It can help to cultivate students' fortitudinous willpower, hone their volition, educate them to face challenges and overcome difficulties.

2.2 Ideological and Moral Function of Physical Education

What do most students do when their personal interests are infringed? Handle the violence by violence? Keep silent and clam to rest in peace? How does a team cooperate in case of interest conflict or unharmonious collaboration or even mistakes? Do they work together with concerted effort, or do they complain to each other? When obtaining success in competitions, or getting excellent ranking in examinations, most students feel conceited and self-satisfied or keep humble and prudent? In terms of this, what we should consider is to cultivate students' sense of collectiveness and honor in the moral education. What we must highlight is the importance of interpersonal relationship in the process of moral education.

2.3 The Function of Physical Education in Psychological Quality

If parents and teachers only concern students' academic performance, students' thinking logic will be affected. Imagine that a student with top ranking in academic performance suffers setbacks repeatedly in sports, and catch breath for several steps of running. What's worse, some students may faint due to lack of physical strength during he will gasp in simple 800 meters running. Some students rank at the bottom even they insist on running the whole course. At this time, the student may produce more serious negative emotions, and even feel deterred in sports. So teachers should help students to adjust their mentality and tell them that athletes may experience countless exercises, face up to numerous failures. Maybe you are the champion today, but you will lose next time. People engaged in sports are very strong if they can face difficulties directly, withstand setbacks and hardships. In physical exercise, students should never fear regardless of frustrations on the way because only those who have been honed will get real success. One-time failure doesn't mean anything and students

should not get anxious at the moment. As long as they can insist exercising, even just jogging every day, you can feel the benefit for your health.

If students are immersed in literacy and academic study at school every day, their enthusiasm will be weakened and their interest in participating in extracurricular activities will be dispelled. At the same time, they will feel more psychological pressure. Through proper physical education course arrangement, students' heavy academic pressure can be relieved. This can also greatly alleviate their stress after intense study, and will help them to devote to subsequent learning task.

3. Benefits of Physical Exercise

Those who exercise frequently are strong and those who keep leisure life get ill easily. Exercise can not only build up people's body but also prevent diseases. For students with increasing academic pressure, proper physical exercise is beneficial because it can not only improve students' athletic constitution but also can help students to balance study and rest. Students mostly sit in the classroom bowing down their heads and playing with mobile phones, or walk with head lowered down. Long-term gesture like this without any sports activities often result in various diseases. Lack of exercise or insufficient exercise will have bad effect on the human health. Students' physical strength may decline and feel weak. Therefore, only by participating in physical exercise frequently and doing exercise can students maintain full energy.

3.1 Strengthen Respiratory Function

Human respiratory system will double the work during exercise and provide the necessary oxygen for human body. People who keep long-term exercise can not only increase the oxygen intake during exercise, enhance the strength of respiratory muscles and improve air exchange efficiency of alveoli, but also expand vital capacity and improve breathing function.

3.2 Remove Fatigue

Proper rest can help to eliminating fatigue. Rest can be divided into two types, static and kinetic. Physical exercise is the best kinetic rest because the exciting feeling produced by exercise will inhibit the sleepy cells caused by fatigue. After long-term study and work, exercise is also a way to rest, relax yourself. It can not only enhance body immunity, but also adjust body function and maintain a good state, and make people full of energy. Physical exercise can affect people's physical and mental health. A person in low mood can release the pressure through jogging exercise. Among therapeutic methods for depression, running therapy is very effective. In addition, running as an aerobic exercise can accelerate human coordination and promote the organic unity of various parts of the human body. It can mobilize the core training of the whole body, and cultivate students' athletic ability. It can positively impact students. Students' fatigue of a day can be completely eliminated by the sweat after exercise.

3.3 Promote Sleep

Sleep is essential for our health as it relates to our health. In nowadays society, the increasingly frequent interpersonal contact and fierce social competition have brought about greater psychological and mental stress to people. So, proper exercise can help to distract attention while adjusting neural system, and allow the tired human body and tense nerve to rest.

Exercise before sleep is the most effective way to fall asleep. Before going to sleep, it is suggested to do some exercises for deepening breath such as sit-ups, push-ups, yoga to help people go into sleep state. Yoga can improve sleep. A lot of yoga poses are very difficult, which can consume excess body fat and help people to keep slim down and lose weight if insisting practicing. It can also cultivate sentiment. A lot of yoga poses requires medication which can improve people's reaction capability, sensitivity to surrounding environment, improve their endurance, and thinking ability. By practicing yoga, people will feel better sleep, and relieve the fatigue and stress caused by work and study during the day. Human body can be adjusted and recovered to the best condition. Exercise before sleep is

very necessary especially for people with insomnia. It can improve people's mental state and quality of life, enhance the immune function of the whole body. By practicing yoga, people can obtain inner peace, and help people with insomnia to relax and sleep well at night.

3.4 Bring Happiness

Physical exercise can help students to relax and enjoy the fun of extracurricular activities. Through physical exercise and sports, students can be connected with classmates and some unfamiliar students during the joyful social activities, thus enhancing the friendship between students and make new friends. So, students can find their favorite sports and enjoy the happy moment brought by physical exercise. They can develop a healthy and happy self during exercise. You can feel all things that makes you happy and live a better life because of taking exercise.

4. Summary

With the social development and progress in China, people should attach greater importance to students' physical health. Teachers should improve students' physical quality by taking a series of measures so that students can develop correct life values. In physical education classes, teachers should not only teach sports skills, but also pay attention to cultivating students' individuality and ability to face frustration and improve students' optimistic and positive mentality. It is a happy thing to do exercise. Physical education is charming as it awaits students to discover the fun of it and gradually develop their love for exercise so that they can benefit for life.

Therefore, it is necessary to quit the idea of ignoring physical education but provide better and comprehensive education for students. We should not only focus on the advancement of professional disciplines. Students' academic study at school should follow the party's leadership to cultivate talents with all around development of moral, intellectual, physical, aesthetics and labor. Education is the primary condition for the development of a nation, which depends on the development of education. "If the youth are wise, society will be wise; if the youth are rich, society will be rich; if the youth are strong, society will be strong; if the youth are independent, society will be independent; if the youth are free, society will be free; if the youth progress, society will progress." So, let us turn our eyes to physical education so that physical education can be truly put into practice.

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