

Analysis on the Physical Health and Promotion of Adolescents from the Perspective of Healthy China

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Abstract: Health is the Basis of the Development and Progress of Human Society. It is Also the Common Aspiration of the Chinese People. Promoting the Physical Health of Adolescents is an Important Part of the Strategy of “Healthy China”. Although the Overall Situation of the Physical Health of Chinese Adolescents Has Been Improved, the Physical Health of Adolescents Still Faces Many Problems Due to the Influence of Many Factors. Based on This, Based on the Analysis of Current Chinese Physical Health Status, This Paper Discusses the Main Causes of Adolescents' Physical Health from Three Aspects: Social Factors, School Factors and Family Factors, and Then Puts Forward Some Countermeasures to Promote the Physical Health of Adolescents, Such as Deepening the Reform of Physical Education in Schools and Attaching Importance to Family Sports Activities, in Order to Provide Some Reference for the Promotion of the Comprehensive Development of Young Students.

1. Introduction

1.1 Literature Review

Wu Shanfeng and Cao Yanjie used the methods of field investigation, documentation and logical analysis to analyze the teenagers' physical health. They pointed out that the government, schools, society and families should build a “four in one” policy to promote teenagers' physical health (Wu and Cao, 2016). According to the current situation of teenagers' sports activities, Lu Xiaolei put forward some strategies to promote teenagers' health, such as cultivating teenagers' sports and health awareness, strengthening the construction of teenagers' sports environment and strengthening the training of teenagers' sports skills (Lu, 2019). Jiang Xinhua discussed many problems existing in the physical health of Chinese adolescents, such as the lack of physical health monitoring and community sports activities. Meanwhile, it puts forward some countermeasures, such as strengthening the physical examination of teenagers, vigorously developing community physical education, etc. (Jiang, 2017). Dong Jingmei and other scholars pointed out that examination-oriented education concept, changes in modern lifestyle and other factors are the main factors affecting the physical health of adolescents, and put forward a series of countermeasures and suggestions to promote the healthy development of adolescents' physical health (Dong et al, 2014). Wu Shuangshuang and other scholars have made a comprehensive analysis of the factors affecting the participation of Chinese adolescents in physical exercise, and put forward some countermeasures to promote the participation of adolescents in physical exercise (Wu et al, 2019).

1.2 Purpose of Research

The strategy of “Healthy China” aims at improving the health level of the Chinese people in an all-round way. As the hope of China's development, adolescents' physical health is closely related to the country's future development. Attaching importance to and continuously promoting the healthy development of adolescents' physique is a necessary condition for implementing the strategy of “Healthy China”. In recent years, with the continuous improvement of people's living standards, there are a series of problems that need to be solved urgently in teenagers' physical health. In view of this, this paper attempts to analyze the physical health status of adolescents and the various factors affecting the physical health of adolescents, and then put forward some solutions, with a

view to providing reference and suggestions for promoting the physical and mental health of adolescents and achieving the health of the whole people.

2. Physical Health Status of Adolescents in China

At present, with the sustained and rapid development of China's economy and society, people's living standards have been increasingly improved, and the nutritional status of adolescents has been constantly improved. From the analysis of the monitoring results of adolescents' physical health in different regions of China, it can be seen that the physical health status of adolescents in China is "mixed". The good aspects are embodied in the following aspects. The average height, weight and chest circumference of Chinese adolescents have increased to a certain extent. Their speed, endurance and flexibility have also been steadily improved, and their average vital capacity has been steadily increased. The worrying aspects are mainly manifested in the following aspects. Physical health problems such as myopia, younger age, higher obesity rate and declining sports are plaguing the healthy growth of adolescent students. Many adolescents are more resistant to middle and long distance running activities which can improve their physical health, reflecting that the work of promoting the comprehensive development of adolescents' physical and mental needs to be strengthened.

3. Factors Influencing the Physical Health of Chinese Adolescents

3.1 Social Factors

At a time when China's economy and society continue to develop rapidly, social competition is becoming increasingly fierce, and knowledge information is exploding, which has increased the learning pressure and survival pressure of young students to a certain extent. In this context, adolescents need to spend more time to acquire knowledge and labor skills, and the time spent on physical exercise will naturally be greatly reduced, resulting in the decline of adolescents' physical health level. With the increasing popularity of computers, mobile phones and other electronic products, people's lifestyle has changed a lot. The rapid development of the Internet has greatly facilitated people's lives, but more and more teenagers are addicted to the Internet, resulting in emotional agitation, mental depression and physical decline of teenagers. In addition, the material life of modern society is becoming more and more abundant, and bad eating habits have a serious impact on the physical health of adolescents. For example, adolescents like to eat high-calorie foods, while long-term consumption can cause problems such as high blood sugar, high blood fat and obesity.

3.2 School Factors

The educational concept of "all-round development" is the mainstream trend and basic characteristics of educational development in the world today. The all-round development of human beings refers to the realization of full, free and harmonious development of human intelligence and physical strength. Among them, physical development is the basis and premise to promote the continuous development of other qualities. However, due to the influence of traditional education concept, pressure of entering school and social competition, school education in China has paid too much attention to improving the cultural performance of young students, while neglecting the improvement of physical health of young students, resulting in the deviation of teaching practice from the core education concept of "all-round development of body and mind" (Zhong and Jiang, 2018). In addition, the student evaluation system is not conducive to the improvement of teenagers' physical health to a certain extent. Schools attach too much importance to the rate of entrance to school. Schools and parents mostly evaluate teenagers' academic performance. Even many schools have the phenomenon that physical education lessons are occupied by other courses. Although sport is regarded as a starting subject in some areas, its proportion is very small. There are even many areas that only regard sports as a subject to evaluate teenagers' attainment test, and have not yet included sports scores in the total score.

3.3 Family Factors

Family plays an irreplaceable role in promoting adolescents' physical health. Parents' educational ideas on physical health are closely related to adolescents' physical health. Euro-American developed countries have achieved good results in promoting adolescent physical health. Euro-American countries vigorously promote various family fitness activities. Family sports play an extremely important role in promoting adolescent physical health. However, at present, Chinese parents generally hold high expectations for their children. Under the guidance of traditional education concept, teenagers are facing enormous learning pressure. Various training and guidance classes and arduous academic tasks lead to the lack of adequate physical exercise for teenagers. As far as the current family education of adolescents in China is concerned, most adolescents are regarded as the only child by their parents as the apple of their palm. In life, parents do not allow their children to participate in housework and outdoor activities. In diet, adolescents are prevalent in choosing food and eating preference, which leads to the problems of obesity and poor physical fitness among adolescents. The traditional family education idea that attaches too much importance to academic achievement and neglects physical exercise makes it difficult for teenagers to get the fundamental guarantee of their physical health.

4. Promotion Strategies of Adolescent Physical Health from the Perspective of Healthy China

4.1 Constructing the Management Mechanism of Physical Fitness and Health to Provide Guarantee for Promoting the All-Round Development of Adolescents

The practices of the developed countries in Europe and America in the construction of the management mechanism of adolescent physical health are worth learning and learning. The Chinese government should legislate to guarantee the physical health of adolescent students, and advocate that adolescents cultivate healthy and reasonable lifestyles and diets. Continuously improve all kinds of sports organizations to provide services and guarantees for young students to participate in all kinds of sports activities. Schools should regularly hold various health education lectures and sports activities. When adolescents' physical health problems occur, schools should inform parents in time and give professional and individualized health intervention and guidance to adolescent students. Through improving sports organizations, providing scientific and reasonable health guidance, and improving sports services, we can achieve the comprehensive physical and mental development of young students.

4.2 Deepening the Reform of School Physical Education to Create a Good Environment for Promoting the All-Round Development of Youth

As an important institution for training teenagers, schools need to strengthen the work of promoting the healthy development of teenagers' physique from the following three aspects. First, schools should raise awareness of the importance of the comprehensive development of adolescents. Physical quality is an important basis for the all-round development of adolescents. Therefore, school education should not only pay attention to the intellectual development of adolescents, but also to their physical quality development. Second, schools should constantly innovate the way of physical education. Physical education teachers need to adopt appropriate teaching methods according to the curriculum objectives and physical conditions of students, and fully mobilize the initiative of young people to participate in physical exercise by teaching theoretical sports knowledge and supplementing some interesting sports games, etc. Thirdly, schools should incorporate physical fitness into the student evaluation system, properly increase the proportion of physical performance in the total test scores of students, so as to arouse the great attention of parents and students, and continuously promote the development process of students' physical health.

4.3 Attaching Importance to Developing Family Sports Activities to Promote the All-Round Development of Youth

For a long time, the awareness of family physical education is relatively weak, to a large extent, hindering the continuous improvement of adolescents' physical health. In order to effectively promote the all-round development of adolescents' physical and mental health, Chinese families should improve from the following aspects. First of all, the relevant departments should strengthen the guidance of parents' family physical education concepts, and use newspapers, television and the Internet to vigorously disseminate the importance of family physical education. Secondly, schools should regularly organize parents to carry out propaganda activities related to family physical education, such as organizing health education lectures and holding parents' meetings. We should change parents' traditional education concept from educational thought, so that they can pay more attention to the development of family sports activities. Finally, parents should reshape family culture, establish the educational concept of "all-round development", promote adolescents' physical health with a more scientific lifestyle and a more reasonable diet structure, and actively guide their children to develop healthy living and eating habits. Parents should persist in physical exercise, set good examples for their children through physical behavior, and then encourage them to participate in physical exercise more actively.

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