

# The Reform of Physical Education to Promote the University Students' Physical Health

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**Keywords:** students' health; colleges and universities; reform of physical education

**Abstract:** At present, the physical health of university students is not good, they often ask for leave because of their illness, so that their normal learning is badly affected. In order to solve this kind of problem, the education guidance should be carried out by means of reforming the teaching methods of university physical education correctly. Therefore, the administration of universities should attach great importance to the design and implementation of the teaching reform of university physical education, making it play a more active role in promoting the students' physical health as soon as possible.

## 1. The reform of physical education in colleges and universities

The lack of an overall grasp of the content of physical education in colleges and universities at all stages leads to the repetition and disconnection of physical education in colleges and universities, which directly affects the realization of physical education objectives. The teaching methods adopted by physical education teachers in colleges and universities are relatively old, which seriously affects the enthusiasm of students and leads to the unsatisfactory effect of physical education teaching. On the whole, the guiding ideology of PE teaching content in colleges and universities at all stages is not clear. It often only emphasizes the cramming teaching mode, ignoring the cultivation of the correct PE concepts and the cultural quality of the students in the theoretical course. Students generally think that the college physical education course is a simple improvement of skills [1]. They can't correctly understand the purpose of college physical education teaching. Teachers from one extreme to another misunderstand the sports teaching items in colleges and universities, neglect the cultivation of students' physical quality, blindly cater to students' interests, lose the subject characteristics.

There are no unified requirements and regulations for the construction of physical education system in colleges and universities that can promote students' physical health. Many colleges and universities follow the traditional concepts of competition, only pay attention to the teaching of sports skills, ignoring the students' diverse preferences and the needs of various development. There are no unified requirements and regulations for the content of education and the forms of education are rigid and single. For example, the lack of teaching devices will lead to the lack of attention to how to teach, the lack of focus on behavior can't get the curriculum content and teaching process be carried out in a unified form of requirements and regulations.

## 2. Some suggestions on the reform of physical education in colleges and universities

Students are the object of physical education and teaching. Teachers of physical education should pay attention to students' psychology. The purpose of establishing an integrated physical education teaching mode inside and outside class is not to give students too much heavy physical training. It is a step-by-step method which lets students slowly understand and like physical education. Physical education is the main way to improve students' skills and physical quality.

Therefore, PE teachers should also actively innovate and introduce optional sports items and folk sports. When teaching physical education, teachers should pay attention to the purpose of cultivating students' emotion and values, let them understand that good physical quality is the basis for all, let them know that good physical quality comes from long-term exercise, so they should establish the consciousness of lifelong sports. Colleges and universities should dare to reform the original teaching organization, improve physical education, absorb teaching experience, and create a teaching mode suitable for China's national conditions in combination with the specific situation of the school. Students can choose sports freely, no longer be troubled by "exam oriented education". They are required to complete the required exercises. The quantity of study should not be too high for the quality of practice and technical standards. Ordinary colleges and universities can adopt stratified physical education organization forms. According to the different conditions of students' physical quality and skills, different learning groups are set up, then the corresponding teaching plans, teaching requirements and teaching methods are formulated for each group. As the basis of each group is relatively consistent, it can avoid the inferiority complex of the students with weak physical ability and guide them well. To encourage students, enhancing their confidence in learning and cultivating their interest in sports

Can effectively improve the teaching effect. Colleges and universities should design more scientific and reasonable for special diseases, disabilities and other disabled groups that can not participate in competitive sports. Physical education teachers can make different teaching contents and methods according to different physical conditions of students, and discuss with special medical personnel, so that students can choose physical teaching mode. The teaching content and class hours are more independent and can meet the physical requirements of students [2]. According to the results of "standardized" test, physical education teachers in colleges and universities can analyze and study the health status and physical fitness level of students, then design more scientific and reasonable organizational forms for students of different physical groups. In the teaching of such projects, teachers should pay attention to the strict organization of teaching methods, put forward the rules and requirements of practice, be good at mastering the rhythm of the class, pay attention to observing the physical condition of students, and prevent the occurrence of injury accidents, so as to lay a good foundation for the study of college physical education.

### **3. The construction system of the content model of college physical education**

The construction system of the content model of college physical education course has a significant effect on promoting the healthy development of students' physique. Facing the current situation, in order to improve the teaching methods of physical education, college teachers of physical education need to correct students' physical education ideas. They should make full use of the practice of physical education and carry out comprehensive physical and mental education for students, so that students can get rid of the ideological shackles of "exam oriented education" and realize physical education. In order to let students fully enjoy the fun of sports, physical education teaching activities should be improved, a variety of evaluation standards be established, and the scientific, reasonable and humane elements of sports be strived. To reflect the actual situation of the students more objectively and comprehensively, and mobilize the enthusiasm of the students better, the physical education teachers should consider that "good physical education quality is the basic requirement and premise of all physical education teaching" [3]. At the same time, on the basis of participating in activities, teachers should broaden students' thinking and lay a foundation for their future development of physical fitness and entertainment activities by cultivating their creative thinking. The reform of physical education teaching content in colleges and universities has

improved the students' physical education achievements rapidly. Students are more interested in learning physical education courses. They are eager to attend physical education courses in colleges and universities. They are no longer eager for quick success and instant benefit in general theories and basic knowledge of physical education. They are learning and training in combination with the actual situation. The reform of college physical education teaching content plays an important role in students' theoretical study of college physical education [4]. Through the reform of teaching mode of college physical education teaching content, students can fully grasp the theory of college physical education training and increase the methods and means of college physical education training. Students not only understand the knowledge and skills of college physical education, but also the teachers have completed the teaching task of college physical education. The biggest highlight of the whole classroom teaching is to be able to take the teaching goal as the navigation, fully explain the teaching content, let the students learn to have the income, strengthen the students' ability to use the university sports thinking to analyze life, effectively overcome the students' psychological obstacles to the university sports, and improve the students' enthusiasm for learning. Then there are various classroom teaching methods, which try to let every student participate in it, fully mobilize the enthusiasm of the students, improve the participation of the students, the college physical education teaching content is neat and orderly, clear at a glance, it can be a good way to grasp the key and difficult points of the classroom learning through this mode, so that the students have a clear understanding of the framework of this class.

#### **4. Analysis of the current physical health of college students and the causes of its formation**

At present, the physical quality and sports ability of college students and the results of physical health test and physical examination are decreasing year by year. According to the questionnaire in universities, some students have certain psychological barriers, and they are skeptical about themselves and dare not participate in sports; some students are also reluctant to participate in sports, which affects their studies. In fact, in addition to basic professional courses, college students should actively participate in sports or related extracurricular sports activities, straighten out their ideas, strengthen their physique, ensure their vitality in future study and work, and lay a foundation for healthy physique.

As people's material living standard is increasing, the intake of high calorie and high fat food is increasing, which makes the obesity rate increase year by year. At the same time, some students choose diet to lose weight for the sake of beauty, which leads to malnutrition and sub-health of the body; besides, the development of the Internet makes students immersed in it, resulting in long-term staying up late and irregular diet, which further reduces the frequency of students' participation in physical activities, thus affecting the physical quality and health of college students.

The cultivation of sports habit is very important for students' physical health, but this kind of consciousness and habit is not formed in a short time. It needs students to constantly improve their understanding of physical health in their study and life, so as to correct their thinking attitude and form sports habit. Although there is a lot of free time in college life, college students' awareness of physical exercise is weak, their self-control ability is insufficient, the distribution of free time is unreasonable, they are not willing to take part in physical activities and physical exercises actively, which all affect their participation in physical education, resulting in the lack of good physical habits. In the setting of physical education courses, some colleges and universities tend to lessen the actual physical education course hours than the national standard. At the same time, in the process of the implementation of physical education courses, the teaching content is too simple, which is not conducive to improving the physical quality of students. In addition, the shortage of sports

venues and equipment is difficult to meet the current expanding enrollment scale. Some colleges and universities do not pay enough attention to sports teaching and students' sports activities and lack of capital investment, which seriously limits the in-depth development of sports courses and extracurricular sports activities.

## **5. The significance of improving the physical health**

For a long time, under the influence of exam oriented education, physical education is not valued. On the one hand, the administrators of universities should pay more attention to physical education, allocate physical education funds reasonably, improve the facilities and curriculum in the process of physical education; on the other hand, government should further strengthen the leading role, establish a sound health education system and constitution monitoring laws and regulations, create a good physical exercise environment, and realize harmonious development between “mind” and “body”.

With the increasing pressure of study and employment, most college students focus their personal energy on strengthening and improving their professional abilities, pay little attention to participating in exercise, and do not form a positive sense of fitness, which makes the physical health level of students decline significantly. In fact, for college students, only with a healthy body can they keep fit and keep their study and work going smoothly. With the continuous development of society, the state attaches more and more importance to the health of college students, so the idea of “national fitness, lifelong sports” is formed and developed in this context [5]. Therefore, in the physical education teaching, we should give correct guidance to college students and reform the content of physical education teaching, help college students cultivate their interest in physical exercise, make them master sports skills, improve their physical quality, and constantly develop and improve themselves with a positive attitude. Motivation directly affects people’s behavior. Many college students have poor self-control ability and are easy to be attracted by online games. In addition, they have weak motivation to enhance their physique, health and skills through exercise, so they seldom take part in physical exercise consciously [6]. In this social background and educational environment, it is more necessary to help them realize the importance of sports for health, make sports exercise become a part of life, and guide students to form a good sports habit. To let students understand sports, learn sports, love sports, so as to change students' behavior habits and promote physical and mental health.

Establishing a correct concept of physical education is an important link in the cultivation of talents in colleges and universities, as well as an important way to enhance students’ physical health and develop the habit of standardized physical exercise [7]. In this process, colleges and universities should pay attention to the publicity of physical education and use new media to attract students to take part in physical exercises. Colleges and universities should also appropriately increase the class hours of physical education courses, improve physical training infrastructure and teaching equipment, fully meet the needs of physical education teaching, and enhance the physical quality of students. In the extracurricular practice, the campus events are taken as the starting point to stimulate students’ interest in sports and cultivate good sports habits. In addition, colleges and universities should also manage students’ daily life and sports habits, guide students to adjust work and rest time, arrange exercise intensity, monitor the trend of physical health, give appropriate intervention, help them establish a correct concept.

In physical education teaching, teachers should actively build an efficient and independent classroom concept, introduce a hybrid teaching method, combine online and offline teaching to carry out the teaching mode of theory and practice. In addition, teachers can also give students full free time and independent activity space, which is convenient for students to conduct more in-depth self-management and adjustment. Second, the content of physical education should combine the theoretical knowledge and practice of sports fitness, so that students can have a deep understanding of sports skills, nutrition, injury, sports safety and other sports knowledge. Meanwhile, safety education should be emphasized, which is related to sports health [8]. Let's popularize safety

protection knowledge to students, guide students to realize the awareness of safety first and health first, and lay a foundation for lifelong sports in the future. Third, teachers should integrate the explanation of sports theoretical knowledge with the teacher's action demonstration or multimedia means, display the key points and difficulties of sports in an image, vivid and accurate form, deepen the memory of students. In teaching, teachers can combine sports teaching with actual life, spread sports knowledge to students with more comprehensive and timely sports information. We'd better encourage students to adhere to a certain intensity of physical exercise, tell them to use mobile sports app for auxiliary teaching, mobilize their enthusiasm and initiative to exercise, and form a good sports habit.

## 6. Conclusion

Physical education has a long way to go, but there is no definite way to teach. The way to improve the efficiency of physical education classroom involves all aspects of teaching. As long as the teachers keep digging, studying and summarizing what they are teaching, they will find more and better ways, and will be closer to the essence of teaching, so that physical education teaching will continue to be perfect. It is necessary to establish a physical education teaching mode of integrated clubs in and out of class, innovate the physical education teaching mode as a whole, and establish a scientific physical education teaching mode based on education and focusing on the overall development of students' quality. As the core force in the development of the new era, college students should pay more attention to the development of physical health. Colleges and universities should set up the education idea of health first, so that students can enjoy the fun, strengthen their physique, improve their personality and temper their will in physical exercise. In recent years, the state is constantly improving the students' physical health standards. Colleges and universities should also continue to carry out in-depth physical activities on campus and tap the social value of physical education. Starting from the current situation and causes of college Students' physical health, we should actively explore the important significance and specific path of improving college students' physical fitness, so as to provide support for the improvement and future development of college Students' physical fitness.

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