

Study on Curriculum Concept and Value Orientation of Physical Education in Colleges and Universities from the Perspective of Healthy China

Wumei Li*, Xingzhao Yuan

Shandong Management University, Shandong, 250357, China

*corresponding author

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Abstract: In the 21st century, our country began to advocate the concept of quality education, sports is an important way to practice the concept of quality education, and college is the key period to cultivate students' awareness of lifelong sports. At present, the management of physical education teaching in ordinary colleges and universities has the problems of insufficient number of physical education teachers, poor students' interest in learning, insufficient school venues and equipment, etc. Therefore, schools should attach great importance to the work of physical education teaching in schools and strengthen the management of physical education teaching work. This research mainly uses five kinds of research methods, such as literature, questionnaire, interview, case analysis and mathematical statistics, to investigate the current situation of public physical education management in Jinzhou Medical University, and to explore the problems existing in the management of physical education in the school, and to provide theoretical basis for continuously improving the management level of physical education in the school.

1. Introduction

The advantage of physical education and health education lies in the penetration of the spirit of physical education to people, the long-term immersion under the influence of the spirit of physical education, will be more perseverance, more unyielding. Sports spirit lies in many aspects, training should not be afraid of hardship, even if the boring practice, even if accidental injury, even if the results of training some unsatisfactory but the pursuit of success, will always adhere to the subtle influence of sports spirit in their own actions, encounter any difficulties will never back down, face the difficulties. In today's physical education, we should pay more attention to the physical education in the hard-working nature of play incisively and vividly. Because in the physical exercise, there will be a lot of high-light moments, there can be a time, and in the present world, only the real sports spirit into a healthy environment, can better popularize the sports spirit, sports spirit in all aspects of the public, ordinary people know.

2. The Role of Health in Physical Education in Modern Universities

In the report of the Nineteenth National Congress of the Party, it is pointed out that socialism with Chinese characteristics has entered a new era. College physical education has also entered a new era of new characteristics and new development. The outline of the "Healthy China 2030" program clearly states" Strengthening health education in schools. (b) To integrate health education into the national education system and to make health education an important component of quality education at all stages of education ". In order to carry out the new requirements of quality education and conform to the new era and new development, college physical education should be combined with health education. This paper analyzes and expounds the new problems of college students' health and college physical education in the new era, and clarifies the health education and college physical education [1]. When physical education in colleges and universities enters a new era, we should combine physical health and education in colleges and universities, conscientiously

carry out the new teaching idea and development direction, and combine health with each other in the new era, new development situation or environment.

3. How to Integrate Health into the Values of Ordinary Colleges and Universities

3.1. Inserting the Concept of Health to Students

Health education is to promote the conscious adoption of healthy behaviours and lifestyles through planned, organized and systematic social and educational activities, to eliminate or mitigate risk factors affecting health, to prevent diseases, to promote health and to improve the quality of life [2]. Physical health education is from sociology, psychology, humanities, biology, physiology, sports mechanics and other different angles, the basic principles of human sports health and guiding exercise methods. Only in the case of health education, whether the students are sports students or not, health education should be systematically understood and linked. in the study of relevant health education. And for the students of physical education courses, only the professional things to systematize the theoretical study and development, can better serve the society.



Figure 1 The ongoing health exercise process

3.2. Strengthening Students' Physical Health Learning

For the trend of college students' physique decline, the university should take certain responsibility. Therefore, our country has been carrying on the physical education reform of the university. Because our country university physical education generally only has the freshman sophomore, only has one class every week, has seriously affected the university student physical exercise request [3]. And since the implementation of college students' physical standards, there has never been a situation of college students' physical substandard. These all caused the society to the university should bear the responsibility to the university physical decline voice. However, for the physical decline of college students, can not be all paid by the university, because the physical decline of college students is a social problem, if all blame in the college sports level is biased. College students are the backbone of a society, they represent the intellectual class of society, if the physical decline of college students will inevitably affect the competitiveness of the whole country in the world. Therefore, the society must attach great importance to the problem of physical education under the health of college students.

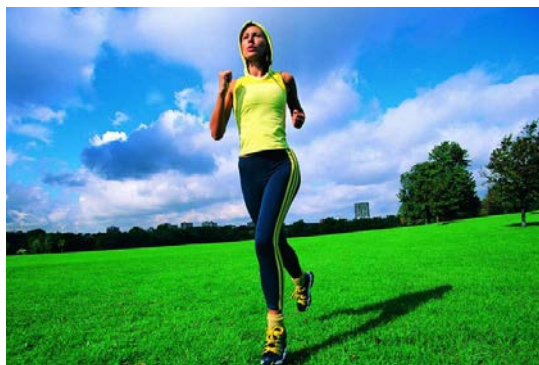


Figure 2 College students undergoing exercise

3.3. Causes of the Current Lack of Physical Education in Health

The rapid development of social economy makes the pressure of life increasing, and the most affected is the physical and mental health of college students. especially in the face of employment pressure. The social competition is becoming increasingly fierce, and the physical and mental state of college students is always in a high state of tension from the beginning of college, which directly or indirectly affects the physical health of college students. The pressure of working life is too great. College students' physique showed a significant downward trend, and cardiopulmonary function was also greatly affected. Even during physical exercise, explosive power and endurance also showed a downward trend. The overall physical quality of college students in China is not optimistic, obesity rate, myopia rate are significantly improved. University is the link between school and society, if the physical quality of college students is poor in the future it is difficult to survive in the fierce society.



Figure 3 The hopeful college students are doing physical exercise

4. How to Integrate Health into Physical Education in Colleges and Universities

4.1. Interventions in the Physical Management of University Students

The intervention of college students' physical education should be supplemented by improving their physique and realizing all-round quality education. Physical education in colleges and universities has many functions, such as the function of physical fitness, emotional catharsis, quality education and so on. And the intervention activities of physical education for college students focus on raising the awareness of college students to carry out physical exercise independently, so that college students can come out of the static state of life, from the relatively stressful environment, and enter into a dynamic state of life from a quiet environment relative to the more stressful major or the less sports major. In order to promote the physical health of college students as the ultimate goal, we should actively change the traditional educational concept, integrate the educational concept of health education into the new teaching environment, change the traditional thinking that only exercises in physical education, and implant sports into the life of students.

4.2. Implant Healthy Physical Exercise Patterns into the Lives of College Students

Through the intervention activities of physical education, it is not to let college students achieve good physical performance, the real purpose is to let college students develop a life style based on physical exercise. Only by developing a healthy lifestyle can college students continue to carry out physical exercise after leaving the campus, so as to maintain a healthy living state and strong physique. In order to achieve this goal, colleges and universities only rely on physical education classroom teaching is far from enough. The intervention of physical education teaching is only to force college students to carry out physical exercise to reach the due assessment standard. Through this compulsory intervention teaching process, it can only achieve the habit of making college students develop physical exercise, but whether it can last or not depends on the willingness of college students to exercise. Therefore, colleges and universities should strengthen the propaganda to improve their physical quality, so that college students understand that physical exercise is not only to achieve good physical performance, but also to be able to better adapt to the social environment after entering the society in the future. If there is no health, no higher level of knowledge can be used, so that college students form the idea of lifelong exercise actively participate in physical exercise. Therefore, schools should strengthen the popularization of physical and health classes, health knowledge and so on, and help college students to establish the concept of sports. At the same time, colleges and universities should also strengthen the investment in basic sports facilities, including the construction of sports venues and environment, so as to eliminate the rejection of sports by college students and establish a virtuous circle of physical exercise for college students.

5. Conclusion

Sports is a kind of sports which is modified or created for the needs of people. It is the product of the development of contemporary education. It is very important to improve the mental health level and social adaptability of special students and to improve the psychology and personality of special students by introducing sports adaptation into the physical education curriculum of ordinary colleges and universities. Based on the analysis of the function of adaptive physical education, this paper discusses the introduction of adaptive physical education in the physical education curriculum of colleges and universities, aiming at improving the relevant laws and regulations, the design of adaptive physical education, teaching objectives, teaching methods and teachers' strength. Health is the eternal topic of human pursuit. A person without a good body, the future will not have a more perfect development. A society's development of physical education, the development of healthy physical education. Healthy physical education can not only effectively develop the image thinking and sports performance ability of college students, but also help to cultivate the observation, memory and judgment of college students, so as to promote the thinking of college students more active, improve their cognitive ability and problem-solving ability. When students enter into work after graduation, appropriate sports activities can reduce their own work and pressure, relax people's state from a relatively tense state to a relatively calm state, in the right sports activities.

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